



TOWARDS WHOLENESS

No. 164 Autumn/Winter 2022

£2.50

The **Friends Fellowship of Healing** is a Quaker Recognised Body in the Religious Society of Friends. (*Registered Charity number 284459.*)

Since its foundation in 1935, it has sought to uphold the cause of a healing ministry, and seeks to be a channel to help people towards health and harmony of body, mind and spirit, which it believes is God's purpose for everyone. It has prayer groups attached to many Meetings, and also postal groups to enable isolated people, and those who may be unable to join a local group, to co-operate with others in the service of healing prayer. The Fellowship holds conferences, retreats and workshops either at a residential centre (*Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH*) or elsewhere. All members annually receive three issues of **TOWARDS WHOLENESS**, the journal of the Fellowship, published in March, July and November.

ANNUAL FEES

(which include all necessary insurance/materials/newsletters etc.)

UK FFH Member	£15
Overseas FFH Member	£21
QSH - Full Healer	£35 (inc FFH Membership)
QSH- Probationer	£35 (inc FFH Membership)
QSH - Full Healer/Probationer insured elsewhere	£21 (inc FFH Membership)

Cheques, payable to Friends Fellowship of Healing, should be sent to The FFH Membership Secretary, 52 Ridge Road, Middlestown, Wakefield, W Yorks. WF4 4QP

Letters, articles, news items and other contributions for Towards Wholeness should be sent to the editor, Gervais Frykman, 52 Ridge Road, Middlestown, Wakefield, W.Yorks. WF4 4QP, 01924 264180. gervais153@talktalk.net

Deadlines: February 1st, June 1st and October 1st.

For further information about the FFH please contact the Clerk: Gervais Frykman, 52 Ridge Road, Middlestown, Wakefield, W.Yorks. WF4 4QP, 01924 264180. gervais153@talktalk.net

Donations for the work of the Fellowship are most welcome.

Cover picture: Little Snowman in Bhutan on the way to the Monastery
Pamela Thompson

FFH/QSH Web-site: www.quaker-healing.org.uk

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Talking Friends holds recordings of Towards Wholeness.

Anne Brewer records them and sends to Talking Friends for distribution to Friends with visual impairment. The subscription for one year is £3 for TW publications.

www.talkingfriends.org.uk

Alan Johnson is the convener of Talking Friends.

alan.johnson1@blueyonder.co.uk, 0121 476 0217

ANNUAL GENERAL MEETING

The AGM will be held on Saturday 19 November at 2:30 pm on zoom.
The link will be circulated nearer the time by e-mail.

FFH Monthly Gathering

This is held on the fourth Saturday of the month at 2:30. Please contact Gervais Frykman if you would like to go on the contact list to receive the zoom link.

FFH Distant Healing Group

This is held on the second Thursday of the month at 2:30 The link is as for the Monthly Gathering.

QUAKER NATIONWIDE DAY OF HEALING

SATURDAY 4th MARCH 2023

11.00am to 3.00pm

A MfW to be held in Meeting Houses and Friends' homes around the country.

Further details www.quaker-healing.org.uk

Distant Healing From Home

Please see our website www.quaker-healing.org.uk for current intentions.

SUBSCRIPTIONS FOR 2023

These are due as from 1 January 2023.

The rates are shown on the inside front cover of this issue.

If you are paying by standing order please ensure that the amount is the current subscription rate.

If you would like a standing order form, please contact the membership secretary, Pauline Frykman, whose details are on the inside back cover of TW.

Cheques can be sent to the membership secretary.

You can also make payment via the FFH Website www.quaker-healing.org.uk, and choose "Payment" from the menu at the top of the home page.

Please consider gift aiding your subscription. This enables FFH to claim an extra 25p for every £1 you pay without any extra cost to you. (Gift aid cannot be claimed on the £14 insurance premium element of the QSH subscription). Thanks to all those who have already signed a gift aid form. However, as the wording of the older forms is now out of date, we are legally obliged by HMRC to point out that if the gift aid claimed by all the charities you donate to in a tax year exceeds the Income or Capital Gains you pay in that year you will be liable to pay the difference. Hopefully, that will not be the case. Please contact the Membership Secretary (contact details on inside back cover) if you wish to gift aid your subscription, or if you wish to change an existing gift aid form or if you have already signed a gift aid form and no longer pay sufficient tax.

BEAUTIFUL SILENCE

Elizabeth Mills

Beautiful silence
Whispering softly
Calling us above
The parapet of noise
And activity

Beckoning gently
To a new world
Here and now, never-ending
Always beginning
Again
And again

Transcendent
In its beauty
Immanent
In its Love

This day and every day
Amen

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They say that every piece of chocolate you eat shortens your life by two minutes; I've done the maths – seems like I died in 1537.

I don't always go the extra mile, but when I do it's because I missed my exit.

The emphasis is Being, Being comes before Doing. Why? It simply saves time.

In this illusionary world of time and space underlies a stream of timelessness and spaciousness. These are found in the Kingdom within, Being prayerful, Being peaceful, Being meditative; sans a timetable of doing, so much more gets done.

Our granddaughter is a mother of four, when asked by first timers about coping with childbirth she says don't worry, the body knows what to do.

I am suggesting the Spirit knows what to do too! I have found Spirit is always on time never too early and never too late. Yes, so frustrating as this can be!

We need to cultivate trust, hone our intuition, our sixth sense, the inner teacher. Be experimental, there is nothing to lose and much to gain.

Einstein is quoted as saying Experience is Knowledge, all else is mere theory.

We need to make the space, clear the conduit, slow down to act with speed. We need to fill our own cup, bathe in joy and laughter, rest, and sleep.

I have never claimed to be a Healer, I have been involved in healing work using whatever comes to mind. I had a sense of purpose when young, Spirit provided 'a private education' in the form of people of all ilk, each with a lesson, of books, dreams, especially dreams, sudden insights, illogical opportunities to practice.

The graduated challenges came as the graduated lessons as Life unfolded. The most challenging was, as a new mother, my anaphylactic shock was before EpiPens were invented; this made life more precious, yet I had to face the truth of impermanence. Now I see it as a great gift, I take spiritual risks but never take anything for granted.

Spirit taught that the right questions were more important than the right answers. The answers are never fixed, modern science is showing that. So much in this world depends on the limited time and space, of diversity of culture, of language.

We have a stone with four differing sides and a flattish top, we called it Truth stone, it is a reminder people see from their own perspective, only Spirit sees all sides simultaneously.

Although we need the gift of discrimination, judging something or somebody as good or bad is above the human pay grade, it can cloud the issue with which we are dealing. Most healers know this, some call it stepping aside, some do not, the danger is that the small ego that keeps us functioning tries to take over.

The warning seems at the point of feeling we do good; could be Ego patting itself on the back. The Legend of The Chinese Farmer and his Son illuminates this. Google has many links to this. Bad can be good, and good can be bad!

For example <https://www.craftdeology.com/the-story-of-the-chinese-farmer-by-alan-watts/> [ed]

God, the Mother/Father protects us, we are not alone, even when we feel adrift. In healing work some use protection rituals as a reminder, but in many circumstances, we are thrown into the deep end. Yet we succeed and remain safe. I have found myself in risky situations, words flowed to calm situations, in healing work we meet with many frightened people, violent people that in my own power alone I would not cope.

One night after work, I felt overcome with extreme fatigue, I woke two hours later utterly refreshed as the phone rang, the brother of someone known to me was on the edge of a tall building. He finally agreed to come down but only if she and she alone took him to me. He had heard his sisters speak but we had not met. Spirit intervened ahead of time to force me to rest, try as I might there was no other explanation. One day Brian opened the door to a handsome young man holding a bouquet. Without turning a hair, Brian just directed to the room I was in. He was almost unrecognisable from the broken wreck of a week or so before. Brian's unwavering support was my rock.

I almost hesitated to share this story; we were unexpectedly invited to manage a residential centre. We had volunteered previously at the busy times. It was so foolishly illogical on so many fronts. But there was the PUSH not a nudge.

The first words of Kipling's IF had been haunting me. There was no internet, our teacher friends could not find a complete copy. When we arrived having had a difficult journey, at a not too clean room, late evening, I closed the door to find hanging on the coat hook the complete poem on mock parchment. Assurance we were not completely mad. I smiled and gave thanks.

Well welcomed as volunteers we were not by all as managers. We found ourselves a situation where a small group were experimenting in my view unwisely. One told me how they had got the last couple to leave, they were gentle Baha'is. It was a warning!

One night I woke, my whole body had a hot dry burning sensation. Without thinking I sent a cool draught to wherever the source of fire. A few weeks later, the laundry lady was ill, so I did a stint before asking one of the young girls to take over as we had to go to the Cash and Carry. She made it clear it was beneath her, but I was firm. I never have asked any other staff to do anything I would not do myself.

On the journey, I had a sharp pain in my right elbow, then in my left. I sent the pain back to the source with unconditional love. I still have not worked out why or how I did that, except Spirit stepping in guiding and protecting me.

On return I was to meet the young girl in a narrow corridor. She looked at me, covered her eyes and scuttled in the opposite direction muttering loudly 'don't look at me, don't look at me.' We must always hold to the truth that Love and Light are supreme. Perhaps the Light needs a touch of dark for many to recognise it? No answers, just more questions!

This time was like a crash Spiritual course. We had dialogues with healers from around the world. It was full of coincidences and alignments.

Healing is complex, I have confused several consultants, yet at other times trusted self-healing methods have seemed to have no effect at all, just as I was to learn when young that healing and cure are not always the same thing. I feel my complex health has been a stern but efficient teacher. The grit in the oyster, illness can lead to growth, so I honour as such.

In these turbulent times, we need to find our still centre, be the eye in the storm, to reach out and heal, as we are anchored by Spirit in turn, we can anchor others. We just need to ask for help. Life is like a baton race, sometimes we must pass the baton on.

We all heal, the touch of a mother, the firm hold of a father, the quickly held gaze, the listening ear, laughter, tears all play a part in this drama.

Dear friends, with much joy and happiness I am with you today. My energy flows among you and as you can feel, this is not a lecture in the traditional sense. I am passing on a certain energy (in addition to information) and you are as much a part of this as I and Pamela and Gerrit. In our being together here, we create a field or vortex of energy in this room, in this opening to the earth. Therefore this place is sacred. At any place where people – angels in human bodies – come together and join with the intention of seeding their light into the earth, the ground becomes sacred.

I would like to briefly say something about the phenomenon of channeling which has become so popular recently. You all know the concept of prana, which is employed in yoga and eastern philosophy. Prana is a spiritual energy that you take in with every breath. The idea is that you do not merely inhale oxygen when breathing in but also a life force energy, a cosmic energy which exceeds the physical and enables you to live. Now what I'd like to point out is this: just as everyone inhales prana along with oxygen in breathing, everyone channels continuously in his or her own way. Channeling is not reserved to a few people with a special gift. Channeling is the most natural thing in the world. You see, you cannot live without cosmic energy. You cannot exist, live and thrive without taking in cosmic energy. Just as you cannot live from oxygen alone, you cannot function even in a basic manner without some connection to the cosmic energy that is your home. Earth and cosmos, oxygen and prana, both are necessary to manifest yourself completely as a human being in earth reality.

In the previous channeling I have called you the gatekeepers, the ones who open the gate to more light on earth. But you are also the bridge builders, the ones who mediate between the cosmic and the earth realm, the ones who channel cosmic energy to the earth. This is

something you actually do and it is something you need to do in order to feel joyful, purposeful and healthy. You are channeling whenever you use your intuition, whenever you go deep within and sense how things are for you and how you would like to change them. At these moments you form a channel with your higher self and you connect to the wisdom of non-earthly, cosmic realms which can support you in reaching your goals here on earth. Every one of you channels in some way to realign yourself with your greater being that is outside of space and time.

Today we share our energies and join to channel a cosmic energy which is trying to find its way to earth in this New Era. The New Era is no longer a vision of the future. It is already manifesting itself in the daily life of innumerable individuals. If you read the paper or watch the news it may seem that the time is not ripe yet. But the awakening brought forward by the New Era starts at the level of the individual, not at the level of governments, institutions and organizations. It is in your own everyday existence that a new flow of energy presents itself. It is the flow of your heart that invites you and beckons you to live and to act according to its lightness and wisdom. This is how the birthing of the New Era takes place, by ordinary individuals being attentive to the whispers of their heart. Spiritually the foundation of any real change or transformation is always laid on the individual level. The energy which is awakened in your hearts will gradually find its way through institutions and organizations which still hold on to the old paradigm of ego based consciousness. Old bulwarks of power will break down, not by violence but by the tender energy of the heart. If the heart takes over the lead the old will collapse, not under the pressure of power and violence but under the pressure of love.

In this New Era relationships undergo a major transformation. Relationships are the source of the deepest emotions within you, reaching from great joy to deep agony. In relationships you may

become aware of an inner pain that is essentially much older than the relationship itself, even older than your human existence.

In this age you are invited and often challenged to achieve a deep self-healing in the field of relationships. Because of the new energy now presenting itself it is possible to transform the destructive elements of a relationship into a positive, equal flow of energy between you and the other person. However healing and personal transformation may also mean that you let go of relationships in which you cannot properly express yourself. It frequently means that even if you love someone dearly, you may have to say goodbye, because your own inner path takes you to a different place. Whether it leads to renewal or to parting in a relationship, you are all challenged to face the deepest issues in this area of personal bonding. The call of the heart, the heart based energy which marks the New Era, has entered your daily lives and you cannot ignore it anymore.

To explain why relationships can hurt you so much and turn your life completely upside down, I would like to say something about an ancient pain you carry within your soul. It is a pain which is very old, much older than this lifetime, older even than all your former lives on earth. I want to take you back to your original birthing pain as a soul.

“Once upon a time” all was whole and undivided. Can you imagine this? Allow your imagination to travel freely for a moment. Just imagine: you are not in a body, you are pure consciousness and you are part of a huge energy field that surrounds you in a comfortable way. You feel that you are part of this unity and are being cherished without conditions. Feel how this energy field encloses you as an immensely comfortable blanket, as an abundantly loving energy which allows you to explore and develop freely, without ever doubting yourself or your intrinsic right to be who you are. No anxiety, no fear. This sense of comfort and security constituted the pre-birthing conditions from which you emerged as an individual soul. It was a cosmic womb. Even if

it is far removed from your present state, your heart still aches for this sense of completeness and wholeness, the feeling of absolute safety you experienced in that blanket of love and benevolence. The sense of oneness you remember was God. Together in this blanket of love you constituted God.

Within this divine consciousness or blanket of love, it was decided at some point to create a new situation. It is very difficult to put into human words but perhaps you can imagine that in God, this unity awareness, there was a longing for something different, something other than unity. There was, so to speak, a longing for experience. When you are completely assimilated into a wholeness of pure being, you do not experience things – you simply are. In spite of the ecstasy and the total safety in this state of being, there was a part of God, a part of this cosmic awareness, that wanted to explore and to evolve. This part “departed from itself.”

You are this part of God. At a certain point your consciousness agreed to this experiment of departing from unity and becoming an “I,” an entity in itself, a defined individual awareness. This was a huge step. From the bottom of your being you felt that this was a good thing. You felt that the longing for creativity and renewal was a positive and valuable aspiration. However the moment that you actually departed from the field of oneness, there was pain. For the first time in your recollection, for the first time in your life there was deep pain. You were torn loose from a realm of love and safety which had been completely self-evident to you. This is the birthing pain I referred to. Even during this first intense experience of desolation, something in your innermost being told you that it was all right, that this was your own choice. But the pain was so deep that at the outer layers of your being you got confused and disoriented. It became quite difficult to keep in touch with the deeper knowledge inside, the inner level at which you are God and where you know that all is well.

The tormented part that arose at that time I call the inner child. Your soul, your unique individuality, carries within itself the extremes of a pure divine knowledge on the one hand and a traumatized cosmic child on the other hand. This unity of God and Child, of knowledge and experience started off on a long journey. You started off as an individual soul. You started to investigate and experience what it is like to be an I, a defined individual.

God had transformed a part of Godself into Soul. The soul needs experience to find again its divine origins. The soul needs to be alive, to experience, to discover, to self-destruct and to recreate in order to feel who the soul truly is, namely God. The self evidence of being one and whole had been shattered and had to be regained by experience. This in itself was a great feat of creativity. The birthing of I-consciousness was a miracle! It had never existed before.

Often you try to transcend the boundaries of your I-ness in order to experience oneness and deep unity again. You might say that is the very aim of your spiritual quest. But consider for a moment: from God's point of view it is the I-ness, the separateness, that constitutes the miracle! The state of being ONE was the normal situation, "how it had always been." Within the miracle of being an individual soul lies an immense beauty, joy and creative power. The reason that you do not experience it like that is that you are still struggling with your birthing pain as a soul. Somewhere deep inside you the primal scream of anguish and betrayal still resounds: it is the recollection of being torn apart from your Mother/Father, from the omnipresent blanket of love and safety.

On your journey through time and experience you have gone through so many things. You have tried all different kinds of forms. There were quite a lot of incarnations in which you did not have the form of the human body, but that is not so relevant now. What matters to me in this context is that throughout this very long history, you were guided

by two different motives. On the one hand there was the zest for exploration, creation and renewal and on the other hand there was the homesickness, the sense of being cast out of paradise and an overpowering loneliness.

By the adventurous, progressive part in yourself, the energy which pushed you out of the cosmic womb, you have experienced and created a lot. But due to the birthing pain and homesickness you carried within, you also had to deal with a lot of trauma and disillusion. Your creations were therefore not always benevolent. During your journeys through time and space you have done things you have regretted later on – things you might call “bad” (in quotation marks). These actions were, from our perspective, merely the result of the determination to plunge into experience and venture into the unknown. You see, as soon as you decide to become an individual, to break away from the self evident oneness, you cannot experience light only. You have to find out everything anew. So you will also experience the dark. You will experience all there is, up to all the extremes.

At your present point of evolution, you come to realize that everything stands or falls with the power to truly embrace your “I-ness.” It is about truly embracing your own divinity and from that self-awareness, experiencing joy and abundance. In the moment of your cosmic birth, the moment that desolation and pain enveloped you, you started to feel tiny and insignificant. From that moment on, you started to look for something that could save you – a power or force outside of you, a god, a leader, a partner, a child, etc. In the awakening process that you are now experiencing, you realize that the essential safety you are longing for is not to be found in anything outside of you, whether it is a parent, a lover or a god. However strongly this longing or homesickness may be triggered in a particular relationship, you will not find this essential safety there, not even in a relationship with God.

For the God you believe in, the God who has been handed down to you by tradition and who still heavily influences your perception, is a God outside of you. It is a God who outlines things for you, who lays out the way for you. But that God does not exist. You are God, you are that creative part of God who decided to go its own way and to experience things in a wholly different way. You had the confidence that you would be able to heal yourself from the primal wound of birth. You could say that the expansive energy of exploration and renewal is a male energy, whereas the energy of unification, joining together, the energy of Home, is a female energy. Both these energies belong to the essence of who you are. As a soul you are neither male nor female. Essentially you are both male and female. You started your journey with both these ingredients. And now the time has come to let them work together in harmony which means to truly experience wholeness in yourself. After having denied your own greatness for such a long time, you will start to realize finally that there is no alternative but to be the God you are longing for.

This is the ultimate breakthrough to enlightenment: to realize that you yourself are the God you are craving. There is nothing outside you that can bring you into the heart of your own power, your own wholeness. You are it, you are the one and you have always been the one! You have always been waiting for you...(To be continued)

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Please see <https://www.jeshua.net/channelings/relationships-in-the-new-era/> for the whole channeling.

SPIRITUAL ACCOMPANIMENT/COMPANIONSHIP *Sue Glover Frykman*

Recently, someone mentioned the possibility of helping each other by suggesting or sharing coping strategies, or 'self-help first aid kits,' that might help us in our lives and the world as we experience it today. One strategy that I have found important in my life as a Quaker is spiritual accompaniment, also known as spiritual friendship or companionship. The spiritual accompaniment of another person can, in practice, take different forms. It can be when one person has to attend to a message that is rising from within and needs to be freed, come to fruition and be expressed, while the other helps to draw it out by supporting the birthing of it in the metaphorical role of a midwife. It can be quietly supporting and accompanying someone teaching an online or in-situ course or holding someone in the Light during a life-threatening illness, or as they undertake a specific task for which they would welcome support. Spiritual accompaniment can also be mutual, as in the practice of spiritual friendship or companionship.

Holy listening is another, yet similar, practice, where one person speaks for a given time on something that is meaningful to them, while the other listens deeply and attentively. They then change roles. In such a space, we can talk about spirituality or whatever is meaningful to and for us without fearing ridicule, tentatively articulate and formulate things that we do not yet fully understand, talk in incoherent sentences, bring what we are currently grappling with, and share moments of grace and insight that we find moving and meaningful.

I have experienced all these aspects on several occasions, both as an accompanier and an accompanied, and found it to be a rich and healing ministry. In fact, whilst formulating my thoughts on the subject I also held a dear friend in the Light who was engaged in a listening ministry with someone who needed some kind of support. I didn't know, or need to know, the context of their conversation. My role was simply to be present in the moment, with the intention of lovingly supporting the listener and the communicator in the hope that help

and enlightenment would be forthcoming. Writing about this topic, and sharing it with you now, has also been inspired by my friend's request for upholding.

Spiritual accompaniment doesn't have to be deadly serious. In my experience, there have been many moments of fun, laughter and joy in the sharing and exchanges. As we have been reminded on numerous occasions – laughter is a requirement for healing.

Accompanying, companioning, spiritually befriending and holy listening can help us to grow and develop as spiritual beings and to know that we are not alone in our spiritual journeys. When early Quaker ministers were called to travel in the ministry, they sought out spiritual mothers and fathers – traditionally called Elders – who helped them to discern and carry out their ministry. Travelling in twos is considered good practice even today in Quaker circles. It is also a tried and tested biblical practice. For example, Luke chapter 10 verse 1 reads: "Now after this the Lord appointed seventy-two others and sent them in pairs ahead of Him to every city and place where He Himself was going to come." Also in Mark chapter 6 verse 7: "Then Jesus called the Twelve to Him and began to send them out two by two, giving them authority over unclean spirits."

Spiritual accompaniment/companionship/listening is a caring and healing ministry and something that we can easily – if we are open, loving and generous enough – give to others or ask for ourselves. It is where we uphold one another in the things that are eternal, so that we can become more responsive instruments in God's hands and be more able agents for the service, witness, innovation, cultural change, reconciliation and healing that is needed in our time and our world. In the writing of all this I am reminded of a poem I wrote after taking part in a Healing Retreat. On the second evening of the retreat, we were invited to form pairs and wash each other's feet. I ended up in a threesome. The experience was both amazing and humbling. Hopefully, the poem reflects something of what I have written about here.

Kneeling,

Sara put my feet
Into warm water
With tender, mother's hands -
Soaping, even massaging
In-between the toes;
All the while
Silent and smiling into my eyes
As prayerfully, she dried
And oiled with sweet scent.

Kneeling,

Anton placed her feet
Into clean water
With such loving care -
Soothing tired soles and ankles;
All the while
Silent and smiling into her eyes
As he patted and stroked
With prayer and perfume.

Kneeling,

I washed Anton's feet -
Feeling tenderness flow
Through my hands
As I lathered and loved;
All the while
Silent, smiling into his eyes
As I rubbed and oiled
In prayerful reflection.

Kneeling,

Christ blessed us all
Through this washing of feet;
All the while
Silent and smiling.

Quaker Nationwide Day of Healing on Saturday 5 March 2022

Jersey Local Meeting held our Healing Day on Saturday 5 March 2022 which ran from 11 till 1pm. I advertised the event via email among Friends and Christians Together in Jersey. This was picked up by BBC Radio Jersey and they interviewed me live on the radio, on Sunday 27 February 2022.

To all those likely to attend, I sent out my Instruction sheet, which explains that Friends Fellowship of Healing has organised this Nationwide Day of Healing, and describes the concept of distance healing. I also sent out some posters to give focus material to those on Zoom.

Overall we had more attending than last year, with eleven in person and seven on Zoom. Not everyone stayed the full two hours, but four on Zoom stayed the whole time. A friend from New Zealand, who had joined us in thought last year, was able to join us on Zoom this year, which made a wonderfully global link.

We gathered and very quickly developed a powerful energy in the Meeting for Worship for Healing.

I started us off with the description of distance healing, and continued by showing the Peace Plaque, displayed on the front of the last TW (no. 161), to those on Zoom and in the room. I read the prayer on the plaque. A young boy came with his Father shortly afterwards, so I showed him the plaque and he read the prayer again for us.

I continued to read short extracts from time to time, which helped to keep the focus of the Meeting on healing and love, using quotes from Elizabeth Mills' lovely book "In the Stillness." Other members of the meeting contributed readings and ministry. Needless to say, the war in Ukraine was ever uppermost in our minds.

As ever it was a wonderful demonstration of the enriching, powerful and moving healing energy that can be generated as our contribution to the healing energy flowing round the country. May it help to bring healing and peace to our troubled world.

Thank you to the committee of FFH for arranging a very valuable and useful day. I feel that two hours is sufficient, in order to maintain the focus of the group.

We collected donations for Claridge House, Lingfield, Surrey.

Alison Taylor, Jersey Local Meeting
Hampshire and Islands Area Meeting

JUST BECAUSE WE CANNOT SEE YOU

Elizabeth Mills

Just because we cannot see You
Does not mean You are not there
You breathe Life into our midst
Just as the breath of the wind
Changes and moves what it touches
So with Your Life
So with Your Love
This day and every day
Amen

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Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember: Don't sing!

MEDITATION ON SUMMER FLOWERS

Rosalind Smith

Relax and take slow deep breaths, watching the breath as it dies away. And right in front of you there is a deep red Rose. It is beautiful, like the old-fashioned roses in some country gardens. Lean towards it and inhale its perfume... As you pull slightly away from it you will see that you are, in fact, surrounded by a large bed of these deep red roses. Give time to appreciate the effect these are having upon you.

Mentally close your eyes again and when you open them you will find yourself surrounded by a bright mass of orange Marigolds. The colour is bright and cheerful and as you gaze at them you may well find your mood lifted, giving you a lightness of heart. Allowing your gaze to wander a little you will see that the orange flowers are giving way to marigolds of a yellow hue and that they are growing in size and subtly becoming large Sunflowers.

Let yourself now be aware of the warmth and beauty of these bright yellow sunflowers. They are growing peacefully together in a large field, and they gradually turn their faces towards the sun as it moves across the sky. Absorb their strength and vitality.

The yellow sunflowers have been very bright and have given of their energy to you, and now you need to leave them and walking on a little way you will find yourself in the shade of the rich green foliage of Forest Trees. Their coolness is welcome at this time, and the green ferns and lush grasses beneath them are cooling on your feet. Take time now to enjoy and appreciate them.

Looking down you may see some small blue flowers, which, as you continue seem to grow larger until you realise you are gently walking into a meadow of Cornflowers. Look across the meadow, and as far as the eye can see there is a sea of cornflower blue. You take a rest here and sit on a nearby bench. You can hear a gentle hum of bees, busy

about their work of pollen gathering. Multitudes of cornflowers are swaying in a gentle summer breeze, and here and there butterflies hover and then choose to land. Perhaps one has chosen to visit you? If this happens try and take note of its colours.

In the depths of the cornflowers there may be indications of a darker blue, or indigo colour, and you will now see, hidden amidst the cool grass little Violets growing. They lead your gaze to a couple of stone steps, and you are now invited to step up where you find yourself in a wonderful large garden where all the flowers and blooms are white. Everything here is eternally in flower and immediately gives you a feeling of peace. You are invited to walk around this gloriously peaceful white garden... and know that in our world and in spite of appearances, all is well – and all shall be well, and all manner of things shall be well....

%%%%%%%%%

A feast day is holy
because it shows that all the days
of the year are holy.
And a sanctuary is
holy because it shows that all places are
sanctified. So the Messiah is called
the Son of God to show
that everyone is divine

Anthony de Mello

Here is a recollection which has popped into my head. A very recent one, for it only happened this year. It was my second “out of body” experience. Not quite the same as a brush with the Divine but an experience I would like to share.

My friend of many years, someone who has phoned me nearly every day since my husband passed over seven and a half years ago, was on the phone. I was in the comfort of my favourite arm chair with my feet up chatting away.

Next thing I knew I was in my car, stopped at a red light, at the bottom of Crawley Green Road, as if I was on my way home from town. I was not alone. Someone was with me in the front passenger seat. I did not see his face, only his upper body, arms and legs, from the corner of my left eye. I felt no fear. In fact all felt very normal, He was gesturing with his right hand over to the right, a bit further up the hill. Then a voice spoke and said exactly, “That is your Spiritual home.”

I was then back in my arm chair still talking to my friend.

I interrupted myself to tell her what had happened and find out how long I had been “away” but it seems that no time had elapsed at all.

She told me I had never stopped talking or even hesitated.

Now that was a part of the town I had never walked in and never came back that way from town. So I had no idea what was being pointed out to me. I went to see and it was the Quaker Meeting house.

This was something I knew nothing about. A little from History maybe but nothing more.

After talking to a few selected people I rang the telephone number and was greeted by the caretaker who explained it was shut due to the pandemic but he would see someone contacted me. This happened. I was welcomed onto the zoom meetings. I am now attending regular real meetings and now know that the voice was right. I feel spiritually at home. Both my physical and mental health have improved so much that others are commenting on it. Long may it continue.

This is sent in sincere truth and friendship. Valerie

WHY LIGHT?

Hazel Barker

Quakers speak a lot about Light. Holding a person 'in the Light' is something we do. We see that person in our minds' eyes, surrounded and infused with Light, sending love and asking for Divine love and Light for that person.

But why Light?

We only see a small part of the total range of electromagnetic radiation. The spectrum extends way beyond the wavelengths of visible light into the infrared and ultraviolet.

We can only see light because it is reflected from surfaces and we have eyes with receptors which send messages to our brains according to the wavelengths and intensity of the light they detect. Our brains process these signals and somehow we have a light and colour experience in our consciousness. We remember these experiences and are able to recreate that experience in our 'mind's eye'. Is this memory, this re-creation of light, real?

Our eyes do not send out light beams like torches. So what is the nature of the light recreated in our minds?

Why do we think that these memories of light are so special and consider that the light has the potential to heal, to actually influence the physical, chemical and biological processes of our minds and bodies?

Light is mysterious. The speed of light (and the whole electromagnetic spectrum) is the speed limit of the Universe. At the speed of light, there is no time and no space. In a physical sense, science suggests that the light that we see may emanate from the ocean of energy in multi-dimensional space - what we think of as empty space or the vacuum. The movement and activity of light may be the foundation of

all physical matter, of which every thing, including us, is made. Matter may actually be a form of 'frozen light.' Light rays go back and forth, freezing them into a pattern which contains information.

The inner, visualised light is not just a metaphor, but also a reality in consciousness. Through a visualisation of light we join with the ground of all existence, where space and time do not exist, all is an unbroken whole.

So when we visualise light in our consciousness, even though it is just a small part of the spectrum, the light patterns in our consciousness find a connection with the Light of that unbroken whole - they find a 'match' - they are made of the same 'stuff'. By visualising light and colours we can feel peace, joy and connection and tap into the healing power of the Whole -the Universal Consciousness- the Divine.

THE TRUE GIFT OF MUSIC

Rosalind Smith

We were listening to music being played over the radio – or perhaps it was from a record or CD. The sound filled the room, and invaded our senses, so that we could do nothing other than listen, entranced. Was it Beethoven, or was it Brahms, or Mozart? I don't recall now. It could have been any one of the 'great' composers; equally it might have been by one less well-known, but who had the power to convey such beauty that it felt as though one's soul was soaring. That is the measure of music that can move us, can transport and lift us into a different sphere from the mundane.

The elderly lady who was listening with me, had a glow in her face. 'Music is such a God-given gift, isn't it?' she said. And I agreed.

In the time of the early church, when plain chant came into usage, there were, apparently, times when some of the monks would be overcome with the beauty of the sounds they made. It was soon realised that music had a greater power to reach the soul than any of the lectures or passages from Scripture, and so certain chants and psalms were forbidden to the choirs. Their emotional response could be so strong that often monks would swoon – not a good idea in the middle of a plainsong chant! Perhaps many of us can identify with that emotional response, that feeling of being lifted up out of oneself; and herein lies the true healing power of music, the balm for our souls – an awareness of the numinous. There are intervals which move the soul profoundly, amongst them minor sevenths and augmented sixths, and these were not allowed because of the unwanted effect they could have on the singers, sending them into spiritual raptures which could not be controlled. Over the following decades many composers have discovered for themselves the effects of these powerful chords and intervals, and many of us can experience the feelings of soul-soaring when we hear them.

The afore mentioned lady and I carried on listening to the music and when it had finished, she turned to me and went on to say how she had felt transported to another place, and, again, how great and wonderful was the gift of music. But we both felt that there were many others who would not have felt like this - would never, and perhaps, could never, understand why some of us should feel so transported.

And I suddenly realised that although the actual music is wonderful, pouring as it does through the mind and pen of many a dedicated composer, becoming translated into instrumental sounds, symphonies, concertos, songs and ensembles – operas, ballets, and so on, there is an even greater gift. It is the gift of the ability to appreciate it and love it.

Advice & Queries 30. Are you able to contemplate your death and the death of those closest to you? Accepting the fact of death, we are freed to live more fully. In bereavement, give yourself time to grieve. When others mourn, let your love embrace them. (But this author would also add: *When you mourn, let your love embrace yourself*).



Why go to Holy Island, Lindisfarne? It has a reputation, its history as a holy place is well known and even today folk are still discovering secrets and stories of its past but for all the tens of thousands of visitors that cross the tidal causeway each year to get there, what special or spiritual resonance does this place have?

Lindisfarne is intimately connected with the history of Christianity in Britain. In 635 the Northumbrian king, Oswald (reigned 634–42), summoned an Irish monk named Aidan from Iona – the island-monastery off the south-west coast of what is now Scotland – to be

bishop of his kingdom. Oswald granted Aidan and his companions the small tidal island of Lindisfarne on which to found a monastery. Sometime in the 670s a monk named Cuthbert joined the monastery at Lindisfarne. He eventually became Lindisfarne's greatest monk-bishop, and the most important saint in northern England in the Middle Ages. The cult of St Cuthbert also consolidated the monastery's reputation as a centre of Christian learning. One of the results was the production in about 710–25 of the masterpiece of early medieval art known today as the Lindisfarne Gospels. On 8 June 793 Lindisfarne suffered a devastating raid by Viking pirates – their first significant attack in western Europe. The raid caused horror across the continent. The raid was physically and psychologically devastating: one of England's holiest shrines had been attacked by pagans, and St Cuthbert had not intervened to stop them. Thereafter activity on the island diminished and although a priory was built in the 11/12th centuries it never achieved its former prominence.

People visit though, but why? The Lindisfarne village is home to its inhabitants, there is a castle (just one hundred years or so old but dramatic in its presentation), a ruined priory, a more modern church (well worth a visit) and a few gift shops and cafes.

Folk cross the causeway, park their cars, wander to the priory, to the village and stroll down to the beach and view the converted fisherman's store-huts made from upturned converted boats and they sometimes wander as far as the castle. But the real treasure and link to the healing past, and a promise for the future, is half a mile further on from the castle to the far side of the island on the shingle beach washed by the North Sea.

As one approaches the shingle bank, if the wind and weather are in the right condition one will hear a most spooky sound. At first one

questions what it is. Is it a colony of sea birds? Is it the wind? Is it something else? Even after a visit one could still have doubts, but reason inclines one to believe it was the sound of the wind whistling through what is on the shingle bank.

The bank is a naturally formed shingle embankment raising just 10 – 15 feet above the meadows that stretch back towards the castle. The shingle comprises a range of sizes of pebbles from small thumb sized to half hundredweight lumps over two feet in length. That is what mother nature has deposited there but the real mystery of the place, coupled with the sound of the wind, was what humanity has done with these stones.

For over a hundred yards along the embankment folk have erected towers, pagoda like structures of stones standing upon each other. It was through these towers that the wind whistles and winds creating the spooky sound that is evident more from a distance than when one is close to them.

The stones, the wind, and the sounds, create an ambience that is not of this world. It is ethereal and special and speaks to the condition of the people that visit this shingle bank and cause them to erect these little structures. But why do they? What is so curious about this place that prompt folk with their embryonic civil engineering skills to construct little monuments that they well know mother nature will wear down and return to the level surface of the bank within a few months and a winter or two? Yes, folk could build these structures just for the fun of it or for a present-day romantic notion, but for others, there is a deep and meaningful reason for their building activity.

One should not presume to speak for all of those that visit this beach, but for some it is because it has a spiritual resonance, a special meaning, beyond the description of words, which connects one's present-day existence to something of the past but with an assurance and confidence in the future.



Folk have visited and revisited this beach and bank through the years. They have erected monuments and laid out stones on the grassy green slope to the shingle bank depicting the names of loved ones that have passed away.

Repeated visits see that the names have long since disappeared, but that does not dissuade folk from repeating the process to commemorate new events and ensure further memories. It matters not that other people would come along later and remove their stones

and construct memorials for their own purpose. Visitors commit their thoughts and prayers, their respects and regrets and resign themselves with the help of the Divine to the natural cycle of life; to life, to death and to re-birth either on this earth or somewhere else. It matters not that their constructions fade away, for like the others that come to this Holy Island beach they have found an outlet, a form of



expression and remembrance that reconciles grief with reality and the belief that there is something beyond logic and reason, something wonderfully ineffable but comforting and soothing to the soul. In short, this is a healing place.

So many of the folk that cross the causeway from the mainland fail to make the journey to this shingle bank and these whistling stones tossed by the North Sea gales and caressed by all the varieties of Northumberland weather.

Holy Island is visited for its history and the curios of the priory ruins, the fishermen's huts and the castle and other 'touristy' things. But these are reflections of the past and for the majority that visit Holy Island the blessings of the present and for the future are unexperienced because although healing is always present many are

prevented through lack of awareness, desire, or belief from taking the extra step to experience it. As Advice and Query #30 states, "Accepting the fact of death, we are freed to live more fully". It is a blessing that Holy Island has a special place where its ambience is such as to engender awareness, desire and belief in that 'something' conducive to healing and which, if one cares to look, is present also at the many other places we choose to visit.

November 2021

BOOK REVIEW



THE FORBIDDEN FEMALE SPEAKS. Mary Magdalene channelled by Pamela Kribbe. 200 pp. \$7.99 E-book (Kindle and PDF) \$17.95 Paperback. Add VAT and for the paperback P&P. Obtained via www.jeshua.net

All channellings have to be assessed by the reader. These appear to be of matchless purity, and constitute a very rich spiritual gift for our times. Mary Magdalene as portrayed here shows interesting similarities with the Mary Magdalene of the Gospel of the Beloved Companion reviewed in TW162. A character emerges of searching spiritual awareness, combined with a certain directness and unsentimentality. Underlying her words is deep compassion, and the power and willingness to help her fellow humans at a very deep level. This book speaks of male and female energy, how it needs to be acknowledged and balanced both in men and women. The ways in which imbalance in one partner can invoke imbalance in the other are set out. This is marriage guidance of unprecedented depth and power.

Gervais Frykman

Clerk: Gervais Frykman, 52 Ridge Road, Middlestown, Wakefield, W Yorks.
WF4 4QP. gervais153@talktalk.net 01924 264180.

FFH/QSH Membership Secretary: Pauline Frykman, 52 Ridge Road, Middlestown,
Wakefield, W Yorks, WF4 4QP. gervais153@talktalk.net 01924 264180.

Treasurer: Cherry Simpkin, 78 Courtlands Ave., Lee, London, SE12 8JA.
cherry.simpkin@btinternet.com 020 8852 6735

Editor of Towards Wholeness: Gervais Frykman, 52 Ridge Road, Middlestown,
Wakefield, W Yorks. WF4 4QP. gervais153@talktalk.net 01924 264180.

FFH/QSH Gatherings and Courses Secretary: Kay Horsfield, 90 The Crescent,
Abbots Langley, Herts WD5 0DS. horsfield.k@gmail.com 01923 266163

On-line Gatherings and Distant Healing Group Convenor: David Mason, 2 Fir Ave,
New Milton, Hants, BH25 6EX. david.mason1948@gmail.com 01425 626112

Urgent Prayer Group: Anne Brennan, 3 Annandale, South Street, Castle Cary, Som.
BA7 7EB. anni.b@live.co.uk 07969 689406.

Prayer Group for the Mother and her Unborn Child: Mina Tilt, 185 Robin Hood
Lane, Hall Green, B28 0JE. theminatree@btinternet.com 0121 778 6778.
Mobile 07719 625418

Claridge House, Dormans Road, Dormansland, Lingfield, Surrey RH7 6QH.
The Manager. welcome@claridgehousequaker.org.uk 01342 832150.
web site: www.claridgehousequaker.org.uk

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