



This Magazine is produced and published  
by the Complementary Healing Association.

The C.H.A. encompasses Alternative Therapies and Training to  
provide alternative care to all those in need, regardless of Race,  
Colour, Creed or Status.

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# *The Complementary Healing Association*



*Christmas Magazine 2011*

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### ADVERTISING RATES

The C.H.A. is a registered Charity and with that in mind, we think it is only fair to ask Commercial Advertisers to make a donation when placing an advertisement.

This of course does not include Members and Members Centres. Suggested donations would be:

£2 per ¼ page

£4 per ½ page

£6 per full page

(Please Make Cheques payable to C.H.A.)

Thank You.  
Maurice Burns  
Secretary C.H.A.



Oh gracious spirit of every type and form  
that may grace my path and my journey.

Let me see the upliftment that meeting may bring  
let me feel the joy and energy of love that flows between us.

Let every step I take be one of thought and courage  
and that every fellow traveller may know thy name.

May the blessings of the eternal spirit shine within us and  
through us and every right thought and action  
be an echo of the way in which we wish to be.

Remember every goodness and every positive kindness  
that we may share and show to our fellows  
so we may enhance our own journey Into the light.

May all of us seek the knowledge of truth  
and the will to know the difference.

May God as you understand Bless you and keep you.

Debbie

### NEW AGE HEALERS LINCOLN

New Age Healers offer Spiritual Healing in Lincoln  
Every Monday Evening from 7PM till 9PM  
Within the Unitarian Chapel.  
377, High Street, Lincoln, Lincolnshire. LN5 7RY.

For Further Information: Please Contact Michael on:  
07942686045 or 01522 797052





## ENERGY OF CHRISTMAS

As we come to the season of Christmas we are often caught up in the hustle and bustle of the efforts we seem to feel we must make to enable our family to have a great Christmas. We often experience feelings of distress and worry, and in general try to accomplish more than we are able.

Sometimes we can lose sight of the real energy of Christmas, the Spirit of Christmas, which is peace. Peace within our home and within our relationships. Let us also send out our wishes for peace to the world.

The Gladness of Christmas, which is hope. Hope for love and laughter to bring gladness to people everywhere.

The Heart of Christmas, which is Love. Love of our fellow man, love of Mother Earth and all that dwell upon her.

The Joy of Christmas, which we experienced as children and can become lost in the hustle and bustle.

It is then that we lose sight of this special season when we celebrate the birth of Jesus. This event heartens the souls of people everywhere and has brought hope to people for two thousand years. What is the use of joy if you have no one to share it with? Many are less well off than ourselves who would appreciate the joy of the season.

So as we remember these things may the blessing of Christmas be yours throughout the Year.

Love and Light

Anon



## AN ESSENCE OF CHRISTMAS,

Christmas is a period of sharing things with those you love. Some share food, gifts or other things that can bring joy to others. It is common to see people sharing Christmas cards filled with messages of encouragement. There are a thousand and one gift items to share with friends, family members and neighbours. Some others share their time with their loved ones at home playing Christmas carol and other wonderful songs.

Christmas is a period of Forgiveness during this festive season, reconciliation normally occurs. Families that were otherwise divided come together as one. Disputes are settled and reconciliation is achieved. The essence of Christmas is to let go of hurt that has been meted out to us.

Christmas is so significant that new relationships are built and old relationships are renewed during this festive period.

The essence of Christmas goes beyond just showing love, sharing and building new relationships. It also involves carrying out self-meditations and making adjustments where necessary.

Christmas is not a universal feast, but the underlying spirit is common to all of us, regardless of religious belief. It is the celebration of light in the darkness, the warmth of hope spreading in the cold winter of life.

Christmas is about gratitude and appreciation of all we have been given and are still to receive.





## CHRISTMAS GREETINGS TO EVERYONE

I hope all Members and our supporting Friends are well and are able to cope with the weather changes most of us will have.

Despite the weather, I am sure most Centres will be kept running by their loyal teams wherever possible.

Christmas is always a joyous time for many but shouldn't we also spare a thought for those less fortunate across our country and the world when we sit down to good food and company, also for those who live or just exist in most cases, in war torn areas with poverty and disease.

We all know the 'Power of Thought' so perhaps we could just give a 'kind thought' to all those who need it wherever they may be at this time.

I wish you all a 'Very Happy Christmas and a Happy Fulfilling and Healthy 2012'.

### 'Thoughts for the day'

The mind is like a parachute, it only functions when open!

Hope this Christmas for a piece of the 'IF IT' pudding. (if it goes round you will get a piece)!

JoAnn Bailey

President



## MISSION STATEMENT

### THE C.H.A. ARE COMMITTED TO ENDEAVOUR TO:

Provide Affordable Safe Complementary Therapies to those in need Irrespective of Colour, Race or Creed.

Implement Professional Training of Therapists and Practitioners

Implement Strict and Safe Codes of Conduct Ethics and Practice

Ensure that all Therapists and Practitioners are Competent to Practice

Ensure that all Members of the C.H.A. meet Current Insurance Standards

## COMPLEMENTARY AND NATURAL HEALTHCARE COUNCIL (CNHC) REGISTER

For those wishing to apply for entry to the CNHC Register There will be an Administration Fee of £5.00 per Member for C.H.A. Members wishing to apply.

Please contact The Secretary for further Details





## GUIDANCE

As you end this year with Divine love, guidance and protection from the highest realms. Begin a new year of continuing to help all beings through the application of unconditional love and compassion.

Wherever you may be along your spiritual journey, or maybe perhaps just waking up, you are never alone, Spirit is always in the wings, patiently waiting for you to begin connecting with the Spiritual realms.

Keep seeking, questioning, looking for your own personal truths, trust yourself enough to go with your intuition, be still and go within, each person experiences their own unique way to remembering their true state of being, their Divine Self, but we all reach the same destination in the end. Know yourself, this will help you when others you encounter challenge your thinking, as you grow more spiritually aware, try not to waste your energy in giving excuses or explaining the whys or wherefores to those that interrogate with a closed mind, you'll only be misunderstood and you don't need anyone to understand or believe you.

All you require is within you, trust and know yourself that you wouldn't bother lying to yourself, if you can do this, faith will grow, and you will gain clarity.

May we all be blessed with wisdom and grace as we share and love all others with unconditional love and compassion?

Maurice



## CHRISTMAS GREETINGS

It is that time of the year again, it has been quite hectic with a lot of meetings to ensure that our Members are always involved at the sharp end (so to speak) Our Members that wish to do so can now be listed on the Complementary and Natural Healthcare Council (CNHC) Register (Please Contact me for Details).

I would like to take this opportunity to Thank all of our Members old and new for all their efforts throughout the year.

It is worth remembering that: "Christmas is forever, not for just one day, for loving, sharing, giving and not to be put away like bells, lights and tinsel in some box upon a shelf. The good you do for others is also good you do yourself".

As you are aware we are now part of BAHA and I have been elected as Secretary of that organization. I am proud to hold that position and will strive to ensure that I can in some way help towards the formation of a United Healing Movement.

Let the spirit of love gently fill your hearts and homes this Christmas and may you find many reasons for happiness. May the love you share with others return to you in countless ways.

Merry Christmas!

Maurice Burns  
Secretary





T'was the night before Christmas, he lived all alone,  
in a one bedroom house, made of plaster and stone.

I had come down the chimney, with presents to give,  
and to see just who, in this home, did live.

I looked all about, a strange sight did I see,  
no tinsel, no presents, not even a tree.

No stocking by mantle, just boots filled with sand,  
on the wall hung pictures, of far distant lands.

With medals and badges, awards of all kinds,  
a sober thought, came through my mind.

For this house was different, it was dreary and dark  
I found the home of a soldier, once I could see clearly.

The soldier lay sleeping, silent, alone,  
curled up on the floor, in this one bedroom home.

The face was so gentle, the room in disorder,  
not how I pictured, a true British soldier.

Was this the hero, of whom I'd just read?  
curled up on a poncho, the floor for a bed?

I realised the families, that I saw this night,  
owed their lives to these soldiers, who were willing to fight.

Soon round the world, the children would play,  
and grownups would celebrate, a bright Christmas day.

They all enjoyed freedom, each month of the year,  
because of the soldiers, like the one lying here.

Continued next page.

I couldn't help wonder, how many lay alone,  
on a cold Christmas Eve, in a land far from home.

The very thought brought, a tear to my eye,  
I dropped to my knees, and started to cry.

The soldier awakened, and I heard a rough voice,  
"Santa don't cry, this life is my choice"

"I fight for freedom, I don't ask for more,  
my life is my god, my country, my corps"

The soldier rolled over, and drifted to sleep,  
I couldn't control it, I continued to weep.

I kept watch for hours, so silent and still,  
and we both shivered, from the cold night's chill.

I did not want to leave, on that cold, dark, night,  
this guardian of honour, so willing to fight.

Then the soldier rolled over, with a voice soft and pure,  
whispered, "carry on Santa, it's Christmas day, all is secure."

One look at my watch, and I knew he was right.  
"Merry Christmas my friend, and to all a good night."

This poem was written by a Peacekeeping soldier stationed  
overseas. The following is his request. I think it is reasonable.

**PLEASE.** Would you do me the kind favour of sending this to as  
many people as you can? Christmas will be coming soon and  
some credit is due to all of the service men and women for our  
being able to celebrate these festivities. Let's try in this small way  
to pay a tiny bit of what we owe. Make people stop and think of  
our heroes, living and dead, who sacrificed themselves for us.  
Please, do your small part to plant this small seed.

