

This month, we remember ...

- All our friends and loved ones in Spirit who are always with us loving us, supporting us and guiding us in our day-to-day lives.

Not Time To Say Goodbye

When the time finally comes to say 'Goodbye', it shall not be uttered from a single soul,
For now, it's not the end, only your beginning,
It's time now for you to be once again whole and your journey ahead of us does begin.
For you will always be our growing rose,
A triumphant symbol of hope you have given us to show how dreams and life really flows
That when we see the brightest star above at night, our hearts cry out for it's our dearest loving star
A diamond with a gift that no-one could compare, for all that you were, and all that you are.
The time is not now, in which to say goodbye; only, that for now this is where our paths part
But one day, someday soon, we'll cross paths once more
Until then, you will always remain deep in my heart
You lived through all life's pain, torment and suffering
That road for you has now ended, and all pain now gone
It's with deep regret that we must say farewell for now
And rest with love until we meet again, upon a new dawn
For the call was made and your needed back home
Our hearts are not broken only missing your tender hold
But you're a grand example of a loving Angel now free to move,
For you're a soul that was ever so bold
Rest well dear Angel, up above in loving light
Your old journey is now gone, another one awaits you
We shall treasure everything about you in our hearts
And still it's not time to say goodbye, but time to start anew

Trance Healing @ SSB

Healing is available by appointment, on the second and fourth Mondays of each month. Appointments are available between 6.30 pm & 8.30 pm
For an appointment, contact MaryAnn Leonard: 905 332 9934

July Dates:

11th July
25th July

August Dates:

15th August
29th August

Who's On ...

July 2011

3rd Rev. James Kinnear & Sheila Black
10th Malcolm Skanes
17th Peter Hatcher
24th Dennis Cooper
31st Debra Falco

August 2011

7th Hazel Burton
14th Marilyn Mazzotta
21st TBA
28th Gaye Fullerton

The Message

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Continuities

Nothing is ever lost, or can be lost,
No birth, identity, form – no object of the world
Nor life, nor force, nor any visible thing;
Appearance must not foil, nor shifted sphere confuse thy brain,
Ample are time and space – ample the fields of Nature,
The body, sluggish, aged, cold – the embers left from earlier fires,
The light in the eye grown dim, shall duly flame again;
The sun now low in the west rises for mornings and for noons continual;
To frozen clods ever the spring's invisible law returns,
With grass and flowers and summer fruits and corn.

Walt Whitman

"There comes a time when the pain of continuing exceeds the pain of stopping. At that moment, a threshold is crossed. What seemed unthinkable becomes thinkable. Slowly, the realization emerges that the choice to continue what you have been doing is the choice to live in discomfort, and the choice to stop what you have been doing is the choice to breathe deeply and freely again. Once that realization has emerged, you can either honor it or ignore it, but you cannot forget it. What has become known can not become unknown again."

Gary Zukav



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Life After Death - Extracts from Evidence of the Afterlife by Jeffery Long

Have you ever wondered what life will be like when we pass? Who do we meet and where do we go?

The prevailing scientific view of life after death seems to be “Nothing happens, because when you’re gone, you’re gone!” But that may be slowly changing.

A recent poll by the Pew Forum on Religion and Public Life showed that 74% of Americans believe in life after death. And, there is also a growing body of scientific evidence that suggests our consciousness continues to exist once our earthly bodies expire. This evidence is found studying Near Death Experiences (NDE) ... these are the sensory impressions people experience while they are clinically dead. The impressions are very powerful and often have a significant impact on the individual experiencing them.

The power of a NDE and the evidence of our continuing on after we die are not only apparent from the content of the NDE, but also because the NDE occurred when there were no signs of physical life, which according to medical science, should not be happening.

Here are a couple of examples to help you understand the power and impact near death experiences have:

A woman was undergoing surgery and while on the operating table, her heart stopped beating due to an allergic reaction to the anesthetic. Here in her own words is her near death experience:

I found myself floating up toward the ceiling. I could see everyone around the bed very plainly, even my own body. I thought how odd it was that they were upset about my body. I was fine and wanted them to know that, but there seemed no way to let them know. It was as though there were a veil or a screen between me and the others in the room.

I became aware of an opening, if I can call it that. It appeared to be elongated and dark, and I began to zoom through it. I was puzzled yet exhilarated. I came out of the tunnel into a realm of soft, brilliant love and light. The love was everywhere. It surrounded me and seemed to soak through into my very being. At some point I was shown, or saw, the events of my life. They were in a kind of vast panorama. All of this is really just indescribable. People I knew who had died were there with me in the light – a friend who had died in college, my grandfather, and a great-aunt, among others. They were happy and beaming.

I didn't want to go back, but I was told that I had to by a man in light. I was being told that I had not completed what I had to do in life. I came back to my body with a sudden lurch.

Another example is of a woman named Sheila who also “coded” on the operating table due to an allergic reaction to the anesthetic:

Immediately after my heart stopped I found myself at ceiling level. I could see the EKG machine I was hooked to. The EKG machine was flat-lined. The doctors and nurses were frantically trying to bring me back to life. The scene below was a near panic situation. In contrast to the chaos below, I felt a profound sense of peace. I was completely free of any pain. My consciousness drifted out of the operating room and moved into a nursing station. I immediately recognized that this was the nursing station on the floor where I had been prior to my surgery.

After I watched the nurses for a while, a tunnel opened up. I was drawn to the tunnel. I then passed through the tunnel and became aware of a bright light at the end of the tunnel. I felt peaceful. After I passed through the tunnel, I found myself in an area of beautiful, mystical light. In front of me were several of my beloved relatives who had previously died. It was a joyous reunion and we embraced.

I found myself with a mystical being of overwhelming love and compassion. “Do you want to go back?” I was asked. I responded, “I don't know”, which was just like my old indecisive self of the time. After further discussion, I knew the choice to return to my physical body was mine. It was a most difficult decision. I was in a realm of overwhelming love. In this realm I knew I was truly home. Finally, I returned to my body.

I awoke in the ICU over a day later. When I finally worked up the courage to share what I saw during my near death experience with one of the nurses, the nurse send a nun to speak to me. When I explained what I had experienced, the nun listened carefully and declared it to be the “work of the devil”. You can understand my reluctance to share my experience with anyone after this.

Food for Thought ...

“There are no accidents... there is only some purpose that we haven't yet understood.”