

Pakenham Spiritualist Church Newsletter

Welcome...

Welcome and hello again from your friendly Reverend Pananda, the Melbourne weather has four seasons: clear skies and fresh green budding leaves in Spring, dry hot summers, colourful leaves in autumn. And cool crisp and sometimes grey and rainy winter days.

Brrr and that is what season we are in now lol, fortunately we have a lovely warm Church with all our heaters on, which we thoroughly enjoy. With a delightful afternoon tea to warm us up and our get togethers we look forward to.

I find Winter is a time to be in our cozy homes, reminisce our past, and get our sense of what our next move is for our future. Spring isn't far away you know, so enjoy your time in hibernation.

Its been a delightful April, May, June with our Mediums.

We have had laughter, tears of Joy of Memories and well what can I say, Spirit has shown itself in so much healing, togetherness, we are so grateful.

We hope you enjoy the Newsletter that Ronald has put together, our church is very blessed to have Ronald our music man and many other multitask man can do.

And very blessed with Alison who gives us our Meditation and Celeste, our afternoon tea lady with the yummy sandwiches and of course she delights in reading our stories and jokes.

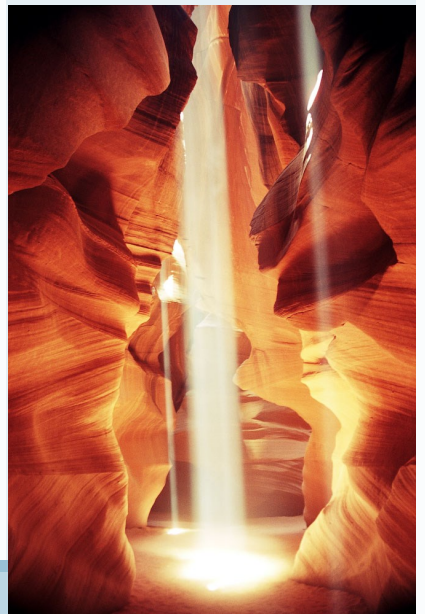
Hope you enjoy this edition of our newsletter...

Reverend Pananda.



Inside this issue

April	2-3
May	4-6
June	7-8
Message of teaching	9
Inspiration	10-11
Channelling	12
Shamanism	13
The Last Word	14



9th April...

Easter Sunday 9th April. Wow what a brilliant day with Spirit. Such a special sacred day. How lucky were we with three madam chairs in the Centre from different Spiritual Churches/Centres present, now isn't that what it's all about, coming together working with Spirit between the two worlds. We love our work, such healings took place, peace and harmony. Thank you teams.



Rev Val, Madam Chair Christine, and Rev Pananda.

We had our lovely Medium Christine Goritchan, who is Madam Chair of the "Seaford Spiritualist Centre". We were very blessed to have her wisdom and knowledge working with spirit, with both a talk and proof of survival, very talented lady. And Val Ollive from Mornington Spiritualist Church, who also presented the congregation evidence of proof of survival. All done with compassion and love.

We had a lovely Easter Service and yes the kitchen was a buzz... Pakenham Spiritualist family, You rock and so to our lovely Mediums, so grateful for you giving your time today .

Easter is a Celebration that started thousands of years ago in the Northern hemisphere. It started as a celebration of

Spring; to celebrate a nature full of new life, full of blooms, when all the animals and birds are rearing their young ones, a celebration of youthful innocence!

We are in the southern Hemisphere though, we are in Autumn, that does not mean that we cannot celebrate a new beginning, a new leaf in our lives. What it means though and what it reminds us of is, that we need to fill our hearts with love and with the sponge of forgiveness to wipe the slate clean. What it means is that we can start a new beginning at any time in our lives if we fill our hearts with love, forgive the past and let it go.

We cannot change the past, but we can shape our future, we can shape it with Love, with understanding, and with compassion.

All we have to do is use the sponge of forgiveness to wipe the slate of our souls clean, make our lives more positive, happier and more joyful and also think of our neighbours, of our brothers and sisters.

So, my friends, let us all remember to turn a new leaf in our lives, let us remember to forgive and let go of the past; let us all enjoy our eggs the symbol of new life, being hard boiled ones or chocolate ones.

HAPPY EASTER everyone.

Little Johnny...

When Johnny discovered what static electricity could do, he went around and zapped all the other kids in his class.

What did his mother do?

She grounded him.



23rd of April...

We had a wonderful afternoon with Spirit, the centre was filled with much love, laughter and some healing tears. Lisa Pitman gave a most interesting and informative spiritual talk, we always learn from each other, and she shared her teachings of Chakra Dance, which we will bring to Pakenham Spiritualist Centre, once we find an appropriate venue.

Our Andrew Glen with proof of survival, wow, again one after another he knew where to go, and the spirit's theme was members with glasses, we started to get the giggles. Andrew finally went to one and said "To the person without glasses" and we all cracked up, lol.

It was another great afternoon with our Mediums and our growing family, so good to see the church expanding with warmth, trust, friendship, safety, and game enough to sing new songs.

The Healings were before and after service. Thank you healers. Thank you also to Soula for helping Ronald set up the Church while I'm out of action for a time on crutches.

Gratitude to the PSC team, Ali, Celeste, and Ronald, who always help unconditionally in so many ways. And to many who, like family, help with packing up. We are so grateful. And of course the yummy food and the people. The kitchen was a delightful buzz and meeting the new members, again much sharing laughter.



Andrew, Rev. P, and Lisa
PS: Lisa had said we were very colourful lol, It's Autumn.

Message from Creator, All That is:

Life Should Be Effortless, Because All is Guided And Directed.

There is so much to be done, but you can only do one thing at a time. Therefore, do it and do it perfectly, and take no thought of all else which has to be done.

Let one thing follow the next, with a great sense of peace, and rightness, so all stress and strain disappear into nothingness, and everything gets done at the right time without any effort. Life should be effortless because all is guided and directed by Creator all that is.

When you feel a sense of strain, you may be sure you are straying away, so come back quickly and find that perfect peace and security when you know you are doing My will and walking in My footsteps, we are one. Trust.

"Expect only the very best in everything and everyone, and see it come forth. Keep your heart open to one another.

Look for the highest good in each other, and work from that higher level of consciousness. Encourage one another in every way possible; every soul needs encouragement. You will find as you help others, you help yourself to grow at the same time.

It's a two giving and receiving unconditionally. "The base of all things is love and respect." The greatest weapon of any Spirit Warrior is love. Love will change minds; love will forgive; love will let go; love will cause good luck; love will heal; love will cry; love will get rid of resentments; love will overcome fear. Love loves love.

Any human who is loving will be guaranteed respect. Respect loves love. We need to love and respect ourselves.

Just imagine, If you could see yourself through the eyes of someone who loves you, you would never again doubt how important, how worthy, and how needed you really are. "Deep within your soul is a door that opens into a world of wonder."

Open the door.

Blessings Creator all that is.

Clay Balls

A man was exploring caves by the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake. They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him.

As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could. He thought little about it, until he dropped one of the clay balls and it cracked open on a rock. Inside was a beautiful, precious stone!



Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left. Then it struck him. He had been on the beach a long time. He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves. Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just thrown it away!

It's like that with people. We look at someone, maybe even ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it. We see that person as less important than someone more beautiful or stylish or well known or wealthy. But we have not taken the time to find the treasure hidden inside that person.

There is a treasure in each one of us. If we take the time to get to know that person, and if we ask God to show us that person the way He sees them, then the clay begins to peel away and the brilliant gem begins to shine forth. May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay. May we see the people in our world as God sees them. I am so blessed by the gems of friendship I have with each of you. Thank you for looking beyond my clay vessel.

Judgement...

Judgement is a form of resistance, of not letting go to the notion that all is divine regardless of its energy, regardless of whether it is of the 'dark' or the 'light'. When you judge, you are holding on to a belief system of what is right and wrong. You are stating that there are rights and wrongs. In fact in the wholeness of creation there just is and one who chooses darkness is exercising their right to experience that formation of energy. It is not to judge them, it is to embrace their isness, to embrace their holy, divine right to be as they are. If you are hurt by their actions it is also your judgement which hurts you because you are making them wrong and wrong hurts. It hurts badly, whereas 'is' does not hurt. Their actions are isness, not wrongness, only your judgement and lack of acceptance make them painful. Let all be in its holiness and divinity. When you get on with the business of being complete in your own divinity, you will no longer be bothered with the niggles of pain, you will be in the flow of absolute being, of absolute absoluteness - the concept of Is.

7th of May... Our Anniversary...

On the 1st May 2010, Reverend Lakis (Evangelos Joannou) the Founder of this beautiful church, with his love, teachings and intent, each Sunday fortnight, he brought forward Spiritual teachings and many mediums.

He lovingly trained Reverend Cara Maree Fry who followed leading the church when Reverend Lakis moved house.

And then the Reverend Cara took over and lead the church for a number of years.

Now, the Reverend Pananda has taken up the reigns and is now the current minister of Pakenham Spiritualist Church/Centre. Reverend Lakis is an amazing man and loyal to Spirit and the people.

Today we celebrated our Anniversary.



Rev. Lakis

Service

Pakenham Spiritualist Service had a delicious afternoon on Sunday 7th May, of divine mediumship of truth and integrity.

Wow what a celebration Anniversary of PSC's 13th year (1st May), and to have such wonderful teachings and sharing's from the Rev Trish Roche of the "Lilydale Spiritualist Centre" and Sharon Lee-Gaine, of the "Rosslyn Sanctuary Anam Cara", giving such strong proof of survival, each loved one receiving proof with messages confirmed. ...

7th of May con't...

... We are so blessed to have such experienced Mediums.

My husband Ronald, had a reading and messaged Sharon later, letting her know of the profound proof of his father/mother and of his past wife who had come through.

As a minister of this sacred space you could feel the love of spirit fill this whole Chapel. The healings that were taking place and naturally the kitchen was a buzz, great friendship, sharing and yummy scones, jam and cream from Celeste and other members of the Centre, with the abundant sandwiches and the Black Forest Cake. With gratitude to the Mediums, Ali, Celeste, Ronald, and of course Spirit, what a great day, thank you PSC family.

Forever yours
Rev Pananda.



Sharon, Rev. Trish, Rev. Pananda

Friends, we would like to remind you that we are all brothers and sisters, and we are all united together, simply because we were created by the same Loving energy, we refer to as God/Creator all that is. We are united in the fact because when we do pray, we approach the same One God, regardless of our faith or beliefs.

The Prayer

"Life is eternal; and love is immortal; and death is only a horizon; and a horizon is nothing save the limit of our sight".

By Rossiter Raymond (1840-1918)

What is this light?

What is this light that dances at the center of my life?

This golden light that dances upon the leaves

These idle clouds sailing across the sky

This passing breeze leaving its coolness on my forehead

The sky opens

The wind runs wild

Laughter passes over the earth

Butterflies spread their sails in the sea of light

Lilies and jasmines surge up on the crest of the waves of light

The light is shattered into gold on every cloud and it scatters gems in profusion

Laughter emirths spread from leaf to leaf and there is gladness without measure

Heavens open has devoured its banks and the flood of joy is abroad

This flood of joy must indeed be love, for love is the only reality and it is not a mere sentiment

It is the truth that lies at the heart of all creation



Pain...

"Let us understand really what pain is.

It is simply a label for an emotion, that is all.

It is important that you understand this because emotion is energy, pure and simple, nothing else.

It is energy and that energy, the emotional energy, is the most powerful force on your planet."

Our Aim...

To promote the universal structure of peace and integrity, with the source of energy, god (the great spirit), who protects and attracts a likeness to his name and of all good deeds done on the earth.



About Rev. Pananda...

Rev. Pananda DonnaRae is a Spiritualist Minister, deep trance channeller, mental and physical medium / psychic and healer. She has been working within the holistic and spiritual fields for over 30 years.

She is a Medium, Channeller and Healer; who is also qualified as a Reiki-Seichem Master, a Zenith Master Practitioner, and Spiritual Healer, having also had training in several other metaphysical and healing modalities. She has led many Spiritual Development Circles.

- ◇ As a Medium, she is professional and empathetic in providing communications from loved ones who are on "the other side".
- ◇ As a trance channeller, she can set her conscious-self aside and allow another being or energy, a non-physical or spiritual being to speak through her.
- ◇ As a healer, she uses this link to higher knowledge, to direct and guide her in what therapy to use and how to use it for maximum benefit for her clients.

21st of May...

Today we had Ronald Kohlman giving us a Talk, and our lovely Debbie Warburton from Ocean Grove, and Rev. Pananda doing Demonstrations, giving proof of survival between the two worlds.

Ronald gave his talk on the subject of Ceremony and also played us some wonderful songs from indigenous ceremonies he has participated in.

Key message was the key elements of ceremony: Invocation, Transformation, Closure, Celebration, not unlike what we do here during our services. An interactive presentation, as always from Ronald.

What a great afternoon, sharing and healing. Spirit was amazing, soldiers, munchkins, just wow. And of course afternoon tea was a buzz, that kitchen is alive. Thank you Spirit, family and team.



Debbie, Rev. Pananda, and Ronald

Water has a traditional association to blessing, and blessed water exists in many different cultures and religions. Water can be sprinkled, drunk or washed in, it can carry the power of the blessing into a person, place or object

...Message from Creator All That is: GUIDANCE

"When life asks you to change, see clearly what is needed and change without any resistance, knowing that every change is for the very best.

Change is not always comfortable, especially for those people who have set ideas and ways.

You must be willing to fling out one nice, comfortable well-established idea after another until you are completely free and open to receive something entirely new and revolutionary.

Here is where the difficulty often comes.

Many people, having absorbed something new, want to cling on to it and refuse to let it go.

Why not see it only as a steppingstone to greater and more wonderful revelations which are there waiting to be made when you have made room for them?

You cannot fill up a full bucket; you have to empty it first.

You cannot move into the new when you are still clogged up with the old and refuse to let go.

So, change and change quickly, for I have need of you."

4th of June... Winter is here now...

We thank Tracey Newton for her years of experience of Mediumship, knowledge and unconditional love that is given to Spirit and the congregation. And for our first time this year Ken Hunting for his Talk and shared Demonstration, which was shared with Tracey.

Thank you with gratitude

May I give love and light for a little munchkin who visited with mum for their first time, the little soul did her gurgles, laughter all at the right time as a confirmations to what was being spoken of, LOL, Thank you.



Ken, Rev. Pananda, and Tracey

HOW TO LIVE FOREVER

Stay loose; Learn to watch snails. Plant impossible gardens.

Invite someone dangerous to tea.

Make little signs that say "YES" and plant them all over the house.

Make friends with freedom and uncertainty.

Look forward to dreams. Cry during movies.

Swing as high as you can on a swing set by moon light.

Cultivate moods. Refuse to be responsible.

Do it for love. Take lots of naps.

Give away money, do it now.... The money will follow.

Believe in magic. Laugh a lot. Celebrate every joyous moment. Take moon baths. Have wild imaginings, transformative dreams and perfect calm. Draw on the walls. Read every day. Imagine yourself magic.

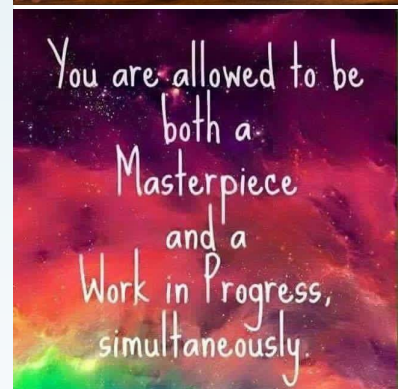
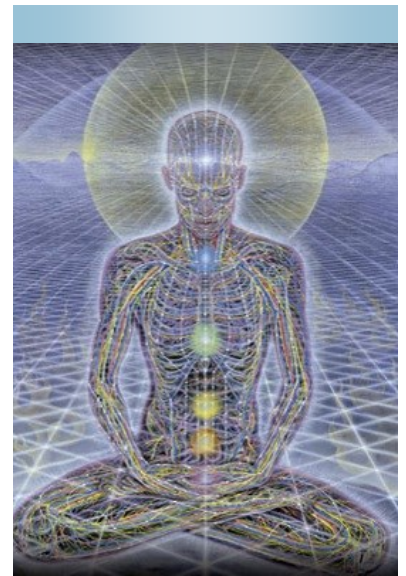
Giggle with small children. Listen to old people. Open up. Dive in, be free.

Bless yourself. Drive away fear.

Play with everything. Entertain your inner child. You are innocent.

Build a fort with blankets. Get wet. Hug a tree. Write love letters.

How to live forever, love, live, be alive, put your life switch on.



18th June...

What a wonderful afternoon we had at PSC service on the 18th June.

With Medium Sue Bowen's brilliant talk on her spiritual journey, such a moving story from the heart, every person in the room listening to every single word, thank you Sue. ✨❤️🙏

Our lovely Mediums Suzanne Hatcher & Brian Cuskrin were wonderful in their communication of loved ones to each member who received a reading, the Spirit certainly kept them busy. 😊😊

We had a happy church, with warmth, trust and family, and the joy of a little munchkin ❤️ that put a smile on your face when they make their sounds of joining in with us. ✨

Afternoon tea ☕, meet & greet was a buzz meeting the mediums & new members.

We were missing our Celeste, who is not feeling well on the day, wishing her a quick recovery (thank you for the yummy sandwiches that hubby brought in, they were well received and consumed). ✨🙏

Our lovely Ali, who takes us through our beautiful meditations, was also away on a well earned holiday, we will see her at our next service. 🙏



Brian, Suzanne, Rev. Pananda, and Sue

Our next Service will be on the 2nd July with Medium Michael Withington ❤️💊

Healings 2.15pm 😊

Service 3pm

We hope to see you there ✨

Blessings in love & Light

Rev Pananda, Ronald, Celeste, Ali & the PSC family

✨❤️🙏

Guidance..

"When life asks you to change, see clearly what is needed and change without any resistance, knowing that every change is for the very best. Change is not always comfortable, especially for those people who have set ideas and ways. You must be willing to fling out one nice, comfortable well-established idea after another until you are completely free and open to receive something entirely new and revolutionary.

Here is where the difficulty often comes. Many people, having absorbed something new, want to cling on to it and refuse to let it go. Why not see it only as a steppingstone to greater and more wonderful revelations which are there waiting to be made when you have made room for them?

You cannot fill up a full bucket; you have to empty it first.

You cannot move into the new when you are still clogged up with the old and refuse to let go.

So, change and change quickly, for I have need of you."

Inner Child Mantra...

It was not my fault.

I release any shame or guilt from my past and move forward with
compassion for myself.

I am free to create a happy and fulfilling life for myself.

I honour my inner child's needs.

I recognise my power in this world.

Message of teaching ...

Life is what you make it. Why not find the very best in every situation and enjoy it to the full, no matter where you are or what you are doing?

Never waste time and energy wishing you were somewhere else, doing something else. You may not always understand why you find yourself where you are, but you may be sure there is a very good reason and that there is a lesson to be learnt. Do not fight against it but find out what that lesson is and learn it quickly so that you can move on. You would not want to remain static, would you?

As you cease resisting and simply accept the lessons to be learnt, taking them all in your stride, you will find life much easier and, what is more, you will enjoy the changes that take place. A plant does not resist growth or change; it simply flows with it and unfolds in true perfection. Why don't you do the same?

See that you have an aim, a goal in life. Never be satisfied to drift through life like a ship without a rudder, being blown about by every wind of change; for without a definite aim, you will get nowhere. You must know where you are going and what you are doing.

Far too many souls are willing to let themselves drift through life with the result that they accomplish nothing very constructive. Find inner peace and certainty, and without any stress or strain follow the path that you know is yours. Do what you know you must do because it is something which has been revealed to you from within, not from without.

Always know from within that what you are doing is right; then you can go right ahead and sweep all obstacles aside with real strength and conviction. Know that I AM your compass, I AM your guide, and I will lead you to your goal, no matter how difficult the path may appear to be.

Life is what you make it, accept the lessons to be learnt, trust yourself, be brave, live life to the full, and knowing you are doing the best you can, We believe in you.

Message from creator all that is.



Jesus is watching you...

A burglar broke into a house one night. He shined his flashlight around, looking for valuables when a voice in the dark said, 'Jesus knows you're here.'

He nearly jumped out of his skin, clicked his flashlight off, and froze. When he heard nothing more, he shook his head and continued.

Just as he pulled the stereo out so he could disconnect the wires, clear as a bell he heard 'Jesus is watching you.'

Startled, he shined his light around frantically, looking for the source of the voice. Finally, in the corner of the room, his flashlight beam came to rest on a parrot.

'Did you say that?' he hissed at the parrot.

'Yes', the parrot confessed, then squawked, 'I'm just trying to warn you that he's watching you.'

The burglar relaxed. 'Warn me, huh? Who in the world are you?'

'Moses,' replied the bird.

'Moses?' The burglar laughed. 'What kind of people would name a bird Moses?'

'The kind of people who would name a Rottweiler—Jesus.'



A Hindu Prayer for the Unity of ALL Life

May the winds, the oceans, the herbs, and the night and days, the mother earth, and the father heaven, all vegetation, and the sun, be all sweet to us.

Let us follow the path of goodness for all times, like the sun and the moon moving eternally in the sky. Let us be charitable to one another. Let us not kill or be violent with one another. Let us know and appreciate the points of view of others. And let us unite.

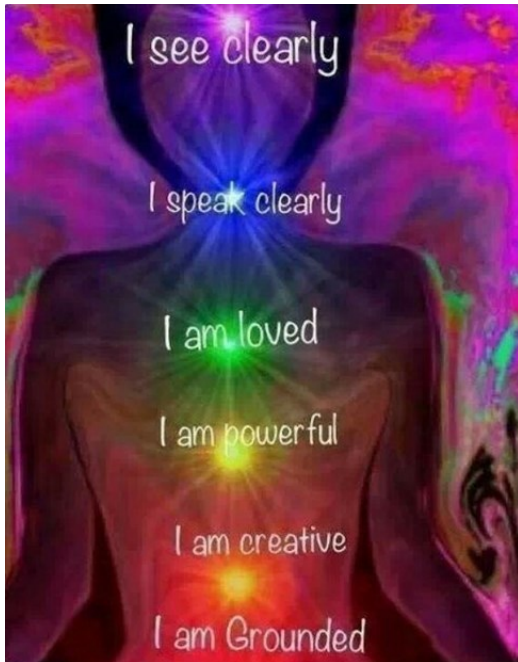
Laughter is the sound of the soul being tickled

Message of teaching from Creator All That is:

Dear beloved ones,

The word “problem” comes from Greek, meaning “to seek” The word was used by Plato in the sense of “search for the truth”. The word “problem” is used not only for the search for the truth but also for a situation that is disagreeable or unpleasant and where a solution is required. Problems are not a curse. They are part of life because we are living beings, and living beings will face problems in their lives.

Life is a journey. Life is a series of problems. The real problem is not the problem itself but our attitude towards it. Every day, life is a challenge. We have many problems in life. Problems are not the cause of unhappiness, but our reaction to the problems that cause us unhappiness. Life is full of problems, but if you know the art of solving them, then your life will be easy and very happy.



In other words, if you know how to solve a problem before it even occurs or before you face it, then you can easily handle it. There is no use being afraid or worried about the problem when you already know how to handle it.

Problems are like shadows, there is always light behind them. When you face the problem with courage and analyse it from different angles, then you will find the solution.

You cannot stop life from coming at you with problems. But you can decide how you react to them. Yes, they will come your way, but you do not have to make them bigger than they really are. When faced with a problem, remain calm and tackle it as it comes.

We should be grateful that we have problems in our lives, as it is proof that we are living. It is always better to have a problem than not to have one. Why, Problems build our character and teach us many things about life and ourselves.

Problems are not obstacles. They are opportunities. They are opportunities for growth and evolution. When you overcome your problems, you grow stronger, more confident, and happier. Problems

are not stumbling blocks on the road to success. They are steppingstones. Problems can be solved by the one who has the courage to confront them.

Perhaps we could call these lessons, an opportunity to look within ourselves with ego put aside, challenges. It is so true of our attitude of how we look at anything in life. What can get in our way, ego. Which is fear, feeling not good enough etc. For if a Problem comes before us and it is something that you have no idea how to approach it, what do you do?

Sit quietly within yourself, give yourself time, ask Creator all that is for guidance, you may be quiet surprised of the wisdom that comes forward, which is simple. Keep it simple my child.

You know you are more than you realise, you are intelligence, you are love & light, we are a collective and anything that comes our way, we can handle. Even when we ask for help, with EGO put aside.

TRADITIONAL BUDDHIST PRAYER...

May all be free from sorrow and the causes of sorrow.

May all never be separated from the sacred happiness, which is sorrowless;

And may all live in calmness and composure in difficult situations,

without too much attachment, and too much aversion.

And live believing in the equality of all that lives.

Prayer...

God, Source, Creator— I come to you with a fully engaged and open heart.

I am present and my overthinking dissolves – now.

I ask for the courage to deeply tap into and follow my intuition.

I trust the information is already inside of me.

I release all my questioning, doubts and fears and activate my field of knowing.

I enter the power of my intuition.

I exhale.

I know.

I am.

Everything I need is already here.

It is done.

Positive Inspirational Achievement Story...

There's nothing you cannot do.

There's nothing to fear, you're as good as the best.

As strong as the mightiest, too.

You can win in every battle or test.

For there's no one just like you.

There's only one you in the world today.

So nobody else, you see.

Can do your work in as fine a way.

You're the only you there'll be.

So, face the world, and all life is yours.

To conquer and love and live.

And you'll find the happiness that endures.

In just the measure you give.

There's nothing too good for you to possess.

Nor heights where you cannot go.

Your power is more than belief or guess.

It is something you have to know.

There is nothing to fear, you can, and you will.

For you are the invincible you.

Set your foot on the highest hill.

There's nothing you cannot do.

Author Unknown

“Wherever we go in life, always believe that whatever obstacle stands in your way.....
you will always be strong enough to move forward.”

Little Johnny...

Little Johnny was sent back to bed for the tenth time that evening and his mommy is not amused.

She says, “Johnny, if I hear one more time, Mommy, I want this, mommy, I want that, your will be in big trouble!

I don’t want to hear the word mommy again tonight.

Now off to bed you go!

There’s a short pause, after which, Johnny says hesitantly,

“Mrs Lambden, I want a glass of water, please.



Mediumship

Is not a magic trick done for applause.

It is a spiritual endeavour that aims to heal, console, uplift, empower, and validate our existence beyond our physical body.



Laughter is the sound of
the soul being tickled

Channeling...

Q: What is Channeling?

A: Everyone is a natural channel with the mind channeling thoughts, the body channeling actions and the soul channeling the spirit. An active channel shapes universal information into transmutable, comprehensible forms and presents them to others to ensure the spread and utilisation of divine wisdom.

Q: Are there many ways to channel?

A: Yes, there are many different ways to channel as there are individuals, with everyone having their own specific method. Meditation, imagination, creative arts, inspirational (automatic) writing, are ways to channel.

Q: Trance?

A: Some channels choose to go into trance to communicate, or to be a channel. In very deep trance, the channel leaves consciousness, vacates their physical body and allows a spirit or energy, to take over the channeler's body and communicate.

Q: Is it safe to channel?

A: The only occupational hazard of channeling is self-doubt. Unusual experiences are most unlikely unless asked for.

R: Q: Is it possible to heal through channeling?

A: The most powerful cure and ultimate remedy can be found through soul searching, and lies within the mind, body and soul. Healing energies may be "channeled" to someone else, such as is done through Reiki. Healing comes from within and so healers and channellers can become conduits for others, allowing the recipient to adjust accordingly and become more receptive.

We are all connected...

Space for Healing...

"There is something incredibly privileged about receiving the trust of a stranger, the space between heal'ee and healer is precious and profound, akin to that found in sacred or ceremonial space. It is a very special human interaction, and if the potential of that can be honoured, then those who come as guardians of this sacred space can give their gifts because there is a place for their holding to be received. It is the fashioning of a cauldron, a space for grace and blessings, a sacred threshold of potential between realities. This can be in any setting: by the road side, in a patient's house or in the surgery".

Dr Mary Hoptroff, G.P. and complementary practitioner

Namaste...

Translation:

I honour the place in you in which the universe dwells. I honour the place in you which is of love, light, truth, and peace. When you are in that place in you, and I am in that place in me, we are one.

Use:

The word "Namasté" expresses the highest form of greeting, one that truly honours the "greeted." Used in everyday conversation throughout Nepal and India, it is being heard more often in this country among people who want to more deeply acknowledge each other.



Remember Me? My name is Gossip...

I have no respect for justice.
I maim without killing;
I break hearts and ruin lives.

I am cunning and malicious and
gather strength with age.
The more I am quoted,
the more I am believed.

I flourish at every level of society.
My victims are helpless. They cannot
protect themselves against me because
I have no name or face.

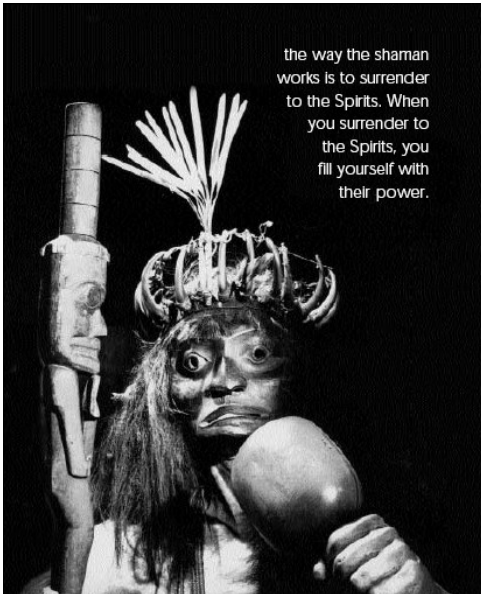
To track me down is impossible—the
harder you try, the more
elusive I become.

I am nobody's friend—once I tarnish a
reputation, it is never quite the same.

My name is Gossip!

It is not possible to grow until we have
TOTALLY LET GO OF THE DESIRE TO
GOSSIP OR TO PARTICIPATE IN IT!

Shamanism...



The word shaman is an Eastern Siberian word from the Tungus tribe, where it means an 'excited or agitated person'. This excited person is a healer and magician, and the word has, in these days of global concepts, become a word which means a person from almost any culture with a special knowledge of healing and a greater awareness of how the world of the spirits works.

A shaman is, if you like, a 'technician of the sacred'. A person who understands that all is alive and who is trained to work with this knowledge to help their people. They are masters of energy.

Q: What is Shamanism?

A: Shamanism is primarily a set of spiritual techniques used to enter into a trance state called ecstasy in which the practitioner travels to Other Worlds in order to diagnose, heal, gain information, guide souls, etc. Traditionally these purposes have included locating or attracting game for the hunt, weather control, and mediating between the sacred and profane dimensions. Since grocery stores are readily available locating and attracting game for the hunt is generally no longer necessary!

Q: Is Shamanism a religion?

A: No. Shamanism is a set (or series) of techniques that can be used in any religious context. It is not a religion.

Q: Does studying Shamanism make me a Shaman?

A: No. It makes you a student of Shamanism. Only survival of the call, initiation, training, practice, experience, and recognition by both Shamanic peers and your community can identify you as being a Shaman.

Q: Is the Shamanic Journey the same as Astral Projection?

A: No. The Shamanic journey may have some elements similar to astral projection, but it is not the same thing.

Q: How may I figure out what I am though?

A: What you are, your essential self, will come to you in your dreams and visions which will be the results of your prayers.

Shamanic Journeying

In order to journey to the other dimensions of existence a shaman induces an altered state of consciousness in himself/herself similar to a state of self-hypnosis.

While in this Shamanic trance he is in complete control; able to take his consciousness and subtle bodies into nonphysical reality where he visits the heavens of existence, communicates with spirits, gains information, retrieves souls, and makes subtle changes in reality which affects the physical world.

Pakenham Spiritualist Church

All are welcome to join us at the Pakenham Spiritual Centre for our fortnightly service. Come join us for a spiritual afternoon with Mediumship, a Lecture on Spiritual matters, and the company of like-minded individuals.

Our service will be led by the centre's Reverend, who will be supported by invited Guest Speakers and Medium(s). The guest speaker will provide us with a "spiritual" talk and the medium(s) will be demonstrating evidence of survival (Mediumship).

During the service, we do ask for your support with a freely given donation, to support the running of the church. After the service, we invite you to join us for afternoon tea and conversation in the kitchen.

We are a spiritual community, and are not fixed on any particular religious doctrine. We only request that you come with an open heart and mind.

We hope to see you there.

The Last Word...

There must be balance in all things and at all times. Never let life become too serious or too earnest. See the lighter side and have a sense of humour.

I tell you there must be laughter and joy in living otherwise life can become too heavy and depressing. Let joy abound.

When you feel that joy bubbling up in you, let it come out and share it with those around you. Joy is contagious.

One soul bubbling over with joy can affect everyone else so let it bubble over.

When you learn to live fully in the moment without any regrets of yesterday, your life will indeed be filled with love, joy and harmony.

So simply live in the NOW and radiate that perfect expression of a full and glorious life.

Blessings Creator all that is

Your minister in Service,
for you always

Blessings in love and light,

Rev. Pananda



Pakenham Spiritualist Church

Minister: Rev. Pananda Kohlman

Officer Public Hall,
16-18 Tivendale Road,
Officer, Vic 3809

Phone: 0417 714 093

E-mail: revpanandakohlman@gmail.com

www.pakenhamspiritualistcentre.com



Pakenham Spiritualist Centre Services are held on Sunday's every two weeks throughout the year.

The service officially commences at 3:00pm and finishes around 4:30pm, which is followed by light refreshments, community connection, and fellowship.

And our platform of mediums bring through messages, guidance, inspiration, and 'proof of survival' from your loved ones in spirit.

Our program generally consists of:

- ◇ Welcome and introduction
- ◇ A 20 minute talk from a guest speaker
- ◇ Music and Songs
- ◇ Group Meditation and healing
- ◇ Demonstration of mediumship and proof of survival
- ◇ Closing of service
- ◇ Afternoon tea and light refreshments

Refer to our website for our calendar of Services for the coming year.

- ◇ If you would like to participate as a healer for the Church, please step forward and speak with Rev. Pananda
- ◇ We are planning a number of workshops and special events to be held throughout the year, we will notify church members when these are organised.