



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

February 2014

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

**Spiritualist Fellowship Church**  
**Spirit Talks**



“Our prime purpose in this life is to help others. And if you can’t help them, at least don’t hurt them.”

~ Dalai Lama

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 Carol at [spec2accum@shaw.ca](mailto:spec2accum@shaw.ca).



**The Spiritualist Fellowship Board 2013**

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

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

## ***A Message from the Voice of Spirit within You***

Dear Beloved, I am that feeling of a subtle Presence inside of you that is comforting, that is calm, that observes and does not judge.

I am that gentle nudging in your mind and heart telling you to do this or that good deed, to overlook a short-coming, to respond in a friendly manner in your day-to-day life.

There is no difference between Me and your highest thought of Yourself.

Any kind, loving or wise words that have ever been spoken; thoughts that have ever been thought; or feelings that have ever been felt - by anyone, anytime –have been Me, expressing in the world.

I am never anywhere ‘away’ from you. I am always at hand. There is nowhere I could go.

I always whisper a new perspective on your problem;

I breathe a calming breath into your circumstances of chaos.

To notice Me more, simply state clearly your intention to notice, and then keep your eyes and your ears open. Keep your heart open especially, for it is there - in your open heart –that you will always find Me.

When you do notice Me, then give thanks, smile, and affirm your intention to notice Me more and more.

Relax! I will never say anything critical, hurtful or anything less than altogether loving.

Thus you will know how to distinguish My Voice from all the other voices in the world.

Thus you will know your own, truest Voice.

Bless you! I am waiting to talk to you now!

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### **\*\*Rhythmic living is a remembering...**

a remembering, everyday, that we are thinking, feeling, physical and spiritual beings. And it is to enjoy, everyday, the conscious exercise of these facets of our Being. It is to engage in inner and outer activities in which one feels fulfillment.

When we understand the importance of rhythmic living, we discover that rhythm leads to a momentum (to a gathering of strength, courage and power within us) and that momentum can only lead to achievement (to the goal of Connecting Within).

**The Law of Acceptance** deals with the fact of Oneness, with the fact that we are not separated from anyone, with the fact that our thoughts and feelings always affect, not only ourselves, but all other beings.

# 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!



SPIRITUALIST FELLOWSHIP CHURCH

Centre of Learning and Light

2014 Classes & Workshops



All classes and events are held at Unity Church, 300 Arlington St, unless otherwise advertised.

**The Peoples Bear Sweat lodge Ceremony** Sundays, February 23, March 30, 2014 at 10am at 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 color, 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 204-633-7957** for information..

1. Introduction to Guides and Guidance - February 4, 11, 18, & 25 (Tuesday evenings) 7-9pm \$10 per class
2. **Open Circle Development** - Saturday, February 22 7-9pm Open Donation
3. **Sweat Lodge** - Sunday, February 23 10am St. Norberts Art Centre
4. **Crystal Singing Bowls** - February 24, March 3, & 10 (Monday evenings) 7-9pm \$10 per class
5. **All Message & Drumming Night** - Sunday, March 16 7-9pm \$7 admission at the door
6. **The Joy of Feeding your Body, Mind & Soul** - March 4, 11, 18, & 25 (Tuesday evenings) 7-9pm \$40 for all 4 classes
7. **Crystals and Gemstones** - March 17, 24, & 31 (Monday evenings) 7-9pm \$30 for all 3 classes
8. **Sweat Lodge** - Sunday, March 30 10am St. Norberts Art Centre

*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 and on Facebook? Visit us at [Winnipeg.kijiji.ca](http://Winnipeg.kijiji.ca) or like us on Facebook and you'll be able to keep current on all upcoming events. The site contains information about future classes, Church projects, and calendars. 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

## Sacred Instructions Given By The Creator To The Anishinaabe People At The Time Of Creation

Take care of Mother Earth and all nations of people

Respect Mother Earth and All Her Relations

Honor all life, and support that honor

- Be grateful from the heart for all life
- It is through life that there is survival
- Thank the Creator at all times for all life
- Love unconditionally, and express that love unconditionally
- Be humble. Humility is the gift of wisdom and understanding. Humility brings peace to the spirit.
- Be kind with one's self and with others
- Share feelings and personal concerns and commitments
- Be honest with one's self and with others
- Be responsible for these sacred directions and share them with nations of people

All My Relations

Mino Gaa Gai Kido Mikinaak

Good Talking Turtle

Created by Debbie Cielen © 2007

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## Balancing the Chakras Through Food

All energy comes from light, the rays from the sun. It sustains us, transforms us, vitalizes us, rejuvenates us and warms us. The rays of the sun fall onto the earth at different vibrations in the form of colors. Each of our chakras also resonates with a different color.

The energy of light has an intimate connection with our bodies. As the sun's rays fall onto the earth, these vibrations are expressed through the color of the plant, vegetable or flower – each color holds an energy that nourishes the individual chakras. Eating a variety of colors with each meal is important in keeping the chakras balanced through food.

### 2<sup>nd</sup> Chakra: The Navel Chakra

**Physical Body:** The navel chakra belongs to the reproductive system, the testicles and ovaries, the urinary bladder and the kidneys.

**Emotional Body:** The navel chakra is our source of creativity and sexuality.

Two inches below the navel and rooted in the spine, we find the navel chakra. It is the seat of our creative force, sexuality, sensuality, and emotions. It connects us to the world through movement, sensation, desire, and feelings.

One of the most important things you can do to help balance this chakra is drink sufficient water. It is closely associated with the water element in our bodies. Our kidneys, associated with the navel chakra, are filtering 150 -180 liters of blood every 24 hours. If you are getting enough water, they function much more efficiently.

It is associated with the color orange. Foods that support this chakra are tropical fruits, seeds, nuts, and orange-colored foods (oranges, tangerines, carrots, etc.).

**In the next newsletter we will cover the 3rd Chakra - The Solar Plexus Chakra.**

## *What Is Buddhism?*

Buddhism is a religion based on the teachings of Siddhartha Gautama, who lived about 25 centuries ago in what is now Nepal and northeastern India. He came to be called "the Buddha," which means "awakened one," after he experienced a profound realization of the nature of life, death and existence. In English, the Buddha was said to be *enlightened*, although in Sanskrit it is *bodhi*, "awakened."

In the remaining years of his life, the Buddha traveled and taught. However, he didn't teach people what he had realized when he became enlightened. Instead, he taught people how to realize enlightenment for themselves. He taught that awakening comes through one's own direct experience, not through beliefs and dogmas.

In the centuries following the Buddha's life, Buddhism spread throughout Asia to become one of the dominant religions of the continent. Estimates of the number of Buddhists in the world today vary widely, in part because many Asians observe more than one religion, and in part because it is hard to know how many people are practicing Buddhism in Communist nations like China. The most common estimate is 350 million, which makes Buddhism the fourth largest of the world's religions.

Buddhism is so different from other religions that some people question whether it is a religion at all. For example, the central focus of most religions is God, or gods. But Buddhism is *non-theistic*. The Buddha taught that believing in gods was not useful for those seeking to realize enlightenment.

Most religions are defined by their beliefs. But in Buddhism, merely believing in doctrines is beside the point. The Buddha said that we should not accept doctrines just because we read them in scripture or are taught them by priests.

Instead of teaching doctrines to be memorized and believed, the Buddha taught how we can realize truth for ourselves. The focus of Buddhism is on practice rather than belief. The major outline of Buddhist practice is the Eightfold Path.

### The Eightfold Path is:

<b>Right View</b>	<b>Right Livelihood</b>
<b>Right Intention</b>	<b>Right Effort</b>
<b>Right Speech</b>	<b>Right Mindfulness</b>
<b>Right Action</b>	<b>Right Concentration</b>

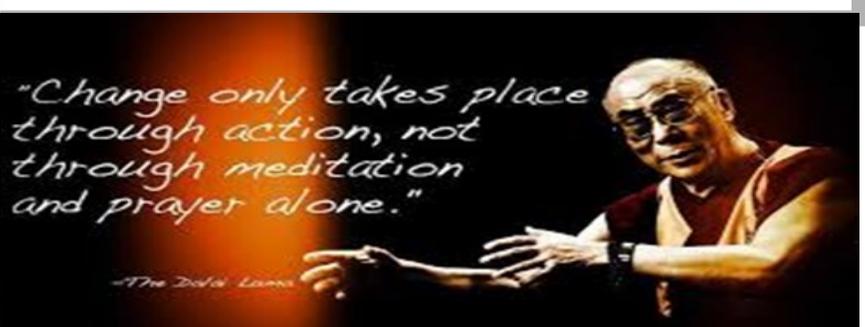
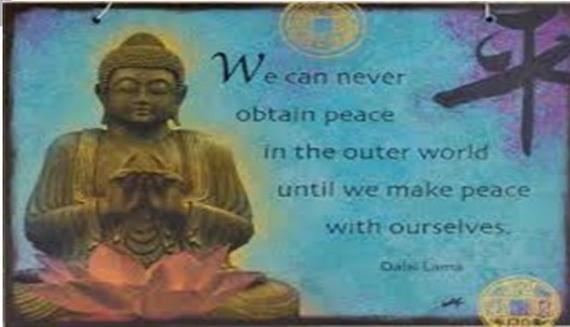
The Path is divided into three main sections: wisdom, ethical conduct and mental discipline.

**Wisdom:** Right View and Right Intention are the wisdom path. Right View is not about believing in doctrine, but in perceiving the true nature of ourselves and the world around us. Right Intention refers to the energy and commitment one needs to be fully engaged in Buddhist practice.

**Ethical Conduct:** Right Speech, Right Action and Right Livelihood are the ethical conduct path. This calls us to take care in our speech, our actions, and our daily lives to do no harm to others and to cultivate wholesomeness in ourselves. This part of the path ties into the Precepts.

**Mental Discipline:** Through Right Effort, Right Mindfulness, and Right Concentration we develop the mental discipline to cut through delusion. Many schools of Buddhism encourage seekers to meditate to achieve clarity and focus of mind

# Business Community




**Richard**  
Spiritual Healer  
Clairvoyant  
Spiritual Readings  
Intuitive Development Classes  
222-0071  
**Psychic Reader**  
(TAROT)

**Classes Available**

Catherine Holmes Ph.# (204) 888-7053

**Good'n' Natural**

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Steinbach, Manitoba  
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Toll Free 866-794-4613  
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www.spiritualistchurchofcanada.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**  
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**HEALTH FIRST**

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**Spiritual Readings by Andre**

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**INTEGRATED CHIROPRACTIC**  
and Wellness Centre  
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The human mind, in studying the Wisdom Teachings, talks of Universal Laws. This is just a way to arrive to the realization that there is but one and only one Law governing all the many processes and levels of Creation. The **ONE LAW** is the **Law of Harmony**.

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