

### This month, we remember ...

- Ann Potter, friend of Norma Pettit, passed to spirit August 2008

### Let's hear from you ...

If you'd like to send something to be included in The Message, email us at: [ssbmessage@hotmail.com](mailto:ssbmessage@hotmail.com)

### Healing @ SSB

Healing is available, by appointment, on the third Monday of each month. Appointments are available between 6.30 pm & 8.30 pm.

**August Date: 20<sup>th</sup>**

**September Date: 17<sup>th</sup>**

For an appointment, contact MaryAnn Leonard: 905 332 9934

### Who's On ...

#### August 2012

5<sup>th</sup> Pamela Paterson & David Jones  
12<sup>th</sup> Rev. Shirley McCarnan  
19<sup>th</sup> Karen Willis  
26<sup>th</sup> David Jones

#### September 2012

2<sup>nd</sup> Ron De Re  
9<sup>th</sup> Carolyn Molnar & Ben Gleisser  
16<sup>th</sup> Brenda Ropp  
23<sup>rd</sup> Rev.'s Sharon & John Golsby  
30<sup>th</sup> Rev. Vera Molinaro

### Upcoming Events

#### August 2012

14<sup>th</sup> Spiritual Art workshop with Karen Willis  
15<sup>th</sup> An Evening of Mediumship with Karen Willis (advanced tickets)  
16<sup>th</sup> Healing workshop with Karen Willis  
17<sup>th</sup> – 18<sup>th</sup> Mediumship Development workshop with Karen Willis

For demo tickets, please call 905-639-0956

For workshop info and pre-registration: [www.spiritualistsociety.com](http://www.spiritualistsociety.com) *What's Happening: events*

27<sup>th</sup> Let's Talk Spiritualism – Discussing the movie "Hereafter"



Spiritualist Society of Burlington  
Roseland Plaza, 3027 New Street, Burlington, ON  
[spiritualist@cogeco.ca](mailto:spiritualist@cogeco.ca)

# The Message

Issue: 3.9 August. 2012

### Forever Young

The secret of true happiness,  
is remembering who you are.  
Knowing you are a child of God,  
and you are Forever Young.

Whenever you feel all alone,  
just sing this little song.  
Remember deep down in your soul,  
you'll be Forever Young.

No matter what, remember  
you are a child of God.  
You know life is forever,  
and you are Forever Young.

Keep remembering life's forever,  
you'll feel peace and joy and Love.  
You will find true happiness,  
and you'll be Forever Young.

Paul Martin

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*"When you judge another, you do not define them, you define yourself"*

Wayne Dyer

**Spiritualist Society of Burlington**

## Belief

Our beliefs underpin everything we do. They are the foundation upon which all our knowledge and understanding is built, yet we don't seem to pay that much attention to them. We separate them from our day-to-day activities and only consider them in times of need, or, perhaps on a Sunday.

Beliefs are very powerful things. They can be empowering, invincible, timeless, and they can free us but they can also control and imprison us.

We can go through most of our lives without realizing the effect they can have on us.

Just think how we respond to situations ... these responses are based on our beliefs and our beliefs are created from the information we take in.

This is why education and the media are so important. They are constantly molding our beliefs and how we interact with the world around us.

Another way of saying this is that our beliefs define our reality.

By changing our beliefs, we change how we perceive the world and when we change our perception, we change how we experience the world.

When our beliefs change, our whole world changes! Our thoughts create our beliefs, our beliefs influence our actions and our actions create our reality.

We can change our beliefs by opening ourselves up to inspiration. When we do this we open ourselves up to Spirit and our thoughts and beliefs slowly become aligned with Universal Law. When we are aligned with Universal Law, everything becomes effortless. It becomes effortless because everything is in balance and working the way the universe was designed to work.

Aligning ourselves with Universal Law, allows us to become co-creators with spirit and abundance flows as it should.

Belief is a very powerful force. It's not just what we believe individually, it's what we believe as a whole, or to put it another way, what our culture tells us is true. This is what we sometimes have to fight against when we look at things differently.

Changing our beliefs is a very complex process that cannot happen overnight. To have lasting change, we must look at things in a different way. We must allow ourselves to be continually inspired!

There's no need to be hard on ourselves or become too self-analytical and second guess every thought or action. All we need to do is to try and look beyond the way we see things now.

We see beyond the way we currently see things by reading different books, searching out information on the Internet, and listening to points of view we previously avoided. But most importantly, we must use our hearts to guide us.

Beliefs are more emotion than intellect. We must learn to listen to our feelings, even though they may contradict what appear to be the facts.

There's no need to justify our journey or attempt to convert those around us to our way of thinking. All we need to do is feel our way through and know that we have all we need within us to guide us on our journey.

It all starts with believing in ourselves. Trusting that we have the strength to take the path we have chosen and have the courage to question what doesn't feel right.

We have to allow ourselves to be wrong! We have to realize that the wonderful piece we read in that a book or on the Internet that seem to strike a chord, may not be what we first thought, but it may have lead us to another line of thinking.

We have to allow our beliefs to change and flow like the energy that flows through us from spirit. As we grow, so do our beliefs. What we believe today, may not be what we believe in a month, a year, or five years from now.

Changing our beliefs isn't a sign of intellectual weakness, nor is it an indicator that we were wrong; it's a sign of growth.

To allow our ideas to grow and expand, all we have to do is let our beliefs expand and change as well.

We have nothing holding us back but ourselves.

We have the power within us to change our world, all we have to do is decide what we want and believe it can be achieved.

So, the question is: What do you believe?

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## Food for Thought ...

*"When you are standing at a crossroads in your life, realize that the greatest block that you can put in front of your Self is the idea that there is a 'right' choice."*

Story Waters