

themselves and become one with their individuality. And where one finds, residing at the heart of one's being, the very power that created the universe and all that resides within it, that is a glorious recognition. For then one truly becomes empowered. One recognizes that within the self, is the greatest power of all, the power to conquer all fear, all doubt, all ignorance, all superstition.

This power, as wondrous as it is, encompasses the greatness of love, altruism, kindness, gentleness and light, for where there is truth, where there is understanding; there darkness resides no more.

### Healing @ SSB

Healing is available, by appointment, on the second and fourth Monday of each month. Appointments are available between 6.30 pm & 8.30 pm on a first come, first served basis.

#### July Dates:

12<sup>th</sup> July

26<sup>th</sup> July

#### August Dates:

9<sup>th</sup> July

23<sup>rd</sup> July

For an appointment, contact MaryAnn Leonard on: 905 332 9934

### Who's On ...

#### July 2010

4<sup>th</sup> Rev. Randi Jacobs

11<sup>th</sup> Rev. Len Spicer

18<sup>th</sup> Karen Willis

25<sup>th</sup> Peter Hatcher

#### August 2010

1<sup>st</sup> Rev. James Kinnear & Peter Hayes

8<sup>th</sup> Darlene Compton & Rev. James Kinnear

15<sup>th</sup> Rev. Shirley McCarnan

22<sup>nd</sup> David Wilson

29<sup>th</sup> Rev. Len Spicer

## Spiritualist Society of Burlington



Issue 8 July 2010

Welcome to Spiritualist Society of Burlington's "The Message" Newsletter. The Message is designed to complement our existing e-mail publication "Over the Ether" by allowing us to reach those members of our community who are not connected to the Internet or who may not be computer literate.

### International Mediums Series – Encore Presentation

We are pleased to announce another International Mediums Series event in July. Karen Willis will be returning for a series of workshops and events between July 14<sup>th</sup> & July 28<sup>th</sup>.

There will be two workshops offered, the first is entitled "Getting a Feel for Spirit" and will focus on establishing and understanding your connection with Spirit. The second will be entitled "Moving Forward with Spirit" and will focus on strengthening your connection with spirit and teaching you how to receive and present communications.

Karen will also be presenting an evening of mediumship for your enjoyment. Dates and sign-up details are available – See Jim, TC, Fran or Peter.

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### Have Your Say ...

*The Message* aims to keep everyone informed and perhaps educate in a way that is accessible and easy to understand. So, if you have any ideas as to what you may like to see included, please let us know.



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## Feature Article

### *Meditation*

Meditation is often the first step we take on the road to spiritual development. It also relieves stress and can give us a different perspective on our lives, perhaps transforming our minds from a negative bias to a positive one.

In sitting quietly and calming our minds and bodies, we start to learn to control our thoughts and begin to choose what we think about. This can be a significant change to our normal behaviour because we often let our thoughts run wild, letting them go in any direction they want, impacting every other aspect of our lives.

This constant “chatter” in our minds distracts and confuses us so that we can’t tell where these thoughts are coming from. By learning to quieten our minds we can begin to recognize each thought and the feelings often associated with it, giving us the first stages of spiritual development, or communication with our guides and loved ones. Development is a process that is continually refined, and no matter how long one has been doing it, one can always improve.

Meditation is a very personal experience, there is no single “right way” to do it. We simply need to start-out using guidance from teachers or books, and over time, adapt the techniques to suit our own personal style or approach. Whether you use guided meditations that take you thorough fields or gardens, or breathing meditations that focus your attention on how and when you breathe, is a purely personal experience. In each case, they take your mind away from your day-to-day stresses and strains and allow you to “forget” your troubles and cares, resulting in your body relaxing and all the health benefits that come with that.

When we formally sit in a group to meditate, we often say we are sitting in development, but it also has other personal benefits that we may not initially recognize. In fact what is happening is that the whole person is developing, not just their ability to discern spirit communication. In some cases, the individual will gain more benefit from improvements in their physical and emotional well being than dramatic progress in other areas. Once the body and emotions are better balanced, the mental aspects relating to spirit communication will then be developed.

Meditation is a means to an end. It is a vehicle we can use to make our journey toward development while at the same time helping improve our health and well being.

### Upcoming Events

#### July 2010

16<sup>th</sup> – 17<sup>th</sup> Getting a feel for Spirit Workshop

21<sup>st</sup> An Evening of Mediumship

22<sup>nd</sup> – 24<sup>th</sup> Moving Forward with Spirit Workshop

## Reflections

### *A Reflection of a Message by Doreen Dye*

It is my desire to share this personal and uplifting experience with you that you too may find comfort. The night of April 5<sup>th</sup> was one I shall always cherish. A precious gift was bestowed upon me through the love of Karen Willis, trance medium.

I had lost my son, Kevin, not long ago and I was very despondent and sometimes angry. This was not the order of things within our family, as parents should go first, or so the emotional side of my brain said.

During the first half of Karen’s demonstration Kevin came through very strongly giving evidence of his funeral, which was different to the norm. Karen then went on to give a message to a lady in the row in front of me resulting in her giving two messages at once, creating some confusion. Karen, bless her, suggested she would get back to me later, as she would finish the message she had started for the other lady.

Into the second half, and near the end of the trance readings, Karen called Kevin’s name and said that he wanted to talk to his mother.

Eagerly, I approached the platform and sat in front of Karen. As I sat down, Karen reached out her hands for me to hold and as we made contact, I knew I was touching my son Kevin. He spoke by saying “I didn’t say goodbye”, which was true, as he was unable to communicate. Karen’s voice even took on the sound of Kevin’s voice. Then her hands started moving up my arms as in giving a hug. Karen’s assistant, Jim, asked if Kevin wanted a hug, and the answer was yes. As I hugged him, I knew in my heart this was Kevin letting me know he was with me, giving me comfort. We stayed in this position for quite some time. It felt exactly like Kevin was hugging me as he did when he was alive. This was our farewell embrace, son to mother.

That night he accomplished his goal, giving hope, comfort and a firm belief that he is always with me. Our love knows no bounds and continues on even after his passing.

### Words from Beyond

#### White Feather speaks about Spiritual Progress:

Spiritual progress is measured not by earthly measurements, but by spiritual changes that take place within each and every soul in an individual way. Just as one cannot stand and view the hands of the clock, waiting for them to move, so one cannot always stand and witness the spiritual growth within and individual. Yet in both cases there is movement and growth is always from the lower to the higher. From the gross to the refined, from darkness to the light, from ignorance to truth, from captivity to freedom. This is a glorious thing because it means that everyone who is on this pathway is reaching forward, not only towards the Great Spirit but towards recognition of their own state of being. To know