



The Healing Power of Intuition

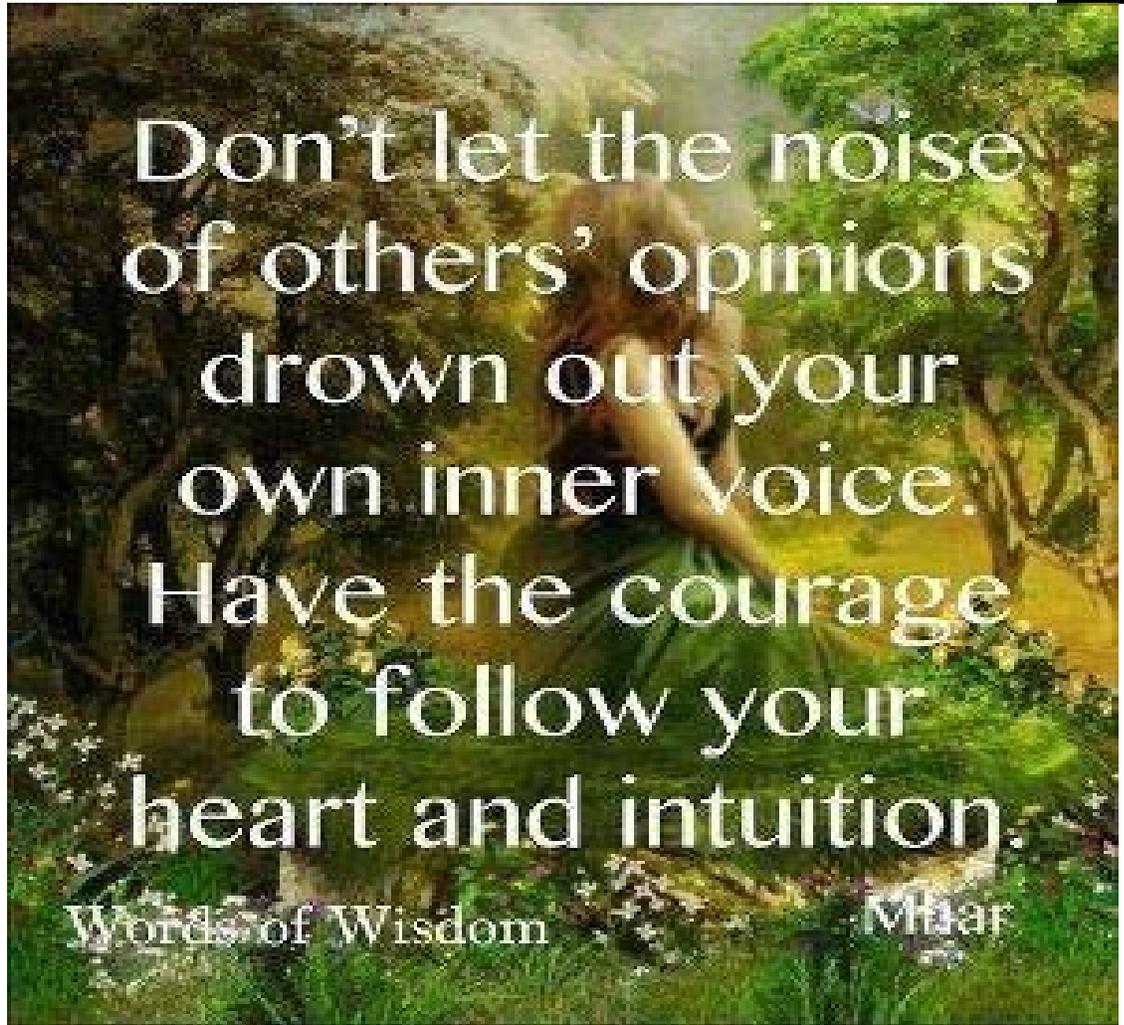
The Seven Principles of Spiritualism

- 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

August 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



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



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

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Mind-Body-Spirit

THIS IS YOUR LIFE.
 DO WHAT YOU LOVE,
 AND DO IT OFTEN. **LIFE.**
 IF YOU DON'T LIKE SOMETHING, CHANGE IT.
 IF YOU DON'T LIKE YOUR JOB, QUIT.
 IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.
 IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
 THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.
 STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL.
LIFE IS SIMPLE. WHEN YOU EAT, APPRECIATE
EVERY LAST BITE.
 OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
 AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
 ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
 AND SHARE YOUR INSPIRING DREAM WITH THEM.
TRAVEL OFTEN; GETTING LOST WILL
HELP YOU FIND YOURSELF.
 SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.
 LIFE IS ABOUT THE PEOPLE YOU MEET, AND
 THE THINGS YOU CREATE WITH THEM
 SO GO OUT AND START CREATING.
LIFE IS LIVE YOUR DREAM
AND SHARE
SHORT. YOUR PASSION.

THREE STEPS

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 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

Tuesday Aug 7,14,21 Deal with conflict in a spiritual way (7-9pm)

Thursday Sept 6 & 13 Psychic Art with Catherine Holmes (6:30 - 9 pm) \$80 Sign-up and Pre-registration required, sign up sheet at church Materials needed: pencil crayons and 11 x 12 sketching paper

All message & drumming service Sun Sept 16 \$5.00 donation at door

Thurs Sept 20 & 27 Pendulum and dowsing classes (7-9pm)

Sat Sept 22 Movie night (7-9pm) bring snacks

Mon Sept 10,17,24 Oct 15,22,29 Nov 12,19 Beginner tarot reading-classes(8 weeks \$120) pre-registration required. Signup sheet at church

Tues Oct 2, 9, 16, 23 ESP and Aura Reading (7-9pm)

Sat Oct 27 Movie night and potluck 5-10pm bring a dish to share

Thurs Nov 1, 8, 15, 22, 29 Psychometry, flame reading, tea cup reading, coffee ground reading, platform decorum (7-9pm)

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 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

How The 2012 Consciousness Shift May Be Affecting You

Does life seem to be getting increasingly more challenging? Have your emotions been more intense lately? Does it seem like there are more thoughts racing through your mind? Have you noticed your body tensing up for no apparent reason? Have you been feeling a vague - or not so vague - sense of anxiety? Are you finding it difficult to get a good night's sleep? Do you seem to be compelled to keep busy? Are you feeling a mysterious sense of urgency? Do you have less patience? Do you find yourself obsessing more over things? Have your moods been shifting quickly from optimistic to discouraged - from delighted to downhearted? Does it seem harder than it use to be to enjoy life?

If you are experiencing some - or all - of these things, take heart. Believe it or not, it is a sign that something very positive is happening to you, and to the planet. These symptoms are (in most cases) a "by-product" of an extraordinary spiritual awakening - or "consciousness shift" - that Planet Earth and humanity are currently undergoing. This awakening has been prophesied for ages, and has been called "The Great Shift" — "The Planetary Ascension" — "The Quickening" — "An Evolutionary Leap" — and more recently, "Awakening to the New Consciousness."

Where is this shift taking us?

The essence of it is that we are shifting from our current limited state, to a higher vibration and level of consciousness - a more spiritually evolved state, free from many of the individual and collective problems of our present existence. We are evolving beyond the state in which fear, violence, struggle, and strife can thrive. We are growing into a more enlightened state of being, which will be characterized by unity, peace, cooperation, compassion, harmony and freedom from many of our current limitations.

This shift is being catalyzed by an increase of Divine Evolutionary Light pouring into Earth's atmosphere.

When will this shift culminate?

First, it should be noted that the consciousness shift is a 'process,' - similar to the process of growing up - and there may not be any single point in time when it is suddenly complete. Still, there are a number of teachings



predicting the end of the year [2012](#) as the time when the shift will reach a major culmination point, akin to what science calls 'critical mass.' Critical mass is what occurs when enough parts of a whole reach a certain level, initiating a chain reaction in which all the other parts are automatically raised to that level as well. For example when you are heating water, it is the point at which so many molecules reach boiling temperature, that all the remaining molecules are automatically raised to that temperature and the water reaches a full boil. Hypothetically then, when enough individuals reach a certain level of consciousness, a chain reaction will occur, bringing the rest of humanity up to that level as well.

Many of the [2012 predictions](#) can be traced back to the mysterious end of the ancient [Mayan calendar](#), which measured time in vast cycles, based on Earth's position within our galaxy and our galaxy's movement through the cosmos. If this date is accurate, it would seem we have a bit of cramming to do over the next few years. I don't claim to know what the time-line is. I can only speak of the process I have been experiencing and observing over the past several decades.

When this article was originally written, this evolutionary light was coming in occasional waves. Each time one of these waves of light would pour into our atmosphere, the planet's [vibration](#) was raised to a slightly higher frequency, elevating our living Earth - along with us earthlings - to a higher level. The time in between waves gave us time to acclimate to the heightened vibration and level of consciousness.

What effect is this evolutionary energy having on us as individuals?

As our vibration and consciousness are being elevated to higher levels, we are being continually challenged to let go of our limited old level of being. We humans tend to instinctively hold on to what is familiar, and resist moving into the unknown, not trusting that it can be a place of greater freedom and happiness.

Growing beyond our old level of awareness requires letting go of our lower vibrational “stuff”... our

limiting beliefs, our fears, and our physical-emotional toxins. As part of this clearing process, our stuff tends to become extremely amplified, so that we must finally deal with it before bidding it farewell. When this is happening, you don't have to look hard to find it... it is generally right in your face. This same process can be seen occurring on a global level. Many of the events that are being played out on the world stage are a cleansing of humanity's collective toxins, and a bringing to light of humanity's collective “shadow”.

For many individuals, this process is triggering some of those difficulties mentioned at the beginning of this article... magnified emotions, physical tension, increased thought activity, etc. Most of the “disorders” that many are currently experiencing, are due (in part) to this intensified energy. These include: Generalized Anxiety Disorder, Attention Deficit Disorder, Obsessive-Compulsive Disorder and Depression. Because everything is being amplified - especially our emotions - conditions which may have existed previously as minor problems, are now becoming intensified to the level of major disorders. (It should be noted that there are multiple factors involved in creating these disorders, and I am not at all minimizing their impact, or suggesting that an individual suffering from such a disorder should simply accept it as part of the awakening process.)

Fortunately the effects if this process are not all problematic. Many people are experiencing some very positive changes along with the challenges. These include: increased intuitive abilities; feeling more open hearted and compassionate; experiencing a greater degree of divine support and guidance in one's life; feeling more bliss and grace in one's meditations; discovering new creative abilities; receiving new insights and gaining deeper self understanding; experiencing more cosmic coincidences

If what you are reading here corresponds with your life experience, you may be asking, “Why do I have to put up with all this crazy stuff just because I happen to be here at this time?” On the contrary, it is no accident that you are here at this extraordinary time. You volunteered to be here in order to participate in this great spiritual awakening. We are all in this boat together, going down the evolutionary rapids. How then, can you best deal with this wild ride? Here are some helpful tips...

1. [Meditate](#) daily.

Daily meditation is ideal for relaxing and allowing the intense cosmic energies to flow through you, rather than resisting them... for facilitating the process of raising your consciousness and vibration... and for letting go of your limiting old baggage.

2. **Stay centered.**

While you are going about your day, try to remember as often as possible to shift your attention back to that calm inner center you've touched upon in [meditation](#). One effective method for doing this is simply paying attention to your breathing - for a few moments when you are getting stressed or in between tasks.

Remembering to stay centered is a very effective way to reduce stress, as well as a good way to get use to living at a higher vibration. Currently we are being subjected to powerful upward and downward pulling energies. Shifting back to your calm center as often as possible helps you stay aligned with the upward pull.

3. **Learn to trust in higher guidance and assistance.**

There is much support available from the unseen realms to help us move through this difficult transition.

4. **Get plenty of vitamin B.**

5. **Try to remember that these are extraordinary times.**

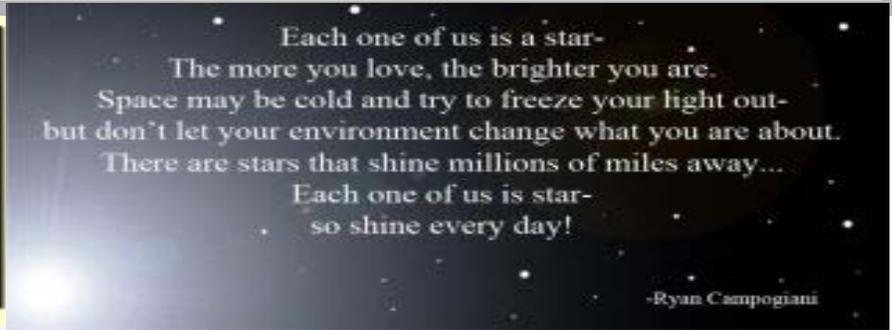
Our old definitions of normal - and normal behavior - no longer apply. Everything is amplified, including our quirks and fears, so you might consider giving yourself and others a little extra slack.

Here is a quote from Choquash - a Native American storyteller - which captures the essence of all this...

“The elders have sent me to tell you that now is like a rushing river, and this will be experienced in many different ways. There are those who would hold onto the shore... there is no shore. The shore is crumbling. Push off into the middle of the river. Keep your head above the water, look around to see who else is in the river with you, and celebrate.”



Business Community



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 Spiritual Healer
 Clairvoyant
 Spiritual Readings
 Intuitive Development Classes
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Psychic Reader
 (TAROT)

Classes Available

Catherine Holmes Ph.# (204) 888-7053



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 Ph. 204-326-9565
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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

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 and
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Mariusz
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TAROT READING

In-person or by phone

Images, Symbols and Intuition for Exploring
 Possibilities and Opportunities

Susan
Ph#: 204-804-3324



To the Light

Home Cleansing

Susan Hurd

589-4572

"Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or... a pioneer of the future."
 - Deepak Chopra

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