



ISSN 1745-0845

FFH PUBLICATIONS

Valerie Cherry	Grief Experienced	£1.80
Sue Glover Frykman	'Rite' from the Spirit	£2.00
Kitty Grave	A Pool of Quiet – Meditations for a month	£2.00
Joanna Harris (ed.)	In Praise of Claridge House	£2.50
Joanna Harris and Alan Pearce (eds.)	Quakers & Healing Today	£2.00
David Hodges	George Fox and the Healing Ministry	£4.00
David Hodges	Science, Spirituality and Healing	£2.25
Louie Horne	A Closeness of Living: the spiritual legacy of Louie Horne	£2.00
Rachel Pinney	Creative Listening	£2.00
Jim Pym	What kind of God, what kind of Healing?	£2.50
Anne Smith (ed.)	A House of Stars: Celebrating Life and Life after Life with Children and Angels	£3.00
Rosalind Smith	Simple Healing	£1.20
Rosalind Smith	Quakers & the Spiritual/Psychic Dimension	£2.00
Rosalind Smith	Meditation and Contemplative Prayer	£1.50
Stephen Feltham & Peter Wilson	Moving Towards Wholeness (A Workbook and Journal)	£5.50
Rosalind Smith	Meditations, Visualisations and Exercises For personal or FFH group use. Incl Postage	£8.00
NEW		
Rosalind Smith	Have We Met Before? (Plus Postage)	£6.00

Available from Anne Mason, annemason1958@gmail.com,
01425 626112, 2 Fir Avenue, New Milton, Hants, BH256EX.

Please email or write to Anne with your order. She will post the books to you with an invoice which will include postage.

Printed by Healeys Print Group, Ipswich

TOWARDS WHOLENESS

No. 165 Spring 2023 £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: Pauline Frykman

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

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

IF YOU ARE THINKING OF MAKING A WILL...

have you considered leaving something to the FFH? A specimen form of words could be: "I give and bequeath (state what...) to the Friends Fellowship of Healing (being a Charity registered under the Charities Act, No. 284459), to the registered address of the Charity as recorded with the Charity Commission at the time that this bequest comes into effect, AND I DECLARE that the receipt of this legacy by the then proper officer for the Fellowship, shall be a complete discharge to my Trustee(s) for that legacy."

CONTENTS

2.	Healing and Upholding Groups	
5.	Memorial Testimony – Jim Pym	
14.	Walk in the Light	Sue Glover Frykman
15.	Surrendering to intuition	Maureen White
17.	Relationships in the New Era	Jeshua
27.	Dumfries Interfaith Week Event	Jan Lethbridge
30.	Life and Death	A Manx Friend
31.	Golden Experience	Velerie Dearnley
32.	Book Notice	

The Postal and Phone Link Groups give prayer support to people seeking reassurance and healing. Some members have joined these groups because they are physically isolated by handicap, age or geography. Others may already belong to a local healing group and are able to give additional commitment by also belonging to one of the postal or phone link groups, or are simply committed to the power of prayer.

All are welcome to join. If you would like to help in this way, please write the Postal Co-ordinator, **Maureen Anderson**, (*contact details on inside cover*) with a few details about yourself. Your letter will be passed on to one of the group secretaries who will then contact you direct and give you the names of two or three people to uphold in prayer regularly.

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

Distant Healing From Home

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

HEALING AND UPHOLDING GROUPS – 25 January 2023

BATH	Hazel Mitchell, 1 Victoria House, Albert Mill, Dapps Hill, Keynsham, Bristol	BS31 1UL
BEDFORD	Judith Slaymaker, Red Lion House, 2 High St, Thurleigh, Beds Email: Judith.slaymaker@gmail.com	MK44 2DB
BEWDLEY	Tony Sargent, 12 Sandstone Road, Bewdley Email: tigrish@btinternet.com Tel 01299 405943	DY12 1BW
BLACKBURN	Beverley Rayner Email: bevrayerhealing@yahoo.co.uk Tel: 07928 107306	
BLACKHEATH	Cherry Simpkin Email: cherry.simpkin@btinternet.com Tel: 0208 8526735	
BOURNEMOUTH	Stephen Feltham, 6 Ferris Place, Bournemouth	BH8 0AU
BRIGHTON	Magda Cross, 41 Preston Grange, Orange Close, Brighton	BN1 6BH
CAMBRIDGE	Amy Ellis Email: amy.ellis@cambridgeshire-quakers.org.uk Tel: 07985 609710	
CARDIFF	Ken Timmins, FMH, 43 Charles Street, Cardiff	CF10 2GB
CHESTER	Karen Dickson Email: karen.dickson@btinternet.com	
CHORLEY	Joan Williamson, 34 Runshaw Lane, Euxton, Chorley,	PR7 6AU
CLARIDGE HOUSE	Peter Horsfield, Claridge House, Dormansland, Surrey Email: peterhorsfield333@goolemail.com Tel: 01372 374596	RH7 6QH
CLITHEROE	Beverley Rayner Email: bevrayerhealing@yahoo.co.uk Tel: 07928 107306	
CROYDON	Croydon PM c/o David Parlett, FMH, 60 Park Lane, Croydon Stephen Betts Email: smjbetts@gmail.com Tel: 07511 380272	CRO 1JE
DISLEY	Anne Sumner, 5 Parkhill Close, New Mills, High Peak, Derbys Email: sumner961@btinternet.com Tel: 01663 745 439	SK22 4EU
DORKING	Anne Brewer, 53 Chart Downs, Dorking, Surrey Email: anne.brewer43@gmail.com Tel: 01306 500187	RH5 4DF
FOREST OF DEAN	For venue and times please contact Joy Simpson, Tel: 01594 841800	
GLASGOW	Nicola Maharg, Saetr, 3 Teangue, Sleat, Isle of Skye Email: nicola.james53@gmail.com Tel: 07595 370376	IV44 8RE
GREAT AYTON	Carole Avison, 4 The Avenue, Stokesley, Middlesbrough	TS9 5ET
HALL GREEN	Joy Aldworth & Trevor Barker, 5 Velsheda Road, Shirley, Solihull	B90 2JL
HARLOW	Michael Seymour, 15 Powermill Lane, Waltham Abbey Email: littlethora@hotmail.co.uk Tel: 01992 700374	EN9 1JP
HARROW	Ann Taylor, 79 Hawthorne Ave, Ruislip	HA4 8SR
HARWICH	Joy Ling, Email: joymearl@gmail.com Tel: 01255 553965 and Rosalie Eaton, Email: rosalieeaton@gmail.com Tel: 01255 880500	
HENLEY on THAMES	John Cater, 6 Southview Close, Twyford, Berks	RG10 9AY
HEREFORD	Pam Newman, 82 Bridle Road, Hereford	HR4 OPW

HUNTINGDON	Mavis Parker, 16 Woodlands, Warboys, Huntingdon, Cambs Tel: 01487 823075	PE28 2UR
LEIGH ON SEA	Tony Burden, 25 Fernleigh Drive, Leigh on Sea, Essex	SS9 1LG
LONG SUTTON	Annette Price, 29 Middle Leigh, Street, Somerset	BA16 0LD
MARLBOROUGH	Rachel Rosedale, Thormsend, Kingsbury Street, Marlborough Email: rachelrosed1@gmail.com	SN8 1HZ
NEW EARSWICK	Ruth McCarthy, Email: ruth.mccarthy60@virginmedia.com Tel: 01904 330977	
NEWPORT	Val Evans, Email: annevans3710@yahoo.co.uk Tel: 01633 483039	
NORTHUMBERLAND	Ena Dimelow Email: enaannd@btinternet.com Tel: 01670 760502	
NOTTINGHAM	Mary Brimelow, 30 Private Road, Sherwood, Nottingham Email: marybrimelow@hotmail.com	NG5 4DB
OAKHAM	Anna Findlay, 44 Well Street, Langham, Rutland	LE15 7JS
OSWESTRY	Sue Miller, 10 Upper Church St, Oswestry Email: susaneleanormiller@gmail.com Tel: 01691 658330	SY11 2AE
POLEGATE	Elisabeth Wilson, Cottage 2b, Bernard Baron Cottage Homes Eastbourne Road, Polegate, East Sussex Email: liswil2b@gmail.com Tel: 01273 730085	BN26 5HB
POOLE	Peter & Pamela Wilson, The Old Stable, Levets Lane, Poole Email: peterpam65@ntlworld.com	BH15 1LW
SIDCOT	Jo Hewitt, 2 Oatlands, Wrington Hill, Bristol Email: jo@2oatlands.net	BS40 5PL
SOUTH AUSTRALIA REGIONAL MEETING		
	Enid L. Robertson, 9 Sherbourne Road, Blackwood, S. Australia	5051
STOCKPORT	Joan Armstrong, 14 Tintern Ave, West Didsbury, Manchester Email: jhb.armstrong@outlook.com Tel: 01614 345278	M20 2LE
STREATHAM & BRIXTON	Isobella Stewart, 15 Lexton Gardens, London Email: isobelstewart15@gmail.com	SW12 0AY
TELFORD	David Rolfe and Sara Venn, 66 Dawley Rd, Wellington, Telford	TF1 2JF
THAXTED	Anthea Lee, 24 Lea Close, Bishops Stortford Email: antheaglee70@gmail.com Tel: 01279 656707	CM23 5EA
TORQUAY	Bill Becher, 203 Babbacombe Road, Torquay Email: webecher@yahoo.co.uk	TQ1 3SX
TOTTENHAM	Nigel Norrie, 65 Friern Barnet Lane, London	N11 3LL
WANSTEAD	Mary Mallinson, 26 Calderon Road, Leytonstone	E11 4EU
WARWICK	John Sheldon, 14 Cocksparrow St, Warwick Email: john.sheldon@uwclub.net Tel: 01926 747393	CV34 4ED
WATFORD	Kay Horsfield Email: horsfield.k@gmail.com Tel: 01923 266163	

WELLINGTON Zoe Ainsworth-Grigg, 4 Kingdom Lane, Norton Fitzwarren, TA2 6QP
WELLS-NEXT-SEA Joolz Saunders, Caprice, Clubbs Lane, Wells-next-Sea NR23 1DP
 Email: joolz.saunders@inthelight.uk.com Tel: 01328 711085
WINCHESTER Andrew F Rutter, 1 St. Johns Road, Winchester SO23 OHQ
 and Irene Ashby, Email: ireneashby@yahoo.com Tel: 07477 138803
WOKINGHAM Anne Le Marinel Email: lemarinel@hotmail.co.uk Tel: 0118 9617109
YEALAND Lesley McCourt Email: lesleymac@phonecoop.coop Tel: 01524 702281
URGENT PRAYER GROUP: Anne Brennan 3 Annandale, South Street, Castle Cary BA7 7EB
 Tel: 07969 689406

Please check the information shown for your group. Will you please advise Anne Le Marinel, lemarinel@hotmail.co.uk of any amendments and updates.

FFH Thursday Group

This meets on zoom on the second and fourth Saturdays of the month at 2:30 pm. It is an experience of giving distant healing in the context of a healing meditation and silence. Please contact Gervais for the link.

Subscriptions

Thank you for your subscriptions. There are some subscriptions outstanding. The membership secretary would appreciate payment as soon as possible.

QSH Training Course

Claridge House 31 July – 4 August.

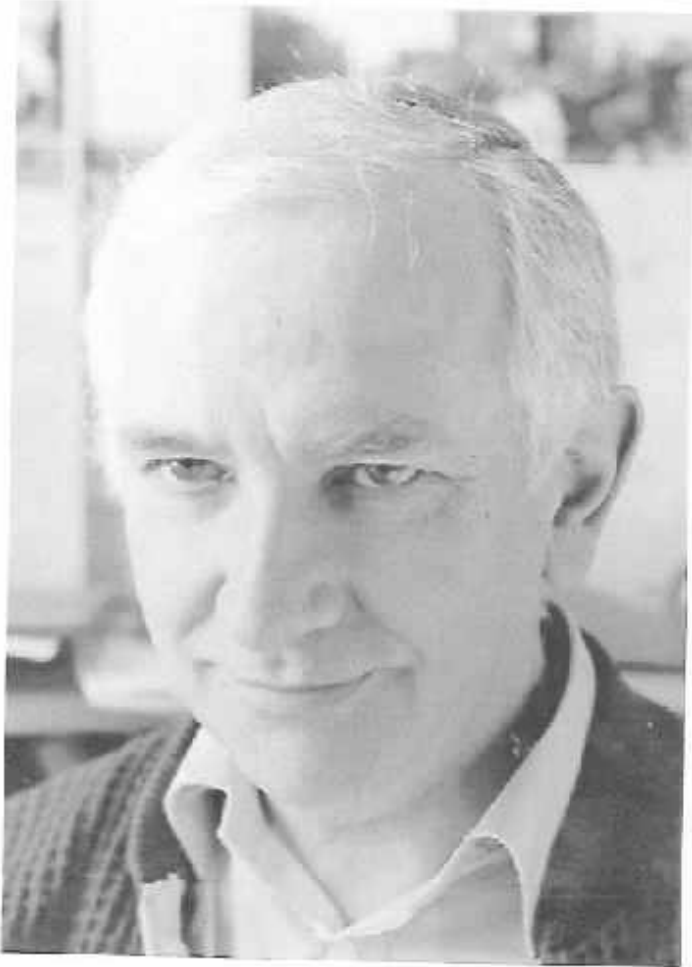
Please book with Claridge House.

Please contact Cherry Simpkin for bursaries.

Healers' Support Weekend

Claridge House 4 August – 6 August.

Please apply to Cherry Simpkin. Some bursaries are available.



**Memorial Testimony to celebrate the life and work of Jim Pym
South East Scotland Area Meeting, 16 January 2023**

Jim Pym, 5 January 1941 – 20 October 2020

Jim was born in Hastings to elderly parents. He left the Catholic church while still a teenager, remaining grateful to it for 'giving me questions to answer.' In his twenties he found in Buddhism, Quakerism and spiritual healing the practical and experiential qualities he valued in religion.

Jim Pym was a steadfast man until such time that his physical health deteriorated. He then remained steadfast in every other way until his death. He touched so many lives through his work, his writing and teaching, his support and love. He was a Quaker by conviction and an ordained Buddhist priest (in the Japanese Jodo Shinshu, or Pure Land, tradition). In his later years, he supported his close companion and partner, Annie Miller, on her Basic Income work, teaching her how to edit, sharing his experience of publishing and helping her to campaign more effectively. He was the author of several books. *What kind of GOD, What kind of HEALING?* (1990) is still in print. His conversational style in *Listening to the Light*; *The Pure Principle*; and *You don't have to sit on the floor* made Quakerism, other faiths seen from a Quaker perspective, and Buddhism, accessible to readers unfamiliar with these traditions.

Some years ago, in early seeking, a friend suggested Quakerism might be what I was looking for. I bought a book to find out more - that book was 'Listening to the Light' by Jim Pym and it changed my life. I was struck immediately by the beauty and strength of Jim's words, and the sense of pleasure, discovery and personal exploration he conveyed when he spoke about faith and religion. I carried this book around with me for a good number of months, sneaking paragraphs here and there whenever I could. It was because of Jim's words that I felt inspired and encouraged to make a visit to a meeting.

You only had to walk into a room where Jim was to feel better and more peaceful. His peace aura was very strong, and he shared it with everyone.

While going through a very difficult time that had sapped my confidence Jim taught me always to come from a place of love. If you come from a place of love you can do no harm. You need to come from a place of love especially to those who are doing you harm. Jim changed my thinking, changed my attitude to life, changed my life. His memory will stay in my soul forever.

I met Jim in person less than a handful of times, mainly in Edinburgh meeting house. Each time I felt that I was in the presence of someone with huge meaning to me. He had unknowingly had such a positive impact on my life. I enjoyed the sense of calm he was able to combine so easily with profound wisdom and I listened eagerly to any contribution he made, whether in ministry or in discussion. I never told him the impact he had on me, and he would not have known my face or name.

Jim was one of the kindest and most empathetic men I have ever met. Among his many noteworthy personal attributes, he possessed a deep and impressive understanding of Buddhism and was himself a deeply spiritual person.

One of his real gifts was the ability to connect with other people through his sense of humour. He would share memories of remarks or incidents from many years ago, and then together we would explore amusing analogies and life experiences. Hearing his views was not just interesting but was always instructive and gave one a way to appreciate something important from a new perspective.

To be in his company was to feel unreservedly affirmed. No topic was off-limits, nothing you said could affront him. Though

he might offer a different, insightful perspective he never judged. A chat over (excellent) coffee and classical music was, thus a time to be treasured – you left feeling hopeful, re-grounded. That ability to be with you in the moment, that sharing of souls, always offered with the lightest touch, without pretension or fuss, was at his essence.

Jim Pym's presence was one of profound Gentleness. It was a modest and deeply spiritual gentleness in which lived unbounded compassion, understanding, healing, knowledge and wisdom, which when needed he was always quietly and gently willing to share.

Some of Jim's legacies to us emanated from: his work at the Quaker bookshop in Friends House; his healing work; and his teachings and writings on comparative religion and ecumenical matters, especially his interfaith work.

Friends House Bookstore

I met Jim Pym in 1986 when I became the assistant manager of Friends Book Centre where he was the manager. I am not sure when he had become the manager, but he inherited a shop that mostly sold remaindered bargains with Quaker books in the corner and changed it into a vibrant Quaker bookshop with many other liberal Christian and other faiths books in stock that were hard to find elsewhere. It became a wonderful lively place where Quakers of every different hue, programmed, unprogrammed, plain dressing, outrageous, non-theist and christocentric from all around the globe came and found books that developed and expanded their religious journeys, as well as historians, theologists and sociologists. He was visited by bishops, priests and lay members of all the Christian churches even the most obscure, monks in Brown and orange robes and

in plain clothes, Hindus, Sufi, Imans. He knew them as friends and valued all their insights as well as stocking the special books of their religious callings. Friends Book Centre became a very special place under his care.

I was appointed as an assistant in the Bookshop in 1987 and worked with Jim until he retired. There are never enough good men and women, and Jim was the best of men. He was kind and caring, dedicated to peace, an excellent bookshop manager and a talented writer. He kept in touch with the always welcomed Christmas letters until relatively recently. Working in the Bookshop was a privilege and an education and Jim was part of that.

I was delighted to join Literature Committee in 1978, a most fulfilling and thrilling role in my Quaker life. The books sold well, were read and discussed and quoted. Many Quaker committees were difficult, and could not recruit members, then there came an era of laying down committees. Literature Committee never, as I recall, had that problem of failing in its purpose. It was a fruitful committee, that worked, and the Book Shop, Jim's vocation, was essential to its success.

I met Jim Pym at Friends Home Service Council, in the autumn of 1976, when he hosted the richest and enticing book stall. I'd only been worshipping with Quakers since 1970, I made the commitment of membership in 1974: the book stall both satisfied the hunger I had to explore but stimulated the urge to know more. Over the years, I appreciated Jim's assiduous marketing of books and stuff, to those interested in Quakers, not only the FHSC and Yearly Meeting book stalls but also the book boxes to preparative meetings and conferences. He would recommend books to me, but also he would offer subtle guidance to me in my writing.

One day a man ran up to the counter. "Tell me about these Quakers," he said, "my bus comes in two minutes!" Jim just picked up a few leaflets and put them in his hands.

Healing

I first encountered Jim when he was a trustee for a small healing charity in Edinburgh and appreciated the sense of 'pause and listen' he brought to meetings. I enjoyed several of Jim's meditation workshops where he made the practice simple and humble. One session, Jim played Bob Marley's Three Little Birds to end the meditation, and now I always think of Jim, and his unique quality of Jimness, when I hear: "Don't worry about a thing, 'cause every little thing gonna be alright..."

His writings on healing influenced me significantly. He was down-to-earth and very practical about healing - there was nothing magical about it. Once, when I had a difficult family peace-making task in front of me, a local Friend suggested I look again at Jim's writings, and his advice leapt off the page: "Don't go back over old stuff. Healing comes when we're open to the present moment. That moment is a gift to us - be glad of it."

He was valued for his healing work, but he never made a parade or a show about it - he just got on with it. I cherish my copy of his book "What Kind of God, what Kind of Healing?" It is simply written but is obviously based on years of experience and thought. He was a modest man, quiet and settled in his own heart and mind, and he was loved.

It was sometime in 1998/99 that I first met Jim, at a Friends Fellowship of Healing gathering, at Charney Manor. Later on, I had the great privilege of sharing and working with him on FFH healing courses, and I learnt a lot from him.

I first got to know Jim at Annie's garden parties and started to attend his healing support groups which led me to offer my service as a healer when he and Annie offered healing once a month in the little chapel in St. John's Episcopalian church at the West End. I was quite new as a contact healer but Jim's quiet support was such a big help and his advice to always remain open to Spirit was the best advice I have ever had. He became a healer in my FFH Postal Prayer group and gave so much not only to clients but also to all of us engaged in Absent Healing. He touched many lives empowering all with his gentle, quiet wisdom. He is a sore miss.

I first met Jim at a spiritual retreat in St Andrews, organised by the National Federation of Spiritual Healers for trainee healers, of whom I was one at the time. Jim was a powerful, knowledgeable and inspiring guest speaker and leader.

In the last years of his life, he became one of a group of planetary healers who met to send healing to planet Earth.

Comparative religion and ecumenicalism

I first met Jim Pym when I attended a course at Woodbrooke on Buddhism. I found his ability to hold Buddhism and Quakerism in tandem immensely encouraging. His knowledge of religion was encyclopedic but always seeking a universal truth. For many years he was a contributor to Universalist, the journal of the Quaker Universalist Group, and he was a most excellent and insightful reviewer. He is sadly missed.

I considered Jim as my spiritual mentor. A great soul who helped me reconcile my Christian upbringing with my interests in Eastern spirituality. A true guru. But also, and most importantly, I remember his wonderful sense of humour. I felt honoured to have become his Friend. I think of him always.

From Jim I learned to widen my theological and spiritual horizons. I recall talking with him about a dying Friend, wondering if she wanted a visit. Jim was kind to my ignorance of death and said simply that 'her horizons were shrinking,' as she did the work of completing her life here. 'Horizon' became an important word to me - a horizon is both a limit, as far as one can see, and a promise that there is more beyond.

Jim was wise. He was very well-read in areas that interested him, particularly the spiritual basis of different religions and their commonality. How does one appreciate what underlies religious belief? Jim found solace in both Buddhism and in Quakerism: he was not a fervent advocate of one or the other – rather he looked for strands that spoke to his own condition.

I was curious about his dual membership – both a Buddhist and a Quaker. As I have dual nationality, which needs managing, I wondered how it was for him and I remember 'When I am a Buddhist, I am only a Buddhist, and when I am a Quaker, that's what I am.'

His knowledge of comparative religions and spirituality in general was impressive. He always displayed his learning with humility and lack of ego.

Jim would say a short phrase after each session (meditation, healing, lecture). 'NAMU AMIDA BUTSU' (the Name of the

Buddha). Shitoku A. Peel, in his 'A Short Presentation of Shin Buddhism', expresses it thus: 'In the Name, we find the expression of the unity of beings and Enlightenment, of subject and object, of the world of suffering and the Pure Land, of illusion and Truth. In the Name every adversarial, dualistic and discriminating thought comes to a halt.' '... it is an act of pure gratitude.'

Thank you, Jim, for the profound depth of your spirituality, your gentle humour, your ever-ready kindness and your innate Grace. Thank you, Jim, for working tirelessly to make awareness of our spirituality part of our everyday experience.

Mark Bitel, Laura Pearson and Annie Miller
January 2023

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

Elizabeth Mills



My husband, Tofte, died in early September after a short illness. A week or two after his death I was walking home from the supermarket and had reached the pedestrian crossing at our road junction. I looked down and saw this battery-run candle at my feet. It was lit! How on earth had it got there, I wondered?

It made me smile. I picked it up and put it in my pocket. When I got home, I put it on the dining table in the kitchen, where I now eat my meals alone. I light it every mealtime, and it always makes me smile. Light brings hope. This one felt like an unexpected message – from the Angels or from Tofte? – to walk in the Light and keep it burning.

It is true I have taken so many happenings in my life for granted. Those sudden clear insights, the softer nudges that are inconvenient, often against the grain and sometimes defy common logic. Usually I have gratefully thanked, used and moved on.

Each had a meaning and use for that moment, a few I have noted but some are imprinted into my being with a freshness easily recalled.

Perhaps childhood circumstances meant I have had a toe and sometimes a foot in the 'Other' since very small.

I faced a world that often made no sense, a world plunged into conflict, we sheltered in cellars and I escaped in dreams. Adults were preoccupied.

This inner world, similar to a Tardis, expands and expands and manifests in dreams, unlikely thoughts and intuitions. Perhaps intuition is a muscle, use or lose?

It is the source of unexpected knowing, of strong clear thoughts that go against the common ideas, of inconvenient nudges that I learned to follow implicitly.

Once I was asked if it could be wishful thinking, my truth is that these nudges were so often against my convenience and self interest, sometimes extremely so.

I do question, then I let go and wait. The answers come in unexpected ways. Sometimes teaching, sometimes confirming what I have tentatively concluded.

This ethereal gift I never take for granted, I have no ownership.

So back to in the extreme heat of the 2020 summer, the freezer failed on a Saturday. The shops were closed by the time I cooked what food I could and I had discarded the rest

I thought I could just order a straight replacement on line. John Lewis was out of stock, there were others but the delivery date was weeks ahead or unknown.

I trawled the internet there was nothing suitable immediately available.

On Monday I rang the local supplier who explained that lock down had caused a run on freezers. Supplies were now allocated with no guarantee of what or when.

I asked for advice, I was told doubtfully about one on shop floor, and she would ask the manager whether he would release it or not. They needed a display.

It was not on the website but I checked the manufacturer's site. It fulfilled my requirements perfectly, it was installed the following day. I gave thanks to the Other and kindness of people.

So to last Monday, the 20yr old fridge was not over full but the door popped open repeatedly. I put a 7lb. weight in front as I had something urgent to do.

I had experienced teasing electrical events in early bereavement that had made me laugh. I said impatiently I had no time for such things, so stop.

I moved the weight and tried again, this time the door swung open about a foot or so. I checked the level and contents. Again the door swung open.

Now I took serious notice, again our usual suppliers had nothing listed on web.

I rang the local store, I was told supply issues continued but and a big BUT just what I needed, was not yet entered on website. Ground-hog Day!

I ordered, our daughter sent a message asking me about progress, I typed 'I decided to buy.' As I sent the word Dad inserted itself. So it read 'I Dad decided to buy'.

It made us both laugh. She said dad is being naughty again.

I reviewed the day as usual that evening, saying aloud that we still worked well together.

A pithy male thought came into my relaxed mind. Well I did!
Typical of Brian's dry remarks. Well perhaps I was slow to get the point.

Ideally, if I had the right space, I would keep the present fridge, observe how long it lasted. Whether it was losing capacity. However who would observe the observer?

The spirit is robust enough to be tested but the observer influences the result.

Catch 22.

%%%%%%%%%

RELATIONSHIPS IN THE NEW ERA (Continued)

Jeshua

To light this flame of self awareness within brings such joy, such a deep sense of homecoming that it puts all of your relationships into a new perspective. For example you feel less concerned about the things that other people tell you. If someone criticises or distrusts you, you do not automatically take it personally. You feel less affected or eager to react. You let it go more easily and the need to defend yourself, both to yourself and to the other person, drops away. When you are easily affected emotionally by what another person thinks of you, this indicates that inwardly there is a self contempt that makes you give credit to the negative opinions of others. You do not solve this self contempt by seeking out a conflict with the other but only by going inward and getting in touch with the emotional wounds within yourself. These are much older than this specific moment of rejection. In fact all pain of rejection, all relationship pain, goes back to the original, unhealed birthing pain. It may seem as if I'm taking a huge step here for there are all kinds of complex situations in relationships which seem to indicate that the cause lies closer. It may seem as if your pain is caused by something your partner has done or not done. It may seem as if something *outside* of you causes the pain. And therefore you think that the solution to your problem lies in the behaviour of the other. But let me tell you: fundamentally you are

working on healing an ancient pain *within yourself*. If you are not aware of this, you may easily get entangled in relationship issues that can be extremely painful.

Especially in male/female relationships (love relationships), you frequently try to forge a kind of unity and safety between you that resembles the primeval state of oneness that you vaguely remember. Subconsciously you are trying to recreate the feeling of being comfortably wrapped in a blanket of unconditional love and acceptance. There is a child within you who is crying out for that unconditional acceptance. However if this child in you puts his or her arms around the child part in your partner, too often it results in a suffocating grasp that blocks both partners from genuine self expression.

What happens is that you become emotionally dependent, and then you are going to need the love or approval of the other person for your well-being. Dependence always calls into being power and control issues, for to need someone is equal to wanting to control his or her behaviour. This is the beginning of a destructive relationship. To give up your individuality in a relationship, guided by a subconscious longing for absolute unity, is destructive towards yourself as well as towards the other person.

True love between two people shows two energy fields that can function in complete independence from each other. Each energy field is a unity unto itself and connects to the other on the basis of that unity. In relationships in which partners are dependent upon each other, you will find an uncoordinated striving for “organic wholeness,” not wanting or being able to function without the other. This leads to an entanglement of energies which can be observed in the auric fields as energy cords by which the partners feed each other. They feed themselves with the addictive energies of dependence and control. This kind of energy entanglement indicates that you do not take responsibility for yourself, that you do not face up to the old soul wound that only you can heal. If only you would address this deepest

pain and take responsibility, you would see that you do not ever need someone else to be whole and you will liberate yourself from the destructive aspect of the relationship.

KARMIC RELATIONS

In this context I would like to say something about karmic relationships. By this I mean relationships between people who have known each other in other lifetimes and who have experienced intense emotions with regard to each other. The hallmark of a karmic relationship is that the partners carry unresolved emotions within such as guilt, fear, dependence, jealousy, anger or something of the kind. Because of this unresolved emotional charge, they feel drawn to each other in another incarnation. The aim of the renewed encounter is to provide an opportunity to resolve the issue at hand. This happens by recreating the same issue in a short period of time. When they first meet, the karmic “players” feel a compelling urge to get nearer to each other and after some time they start to repeat their old emotional role patterns. The stage has now been set to face the old issue anew and perhaps handle it in a more enlightened way. The spiritual purpose of the renewed encounter is for both partners to make other choices than they made during that former lifetime.

I am going to give an example here. Imagine a woman who, in a previous lifetime, had a husband who was quite possessive and bossy. For a while she accepted this but at a certain point she decided it was enough and she broke off the relationship. Afterwards the husband committed suicide. The woman felt remorse. She believed that she was guilty. Shouldn't she have given him another chance? She carried this sense of guilt with her for the rest of her life.

In another lifetime they meet again. There is an odd attraction between them. At first, the man is exceptionally charming and she is the center of his attention. He adores her. They enter into a relationship. But from now on he becomes increasingly jealous and possessive. He suspects her of adultery. She finds herself in an inner struggle. She is angry and upset that he wrongly accuses her but she

also feels a strange obligation to be forgiving and to give him another chance. He is a wounded man, she thinks; he cannot help it that he has this fear of being abandoned. Maybe I can help him get over this. She justifies her behaviour in this way but in fact she allows her personal boundaries to be violated. The relationship negatively affects her self esteem.

The most liberating choice for the woman would now be to break off the relationship and go her own way without feelings of guilt. The pain and fear of the husband are not her responsibility. His pain and her sense of guilt have led to a destructive relationship. Their relationship was already emotionally charged because of another lifetime. The meaning of the renewed encounter is that the woman must learn to let things go without feelings of guilt and that the man must learn to stand on his own feet emotionally. So the only real solution is to break off the relationship. The solution for the woman's karma is to let go of her sense of guilt once and for all. The mistake she made in her former lifetime was not that she abandoned her husband but that she felt responsible for his suicide. The departure of his wife in this lifetime would confront the husband again with his own pain and fear and it would offer him a new opportunity to face these emotions instead of escaping them.

You may recognize a karmic encounter by the fact that the other person immediately feels strangely familiar to you. Quite often there also is a mutual attraction, something compelling in the air which urges you to be together and to discover each other. If the opportunity is available, this strong attraction may grow into a love relationship or a heavy infatuation. The emotions you experience may be so overwhelming that you think you have met your twin soul. However things are not as they seem. In such a relationship there will always be problems which sooner or later will surface. Often the partners become involved in a psychological conflict that has power, control and dependence as the main ingredients. By this they repeat a tragedy which they subconsciously recognize from a former lifetime. In a past life they could have been lovers, parent and child, boss and

subordinate, or some another type of relationship. But always they touched a deep inner pain in each other by acts of unfaithfulness, abuse of power or, by contrast, too strong an affection. There was a profound encounter between them which caused deep scars and emotional trauma. That is why the forces of attraction as well as repulsion can be so violent when they meet again in a new incarnation.

The spiritual invitation to all souls who are energetically entangled in such a way is let each other go and become “entities-unto-themselves,” free and independent. Karmic relationships as mentioned here are almost never long-term, stable, loving relationships. They are destructive rather than healing relationships. Quite often the basic purpose of the encounter is to succeed in letting each other go. This is something that could not be done in one or more past lifetimes but now there is another opportunity to release each other in love.

If you find yourself in a relationship that is characterized by intense emotions, that evokes a lot of pain and grief but from which you cannot break free, please realize that nothing obligates you to stay with the other person. Also do realize that intense emotions more often refer to deep pain rather than to mutual love. The energy of love is essentially calm and peaceful, light-hearted and inspiring. It is not heavy, exhausting and tragic. If a relationship gets these traits, it is time to let it go rather than “work on it” once again.

Sometimes you convince yourselves that you have to stay together because you “share karma” and you have “to work things out together.” You call upon the nature of karma as an argument for prolonging the relationship, while you are both suffering immensely. In fact you are distorting the concept of karma here. You do not work out karma together; karma is an individual thing. The karma at stake in such relationships as mentioned before often requires that you let go completely, that you withdraw from such a relationship in order to experience that you are whole unto yourself. Again, resolving karma is something you do on your own. Another person may touch or trigger something inside you that creates a lot of drama between you. But it

remains your sole task and challenge to deal with your own inner hurt, not with the other person's issues. You only have responsibility for yourself.

This is important to realize because it is one of the main pitfalls in relationships. You are not responsible for your mate and your mate is not responsible for you. The solution to your problems does not lie in the behaviour of the other person. Sometimes you are so connected to the inner child of your partner, the emotionally hurt part inside, that you feel you are the one to "rescue" it. Or your partner may be trying the same with you. But this is not going to work. You will be reinforcing emotions of powerlessness and victimhood in the other person, whereas it would be more helpful ultimately if you drew the line and stood up for yourself. It is your destination to be able to feel whole and complete, entirely on your own. That is the most important condition for a truly fulfilling relationship.

HEALING RELATIONSHIPS

There are healing and there are destructive relationships. A characteristic of healing relationships is that the partners respect each other *as they are*, without trying to change each other. They take much pleasure in each other's company but they do not feel uneasy, desperate or lonely if the other person is not around. In this kind of relationship you offer understanding, support and encouragement to your loved one without trying to solve their problems. There is freedom and peace in the relationship. Of course there may be misunderstandings now and then, but the emotions they bring up are short-lived. Both partners are prepared to forgive. There is a heart connection between them as a result of which they will not take the other person's emotions or mistakes personally. Because it does not trigger a deeper layer of pain, they do not attach so much importance to it. Emotionally both partners are independent. They draw their strength and well-being not from the approval or the presence of their mate. He or she does not fill a gap in their lives but adds something new and vital.

In a healing relationship partners may also know each other from one or more past lifetimes. But in these cases there is hardly ever an emotional karmic burden as described above. The two souls may have known each other in a past life in a way that was essentially encouraging and supporting. As friends, partners or as parent and child, they have recognized each other as soul mates. This creates an indissoluble bond throughout several lives.

I will give another example. A young man grows up in a poor family somewhere in the Middle Ages. He is gentle and sensitive by nature and he does not fit in very well with his surroundings. His family consists of hard working, rather rough people who think little of his dreamy, unpractical nature. When he is grown up, he enters a monastery. He is not really happy here either, for life is tightly regulated and there is little human warmth or companionship among the people living there. There is however one man who is a bit different. It is a priest who has a higher rank but who has no air of authority and who is truly interested in him. Now and then he inquires how things are going and he allots him a few pleasant jobs like gardening. Each time they look at each other there is a sense of recognition, something like-minded between them. There is a silent connection from the heart. Although they do not meet very often or speak much, the priest is a source of hope and encouragement for the young man.

In a following lifetime this man is a woman. Once again she has a gentle and dreamy nature. She has difficulties standing up for herself. When she is an adult she gets bogged down in a marriage with a man who is authoritarian and bossy. At first she fell for his distinct, powerful charisma but later on she realizes how his dominance restricts and oppresses her. Nevertheless she finds it very difficult to set herself free from him. At her work she sometimes mentions the subject to a colleague, a somewhat older man. He encourages her to stand up for herself and to stay true to her own needs. Each time she speaks with him she intuitively knows that he is right. Then after a great deal of inner conflict she divorces her husband. The contact with

her colleague changes now. She feels affection for him. He turns out to be single. She feels so much at ease with him that it seems as if they have known each other for ages. They start a relationship which is affectionate, relaxed and encouraging for both of them. The sympathy which was flowing between them in a former lifetime now takes shape as a fulfilling relationship as husband and wife.

This is a healing relationship. The woman has taken an essential decision in leaving her husband and choosing for herself. With this she has affirmed her emotional independence. This has created the basis for a loving, well-balanced relationship with a congenial soul.

TWIN SOULS

At this point I would like to say something about the concept of twin souls, probably familiar to all of you. The idea of twin souls exerts a deep attraction for you. However it is potentially quite dangerous, because it can be interpreted in such a way that it *reinforces* the birthing pain and emotional dependence in each of you, rather than resolving it. This happens when you conceive of the concept of twin souls in such a way that there is another person who perfectly suits you and makes you whole. This is the concept of the twin soul as your other half. You then assume that the oneness and safety you are missing so deeply will be found in someone else who is the perfect match for you.

According to this immature notion of twin souls, the souls are considered to be two halves who together make up a unity. Usually the two halves are respectively male and female. So this notion not only suggests that you are incomplete unto yourself but also that you are essentially male or female. You can probably see that this notion of twin souls is not healthy or healing from a spiritual point of view. It makes you dependent on something outside of you. It denies the divine origin which implies that you are *everything*, male and female, and that you are whole and complete unto yourself. It creates all kinds of illusions which bring you far away from home. And by “home” I

mean your own self, the divinity of your “I-ness.” No soul is meant to be someone else’s other half.

Twin souls do exist and they literally are what the word implies: they are twins. They are souls with the same “feeling tone” or vibration, or you could say with the same birthing time, as is the case with biological twins. The particular time of birth, this unique moment in time and place, makes for a uniquely charged feeling tone inside the souls that come to life. They are not dependent upon each other in any way. They are neither male nor female. But they are certainly tuned into each other as kindred spirits.

What is the reason for the creation of twin souls? Why do they exist? You often think that the *raison d’être* for something is the learning process it effects. But this is not the case with twin souls. The reason for the existence of twin souls is not to learn something. The aim is simply joy and creativity. Twin souls have no function within duality. You will meet your twin soul when you are transcending duality, when you identify yourself again with the God inside yourself who is whole and undivided and who is able to take any form or appearance. Twin souls meet again on their journey back home.

Let us go back for a moment to the beginning of the journey. The moment you leave the state of oneness and become an individual, you enter duality. Suddenly there is dark and light, great and small, sick and healthy, etc. Reality is split. You have no frame of reference anymore for who you really are. At first you took your identity from “being-part-of-a-whole.” Now you are a single part torn loose from the whole. But without your conscious knowing, someone accompanies you who is equal to you, who resembles you as closely as anything could. You took up “the same space” in the blanket of oneness, so near to each other that you didn’t know you were two until you were born. What connects the two of you is something beyond duality, something that antedates the history of duality. This is hard to put into words properly, because it defies your usual definitions of identity in which you are either one or two and cannot be both at the same time.

Now you were both setting out on a journey, a long journey throughout many experiences. Both of you have experienced the extremes of duality, to discover gradually that your essence does not lie in duality but outside of it, in something which underlies it. As soon as you become deeply aware of this underlying oneness, your journey back begins. Little by little you feel less attached to external things such as power, fame, money or prestige. You understand more and more that the key is not *what* you experience but *how* you experience it. You create your own happiness or misery by your state of awareness. You are discovering the power of your own consciousness.

Once you have gone through all the highs and lows of duality there will be a moment when you meet your twin soul. In the energy and appearance of your twin soul, you will recognize a very deep part of yourself, your essence beyond duality, and by this very recognition you will start to understand yourself better and become aware of who you really are. Your twin is a frame of reference for you that carries you outside of the limited beliefs about yourself that you took in during your life and lifetimes before. You liberate yourself by seeing this reflection of you in your twin; it is like a reminder and it has nothing to do with emotional dependence. Meeting each other helps each of you to be stronger and more self-aware individuals, expressing your creativity and love on earth. It accelerates your return journey as it helps you step up to a higher level of oneness while fully retaining and expressing your I-ness, your unique individuality.

Ultimately we are all one. We are supported by an energy which is universal in all of us. But at the same time there is individuality in all of us. The twin soul is to some extent the link between individuality and oneness. It is like a stepping stone to oneness. If you connect with your twin soul consciously and materially, you will bring about the creation of something new: a third energy that is born out of their combined action. That energy always helps to enhance unity awareness on a larger scale than just the two of them. Because they are on their way Home, twin souls feel inspired to anchor the energies of love and oneness on earth and they do so in a way that accords with their own

unique talents and skills. In this manner the twin soul love builds a stepping stone between “being one” and “being One.”

There is a deep inner bond between twin souls but that does not alter the fact that they are complete unities unto themselves. Their joining together brings about love and joy and their meeting enhances creativity and self-realization. They support each other without falling into the pitfalls of emotional dependence or addiction. The love between twin souls is not meant to make each other whole, but to create something new: *instead of the two becoming one, the two shall become three.*

© Pamela Kribbe 6 December 2019. Reprinted by permission.
Please see <https://www.jeshua.net/channelings/relationships-in-the-new-era/> for the whole channeling.

DUMFRIES INTERFAITH WEEK EVENT 2022

Jan Lethbridge

Our Interfaith Week Event in Dumfries was scheduled for Sunday afternoon, 13 November, the first day of IF Week. Two days earlier we were catering for 20, and wondering if we would achieve even that. Late on Saturday evening I received an email ‘warning’ that there might be 60+, and on the day itself, if we include the children, voluntary helpers, and Ukrainian families from all over the region, no less than 132 people came through the doors! Among them, we were especially delighted to welcome the IF Group’s inspirational ‘founder.’

The IF Group can take little credit for this crowd, most of whom were invited by the Dumfries & Galloway Multicultural Association, whose premises we used. Dumfries IF Group itself is very small, so we work closely with the DGMA, who are at the forefront of local work with refugees and others of different faith traditions. And it was pleasing to see on display a banner made, several years ago, by the DGMA Women’s Group, with help from the IF Group.

Given that almost every faith/belief tradition celebrates festivals, our take on Storytelling, the theme of the Week, was to invite speakers to tell the stories behind their own faith's Festivals. We listened first to a Baha'i speaker, and gathered that that faith has more festivals than most others! He spoke of Naw Ruz (New Year) and Ridvan, (his favourite) both of which involve a period of fasting followed by gatherings of friends and families enjoying delicious food.

Our speaker from the Jewish tradition shared with us the Passovers of his youth. These, whilst enjoyable, had failed to impress and engage him then. Later on, however, they began to make sense to him, and eventually instilled in him the principles by which he lives his adult life: the awareness of, responsibility for, and connection to all others, of whatever background, throughout the world.

For the first time, at an IF Week event in Dumfries, we welcomed a Muslim speaker, who emphasised to us that Islam is a religion of Peace, one which respects other faiths, and believes in the Oneness of God. We heard relevant verses from the Qur'an, read in Arabic, an unexpected treat. And he described the festival of Eid al Fitr, which marks the end of fasting in Ramadan, the seventh month of the Muslim calendar.

Unexpectedly, we heard from three different Christian denominations. The Roman Catholic Sister, whom we had invited, initially fell foul of public transport. So, in the meantime, one of the organisers, a Church of Scotland Elder, briefly outlined the background to the traditional British Christmas, with which many of our audience would be familiar. Then, to our delight, an interpreter amongst the Ukrainian guests, described the Orthodox Christmas of her homeland, celebrated in early January, and helpfully spoke both in Ukrainian and English. Eventually, the RC Sister did arrive, and told us about the Easter festival in the RC Church, where the Stations of the Cross, commemorated on Good Friday, is so prominent. Traditionally, the period of Lent, leading up to Easter, was a time of fasting, perhaps less so among the laity today, but

nevertheless, this pattern does find echoes in both the Baha'i and Muslim traditions.

This account of what our speakers had to say is, of course, essential to any report, but it doesn't actually begin to describe the atmosphere in which this event took place, the fun and enjoyment that was had, the uplifting of the spirit which so many felt. It was splendidly chaotic - the unexpected numbers of people, especially the children, whose crèche was within the same general 'room' area! Folk continuing to arrive, long after the intended start time; speakers delayed; speakers unexpected; some minor sound system and temperature issues But I think the majority of people were just so happy to be among such a large and varied crowd, meeting old friends and making new contacts, together savouring lovely and unusual food, much of it provided at very short notice by a local Syrian café owner, plus some delicious Ukrainian sweet contributions.

Learning together too, from the stories told, how similar, in many ways, are the festivals of the different faiths represented. In a way, the gathering was a festival in itself. Neil McGregor, in his book 'Living with the Gods,' describes festivals as "combining reverence for the divine with throwing a great party, not just living with the Gods, but celebrating with them," and I think we certainly did that!

28.11.22

A tourist from the States visited the famous Polish rabbi Hafez Hayyim. He was astonished to see that the Rabbi's home was only a simple room filled with books. The only furniture was a table and a bench. "Rabbi, where is your furniture?" asked the tourist. "Where is yours?" replied Hafez. "Mine? But I'm only a visitor here." "So am I," said the rabbi.

From Anthony de Mello: The Song of the Bird.

LIFE AND DEATH

A Manx Friend

As I write it is Winter Solstice and darkness is all around – and the light will return as it has since time began. This year 2002 has been one of much light and dark for me.

In October I visited a man who had lost wife, a vital organ, mobility and home. My task as Cruse Bereavement Care Counsellor was to acknowledge the sheer hell he was living through and help him to find the light of peace hidden deep within. My last visit was after a few weeks absence on long-distance holiday. We talked of the holiday and I said “It seems you too are on a long journey – go gently and be at peace.” He smiled and closed his eyes. The hospital rang the next day to tell me he had died. His was a passing that acknowledged love and peace are a better way to be than struggle, strife, conflict. Though full of grief the funeral was quietly joyful.

When it was Summer Solstice I went round to an appointment with a pregnant mum. Her husband greeted me with “No massage or exercises or swimming today – she’s in labour!” The midwives had been alerted and the husband went to look after toddler daughter as the head appeared. A few minutes later a small new person slithered into the world. He lay across my cupped hands shining in light and glory. I welcomed him into the world and gave him to his mum. The midwives arrived soon after and attended to the cord cutting and all the usual post birth activities.

Time has gone on and it is Winter Solstice. The darkness is all around and the light will return. My year had two lights, special lights – the Birth and the Death – and life goes on. As the Irishman said poetically when asked how he was – “Ah, I’m strugglin’ between the immensities”.....

=====

The ocean of consciousness is wide, and our forms bob on its surface like empty cups, until we become full with its waters, and then we sink to its depths. *Rumi*

In 2014 I lost my husband after 48 years of a wonderful marriage. We had been looking in advance about ways we could celebrate our golden wedding. Sadly it was never to be.

When that day came in 2016 my sense of grief was beyond words. Then the door bell rang. It was a neighbour bearing a bunch of flowers; golden roses. She told me she had been in the supermarket when she had an overwhelming urge to buy these flowers. That was followed by a picture of me in her head.

I burst into tears and told her that it would have been our golden wedding anniversary that day. She had no knowledge at all of that.

A strange coincidence or?

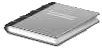
~~~~~

**The River Cannot Go Back*****Kahlil Gibran.***

It is said that before entering the sea  
a river trembles with fear.  
She looks back at the path she has travelled,  
from the peaks of the mountains,  
the long winding road crossing forests and villages.  
And in front of her,  
she sees an ocean so vast,  
that to enter there seems nothing more than to disappear forever.  
But there is no other way.  
The river cannot go back.  
Nobody can go back.  
To go back is impossible in existence.  
The river needs to take the risk  
of entering the ocean  
because only then will fear disappear,

because that's where the river will know  
it's not about disappearing into the ocean,  
but of becoming the ocean.

## **BOOK NOTICE**



**Mysticism for Moderns: Gervais Frykman** 116 pp A4: Word document or PDF, free on application with an e-mail address.

The main purpose of this book is to describe mystical experience as much as possible, to show that it is available to us today, and how George Fox and other early Quakers were firmly within the mystical tradition of the author of *The Cloud of Unknowing*, Julian of Norwich, St Teresa of Avila and Brother Lawrence. Gervais' own experiences are given, set into a brief spiritual autobiography to show something of the longing that normally precedes mystical experience, and the temporary unconsciousness of self that accompanies the fullness of it.

A major sub-plot is a detailed and closely argued critique of Christianity, which evidently disturbed him greatly. Everything is examined, and, certain things having been discarded and other things given new meanings, a beautiful synthesis is discovered, one that enables discourse on an equal basis with other faiths.

This book is not designed for beginners, and the intellectual search is as important as the affective. The language is dense, like this notice, and it cannot be skimmed or subjected to precis. Clarity is striven for, and many difficult words are defined. Perhaps something of soul comes across, even a dry sense of humour.

A section from the book was published in TW161.