

This month, we remember ...

- Phyllis Hatcher mother of Peter Hatcher who passed to spirit 7 years ago on 25th September.

Let's hear from you ...

If you'd like to send something to be included in The Message, email us at: 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.

September Date: 17th

October Date: 15th

For an appointment, contact MaryAnn Leonard: 905 332 9934

Who's On ...

September 2012

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

October 2012

7th Rev. James Barnum
14th Victor Abbott
21st Dennis Cooper & Jana Hefferman
28th Rev. James Kinnear

Upcoming Events

September 2012

16th through 30th – **Words & Wisdom Sale** - a variety of books and owls available at SSB for purchase – by donation. All proceeds to SSB

24th Let's Talk Spiritualism



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

The Message

Issue: 3.10 September. 2012

Calming the Mind ...

Once Buddha was walking from one town to another town with a few of his followers, while they were traveling, they happened to pass a lake. They stopped there and Buddha said to one of his disciples, "I am thirsty. Can get me some water from that lake?"

The disciple walked to the lake. When he reached it, he noticed that right at that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy and turbid. The disciple thought, "How can I give this muddy water to Buddha to drink!"

So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink." After about half an hour, again Buddha asked the disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake.

Again, he found that the lake was still muddy, so he returned and told Buddha. After sometime, again Buddha asked the disciple to go back. This time, when the disciple reached the lake he found the lake absolutely clean and clear. The mud had settled down and the water above it was crystal clear. So he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be.... and the mud settled down on its own - and you got clear water. Your mind is also like that! When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless."

Spiritualist Society of Burlington

Letting Go ...

There are many aspects to spiritual healing, but at its core, healing can be said to take place when we achieve balance and acceptance. This is a very delicate and subtle state that involves a number of qualities ranging from understanding our physical needs to forgiveness. If we look closely, we can see that every aspect of our lives directly or indirectly affects every other aspect, so the question becomes: "Where do we start?"

In very simple terms, balance and acceptance are achieved when we "let go" and release the assumptions and demands we place on ourselves and the events in our lives. However, when we are faced with difficulties "letting go" seems to be at odds with our instincts, after all, aren't we taught to identify the problem and work to resolve it? Isn't "letting go" the lazy way out, where we sit back and do nothing?

The short answer is no. Letting go is by no means an easy way out. It is often very difficult to achieve, and in many cases is just the first step to truly being "healed". When we let go, we release our frustrations, anxieties, fears or whatever else is weighing us down and allow our true feelings to be expressed. When this happens, we can be shocked at what we find; in some cases, it may even turn our world upside down.

It has been suggested that the physical and emotional problems in our lives have their roots in our spiritual imbalance. The extent to which that is true is open for debate, but we know from experience that when we release our emotions, fears and anxieties we feel better in ourselves and see the world in a different way. It could also be argued that when we are free from fear and anxiety, we feel stronger and better able to face the world which in turn strengthens our immune system, making us less susceptible to diseases.

Letting go starts with us forgiving those that annoy us and perhaps cause us to fixate on and/or replay interactions. Letting go is a very simple process that can be done in a quiet space we find safe and secure. There's no need for us to speak to the person directly, all we have to do is focus on them and as sincerely as possible repeat the phrase: "I love you. I am sorry. Please forgive me. Thank you."

After that, if they come into our minds, we stop any negative thought patterns aimed at them and imagine them surrounded by light. It may take some practice, but it can be done.

As we practice this approach, we'll find that we will automatically use it in other areas of our lives too, slowly changing the way we interact with the world around us.

What we have done here is to forgive ourselves for the negative thoughts we have had about a person and sent out loving thoughts to them; releasing the mental baggage we were carrying around with us. This allows us to feel more positive, have a better outlook on life and helps us to avoid repeating the negative spiral in the future.

Changes in behavior usually happen gradually and during this time we need to be aware of our thoughts and actions to avoid falling back into old habits. Once we have worked through these issues the results will be felt in all aspects of our lives. We may even find that the people around us will notice the positive change and we will find enjoyment where we once found frustration.

We can then start to live life to its fullest without being side-tracked by negative thoughts and emotions, although when we are faced with problems and negativity we will be stronger and better able to deal with it without it derailing our progress.

What is interesting is that we didn't have to fight to achieve this, all we had to do was to "let go" ... and the more we let go, the stronger we become!

Food for Thought ...

"There is no love without forgiveness, and there is no forgiveness without love."

Bryant H. McGill