

Pakenham Spiritualist Centre Newsletter

Welcome...

Welcome and hello again from your friendly Reverend Pananda,

What can I say, it's been a fantastic year so far, with July, August and September being our Winter Season, we have continued with talented Mediums. With their dedication and love for Spirit and their love for the people, that's what it's all about, the love vibration. We are so grateful for their travels and the time they give to us.

Our sanctuary "Pakenham Spiritual Centre" has been a wonderful success with bringing in the Ministers of other Centres and Churches. My intention of gratitude for assisting my training over the past years doing platform and wanting to introduce you all to other dedicated beings of light.

Bringing in talented mediums that I know will assist the family congregation of our Centre, their personalities, of their passion, humour, and depths of their stories, to assist to lift the vibration.

It's with trust, integrity, wisdom, faith, and togetherness, that you can see the healing unfolding within the congregation. With our continued faith in each other, you can see people letting go the pain of their lessons, learning to trust themselves of their own truth, moving forward within the teachings that are taking place, its making sense for them. It's like holding the lantern and showing them the way, and if it feels right for them, assisting them to walk their own talk and have the courage to move forward.

It's such a blessing to observe.

I know you will enjoy the rest of the year we have organised for you, it's so exciting to have such experience of connections with the Spiritual Teachings.

We have enjoyed each medium with their own unique talents and their own expressions. We have experienced psychic, music, drumming, numerology, and of course Mediumship, as proof of survival between the two worlds. Trance overshadowing plays a role in here as well.

When you enter our sanctuary of light, you can feel the protection, the healing, the love, and light. When you leave, you can feel lighter and more centred for the following time.

Hope you enjoy this edition of our newsletter... Reverend Pananda.

N.B. Please note that for 2024 there is a slight change in the starting times for our healings (1:15pm) and the service (2:00pm—3:30pm).



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2nd of July...

Pakenham Spiritualist Church 2nd of July, was a great day with 34 people joining us today.

Michael Withington opened the forum for the congregation to ask questions and he would answer to the best of his ability, we always learn so much when we are open to listen and receive.

Everyone was watching Michael as he worked with spirit, as to, with communication between the two worlds, was a lovely day filled with spirit, loved ones.



Michael Withington and Rev Pananda.

We had Reverend's from the One Light Federation visit from Melton and met many members of our PSC family.

Was a great day of meet and greet in the kitchen, what a buzz again.

Thank you to the members who assisted in the packing up & help in the kitchen, you rock.

Thank you Michael Withington and your spirit team.

Blessings with gratitude in love & light,
Rev Pananda, Music man, and the Tribe

Message from Creator, All That is:

One day a father of a very wealthy family took his son on a Trip to the country with the firm purpose of showing him how poor people lived. They spent a couple of days and nights on the farm, of what would be considered a very poor family.

On their return from their trip, the father asked his son, "How was the trip?"

It was great, Dad.

Did you see how poor people live? asked the father. The son answered:

I saw that we have one dog, and they have four.

We have a pool that reaches to the middle of our garden, they have a Creek that has no end.

We have imported lanterns in our garden, they have stars at night.

Our patio reaches to the front yard, they have the whole horizon. We have a small piece of land to live on, they have fields that go beyond their sight.

We have servants to serve us, but they serve others, we buy our food, but they grow theirs.

We have walls around our property to protect us, they have friends to protect them.

The father simply stood there, utterly speechless.

Then his son added, Thanks, Dad, for showing me how poor we are.

16th of July...

We had a fantastic day at Pakenham Spiritualist Church with Medium Bec Campbell, who gave wonderful evidence of proof of survival, spirit was very busy today.

Gratitude to Ronald, Ali, Celeste & the PSC family for helping today. Kitchen was abuzz yet again.

Blessings in love & light
Rev. Pananda



Bec and Rev. Pananda

Message from Creator, All That is:

Be Still and Seek Within

As you take more time to be still and seek within, you will become more and more sensitive to those around you.

Nothing will be too much trouble.

Cease relying on your own strength and understanding and lean entirely on Me.

With Me to strengthen and guide you, you can do the seemingly impossible.

You live by the Spirit, and anything is possible, and wonders are brought about.

There is so much to be done on the outer but never neglect the inner work, which is even more important.

Take time to be still, take time to be alone with Me.

It is not necessary to do anything, just be and absorb My peace and love, for only in this way can you.

These are not easy times, but you can rise above all difficulties and frustrations and find a real joy in everything. You do your part, and I will do the rest.

Little Johnny...

During the concert little Johnny sits in the front row waiting for the concert to begin.

A friend asks: "Johnny, how did you manage to get a ticket to the concert?"

Johnny replies: "I got a ticket from my sister."

The friend asks: "And where is your sister?"

Johnny says: "Back at home, looking for her ticket."



Nurture All You Love...

Take the time to nurture the things you care about so that they may flourish and grow.

Your hopes, your dreams, your body, your mind, your spirit, your creations, and your relationships, all that is your needs to be cherished, loved, honoured and respected.

Without care and attention, these aspects of self can fall into a state of neglect that does only harm to both you and the world around you.

Nurture them, and they will bring you peace and fulfilment.

So be it.



Message from Creator, All That is:

Let joy and happiness and wellbeing radiate from you....

Live a life, do not talk about it. Demonstrate it in everything you do. Words without action are empty and useless, so live, live, live, very quietly, very silently, but nevertheless live, day by day, drawing ever closer to Me and becoming a living example.

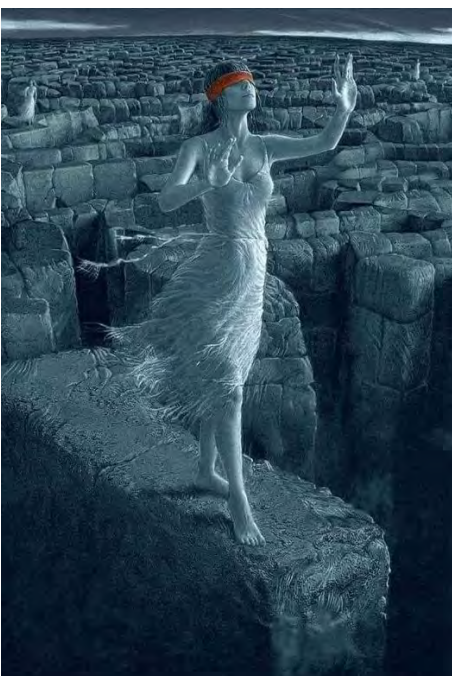
Let joy and happiness and wellbeing radiate from you. This is a life of real joy and when you are living in constant communion with Me, you are sharing this inner joy with all those you come into contact with. This is a life of deep peace and tranquility.

When you are feeling strained and concerned you may be sure you are out of tune.

A sensitive instrument has to be re-tuned from time to time, the strings become too slack or too taut, and have to be re-adjusted until they are in perfect tune.

Every now and again you may choose to be re-tuned again. That is why it is so vitally important to take time to go into the silence to be still and re-connect with Me.

Follow your heart. Follow your Truth. Be in Joy. Be in Love. Breathe.



Sharing of Grief...

I had my own notion of grief.

I thought it was the sad time that followed the death of someone you love.

And you had to push through it to get to the other side.

But I'm learning there is no other side. There is no pushing through.

But rather, there is absorption. Adjustment. Acceptance.

And grief is not something you complete, but rather, you endure.

Grief is not a task to finish and move on, but an element of yourself, An alteration of your being. A new way of seeing. A new definition of self.

"...There is absorption. Adjustment. Acceptance."

And, then the work of rebuilding of your life begins.

30th of July...

We had a wonderful afternoon with Maria Lacey, listening to her talk of wisdom of life and her sacred drumming, thank you Maria.

Leonie Adamson gave evidence of proof of survival between two worlds, congratulations on your first platform appearance, you rock, wonderful evidence.

We celebrated Ronald's birthday with afternoon tea and cake, for members who were able to stay, the kitchen was abuzz.



Leonie, Maria, and Rev. Pananda

The Prayer

Please enlarge our hearts to love each other, to love our neighbour,
to love our enemy as our friend.

Love and ever more love is the only solution to every problem that comes up.

If we love enough, we are going to light a fire in the hearts of others.

And it is love that will burn out the sins and hatreds that sadden us.

It is love that will make us want to do great things for each other.

-Words of Clearwater-

All That Exists In This Infinitesimal Second Is You. What Lays Before You Is Life.

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Send out your love, for the love that is given without thought, the love that asks nothing in return, is the love.

It is the love that nourishes the souls of the unborn, that attracts them to enter the wombs of the mothers.

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It takes a warrior to walk this path. For a warrior has been tested many times. He has journeyed inside himself and sought out his strengths and weaknesses as you have done.

Sacred Smoke?

Burning incense is an ancient way of gaining access to the soul and power of plants, for spiritual, ceremonial and magic use. Incense means consecrated smoke, or smoke offering. The sacred smoke has been used in most peoples' spiritual and shamanic healing traditions, including the North European.

Through thousands of years of cooperating with the innermost nature of plants, wise women and men have come to know that certain types of plants carry certain definite qualities, and have certain effects when used as incense.



No matter if you learn from traditional Native Americans, European peasants of old, or Siberian shamans, they will all tell you that the smoke of some plants purifies and cleans spiritually, others will invoke spirits and healing powers, others again will carry your prayers further to the Universe, some are good for calling balance and harmony.

The beautiful common earth wisdom is that these people on continents far apart agree on which plants are good for which purpose.

Smudging is the burning of certain herbs to create a cleansing smoke bath, which is used to purify people, ceremonial and ritual space, and ceremonial tools and objects. Many differing cultures and peoples have their own methods and herbal mixtures for this purpose. Cleansing ceremonial or ritual space before and after the event is an essential part of spiritual hygiene.

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.

13th of August...

What a wonderful afternoon with Suzanne Hatcher giving a profound Lecture story of her life's journey, lovely teaching for all to receive.

Our lovely Brian Cuskrin was not able to be with us as an emergency had come up so prayers for all has gone out as well.

So Suzanne did proof of survival and spirit was with her

A delightful afternoon and thank you.

And yes the kitchen was abuzz. And thank you thank you for the help given for packing up, very much appreciated.

Blessings from Rev Pananda & the PSC team



Suzanne and Rev. Pananda

"Mind is the Master power that molds and makes, And Man is Mind, and evermore he takes The tool of Thought, and, shaping what he wills, Brings forth a thousand joys, a thousand ills:— He thinks in secret, and it comes to pass: Environment is but his looking glass."

RESPONSIBILITY

I am responsible for what I see. I choose the feelings that I experience and I decide upon the goal I would achieve. And, everything that seems to happen to me I ask for, and receive as I have asked. Responsibility starts with the willingness to experience yourself as cause. It starts with the willingness to have the experience of yourself as cause in the matter.

RESPONSIBILITY, not as a burden, as fault, blame, credit, shame or guilt, for all of these are the DUALISTIC way that humans Judge and Evaluate things to be Good or Bad, Right or Wrong, Better or Worse.

Rather Responsibility as a joy-fully embraced, infallible truth about self. As a willingness to deal with EVERY situation from and with the point of view, whether realised at the moment or not, that you are the source of

- ◇ what you are
- ◇ what you do
- ◇ what you have

This point of view extends to include even what is done to you and ultimate responsibility is a context of yourself as source of the content of your life. NOW, THEN AND ALWAYS.

27th of August...

What a wonderful Service 27th August of Healing, togetherness and sharing. Danita Duggan gave an inspiring talk of “you are enough”, with many teachings of love, attitude of how we deal with life & death & much more. You could of heard a pin drop with her wisdom that Danita shared. And to have Sue Bowen giving wonderful proof of survival messages, to see how she works with her spiritual team was amazing.

Presentation of bringing the congregation involved laughter and some loving tears.

Right from the start of service, blessings of our centre, music of contemplation “I Am Already Enough” to the Lecture of the same theme, then two other songs, “Any Dream Will Do” and “No Matter What”. Prayers and then the demonstration. Oh my goodness, the Mediums and self had not got together before Service lol

Don't you love spirit, such love & healing was in this Centre & always.

With love & gratitude to all, Your loving Rev Pan & team.



Danita , Rev. Pananda and Sue

WHAT IS THIS LIGHT?

What is this light that dances at the centre 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

BECOME SO
CONFIDENT IN
WHO YOU ARE
THAT NO ONE'S
OPINION,
REJECTION, OR
BEHAVIOR CAN
ROCK YOU.

The truth is still
the truth, even if no one
believes it. A lie is
still a lie, even if everyone
believes it.



10th of September...

Yesterday's Spiritualist Centre at PSC Officer 10th Sept 2023, was a wonderful event with our Medium Troy Clayton, who gave us a teaching of the 7 Principles and more of Emma Hardinge Britten's work.

Troy is a dedicated spiritual being and has so much knowledge which got our attention.

His proof of survival in his own way of connecting, gave us proof with his mediumship and psychic abilities and more using the Clair's.

The family members at tea break went and thanked Troy and shared their stories, a wonderful day of connections.

Blessings in love & light,

Rev Pan, Ronald, Ali, Celeste, Pam, and the PSC team



Troy and Rev. Pananda



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.”

Intellect...

The intellect has little to do on the road to discovery.
There comes a leap in consciousness, call it intuition
or what you will, and the solution comes to you
and you don't know how or why!

Albert Einstein.

Message of teaching ...

To 'Strengthen and Purify' The Energy Field of The Body

An excellent breathing exercise is set out below, which will help to strengthen and purify the energy field around the body.

It can be practiced daily; early in the morning and late in the evening and prior to meditation. It is especially cleansing after giving any healing treatment.

It can easily be taught to others, so that they can contribute to their own recovery.

Imagine that you are the YOLK inside an EGG. Between the YOLK and the SHELL, are 7 OTHER LAYERS.



Around the physical body we have 7 INVISIBLE LAYERS or levels of awareness.

On your IN BREATH, imagine that you are breathing UP THE BACK OF THE BODY, from your ANKLES to THE TOP OF YOUR HEAD.

Then on the OUT BREATH, breathe down the front of your body, SWEEPING UNDERNEATH YOUR FEET.

Really LET GO on the OUT BREATH, (a HA! Sound) so that you can release all the TENSION, STRESS and TOXINS from your body.

Repeat this SEVEN TIMES, remembering on the NEXT IN BREATH, to imagine that you have moved slightly away from your body - into the NEXT LEVEL - so that when you reach the SEVENTH IN BREATH, you are SWEEPING A WIDE CIRCLE AROUND YOUR BODY.

Then breathe UP THE RIGHT HAND SIDE of your body, from your FEET TO THE TOP OF YOUR HEAD, on the IN BREATH, and DOWN THE LEFT HAND SIDE of the body, on the OUT BREATH, again, in the CIRCULAR MOTION, SWEEPING UNDER YOUR FEET and moving away from your body, in an ever-expanding circle.

Avoid FORCING THE BREATH, but aim to get the in breath and the out breath, the same length.

This breath will CLEANSE and STRENGTHEN the AURA SPACE, and help you to BALANCE up the RIGHT AND LEFT SIDE OF THE BRAIN.

Journey of the Soul...

We make a decision at the outset of our journey here.

The memory begins to fade.

The child is born.

The lessons are received.

The purpose comes to the fore.

The soul aligns with this purpose,

Bringing to the surface all that does not align with truth.

And so the journey home begins.

My dear one's the path has some bumps and detours, the preparations of the soul for the journey.

Bring the energy of love into the equation.

Fairness will bring balance.

Balance will bring equality.

Equality will bring understanding.

Understanding will bring compassion.

Compassion will bring love.

My dear one's we work at the love equation, is this not so?

The soul only desires love, the soul seeks not any other.

By Tina Morely



Problems...

Problems cannot be solved at the same level of awareness that created them." - Einstein

24th of September...

Well here we are, today our Divine Spiritualist Service, Sunday 24th Sept with Kylie Haymes who gave us her Spiritual life journey, sharing knowledge to the congregation to assist others in a similar situation, well done Kylie, you were heard and I'm sure will make a difference to many.

Natalie Morrison who gave us a demonstration of psychic readings and proof of survival, bringing through loved ones. It was wonderful on the last reading that Rev Pan and Nat shared a loved one coming forward, giving proof of survival, the loved one was so excited and expressed himself with his personality, his habits etc. The sitter gave nothing away, meaning not feeding either of the mediums.



Kylie, Natalie, and Rev. Pananda

The message was precious. It ended the service with laughter and joy. Well done Nat and well done Spirit. This was the first time at Pakenham Spiritualist Centre for these two beautiful ladies from Morwell to do platform.

Thank you for coming and supporting us for this special occasion. We wish these girls well on their adventures working with their spirit teams, may they be guided in their truth and humility.

When you enter this sacred space healing takes place with intent, and when you leave you feel at peace and content. Before the service Spiritual Healings were provided. We had Ali giving us a lovely healing world meditation and Celeste gave us a story and a joke for a tad of a laughter for the day.

A wonderful relaxing hour and a half with Rev Pananda and music person Ronald and the Spiritual team. Oh and afternoon tea was abuzz, with many treats, Celeste's yummy sandwiches and Rev P's Banana cake and Chocolate cake with trimmings.

Blessings in love & light, Rev Pan, Ronald, Ali, Celeste, Pam, and the PSC team

Teacher said to Johnny:

"What a strange pair of socks Johnny, one of your socks is green and the other is red."

Johnny replied:

"Yes, it is very strange. I have another pair at home exactly the same."

Trust..

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 Great White Spirit/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.

Soul's Door...

“Deep within your soul is a door that opens into
a world of wonder.”

Open the door.

Message of teaching ...

ACCEPT PEOPLE AS THEY ARE BUT PLACE THEM WHERE THEY BELONG!!



An elderly woman had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. 'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?'

'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.' For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house.'

MORAL OF THE STORY:

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are and look for the good in them.



Of the Soul...

“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.

Message of teaching from Creator All That is:

Unite In The Work Of Upliftment And Enlightenment.

Whenever you read the news or switch on the radio or television, fill yourself with light, surround yourself with a circle of light, so you are not affected by anything that is said or shown, and then like a beacon of light send forth that light into the world situation in ever increasing power.

As each one of My Light Bearers does this, just think what an affect it can have on the whole situation, Yes you have your work cut out for you.

Do it and do it willingly and joyously. As more and more light is radiated out, the greater the uplift. Unite in the work of upliftment and enlightenment.

Be still and allow the waves of disharmony and turmoil to pass over you, then when the waves have passed, come up and send forth the light and feel that inner peace and harmony, which can only help every situation and never hinder.



Let Your Consciousness, Your Whole Being Expand And Expand

Never separate yourselves from Me. Accept the fact that we are One, that you are individually what I AM universally, that you are My image and likeness.

Get right away from the human concept and see the spiritual. When you can do this, you raise your consciousness into the realms of the Spirit and see the whole universal picture, with the eyes of the spirit.

Humankind is inclined to limit their conception by seeing it all from the human angle.

Step out of these restricting and confining concepts.

Let your consciousness, your whole being expand and expand.

Allow no limitation into your thinking, soar on and upward and you will understand the secrets of the Universe, and nothing shall be hidden from you.

You will begin to understand and accept your Divine Presence and we are One.

Teachings & Blessings, Great White Spirit, All that is in the love and light of who are.

BUDDHIST PRAYER FOR PEACE...

May all beings everywhere plagued with sufferings of body and mind
quickly be freed from their illnesses.

May those frightened cease to be afraid and may those bound be free.

May the powerless find power, and may people think of befriending one another.

Story time...

A young couple decided to get married. As the big day approached, both of them grew apprehensive.

Each had a problem they had never before shared with anyone, not even each other.

The Groom-to-be, overcoming his fear, decided to ask his father for advice. "Dad," he said, "I am deeply concerned about the success of my marriage.

I love my fiancée very much, but you see, I have very smelly feet, and I'm afraid that my future wife will be put off by them."

"No problem," said dad. "All you have to do is wash your feet as often as possible, and always wear socks, even to bed." Well, to him this seemed a workable solution.

The bride-to-be, overcoming her fear, decided to take her problem up with her mother.

"Mom," she said, "When I wake up in the morning my breath is truly awful."

"Honey," her mother consoled, "everyone has bad breath in the morning."

"No, you don't understand. My morning breath is so bad, I'm afraid that my new husband will not want to sleep in the same room with me."

Her mother said simply, "Try this. In the morning, get straight out of bed, and head for the bathroom and brush your teeth, rinse with mouthwash, and take a breath mint.

Then slip back into bed. The key is, not to say a word until you've brushed your teeth. Not a word," her mother affirmed.

Well, she thought it was certainly worth a try.

The loving couple was finally married in a beautiful ceremony. Not forgetting the advice each had received, he with his perpetual socks and she with her morning silence, they managed quite well. That is, until about six weeks later.

Shortly before dawn, the husband woke with a start to find that one of his socks had come off. Fearful of the consequences, he frantically searched the bed.

This, of course, woke his bride, who, without thinking, immediately asked, "What on earth are you doing?"

"Oh, no!" he gasped in shock, "You've swallowed my sock!"

TEACHINGS FROM SILVER BIRCH...

QUESTION: WHAT IS A SOUL?

The soul is the divine garment that every human wears. The soul is the light which the great spirit has given to every one of his children. The soul is the divine breath which enables the individual to function in the universe.

The soul is the vital spark, the dynamic wellspring of his existence, that which relates him to the great spirit, that which makes him part of the infinity which broods over every manifestation of life.

The soul is the imperishable garment that he will wear for all time. He is the soul, for the soul is the individual, the one part that reflects, thinks, decides, judges, weighs, loves, and that has every aspect of consciousness.



Happiness...

We can find happiness
if we commit
ourselves to being
present to the
"now" moments of life.

FORGIVENESS...

Question: Is there forgiveness in the spirit world?

There is forgiveness in your world and my world, but forgiveness does not make amends for wrongdoing.

When a person who has committed a wrong reaches the stage of asking for forgiveness, it means that realization has dawned.

But if he asks for forgiveness and forgiveness is granted to him, that does not mean that the act of wrong that was committed has been erased.

It is purely cause and effect.

The act cannot be erased until what was wrong is put right.

from the book :Silver Birch questions and answers

Taoist philosophies...

Letting go...

"The concept of non-attachment is an important one in Taoist philosophy and a hard one for us, in the West, to comprehend. It is allowing ourselves to feel the emotion but to have ways of letting it go. It is a way of looking at life without being part of the drama. It is a way of looking at what we are doing without being attached to the results and a way of relating to people without expectations."

Relationships...

"If you have to struggle in a relationship to keep it together you are fighting Tao. If you fight about making a commitment, making a greater commitment under pressure is asking for trouble. If people were to let go and not try so hard to be in a relationship they run the risk of not being in a relationship for longer periods of time, but they are more likely to be available when the right person comes along rather than pursuing every prospective partner, changing colors like a chameleon, attempting to make it work (pushing the river), becoming frustrated and cynical"

*"Only when you truly inhabit the body
can you begin the healing journey"*



The Death Transition...

With beauty may I walk
With beauty before me may I walk
With beauty behind me may I walk
With beauty below me may I walk
With beauty above me may I walk
With beauty all around me may I
walk
In beauty it is finished
In beauty it is finished
- from the Navajo Nightway Chant



Meditation...

Meditation is not about feeling a certain way. It's about feeling the way you feel. It's not about making the mind empty or still, although stillness does deepen in meditation and can be cultivated systematically. Above all, meditation is about letting the mind be as it is and knowing something about how it is in this moment. It's not about getting somewhere else, but about allowing yourself to be where you already are. If you don't understand this, you will think you are constitutionally unable to meditate. But that's just more thinking, and in this case, incorrect thinking at that.

Meditation does require energy and a commitment to stick with it. But then, wouldn't it be more accurate to say, "I won't stick with it," rather than, "I can't do it"? Anybody can sit down and watch their breath or watch their mind. And you don't have to be sitting. You could do it walking, standing, lying down, standing on one leg, running, or taking a bath. But to stay at it for even five minutes requires intentionality. To make it part of your life requires some discipline.

So when people say they can't meditate, what they really mean is that they won't make time for it, or that when they try, they don't like what happens. It isn't what they are looking for or hoping for. It doesn't fulfill their expectations. So maybe they should try again, this time letting go of their expectations and just watching.

Ceremony...

Performing a ceremony is more than simply assembling the component parts and saying "Ready, set, go!"

Crafting a ceremony requires time, careful attention to detail and, in most cases, a bit of artistic flair and intuition. One paradox about ceremonies, which is also one of the things that makes these gatherings so powerful, is that they require both careful preparation and openness to spontaneity.

Several distinct segments are generally included in a ceremony, and you'll need to be prepared to follow a time-proven sequence of events. But all of your planning is intended to set the stage for people to discover and express their own truths, and for spirit to deliver unexpected blessings.

Every ceremony should have a formal opening that announces, unambiguously, to those assembled, that it has begun. During your opening, you need to transform your meeting place into ceremonial "sacred" space that invites special things to happen. When you create sacred space, everyone feels that something special is going to happen here.

After the opening, inform all the purpose of the ceremony or what are we all doing here. The heart of the ceremony is the sequence of activities performed. This process may follow a prescribed blueprint as in some traditional ceremonies, or it may be assembled in a creative fashion. Ceremony should be designed to encourage sharing between participants.

Finally, each ceremony should have a formal closure that announces unambiguously that the ceremony has ended. Do this with a special song, blowing out a candle, or a group hug.

Ending of Nightway Ceremony...

I will walk with a cool body after they have left me.

Inside of me today will be well.

All fever will have come out of me and go away from me and leave my head cool.

I will hear today.

I will see today.

I will be in my right mind today.

Today I will walk out.

Today everything bad will leave me.

I will be as I was before.

I will have a cool breeze over my body.

I will walk with a light body.

I will be happy forever.

Nothing will hinder me.

I walk in front of me beautiful.

I walk behind me beautiful.

Under me beautiful.

On top of me beautiful.

Around me beautiful.

My words will be beautiful.



Pakenham Spiritualist Centre

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 Mediums. 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...

We hope you have enjoyed this edition of the Sanctuary of Pakenham Spiritualist Centre's newsletter.

Our following months of Spring we have Oct 8th, with Michael Withington and Narelle Carter joining us on Platform, something to see.

- Oct 22nd, Madam Chair Christine Goritchan of Seaford Spiritualist Centre, and team will be back, we thoroughly enjoyed them earlier at the beginning of the year.
- Nov 5th, Danita Duggan, wow, lovely calm lady of light will be doing both Lecture and demonstrations.
- Nov 19th, Margaret Percy will be giving the Lecture, a very interesting lady of knowledge, with William Mc Ilvany and Annie Desborough giving the proof of survival, some very experienced mediums for us.

Our last service for this year will be on December 3rd, we will have 4 to 5 mediums on platform for you giving readings for the whole service, are we having fun yet. Christmas cheer.

On our end note of this Winters Newsletter, we wish all members who have not been well, a quick recovery and look forward to seeing you either back on platform or back to our beautiful Sanctuary.

Please come visit again, we already have our Schedule planned out and ready for next year (2024). Wow, I know, how cool is that a different approach and new beginnings. We will continue to evolve what we bring.

With gratitude to all who have assisted us throughout this year, we are so blessed and your support is received with thanks.

Your loving Reverend Pananda and the Pakenham Spiritualist Team, Ronald, Ali, Celeste, Pam and many more.

Pakenham Spiritualist Centre

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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
- ◇ Prayers, Music and Songs
- ◇ Group Healing Meditation
- ◇ 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.