



The Healing Power of Intuition

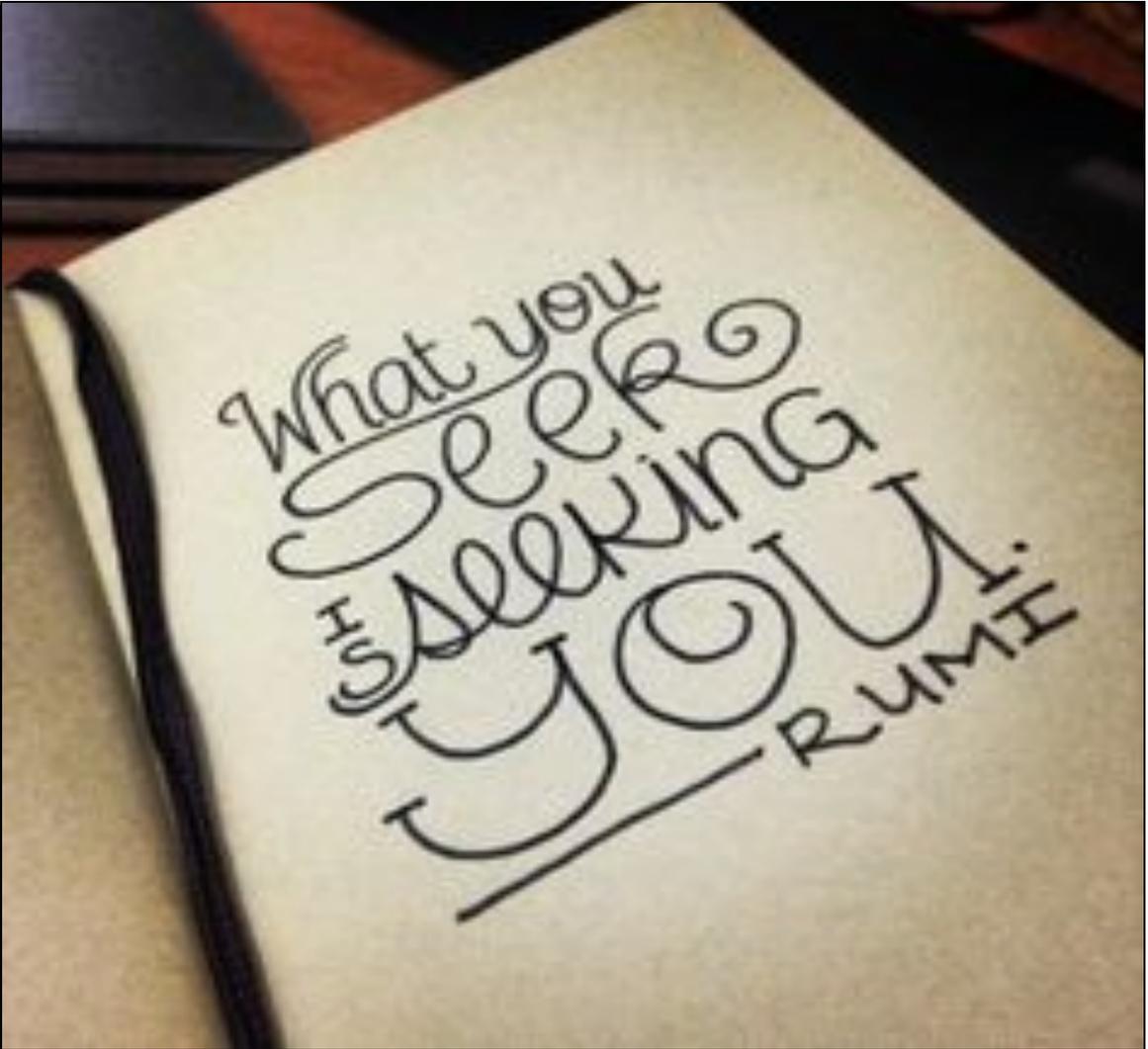
The Seven Principles of Spiritualism

- 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

January 2015

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



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 Donna at dmburke1@shaw.ca.



The Spiritualist Fellowship Board 2014/15

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Mind-Body-Spirit



What is Shamanism?

The Shaman is usually regarded as a healer as well as a mediator between the normal - ordinary - world or reality, OR, and the spiritual world, the so called non-ordinary reality (NOR). He is an expert for communication with the helping spirits by changing his everyday consciousness to an altered state and "journeying" to NOR to retrieve power and information for his clients and tasks.

Traditional Shamanism is a complex of beliefs and behaviours embedded within a variety of cultures. Shamans are distinguished from other healers, mediums and various religious practitioners.

These criteria are helpful:

- Usually shamans have direct contact with spiritual entities.
- Strict control of one or more spirits. Spirits do not usurp or "control" the shaman's consciousness without his or her permission.
- Control of an altered state of consciousness (the shaman determines when to enter and when to leave the altered state).
- They focus rather on the "normal", material world than looking for personal enlightenment.
- The ability for the "magical flight of the soul", i. e. the shaman's journey.

Comparison of data from tribal cultures show a cosmological pattern. In general shamans experience three worlds: The Upper, the Lower and the Middle World. Upper and Lower World are the realms of the compassionate helpful spirits of the shaman.

What is Core Shamanism?

Core shamanism consists of the universal or near-universal principles and practices of shamanism not bound to any specific cultural group or perspective, as originated, researched, and developed by Michael Harner. (author of "The Way of the Shaman")

Since the West overwhelmingly lost its shamanic knowledge centuries ago due to religious oppression, the The Foundation for Shamanic Studies offers programs in core shamanism that are particularly intended for Westerners to reacquire access to their rightful spiritual heritage through quality workshops and training courses.

Training in core shamanism includes teaching students to alter their consciousness through classic shamanic non-drug techniques such as repetitive drumming so that they can discover their own hidden spiritual resources, transform their lives, and learn how to help others. Core shamanism does not focus on ceremonies, such as those of Native Americans, which are part of the work of medicine men and women, persons who do both shamanism and ceremonial work.

For further information on this topic please visit the websites: www.shamanicstudies.net and www.theshamanswell.org

Other reading resources include: *The Way of the Shaman*, by Michael Harner

Shamanic Journeying: A Beginner's Guide, by Sandra Ingerman

Mind-Body-Spirit

Classes and Events



SPIRITUALIST FELLOWSHIP CHURCH
 Centre of Learning and Light
 2015 Classes & Workshops



- ✂ **MEDIUMSHIP** : January 5, 12, 19 & 26 (Monday evenings) 7 - 9 pm \$60
- ✂ **HOME CIRCLE DEVELOPMENT** : January 6 & 13 (Tuesday evenings) 7 - 9 pm \$30
- ✂ **METAPHYSICAL HEALING WITH STONES**: January 20 & 27 (Tuesday evenings) 7 - 9 pm \$30
- ✂ **NUMEROLOGY**: February 2 & 9 (Monday evenings) 7 - 9 pm \$30
- ✂ **WORKING WITH UNIVERSAL ENERGIES #3** : February 3, 10, 17 & 24 (Tuesday evenings) 7 - 9 pm \$60
- ✂ **RUNES**: February 23 (Monday evening) 7 - 9 pm \$15
- ✂ **CRYSTAL SINGING BOWLS** : March 2, 9, 16 & 23 (Monday evenings) 7 - 9 pm \$60
- ✂ **DREAM SPIRIT COMMUNICATION** : March 3 & 10 (Tuesday evenings) 7 - 9 pm \$30

The Peoples Bear Sweat lodge Ceremony
 Sundays: January 25, February 22 & March 29, 2015 from 10am to 1pm 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 more information..

SPIRITUALIST FELLOWSHIP CHURCH EVENTS

Saturday January 31—Annual General Meeting 5—10 pm
 Election & Potluck

Saturday February 14—Valentine Day Potluck 5—10 pm

Saturday March 28—Special Event & Potluck 5—10 pm

Bring a dish to share and enjoy a fun evening with friends.

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

- \$15 for single
- \$20 for family



New members are always welcome!

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

You can visit the **Spiritualist Fellowship Church, and The Centre for Light and Learning, at Winnipeg.kijiji.ca** or like us on Facebook and you'll be able to keep current on all upcoming events and classes. Please take a moment to check it out .

8 Characteristics of Visitation Dreams—Anne Reith, Ph. D.

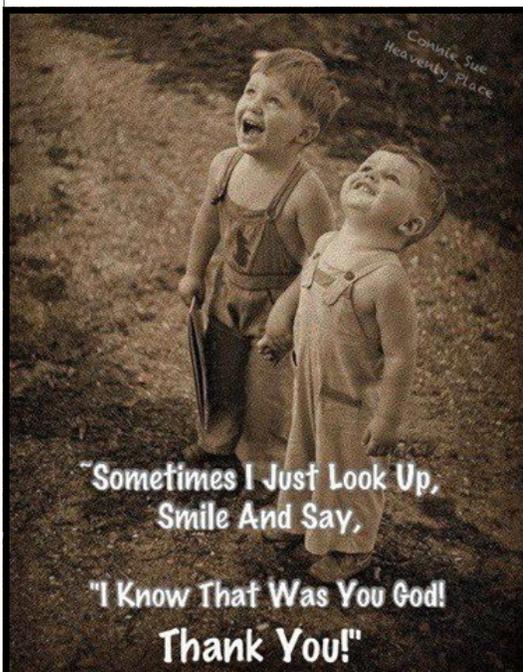
Deceased loved ones who have crossed to the Light **can and do** visit us in our dreams. These types of dreams are often referred to as “visitation dreams,” and they can provide us with great comfort.

Why do deceased loved ones come to us in our dreams?

It is actually easier for spiritual entities of *all* kinds (e.g., deceased loved ones, [guides](#), [angels](#)) to communicate with us while we are sleeping. Why? Because when sleeping, we are in that “in between place” between our Earthly reality and “the other side of the veil” (the spiritual world). During this time, our rational mind and our ego are not engaged. Things can happen in our dream world that we would normally stop or discount while awake.

True “visitation dreams” are actually very easy to identify because they are very different than “everyday dreams.” Characteristics of most (but not all) visitation dreams include the following:

- ☆ **Characteristic #1:** The most important characteristic of a true visitation dream is that it feels “real.” It will also be very vivid.
- ☆ **Characteristic #2:** If you have to ask whether the visitation dream was really a visitation dream, then it probably was NOT a visitation dream. They are so real and vivid that you won’t have to ask this question. When you **do** have a visitation dream, you may wonder if it was truly real; but in your heart or gut, you will “know” it was real.
- ☆ **Characteristic #3:** Because they are so real and so vivid, you will remember visitation dreams very clearly for days, months, years . . . probably for your entire lifetime!
- ☆ **Characteristic #4:** The person (or animal) will almost always appear in the dream to be completely healthy and behaving in a loving manner. They will *rarely* appear sick or injured. They will *never* be angry, disappointed, depressed, or punishing. They *will* be “whole, complete, and perfect” because they are now reconnected with God/Source energy.
- ☆ **Characteristic #5:** Whether or not they speak to you verbally in the dream, they will communicate very clearly.
- ☆ **Characteristic #6:** When they do communicate (either verbally or non-verbally), it isn’t because they want to engage in idle “chit-chat.” It isn’t easy for deceased loved ones to enter a dream. They come with a purpose, and they will convey the message and then be gone.
- ☆ **Characteristic #7:** Most often, their messages fall into the category of “reassurance.” They come to let you know that they are fine and that they want you to be happy. Occasionally, they will come with a warning; however, when giving a warning, they will give you loving support and you will feel reassured by their presence.
- ☆ **Characteristic #8:** After a visitation dream, when you wake up, you will often be filled with a sense of peace and love.



REIKI

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy."

A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being. Many have reported miraculous results.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping virtually every known illness and malady and always creates a beneficial effect. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Famous Mystics : Carl Gustav Jung 1875—1961

What is Mysticism

There is a vast multitude of mystical approaches or spiritual teachings. Take any continent, take any culture, and you will find a great number of spiritual traditions. However, what is truly appealing about mysticism is that it is an almost **universal concept** which unites most spiritual approaches in the quest to connect with the spirit. Mysticism summarizes the beliefs and ideas of mystics and it includes mystical knowledge. This knowledge also introduces rituals or practices to achieve the "connection".



Carl Jung was the man who managed to combine the authenticity of science with a religious attitude to life, in his search for undiscovered paths of the unconscious self that lead man towards realizing his real nature and attaining his real goal.

Equipped with deep knowledge of mythology, Eastern philosophies and major religions and accompanied by his many years of practice as a psychoanalyst, Jung has provided humanity with clues on how the psyche functions, providing support to all those who feel within themselves a strong urge to fulfill their ultimate purpose in life.

While Freud had introduced the "Personal Unconscious" which, according to him, consists of complexes, Jung studied the archetypal and instinctual patterns of the "Collective Unconscious" that all human beings share, and which he traced in individual dreams and mythologies of different cultures. He explained that the uniqueness of our personal memories, wishes, experiences and emotions form our Personal Unconscious, which is different for each one of us.

On the contrary, the Collective Unconscious is the source of all similar personal experience within humanity, or any other given species with a nervous system. In his book *Archetypes and the Collective Unconscious*, he stated that the Collective Unconscious is a universal psychic system which is inherited and identical in all individuals, and which gives a definite form to psychic contents, like primordial thoughts and mythological motifs.

Archetypes

Jung devoted a large part of his life to the development of ideas that had a relation between psychology and [religion](#). For example, in his "Collected Works" he stated that the Christian religion was a necessary historic process for the development of consciousness. He also maintained that heretical movements like Alchemy and [Gnosticism](#) were the result of unconscious archetypes which had not been adequately expressed in the different forms of Christianity. Jung supported the idea that we cannot fully understand the psyche using conceptual terms.

Archetypes are perceived as emotions and images and shape themselves according to time and culture of the people, but the main idea remains the same. For example, the archetype of sadness when someone dies is the same for all cultures, but the way of mourning and burial customs differ greatly. It is exactly the same with similar myths all over the world, in which characters have different names but the main story is the same. Archetypes can be interpreted as positive or negative, although their true nature is neutral.

This is the reason why, he introduced into his studies the use of symbols and living images that may be ambiguous but provide a better basis for understanding the psyche. In his search for symbols, he found alchemical-like symbols in modern fantasies and dreams, something that made him believe that alchemists had been able to create a kind of textbook to interpret the collective unconscious. In a metaphorical sense, alchemy is not about turning base metals to gold, but rather it reflects the process of individuation which transforms a person from an "ordinary" human, to a fully-realized human who knows his true nature and his own potential.

Individuation

Individuation begins when all aspects of our personality are integrated. Our personality consists of the Persona, that is our mask, our role, or the way we appear in our everyday life and the Shadow, that is what is hidden or repressed in our inner self, what we are ashamed of and do not wish others to know about. Another aspect of our personality that has to be integrated is the anima, the female part in men, and the animus, the male part in women, which we come in contact with in dreams and fantasies.

The whole process of individuation is not at all easy, especially for the people in the West, whose way of thinking is based on facts and scientific proof. It's difficult for Westerners to accept myths and legends, the rational and the irrational and generally the concept of the opposite, or the concept of the paradox. Jung states that life is not only human and that there must be a unity with everything that exists in the cosmos, including plants, animals and minerals. When everything is integrated, when the opposites like dark and light, the good and the bad, or the Yin and Yang are accepted, we can feel the sense of Unity with everything in existence, and then our Self is born, just like a baby.

Business Community

WISHING YOU

BEAUTIFUL MOMENTS, TREASURED MEMORIES,
AND ALL THE BLESSINGS A HEART CAN KNOW.

<http://isfunny.net>



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