

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

To book an appointment please call MaryAnn Leonard: 905 332-9934

September Dates:

12th September
26th September

October Dates:

10th October
24th October

Who's On ...

September 2011

4th Brenda Ropp
11th John Chafer
18th Rev. Patti Tomczyk
25th TBA

October 2011

2nd Victor Abbot
9th Rev. Gail Ingwall
16th Rev. Shirley McCarnan
23rd Rev. Sharon & John Golsby
30th TBA

Upcoming Events

- **Future Platform Workers – Sunday September 11th** @ 1 pm following the divine service. All welcome. Please come and support our future platform workers.
- **Evening of Mediumship – Wednesday September 21st** @ 7 pm with Jana Hefferman, David Jones and Rev. James Kinnear. Tickets \$15 available at SSB or email ssbtickets@hotmail.ca
- **“Tempt Your Taste Buds” Sale – Sunday October 9th** Delicious Homemade Treat available before and after the divine service.
- **Spiritualist Church of Canada Annual General Meeting – Saturday, October 22nd**. SSB is hosting this year's SCC AGM at the Appleby United Church 4407 Spruce Ave. Burlington. There are workshops, a pot-luck dinner and an evening of mediumship. SCC membership is not required. Tickets: \$60 for the whole day and evening of mediumship or \$10 for just the evening of mediumship. Pre-register at: info@spiritualistchurchofcanada.com
- **Spiritualist Church of Canada 3rd Year Ministerial Credit Course, S303 Effective Communication – Saturday, October 29th**. SSB is hosting this course at our location. Cost: \$100. Pre-register at ranjac@sympatico.ca

The Message

Issue: 2.10 September 2011

When I Must Leave

When I must leave for a while,
Please do not grieve and shed wild tears
And hug your sorrow to you through the years
But start out bravely with a gallant smile;
And for my sake and in my name
Live on and do all things the same,
Feed not your loneliness on empty days,
But fill each waking hour in in useful ways.
Reach out your hand in comfort and hold me dear,
And I in turn will comfort you and hold you near,
And never, never be afraid to die,
For I am waiting for you in the sky!

“Self-observation brings man to the realization of the necessity of self-change. And in observing himself a man notices that self-observation itself brings about certain changes in his inner processes. He begins to understand that self-observation is an instrument of self-change, a means of awakening.”

G.I. Gurdjieff



Spiritualist Society of Burlington
Roseland Plaza, 3027 New Street, Burlington, ON
spiritualist@cogeco.ca

Spiritualist Society of Burlington

Questions on Meditation

What is Meditation?

The basic idea generally associated with why people meditate is that during our day we are constantly subjected to sensory input and our minds are always active in the process of thinking.

Meditation allows all this activity to settle down, and often results in the mind becoming more peaceful, calm and focused. In essence, meditation allows our awareness to become 'rejuvenated'.

Meditation can be considered a technique, or practice. It usually involves concentrating on an object, such as a flower, a candle, a sound or word, or the breath. Over time, the number of random thoughts occurring diminishes. More importantly, attachment to those thoughts, and the identification with them, become progressively less. The meditator may get caught up in a thought pattern, but once he/she becomes aware of this, attention is gently brought back to the object of concentration.

Experiences during meditation probably vary significantly from one individual to another. The most common byproducts of meditation are relaxation, increased awareness, mental focus and clarity, and a sense of peace.

What are the Different Techniques?

Meditation involves concentrating on something to take our attention beyond the random thought activity that is usually going on in our heads. This can involve a solid object or picture, a mantra, breath, or guided visualization.

Typical objects employed include a candle flame or a flower. Some people use pictures, such as a mandala - a highly colored symmetric painting - or a picture of a spiritual teacher in a high meditative state. Mantras are sounds which have a flowing, meditative quality and may be repeated out loud or inwardly. The breath is also a common focal point. Finally, guided visualization is also considered by some to be a form of meditation.

Which Method is right for me?

There is no "right" meditation technique for everybody. Some techniques work better for certain people while other techniques work better for other people. The important thing is to find what works for you.

A Breathing Meditation Exercise

The following is a simple breathing meditation exercise that can be used by beginners or experienced meditators alike.

Choose a quiet place to meditate and sit in a comfortable position. Sit in the traditional cross-legged posture or in any other position that is comfortable. Beginners may find it easier to sit comfortably on a chair with their back straight and their feet flat on the floor. The most important thing is to keep your back straight and do not allow your chin to drop onto your chest. This stops you from becoming sluggish or sleepy.

Once you are comfortable, close your eyes and turn your attention to your breathing. Breathe naturally, preferably through your nose, without attempting to control your breath. Try to become aware of the sensation of the breath as it enters and leaves your nose. This sensation is the object of the meditation; try to concentrate on it to the exclusion of everything else.

At first, your mind will be very busy, and you might even feel that the meditation is making your mind busier; but in reality you are just becoming more aware of how busy your mind actually is.

There will be a great temptation to follow the different thoughts as they arise, but you should resist this and remain focused on the sensation of the breath. If you discover that your mind has wandered and is following our thoughts, you should immediately return it to the breath. You should repeat this as many times as necessary until your mind settles on the breath.

Once you are focused on the breath, maintain that state for as long as you feel comfortable. If you are just beginning, 5 – 10 minutes will be more than adequate, if you are more experienced, hold that state for your normal meditation time.

Food for Thought ...

"We have always been involved in spiritual evolution. We are spiritual beings, we have always been spiritual beings and we will always be spiritual beings."