

THE HEALING TRUST

REGION 7

NEWSLETTER

Autumn 2011

Essex

Cambridgeshire

Suffolk

Norfolk

www.nfsh-region7.co.uk

REGION 7 COMMITTEE

www.nfsh-region7.co.uk

Regional Officers:

Chair	Pamela Lyons de Araujo Tel: 01553 841501	King's Lynn, Norfolk email: paelyons@gmail.com
Secretary & Exhibition Co-ordinator	Bryan Timms Tel: 01284 702338	Bury St. Edmunds, Suffolk email: bryan@belfryprivatehire.co.uk
Treasurer	Dawn Morgan Tel: 01376 333166	Braintree, Essex email: dawnmorgan06@yahoo.co.uk
Member Liaison Officer	Jenny Twiddy Tel: 01553 840825	King's Lynn, Norfolk email: jenny.7namaste@gmail.com
Council Representative	Diana Bylett Tel: 01953 850121	Scoulton, Norfolk email: diana@energyz.plus.com
Council Representative	Pamela Lyons de Araujo Tel: 01553 841501	King's Lynn, Norfolk email: paelyons@gmail.com
Training Officer	Vacant	

Committee Members:

Valerie Hall (Fellow) Tel: 01206 820958	Elmstead Market, Essex email: valeriehall41@btinternet.com
Betty Burt Tel: 01206 383724	Mersea, Essex email: betty.burt@btinternet.com

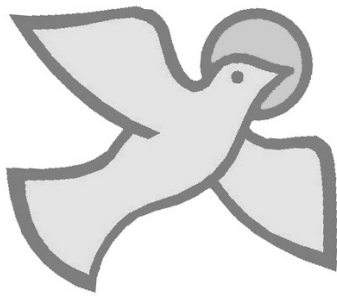
Panel Co-ordinators:

Essex	Gillian Clark Brian and Sue Kemp	Tel: 01199222 570149 Tel: 01206 845423
East Norfolk	Diana Bylett	Tel: 01953 580121
West Norfolk	Pamela Lyons de Araujo	Tel: 01553 841501
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Webmaster:

Alan Bylett	email: alan@techart.com
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Hello ... from the Chair



Heralding in a New Era

With the new Board of Trustees being ratified at the National AGM held on the 24th September, a new era in the history of the NFSH/The Healing Trust has commenced. It is hoped all outstanding, unresolved issues emanating from the past will now be dealt quickly and fairly (and there are several still needing resolution!) Once this has been done, it will be good to have a line finally

drawn under what may in future be termed as our own 'summer of discontent'. Sadly, never before in the history of the NFSH/The Healing Trust has a Board lost its vote of confidence by Members. It is now expected that for the good and future of the NFSH, measures will be taken by the new Board to ensure such a catastrophe will not happen again.

After all, it's a proven fact that if we don't learn from the past, we are likely to repeat the same mistakes in the future. That is something that cannot be allowed to happen.

A change of energies

Members attending the AGM could not fail to notice the encouraging and welcome change of energies as they arrived for the meeting. It was a pleasant and lovely surprise to find the new Board members assembled at the doors ready to greet everyone as they arrived. It was a gesture that did not go unnoticed! Clearly, the Trustees' morning meeting held prior to the AGM had been demanding yet, the new Trustees smilingly welcomed Members who had spent time and money travelling long distances from around the UK to attend. There were Members from as far afield as the West Country - up to Scotland. We even had a Member from India! However, many Members mentioned that to allow only one hour for such an important meeting was 'unfortunate' considering it was an occasion to listen to Members and encourage communication after a long period of discord and deep concern.

As it turned out, the many questions put by Members plus hurried, yet serious debate took the meeting well over the hour as solutions and resolutions were examined in the hope of steering a way forward. Many issues put to the vote

found Membership abstaining as it became clear there was still much to be examined and answers found. This included the two sets of differing Minutes issued after the May 7th General Meeting - one produced by the Steering Committee taken down by Helen Barsby (one of our new Trustees) - the other sent out from Central Office. Members were assured independent Committees would look into this matter and several others. It was only after this undertaking was given that matters proceeded.

On a very positive note

To Members present, it became clear as the meeting progressed that the new Board Members were enthusiastic to not sweep old issues under the carpet but would approach their considerable responsibilities ethically, fairly and with transparency. It is hoped that the two old Trustees elected on to new Board will take their lead from the new Trustees and help to right what went so terribly wrong in the past. Whatever happens we now need to move forward!

Time to heal ... time to move forward

Please accept your Committee intends to do all it can to help restore harmony and unity to the Region and to the NFSH - a healing organisation that has a proud past and deserves a magnificent future.

We are excited by the huge response we have already seen generated for the 'Regional Reunion Day & Healathon'! By the time this Newsletter is printed we shall be busy planning the next big Regional event which will offer us all another opportunity to meet, mingle and bond in harmony, Love and Light. So, watch out for a future announcement concerning an 'AWAY DAY' event planned for 2012!

Region 7 has always been pro-active and enjoyed a buoyant Membership. We are fortunate to have hosted some of the leading names in the Complementary Field to facilitate Workshops here on our home turf and our intention is to build on our past and work toward an even more united and exciting future!

But - please remember - we need your support and enthusiasm! So, if you have ideas about events that you'd like to see put on in Region 7 - pick up a phone or send an email because we encourage and welcome your input!

Pamela A. Lyons de Araujo

Regional Profile: Michelle Bernard - Region 7's new Licensed Tutor

MY PATH INTO HEALING

I grew up in a family where the idea that reality is more than we can 'see' was shared and an interest in esoteric subjects, such as sacred natural sites, was normal. With my open-minded mother and family I went on trips to stone circles and holy wells, where my sister found remote stones using dowsing rods. Then, in my 20s, I learned to meditate. After a trauma in my personal life, I had felt there must be a deeper level to life that I wasn't engaging with fully, and started to look further within. I never looked back, and the meditative (in my case Buddhist) path took me further and further within, enabling me to gain the confidence of knowing that all the happiness, peace, knowledge and strength we need lies within our own hearts and minds.

I began working as an editor for Buddhist and mind, body and spirit book publishers, where I met authors who were healers, clairvoyants and fellow meditators. I became more interested in healing, crystals, herbal medicines, and a holistic approach to life. During this time I attended a holistic festival, where I took part in a workshop which involved using a pendulum. Unknown to me, the workshop leader was a healer. At the end of the workshop the teacher said she had noticed the pendulum swinging in a large circle over the palm of my hand, and wondered whether I had ever thought about doing healing. I said I hadn't, but that I had always wondered what the heat was that came out of my hands when I meditated. She told me the heat was the same as healing energy, and that I should look into doing healing. I didn't forget, and a seed had been sown.

Some time later, I undertook the NFSH healing training with the late Chris Langford. From quite early on, I felt clearly that I had found a vocation and knew healing was going to be a significant part of my life. This was also the beginning of a beautiful friendship with Chris, who I subsequently worked with in healing centres and in other healing disciplines. It was Chris who encouraged me to train as a tutor. I visited Chris in hospital before her death, to give her healing, and one of the last things she said to me was that she was so happy that I was ready to teach.

Channelling healing energy and the ensuing self healing that occurred in my subtle body was also the key for opening up other intuitive capacities, such as clairvoyance and working with crystal healing, which I have gone on to explore and develop. Above all, I feel the healing training helped me to integrate my spiritual path into my daily life in a way that I had not done before. Through it and subsequently practising in healing centres, I have met so many people who are working from the heart, and their kindness and love have had a huge impact on me and my life, and continue to do so. Thus, healing is a vocation for me, and I am happy to use my teaching skills to now offer The Healing Trust's (NFSH) courses to others.

I would like to take this opportunity to thank everyone who has helped and is still helping me along my healing path, particularly my family and friends, my Buddhist teachers, the late Chris Langford, and NFSH healers Dennis Smith and Suzanna Trowsdale. I would also like to thank Elisabeth Bond, Gillian Clark and Hertha Koettner-Smith for so kindly letting me observe their courses, and Penny Gillman for her constant support.

Who Does What in your Region?

Region Representatives:

Communication within the NFSH/The Healing Trust came under the spotlight during the recent elections. It became clear that some Members were unclear as to how they could make their voices heard or to whom they might speak in order to express views or obtain clarification on certain subjects. So, in order to assist our Members we thought we'd offer a gentle reminder of who does what in Region 7.

All NFSH Regions have two Council Representatives who volunteer their time - and contact details - in order that Members may express their views, talk through concerns or ask general questions. However, Members will appreciate it would not be practical or viable for Council Representatives to personally initiate contact with every Member in the Region.

Council Reps. are there for Members to contact whenever there is a need and they will act as the mouthpiece for Members between the Committee and form the link between Membership, Committee and the Board of Trustees. If they do not have an answer themselves then they have access to a line of command, so to speak, from which they can find what you may need to know.

Just to remind you of who are your Council Reps. you may like to make a note of the following details: -

Region 7's Council Representatives -

Diana Bylett

Tel: 01953 850121

email: diana@energyz.plus.com

Pamela Lyons de Araujo

Tel: 01553 841501

email: paelyons@gmail.com

Member Liaison Officer (MLO):

Region 7's Member Liaison Officer is **Jenny Twiddy**. Jenny is on the regional Committee to generally help Students and Members resident within the four counties. As Member Liaison Officer, Jenny will help locate local Support and Development groups for Members, as well as informing Members of Centres in or near their catchment area.

As MLO, Jenny keeps a track of Members' movements - from those who are newly arrived in Region 7 to those who leave or move home within the Region. She is also informed from Central Office of new Student

Members and Students who pass their Panels and become Full Healer Members.

Students in particular may wish to contact Jenny if they have any queries about their training or where they may find Sponsors should they need one.

*NOTE: Remember, if you are interested in running a **Student Support Group in Region 7** Jenny is your first port of call as she will be happy to give you information and help.*

So, if you need to have a chat with Jenny, you will find her on:

Tel: 01553 840825
email: jenny.7namaste@gmail.com

Changes on your Committee:

Since the last Newsletter the following changes have taken place:

Angie Buxton-King:

from RTO & Council Rep. to National Chair

Pamela A Lyons de Araujo:

from Acting Chair to Chair & Council Rep.

Jenny Twiddy:

co-opted on to Region 7 Committee as Members Liaison Officer



From the Dalai Lama Sakya Monastery of Tibetan Buddhism

A central teaching in most spiritual traditions is:

What you wish to experience, provide for another. Look to see, now, what it is you wish to experience in your own life, and in the world. Then see if there is another for

whom you may be the source of that.

If you wish to experience peace, provide peace for another.

If you wish to know that you are safe, cause another to know that they are safe.

If you wish to better understand seemingly incomprehensible things, help another to better understand.

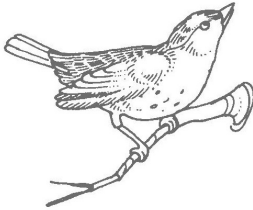
If you wish to heal your own sadness or anger, seek to heal the sadness or anger of another.

Those others are waiting for you now. They are looking to you for guidance, for help, for courage, for strength, for understanding, and for assurance at this hour. Most of all, they are looking to you for love.

My religion is very simple. My religion is kindness.

Region 7:

Council Representative's Report



September 24th was the first Council Meeting and National AGM, this year, where I have represented the Region as your Council Representative. Traditionally, the Council Meeting takes place before the Board meeting, allowing Council to do their job as an 'advisory body' to the Board before decisions are taken. However, on this occasion it took place afterwards.

By now Members will be aware of the election results and the meeting began with an introduction to the new Board of Trustees. Some have a wealth of experience and there was an air of enthusiasm as it was explained that sub committees will be set up to look at various aspects of the Charity and deal with issues which are outstanding. The Board will be meeting soon to discuss strategies and the way forward.

NFSH/The Healing Trust's Financial Controller gave an overview of the financial trends and it showed there were losses in 2010 but, fortunately, legacies had offset losses to a certain extent. Obviously, it was shown that it was important to attract more Members and encourage more Members to stay. It is our view that the Regions need to be supported to help achieve this aim.

Over the years, all Regional monies, above the yearly running costs, were deposited to the Central Fund of the Charity with an understanding that we could draw on this should the need arise. Region 7 is in need of these funds to be able to continue operating well and pay in advance for Exhibition Stands, Events and Meetings, etc. Until last year, our Region has always raised sufficient funding to be self-supporting. I raised this topic and the Board agreed to help us if we could put forward a financial forecast.

Dawn Morgan, our Treasurer, has done this and we hope to receive a favourable reply soon. We feel that if the Board wants to encourage and support Membership they must give Regions the funds required.

I am glad to report that Vivienne Spence has been reinstated as a Member and Tutor and it was agreed at the Meeting that an official letter, in recognition of that situation, should be sent to our Regional Chair, and fellow Council Rep.,

Pamela Lyons. This has now been received and has been filed for Region 7's records.

The next Council Meeting will take place in March 2012. It will be interesting to see how the new Board has progressed in the previous six-month period. It is also hoped that the Council Meeting will take place before the Board Meeting to enable Council to truly fulfil its role as 'advisors' and therefore present ideas and concerns from our Regional Members to the new Board.

Diana Bylett.

Getting to know Members who support the Region

Bryan Austin (Distant Healing Co-ordinator Region 7)

I became interested in healing relatively late, having been able to retire from my professional work as an electrical engineer for 40 years. In 1997 I became a Healer Member after working for several years with Jacky Walker, my tutor, at Castle Acre in Norfolk. During that same year I began healing at the Andreasen Centre in Cambridge once a week and still do so when I can.

I have had experience of being a member of a Healer Support Group. At one time I became an itinerant healer as well as practising at home. I became a Committee Member for Region 7 for some years and did the Mind Body and Spirit fairs, too. In recent times, I have chaired assessment Panels for those aspiring to Full Healer Membership.

In all this it has been a marvellous experience to meet, work with, and to socialise with, when there has been time, so many lovely people.

I am a musician and am a member of the Ely Sinfonia and play Chamber music for fun with friends.

Life would not be the same without my regular visits to Scotland, particularly the Western Isles and Orkney, although I must admit I am not good at climbing hills these days!

Details of Region 7's DISTANT HEALING Service, co-ordinated by Bryan, can be found on our Regional website - www.nfsh-region7.co.uk

News Flash!

Following the newly appointed Board's welcome announcement, given at the AGM (September 24th, Northants) Regent 7 is delighted to inform Members that respected long-term member, Vivienne Spence, has been reinstated as a Member and Tutor of the NFSH/The Healing Trust. We invited Vivienne (ex-National Chair as well as Regional Chair) to write a personal message for Members of her Region.

Personal message from Vivienne Spence

"It has been a sad year for the Charity that a complaint brought against me has taken so many months to resolve. Obviously the details are confidential to those concerned although several members have been made aware in general terms of the over-riding situation in order to offer help and support in bringing about the resolution that has now been reached.

My grateful thanks are extended to members of our new Board of Trustees for their kindness and advice over the past few months and I am delighted to have finally been reinstated as a Healer Member and Tutor of the NFSH/The Healing Trust. I might add that neither my healing nor my tutoring abilities were ever in question!

It is a good feeling to be active again and to have my name cleared of any wrongdoing. Members attending the recent AGM and Council meetings were advised of my reinstatement by our new Chair and were encouraged to inform others.

I would also like to extend my warm appreciation to all those members, in Region 7 and beyond, whose belief in me has carried me through the ups and downs of this year.

We must now all put this behind us and look to the future of our organisation, give support and help to our new Board and bring back the unconditional love on which our healing movement is based.

Thank you all from the bottom of my heart."

Exhibition Corner

... from Bryan Timms - Region 7's Exhibition Co-ordinator

For those of you who did not know, Region 7 had a NFSH Stand at the 'Health & Healing Festival' held at Charter Hall, Colchester, Essex on September 10th-11th. This was the first large event of this kind for around four years, ever since Prime Impact pulled out.

People have obviously missed this BMS event as we experienced a steady flow of interested visitors wandering around on both days. The exhibition organiser had brought down a number of exhibitors from her home town of Harrogate, as she didn't have any contacts in this area. Happy to say, that has been rectified, and she is now looking forward to putting on another exhibition next year.

Although it was a busy and buoyant two days, we didn't quite break even, but we did attract several people who were interested in taking a Healing course, and those names have been passed on to the Tutors concerned. As we know, those individuals who required healing were there over the weekend, no matter how much we would like to heal everybody!

We have been informed by Prime Impact that they are going to run an exhibition at Brentwood next year. This will be a three-day event as it covers a Bank Holiday, i.e. May 5th, 6th & 7th. So, as we are hoping to be able to fund a Stand again for the next exhibition, please make a note in your diaries as we are always needing Healers to help out - Students and Full Healer Members. Another date for your 2012 diary is April 8th -9th, as once again Diana Bylett will be taking her regular Stand at The Forum, in Norwich.

If anybody out there hears of any BMS events which are coming up in the future, then please let me or any of the Committee members know because we are always looking to see where we can promote the NFSH and healing to the public.

Love and Light Bryan

Congratulations.

Congratulations to Jean Thompson and Pauline Wildbore on becoming Full NFSH Healer Members.

HEALING SUPPORT AND DEVELOPMENT GROUPS

**On the Foundation Course? Just passed the Panel? Feeling Isolated?
Lacking Confidence? Need Like-Minded People?
Thinking about becoming a healer? Contact one of those nearest you in the list
below to find out more.**

Healer Support and Development Groups offer both Student and Healer Members a forum for sharing their healing abilities and working in a friendly way to continue their personal and professional development. If there isn't one near you consider starting one of your own, guidelines are available.

BRENTWOOD

Maureen Sturman & Linda Toms	3rd Wednesday monthly	01277 226574 0795 7213623
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COLCHESTER

Sue & Brian Kemp	3rd Mon. monthly 7:30-9:30 pm	01206 845423
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ELMSTEAD MARKET, ESSEX

Valerie Hall	1st Mon. monthly 7.30pm	01206 820958
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Please ring to ensure place 10 max.

Gt. SHELFORD, CAMBRIDGE

Suzanna Trowsdale	1st Saturday monthly 2-4 pm	01223 843108
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IPSWICH

Lis Bond	Thursday eve. monthly 7:15pm	01473 437655
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KELVEDON

Penny Gillman & Rachel Ready	1st Thursday monthly	01376 570358
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LEIGH ON SEA

John Swanborough	Wednesday afternoons	01268 735473
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MALDON

Norah Grey	Last Thursday eve. Monthly	01621 856791
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NORWICH

Sue Brodie	1st Thursday Monthly	01362 857801
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PETERBOROUGH

Chantelle Coupland	Monday eve. Monthly	01733 334176
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WOODFORD BRIDGE

Gillian Clark	2nd Wednesday monthly	01992 570149
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WESTCLIFF-ON-SEA BALMORAL CENTRE

Richard Baldwin	1st Friday monthly 7-10pm	01268 479688
John Morrow		07956 353564

Do you run a group?

Please check that the details we have here are correct. If you have amendments or are not yet listed please send your changes to alan@techart.plus.com