



The Healing Power of Intuition

### The Seven Principles of Spiritualism

- The Fatherhood of God
- The Brotherhood of Man
- The Communion of Spirits and the Ministry of Angels
- The Continuous Existence of the Human Soul
- Personal Responsibility
- Compensation & Retribution hereafter for all good or evil deeds done on Earth
- Eternal progress open to every Human Soul

June 2012

Spiritualist Fellowship Church  
 Unity Church 300 Arlington Street  
 Sunday Services  
 Healing: 7-8 pm  
 Worship & Mediumship: 8-9pm  
 www.spiritualistfellowshipchurch.org

# Spiritualist Fellowship Church Spirit Talks

## THREE STEPS TO LIVING FEARLESSLY WITH MORE LOVE

Acronym once for the word FEAR: Forgive Everyone And Receive.

I read once that there are essentially two emotions in life; one is love and the other is fear. Fear stops us from connecting with people, from using our own authentic voice, from telling people how we feel, from allowing us to make our own decisions and it influences us to stay small, hidden and on the surface.

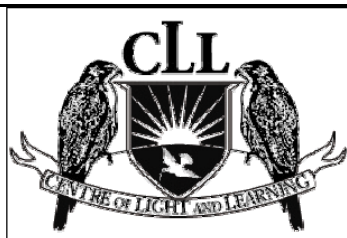
When I stopped to examine myself and see if it's true that only two emotions exist, I could trace back every negative emotion to fear and all the positive emotions to love. Of course, nothing is ever absolute, but in general, when I looked at when I felt sad or angry it was generally because I wasn't expressing myself or I was allowing others to manipulate or take advantage of me: Fear. And when I stopped to examine those times I felt joy, elation and peace, it's because I was allowing myself to be open to whoever or whatever was in front of me, live in the moment and truly experience what was happening while being a part of the "oneness" of everything: Love.

I think most of us can agree that life is better in those moments when we feel the "love-derived emotions" and not so great when we're feeling the "fear-derived emotions." So how do we stay in that space more often? How do we live with less fear and more love?

- 1) **Gratitude** - For me, choosing everyday to see what's good around me is a start. I've adopted the phrase "first world problems" and have been finding it ridiculously helpful in experiencing gratitude which, I believe, is a direct line to love and happiness.

CONTINUED ON PAGE 2

**Do you have an idea that you would like to see featured in the newsletter? Do you want to comment on something featured here? Please contact Renata at [renata@century21bachman.com](mailto:renata@century21bachman.com)**



### The Spiritualist Fellowship Board 2012

President, Richard MacKenzie; Vice President, Debbie Cielen; Secretary, Sandi MacKenzie; Treasurer, Mike Boyko; Social Convener, Steve Morris; Members-at-Large, Andre Girouard

#### Inside this issue:

3 Steps to living Fearlessly With Love	1-2
Classess and Events	3
Seeing deeply	4
Guided meditation and Exercise	5
Business Cards	6

# ***Mind-Body-Spirit***

**Continued from page 1....**When I hear my friends complain about how the cover on their iPhone scratches easily or how their four dollar latte isn't hot enough, I humorously comment, "That's a first world problem right there." That my biggest problem in a day could be that my barista forgot to add the hazelnut syrup to my coffee is a real testament to how fortunate I am. I know it's not that way for everyone, in our country or not. But, and you probably agree, I think we in the first world have it much better in general than the third world. The phrase, "first world problems" helps remind me that I've got it pretty good, with the running water and all. I've never carried a bucket of water to my house in my life.

I keep a journal and force myself each night to write five things I'm grateful for. Even if it's the worst day of your life, you can probably manage to be grateful for hot water, your sandwich or the lady on the street who smiled at you unsolicited. I never recommend forcing yourself to do anything, really, except being grateful. When you force it on yourself, it suddenly gets bigger and becomes easier. And life feels a little better.

## **2) Find something about everyone that you can love**

Let's face it, people are difficult. Everyone has their own set of needs and desires and they don't always coincide with yours. We have to deal with strangers at the bank, people in traffic, co-workers. Understanding that everyone is mostly doing the best they can with what they have, helps us release anger and take a step out of fear towards love.

I'm an instructor at a massage school and am in charge of a class that sometimes has forty students in it. Some students can be harder to love than others. They can be lazy or distracted, unmotivated or disrespectful. What I've found is that finding one thing I appreciate about them as an individual helps me relate to them with more compassion and understanding. I want them to succeed. I want them to be great massage therapists and I want them to be the best version of themselves they can be. Holding onto that thing I adore about them helps me not lose my crap when they're giving me the one millionth excuse as to why their paper on Swedish Massage is three months late.

Even difficult people have good things about them. Maybe they love animals or grow amazing roses. Maybe their laugh is infectious or they're an amazing parent. Whatever IT is, hold onto that in the face of adversity with them. Of course, this is more difficult to do with strangers, but even in dealing with them, remember that they love someone out there and someone, even if it's just their mother, loves them.

## **3) Make yourself happy**

And lastly, I do what I want...most of the time.

I have faced criticism and judgment and survived. And so have you. The fact that you're reading this right now tells me you have "handled" whatever struggle you have been through and are alive to tell the tale. So maybe not everyone appreciates the choices you have had to make to keep yourself happy — so what? If someone loves you, they should want for you what you want for yourself. And if

# Mind-Body-Spirit

## Classes and Events

The annual cost of Membership with the Spiritualist Fellowship Church Inc. is:

\$15 for single

\$20 for family



New members are always welcome!

**The Peoples Bear Sweat lodge Ceremony** Sunday Jun 17, Jul 8, Aug 12, Sept 9, Oct 7, Nov 4, Dec 2 at 10 am. St. Norbert Arts Centre, St. Norbert MB. please contact Debbie for more information.

**Good Talking Turtle** is requesting a love offering of \$20 to raise money to purchase a 30x30 tarp and pay for costs of wood and rental of property. If you have any old comforters or large blankets you would like to donate they are gratefully accepted.

There are a few guidelines and courtesies for participants. You should abstain from alcohol or drugs for at least four days prior to the **Sweat lodge**. It is very important that you inform the **sweat lodge** conductor of any health problems such as asthma or high blood pressure. What to wear and bring to the

### Sweat lodge Ceremony:

\*\*\* Tobacco for offering & Towel and small blanket \*\*\*

Men wear longer boxing style swimming trunks or shorts.

Women wear long, dark colour, dress like garments.

Clothing must be metal free. Remove all metals—earrings, rings, necklaces, etc. Bring your own bottled water and a snack to share with others after the Sweatlodge. Please call **Debbie at 633-7957** for information..



SPIRITUALIST FELLOWSHIP CHURCH

Centre of Learning and Light

2012 Classes & Workshops



**\$10 per class unless otherwise posted**

Thursday June 7 & 14 Intro. Home Circle Development

Monday June 11, 18, 25 Manifesting and Personal Empowerment

Saturday June 16 Movie night 7-10pm **No charge Bring Snacks**

June 17 All-Message and Drumming Night \$5

Tuesday June 17,26 July 3,10, Aug 7,21,28 Remote viewing 6-9 pm

Thursday June 21 Open Circle Development: (open donation)

Church Picnic and BBQ June 23 St. Vital Park noon to 6 p.m.

Thurs July 5, Aug 2 Open Circle development 7-9pm Open Donation

Thursday Hypnosis classes July 12,19 (7-9pm)

Saturday July 14 Garage Sale (9-4pm) Donations appreciated

Tuesday July 17 & 24 Reincarnation classes (7-9pm)

Thursday July 26 Past Life Regression (7-9pm)

Thursday Sept 6 & 13 Psychic Art with Catherine Holmes (6:30 - 9 pm)

\$80 Sign-up and Pre-registration required Materials needed: pencil crayons and 11 x 12 sketching paper

All classes and events are held at Unity Church, 300 Arlington St, unless otherwise advertized. Call 222-0071 for more info.

*Ask. Believe. Receive .*

### Centre of Light and Learning

Provides educational programs for all persons, regardless of religious background, who desire to understand and to dedicate themselves to personal spiritual growth and development in an atmosphere of informed free thought and inquiry.

Did you know that the Spiritualist Fellowship Church, and The Centre for Light and Learning, are now on-line? Visit the website at [www.spiritualistfellowshipchurch.org](http://www.spiritualistfellowshipchurch.org) and you'll be able to keep current on all upcoming events. The site contains information about future classes, Church projects, calendars and access to past issues of the newsletter. Take some time to check it out .



**The Spiritualist Fellowship Church**

and

**The Centre of Light and Learning**



Are pleased to announce that private 15 minute Psychic Readings will be available each Sunday prior to the Evening Service from 6:30 pm to 7:30 pm. A donation of \$15 per person for a 15 minute reading is requested

## Seeing Deeply - Guided Insight Meditation Exercise

### An Introduction to Insight Meditation:

**“We can’t solve problems by using the same kind of thinking we used when we created them.” - Albert Einstein**

Insight Meditation, or Vipassanā in the Buddhist tradition, has been described as an introspective process through which we gain insight into the true nature of reality. Vipassanā has often been translated as ‘clear seeing’ or ‘seeing deeply’. Vipassanā Meditation is one of India’s most ancient forms of meditation and has been used as a tool for self-transformation and spiritual awakening. Essentially, insight meditation can be described as a form of spiritual guidance. Insight occurs when one is able to present a request for guidance on the backdrop of pure consciousness. In this respect, when one is able to surrender a question or a problem to a higher intelligence and then put your mind into a state of detached observation or introspection an answer or some form of inner guidance (Insight) will occur. When an answer or inner guidance does emerge, you will be left feeling confident, calm, and at peace, knowing without a doubt, that this insight has come from a place of infinite wisdom.

According to the Buddhist tradition, Vipassanā Meditation is often practiced as one of two poles (Stopping & Seeing). Following this tradition, Samatha Meditation (Stopping) is often used as a preparation for Vipassanā Meditation (Seeing). From this perspective, both Samatha and Vipassanā are necessary to gain insight into the true nature of reality, Samatha working to calm the mind and Vipassanā working to reveal how the mind was disturbed to begin with.

The main focus of Samatha Meditation is to help calm the mind and to strengthen concentration, thereby allowing the work of insight to occur. Calming the mind and strengthening concentration is typically achieved through meditation techniques focused on sustained attention (E.g. focusing on the body or breath). Insight occurs through contemplation and reflection. The art of contemplation or reflection should occur quite naturally, when one has reached a state of inner calmness. It is a form of centered awareness where you are not caught up in analyzing or thinking. When you are truly in this state, Awareness is Present in its bare form, watching your thoughts and noticing your feelings as they arise, without analysis or judgment. When you are able to step back and watch the thinker, as opposed to being completely absorbed by your thoughts, insight will occur. Seeing Deeply - Guided Insight Meditation Exercise Instructions:

Using a combination of breath work and focussed body awareness, the following guided insight meditation exercise begins by bringing you to a state of inner calmness. From here you will be led through a guided visualization exercise, leading you into a deep introspective state of consciousness. This will help you to connect to a higher intelligence, facilitating insight or an answer to your question.

Pretty much all of the instructions for this guided meditation have been incorporated into the exercise itself. Near the end of this exercise you will be asked to take a brief moment to clearly present your request for guidance. Therefore, it is recommended that you take some time to carefully formulate your request before you begin this exercise. Your request for guidance or insight could be in the form of a specific question or it could be a more general request for some guidance on a particular issue. This request could be in the form of a mental question using words or it could also be a visualization using mental imagery. Once your request has been clearly presented, remember to let it go and return your mind to a still receptive state. Having your request prepared ahead of time will help to keep your analytical mind at rest, making room for a higher intelligence to come forward.

## Seeing Deeply - Guided Insight Meditation Exercise Transcript:

Welcome to your Guided Insight Meditation Exercise.

Let's start by sitting in a relaxed manner with your back straight. Take a few moments to settle in, making any adjustments to help with your comfort. Now, close your eyes and let your body settle into a relaxed still posture. Become one with the stillness around you, motionless and at peace.

Now, take a deep slow breath, feeling the air as it passes in through your nostrils and down into your lungs. Exhale, feeling the air leaving your lungs and passing out through your nostrils. Take a few moments and continue to breathe in this way, making sure your focus remains on each inhalation and exhalation.

Now, take a few moments to notice what is going on inside your body at this moment. Do an overall scan and just notice how your body is feeling. Notice any areas where you might be feeling stress or tension. Just bring your awareness to these areas and gently let go. Relaxing deeper and deeper...

You now feel very calm and at peace, completely in tune with the present moment. As you continue to breathe, you notice a powerful Presence within you, gently guiding you to an even deeper inner calm. As you allow this Presence to permeate your entire body you begin to feel open and alert.

Now, with this Inner Presence as your guide, imagine a vast expanse of sandy desert stretching out all around you. A gentle warm breeze blows across your face and you notice the sand lightly drifting across the desert floor. The warm sand washes over your feet, connecting you to the earth, helping you to feel grounded and centered.

This comforting breeze now gently begins to wash away the sand, revealing a large white marble stone lying beneath you. This perfectly flat and smooth stone forms a large square around you. As the last remaining grains of sand are brushed away from this smooth surface, the breeze dies down and the air is now completely still and calm.

A strong Presence surrounds you and wells up from within. Sitting in front of you, shimmering like a mirage, a white marble altar begins to appear. As this altar slowly begins to take form, you notice a candle resting on the top, burning brightly. As you gaze at this candle you sense an infinite wisdom looking back at you.

With your focus set intently on the candle flame in front of you, take a brief moment to clearly present your request for guidance, gently letting the words or images pass across the screen of your consciousness. Now, release your request into the flame before you. Imagine that the contents of your request have been absorbed by the flame and released to a higher intelligence. Allow yourself to feel confident, that your request has been heard and you will receive the right response at the right time. Surrender your request and return your focus to the flame burning brightly in front of you.

With your focus on the candle flame, keep your mind clear and receptive. If you notice your mind wandering, gently bring your focus back to the image of the flame in your mind's eye. Remain calm and still, listening deeply to the Presence within and all around you. Breathing deeply, noticing each inhalation and exhalation...

Continue with this meditation for as long as you like. As you rest in this receptive state, you may receive some inner guidance, leaving you feeling confident, calm, and at peace. Be assured that if this does not happen during this meditation, a higher intelligence is never the less still working as your silent partner, guiding you to right action in everything you do.

By John Fraser Services Inc.



# Business Community

Life is so much brighter when we focus on what truly matters.....

Each one of us is a star-  
The more you love, the brighter you are.  
Space may be cold and try to freeze your light out-  
but don't let your environment change what you are about.  
There are stars that shine millions of miles away...  
Each one of us is star-  
so shine every day!

-Ryan Campogiani



**Richard**  
Spiritual Healer  
Clairvoyant  
Spiritual Readings  
Intuitive Development Classes  
222-0071



116 Park Road West  
Steinbach, Manitoba  
Ph. 204-326-9565  
Toll Free 866-794-4613  
Fax. 204-326-9836  
www.goodnnatural.ca

SPIRITUALIST CHURCH  
OF CANADA  
83 Ottawa Street North  
Hamilton  
Ontario  
L8H 3Y9



## MIRIAM'S MILESTONES

CRYSTALS & GEMSTONES™  
FOR ENERGY TO HEAL  
THE BODY, MIND AND SPIRIT

**ANNETTE** (204) 339-0612  
E-MAIL: MIRIAMSMILESTONES@SHAW.CA  
CRYSTALSBYMIRIAMSMILESTONES.COM

## The Spiritualist Fellowship Church

The Healing Power of Intuition

Healing Service      Worship  
Esoteric Teachings      Guided Meditations  
Special Events      Clairvoyant Messages

Services every Sunday 7 pm - 9 pm  
300 Arlington St. (Portage Ave and Arlington St.)  
222-0071  
www.spiritualistfellowshipchurch.org

TAROT  
and  
ANGEL CARD  
Readings by  
**Mariusz**  
PH. 772-1445



Bachman & Associates

360 McMillan Avenue  
Winnipeg, Manitoba R3L 0N2  
Tel: 204-453-7653  
Fax: 204-284-4262  
renata@century21bachman.com  
www.century21.ca/Renata/Bandel

**Renata Bandel**  
REALTOR®



Each office independently owned and operated. Registered Trademark of Century 21 Real Estate Corporation used under license. © 2010

## Natural Necessities

Organic & All Natural  
Custom Made Products for Beauty, Health &  
Wellbeing  
**Nancy Bandel RNB**  
204-996-2793  
naturalnecessities@live.ca

## Psychic Reader

(TAROT)

Classes Available

Catherine Holmes      Ph.# (204) 888-7053

To the Light  
Home Cleansing  
Susan Hurd

589-4572



## Steinbach Health First

**Cathie Perrin**  
Owner/Manager

Unit 31 178 PTH 12 North  
Steinbach, Manitoba  
204.346.0884  
health1@mts.net

## TAROT READING

In-person or by phone

Images, Symbols and Intuition for Exploring  
Possibilities and Opportunities

**Susan**  
Ph#: 204-804-3324



www.alibris.com



Books  
You Thought You'd Never  
Find—New, Used,  
Rare and Out of Print