

Pakenham Spiritualist Centre Newsletter

Welcome message (from Rev. Pananda)...

Welcome, Dear Friends

What a wonderful beginning to 2026!

We hope you enjoyed your Christmas break and had time to rest, reconnect, and spend precious moments with those you love. Now, as we move through January, February and March, we once again step into the rhythm of a new year — embracing the changing seasons, experiencing the warmth of Summer and gently moving towards the beautiful season of Autumn.

With every season comes change, and with change comes an invitation to practice flexibility, gratitude, kindness, honour, peace, community and appreciation of the Divine.

As we walk through this year, may we become more conscious and awake to the journey we are taking. To remember that we are more than the physical body we see. We are Soul, Body and Spirit, each part of us connected to something greater.

Within our newsletter, we invite you to share in some of the wonderful experiences of our Spiritualist Centre — the teachings, prayers, meditations and the beautiful work of our mediums as they bring forward evidence and connections with loved ones in Spirit.

Take some time to read, reflect and perhaps plant a little seed of thought within yourself.

We also invite you to visit our website and discover more about our Sanctuary, our services, teachings, healing and community.

As you walk your own path, remember:

Spirit walks with you.

Remember who you are.

You are more than you think you are.

With love and blessings

Rev Pan— PSC Sanctuary Healing, Love, Light and Truth



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Nothing changes until you choose to

Life begins when we decide to live with intention. Every thought is a seed, every choice a prayer. The Universe listens not to what we wish for, but to what we commit to becoming.



Life does not happen to us — it unfolds through us

The true power of life begins with a single conscious choice — to live awake, to live with love, and to live with gratitude. Every decision made in alignment with Spirit invites the Universe to unfold miracles through us.

Life begins when we decide to live with intention. Every thought is a seed, every choice a prayer. The Universe listens not to what we wish for, but to what we commit to becoming.

“Light in Everyday Moments”

It is easy to imagine that spiritual light only appears in grand or extraordinary experiences: a powerful moment of healing, a deep meditation, a sudden answer to prayer, or a clear sign from Spirit.

Yet much of the light we seek is often found in the quiet simplicity of ordinary life.

Everyday moments carry sacred meaning when we learn to notice them.

The warmth of the morning sun, the sound of a familiar voice, the comfort of a cup of tea, a smile from another person, a moment of laughter, a bird singing outside the window, or the feeling of peace that comes when we pause and breathe — these simple blessings remind us that life is not only something to endure, but something to receive.

Finding light in everyday moments does not mean pretending that life is always easy.

We all experience worry, grief, uncertainty, tiredness and challenge. But even during difficult times, small moments of grace can still appear.

A kind word may steady us.

A memory may comfort us.

A quiet prayer may strengthen us.

A simple act of care may remind us that love is still present.

The spiritual path asks us to become more awake to these moments.

When we rush through life, we can miss the gentle gifts that surround us. But when we slow down, even briefly, we begin to recognise that Spirit often speaks softly through ordinary things.

The sacred is not separate from daily life. It is woven through it.

Joy does not always arrive as excitement.

Sometimes joy is a calm sense of gratitude.

Sometimes it is the relief of being held through a hard day.

Sometimes it is the quiet knowing that we are loved, guided and not alone.

To find meaning in everyday moments is to live with an open heart.

It is to say, “What blessing is present here?”

It is to recognise that every day offers opportunities to give and receive light — through kindness, patience, forgiveness, gratitude and presence.

When we honour the simple blessings around us, life becomes richer.

The ordinary becomes meaningful.

The small becomes sacred. And we begin to see that light is not something far away. It is already here, shining gently through the moments we too often overlook.

“Light in Everyday Moments. The sacred is woven through daily life.”



“PSC Community Donation – Supporting The Andrews Centre.”



At **Pakenham Spiritualist Centre (PSC)**, we believe that spiritual service is not only expressed through words, prayer, or teaching, but also through **practical acts of care** that support dignity, nourishment, and hope in the wider community.

In this spirit, on 2nd February 2026, the PSC has made a **\$3,000 donation in the form of 100 Coles grocery gift cards** to **The Andrews Centre**.



Why We Chose This Form of Support

Food security is a foundational human need. When people are under pressure, something as simple as being able to shop for their own groceries can restore a sense of autonomy and relief during uncertain times.

This donation reflects PSC’s belief that:

- Compassion must be **practical as well as spiritual**
- Support should empower, not diminish
- Community care is a shared responsibility

The Andrews Centre’s values and on-the-ground impact strongly align with PSC’s commitment to service, humility, and genuine care for those in need. (<https://andrewscentre.org.au/>)

Our Ongoing Commitment

PSC remains committed to supporting organisations that work quietly and consistently at the heart of the community. This donation is part of our broader intention to **translate spiritual principles into lived action**, ensuring that our work extends beyond our walls and into the lives of those who need support most.



Moral:

Not all who speak of light walk in it.

Let your soul discern what your eyes cannot.

True spiritual guidance asks for nothing but your presence, your honesty, and your trust.

Be wary of those who promise shortcuts to enlightenment, for Spirit walks the long road with you—step by sacred step.

*“What I nurture becomes my life.
What I neglect becomes my calling.
I return to the self, where my soul awakens.”*



25th January...

We were truly blessed with a full house at our Sanctuary on Sunday afternoon-and on a long weekend no less! What a joy. The Sanctuary was alive with the gentle buzz of reconnection, laughter, and heartfelt chatter as friends reunited and a new year unfolded in the most beautiful way.

Many healings took place. It was deeply moving to witness members arriving with walkers, some accompanied by carers, others tired from the busyness of Christmas, yet so eager to return to a sense of normality- friendship, connection, and touching base once more. You could feel how much it meant to simply be together again. Welcomed the new and wonderful to see the younger generation coming in, and feeling safe.

Our platform was alive with love and light. Spirit was very active, working closely with our wonderful presenters. Reverend Trish Roche offered a powerful and inspiring spiritual talk, while Brian Smith and Sharon Lee Gaine delivered truly unbelievable proof of survival - each blending with their spiritual teams in their own unique and beautiful way. We were also blessed by Leanne Bugat, whose inspirational song filled the space with such a moving and soulful sound.

What an extraordinary afternoon with such talented beings of light. And May I say the audience wow what great singers you are, the sanctuary rocked lol

Our PSC team were kept busy assisting healings and, of course, afternoon tea-yes, the kitchen was definitely buzzing too. Thank you, Spirit. We are truly blessed.

Our next Service: Sunday 8th Feb Time: 1.15pm - 1.55pm Service: 2pm to 4pm'ish it may go over. Followed by afternoon tea. Another beautiful afternoon with Spirit awaits. We hope to see you there. - Rev. Pananda



Brian, Rev Trish, Rev Pan, Sharon Lee, and Leanne.

Life's true renewal begins within. When we honour the spirit that still lives inside us—through gratitude, kindness, and awareness—we rediscover joy, strength, and purpose, no matter the season.



8th February...

Last Sunday, 8th February, we were blessed with a truly beautiful afternoon and a full house. Our mediums each offered outstanding proof of survival, delivering heartfelt messages from loved ones in Spirit.

Every Medium worked in their own unique way and style, and it is always amazing to witness the love, emotion, and depth of connection that unfolds. It truly touches the heart.

To hear Leanne Bugat sing in her powerful frequency voice was deeply moving - her voice calling in Spirit and touching the soul of all present.

With heartfelt gratitude, we thank William (Billy) Mcilvaney for his wonderful spiritual talk. We always love how, throughout the service, everything flows together so seamlessly- the teachings, the songs, the messages - all beautifully coinciding as one.



Sue, William, Annie, Rev Pananda, and Leanne

William also shared demonstrations, outstanding and Annie Desborough, ringing clear proof of survival. You can truly see the training and discipline that supports contact between the two worlds.

Our lovely Sue Bowen, as always, brought such love and care to both the sitter and Spirit/Soul coming through. There was no doubt for those receiving messages-their loved ones were truly present.

We extend our deepest gratitude to our loyal PSC Helpers - wow, you absolutely rocked—and to our wonderful audience. Our thanks also go to spirit and the Souls who stepped forward to touch base with their loved ones. And of course, thank you to our music man.

It was truly an amazing day. We will be endeavouring to purchase some nice, thick cushions (it's on my to -do list!) As we know the seating can feel a tad firm after a while.

Blessings to all. We look forward to seeing you again in a couple of weeks on 22nd February, with Leonie Adamson, Debbie Warburton, Maria Fodor, and Leanne Bugat - another busy and beautiful afternoon with Spirit. With love and gratitude to all, Rev. Pan xoxoxox

One Light, One Love, One Truth
May the Eternal Light guide us,
may unity be our purpose, and
may we walk in peace as channels of love and grace.
Amen.

Remember Who You Are

What we hold within shapes what we experience without. When we live in alignment with our soul and spirit—remembering who we truly are—we discover that peace, joy, and renewal are never lost, only waiting to be seen again.



“Spirit, thank You for walking with me—even when I forget to notice.”



Wholeness is not found in perfection but in presence. To walk with Spirit is to bring love and awareness into every breath, every act, and every step. Life itself becomes the sacred journey—where body and soul move as one, and gratitude transforms every worn path into a trail of light.

THE PATH TO WHOLENESS

“Sometimes we think we’ve lost something essential, only to discover we were meant to stand on our own two feet for a while. That is how we grow.”

“What I nurture becomes my life.

What I neglect becomes my calling.

I return to the self, where my soul awakens.”

22nd February...

We were blessed with a beautiful service on Sunday, 22nd February, shared with a collective team of Mediums. It was truly heart - warming to witness each Mediums connect with Spirit in their own natural and unique way, allowing the love and evidence of spirit to flow freely.

With deep gratitude, we thank each Medium for their dedicated service and the gift they brought to our sanctuary.

Our heartfelt appreciation also extends to our wonderful PSC team who lovingly assisted with the healings, afternoon tea, and all the unseen support that helps our services run smoothly. Your care, commitment, and quiet dedication do not go unnoticed.

With love and thanks to all who served.

Mediums:

Fledgling Maria, Debbie,
Leonie, Rev Pan,
Fledgling Leanne

Core Lesson

*Love does not bind — it
sets free.*

*When we loosen control,
love grows stronger.*

*The greatest gift we can
give love is trust.*



Maria, Debbie, Leonie, Rev. Pananda, and Leanne

The trinity of body, soul, and spirit

We are more than just a physical body.

- The **body** is described as our temporary home — the sacred temple that allows us to move, feel, and experience life on Earth.
- The **soul** is the keeper of our stories, emotions, lessons, and love; it holds our Akash — the record of our growth and becoming.
- The **spirit** is the eternal spark of divinity within us, the breath of the Creator that animates all life.



“You are Spirit now — a divine being living a human experience. Spiritualism invites us to awaken to this truth, take responsibility for our journey, and live with love, humility, and curiosity.”

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 is a Spiritualist Minister with over 30 years of experience in holistic and spiritual practices. She is a deep trance channeller, a mental and physical medium, a psychic, and a healer. As a Medium, she brings a professional and empathetic approach to connecting with loved ones on "the other side," providing meaningful communication.

In her role as a trance channeller, Rev. Pananda sets aside her conscious self, allowing a non-physical or spiritual being to speak through her. She is also a skilled healer, drawing on her connection to higher knowledge to guide her in selecting and applying the most effective therapies for her clients. Her qualifications include being a Reiki-Seichem Master, a Zenith Master Practitioner, and a Spiritual Healer, with training in various other metaphysical and healing modalities. Additionally, she has led numerous Spiritual Development Circles, helping others on their spiritual journeys.

Decide today...

Every sunrise is an invitation.

Decide what kind of day — what kind of life — you will live.

Intention...

Life begins when we decide to live with intention. Every thought is a seed, every choice a prayer. The Universe listens not to what we wish for, but to what we commit to becoming.

Renewal...

Life's true renewal begins within. When we honour the spirit that still lives inside us—through gratitude, kindness, and awareness—we rediscover joy, strength, and purpose, no matter the season.

Let Go...

When we let go of what has served its time, we open the way for Spirit to restore, renew, and redefine our purpose. The journey does not end — it changes form.



What we hold within shapes what we experience without. When we live in alignment with our soul and spirit—remembering who we truly are—we discover that peace, joy, and renewal are never lost, only waiting to be seen again.

8th March...

We had a wonderful day with Spirit at Pakenham Spiritualist Centre To be honoured by Medium Eleanor Walker from Scotland, wow and continued readings the next day, profound

Eleanor overshadowed by her guide, talks about love, to love one another, healing of the disharmony of the world. Talk to one another Help one another, make peace within, harmony, no more negativity, take responsibility Was very clear with strength to take note.

To have two brilliant Mediums walking the platform, each bringing through beautiful messages of proof of survival. Each holding their own clear messages.

With gratitude to these 2 powerful mediums, thank you Jordie Janes & Eleanor Walker

We had our lovely Leanne Bugat Singing. She had written a song of Rain Drops, sung beautifully, contemplation time before platform demonstration

Spirit had a theme going for the day

Thank you to everyone. Such a great day

PSC team and Ronald you rock



Jordie, Eleanor, Rev. Pananda, and Leanne

Personal responsibility for our own spiritual progress

No one else can save us — not even the “masters” can “save” us, but to *show us the way*.

We are each responsible for our own growth and awakening. Our actions, our choices, our willingness to love and serve — these determine the vibrations we carry and the experiences we attract, both here and in the Spirit world.

This idea aligns with the sixth principle of Spiritualism: **personal responsibility**.

We are not condemned for our mistakes, but we must awaken, learn, and choose to evolve. We cannot place our sins on another or expect to be saved by someone else — we walk our own path of becoming.



Return to yourself. Nurture what whispers for your attention. Listen to the soul's quiet needs. Growth begins when you tend with love to what has been overlooked — whether it is purpose, rest, creativity, connection, healing, or courage.

What you nurture becomes your life. What you neglect becomes your calling. Spirit walks beside you, but you must choose to return to the place within you that is asking to grow. breath, every act, and every step. Life itself becomes the sacred journey—where body and soul move as one, and gratitude transforms every worn path into a trail of light.



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- You are enough — and from that truth, renewal, courage, and peace naturally unfold.
 - You are not here to earn worthiness — you are here to live it.
 - Healing begins when the soul accepts responsibility for its own alignment.
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22nd March...

We had the privilege of welcoming Medium Michael Withington, who walked the floor with his spiritual guide, sharing a deeply insightful teaching on the soul's journey.

We listened with open hearts, wanting to receive more of this beautiful wisdom.

Blessings

Rev Pananda, Ronald and the PSC Team



Michael, Rev. Pananda, and Leanne



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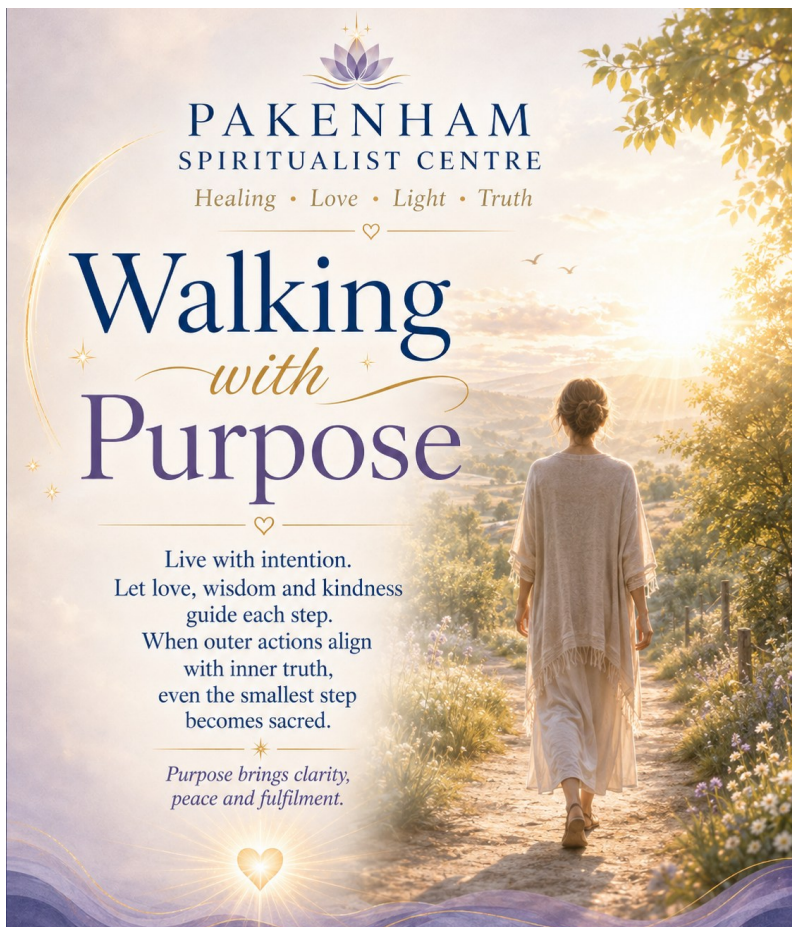
What you nurture becomes your life. What you neglect becomes your calling. Spirit walks beside you, but you must choose to return to the place within you that is asking to grow.

You Make a Difference...

Our presence, no matter how ordinary it may feel, leaves ripples of impact in the lives of others.

Never underestimate the quiet power of your life. You already belong, and your presence is part of someone's healing, someone's joy, someone's light.

Walk your path with purpose...

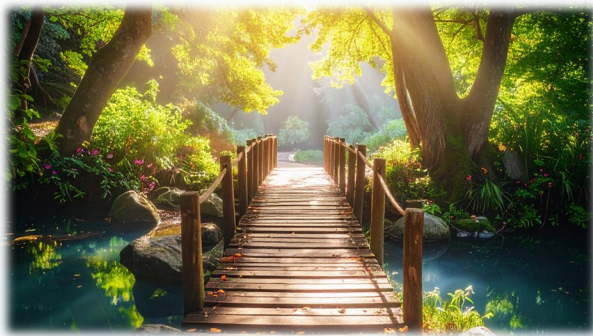


To walk with purpose is not simply to move through life with a plan. It is to live with awareness, intention and an inner sense of direction. Many people move from one responsibility to the next, meeting demands, answering expectations and doing what needs to be done. Yet beneath all of this activity, the soul quietly asks a deeper question: *Am I living in a way that reflects who I truly am?*

When we walk with purpose, we are not walking alone. We are guided by Spirit, supported by love, and strengthened by the quiet knowing that our life has value. Fulfilment comes when our outer actions begin to align with our inner truth. Then each step, however small, becomes sacred.

Your Bridge...

"Every person carries a river inside them. The ego wants to row hard and fast, to win every crossing. But if you learn to pause—to let the water settle—you'll find the bridge that's always been there. And that bridge will carry you farther than force ever could."



A big thank you to our team of Helpers, Healers, and others who assist us with our services.

To all the members of this Sanctuary who unconditionally assist us and that help with packing up. **Your help is enormously appreciated.**

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 is 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 would love to see you there.

The Last Word...

Wow, what a Newsletter!

As you have journeyed through these pages, I hope you have felt the wonderful spirit of sharing, friendship and community that lives within our Sanctuary.

We are truly blessed to have such brilliant and dedicated Mediums who come from all walks of life, each bringing their own uniqueness, their experiences and, most importantly, their unconditional love for Spirit and for those who come seeking connection with their loved ones.

What a beautiful three months it has been — filled with laughter, friendship, teachings, healing, community and the gentle guidance of the Divine Creator.

Each person has shared something special. We have learnt, grown, laughed, reflected and treasured the moments we have shared together. Every journey is different, yet somehow our paths come together, creating the beautiful tapestry that is our PSC family.

A heartfelt thank you to the PSC Team — you know who you are. Your dedication, love and support help make our Sanctuary what it is. Thank you to Spirit, for walking beside us, guiding us and reminding us that we are never truly alone. And a very special thank you to Ronald, for putting this Newsletter together, for your wonderful sharings, and for all the work that happens behind the scenes.

So, as we close another three months of our journey together, let us carry forward the laughter, the teachings, the friendships and the love.

Keep walking your path. Keep your heart open. Keep remembering who you are. Spirit walks with us.

With love and blessings, Yours truly, Rev Pan

Pakenham Spiritualist Centre, Sanctuary of Healing, Love, Light and Truth

Pakenham Spiritualist Centre

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

Spiritual Healing services are from **1:15pm to 1:55pm**

The service officially commences at **2:00pm** and finishes around **4:00pm**, 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
- ◇ Throughout the year we are planning a number of workshops and special events to be held, we will notify church members when these are organised.

Looking for the Sun ...

"He was looking for the Sun, but the sun was already shining. "Where is the Sun?"

He was shouting now, fists clenched and eyes fixed on the window. The blinds were wide open. The morning sun streamed in. Staff pointed outside. They reassured. They redirected. Nothing worked.

Until his daughter walked in, opened her handbag, and handed him a folded newspaper. "Here's your Sun, Dad." Not the sun in the sky. The newspaper.

It had been called the Herald Sun for decades. But to him, it would always be The Sun, the one he read every morning with toast and tea.

His behaviour wasn't confusion. It was routine, misheard. Maybe he is not resisting care. Maybe we just haven't yet understood the care he needs.

Have you seen a moment like this – where behaviour only made sense once the past came into view?"

The Teachings from this parable are many, here are my initial thoughts on these:

Perception is Shaped by Experience and Habit

The man's confusion about the sun is not due to forgetfulness or resistance, but deeply rooted in his long-standing routine and memories. What seems like irrational behaviour is actually a response shaped by his past experience—the comforting morning ritual of reading The Sun newspaper.

Understanding Requires Context and Compassion

The story highlights the importance of looking beyond surface behaviours and seeking to understand the underlying context, especially with those who may be vulnerable or disoriented. Instead of frustration or dismissal, patience and empathy are needed to truly "see" what someone requires.

Care Must Be Tailored, Not Assumed

Caregivers and loved ones may sometimes misinterpret behaviour as resistance or confusion, when in fact the person is expressing needs or desires in ways tied to their history. Effective care involves uncovering these personal narratives and routines, adjusting support accordingly.

Routine and Familiarity Provide Comfort and Security

The man's attachment to the ritual of reading The Sun newspaper reflects how familiar routines offer emotional safety and grounding, especially as memory or cognition changes. Preserving meaningful habits can be more supportive than trying to force change.

Communication Is More Than Words or Actions

Behaviour that appears perplexing or misplaced often carries communication about needs, feelings, or identity. Recognizing the story behind actions allows us to respond with understanding rather than judgment.

The Past is Present in the Now

The story reminds us that a person's past experiences live on in their present moment perceptions and behaviours. To connect with someone fully, we must acknowledge how their history informs their current reality.

Patience and Small Acts Can Bridge Gaps

The daughter's simple gesture—offering the newspaper called The Sun—demonstrates how small acts rooted in knowledge of a person's life can dissolve confusion and foster connection.

Sometimes What We See is Not What Others See

Staff members see the actual sun shining outside; the man's reality includes an emotional and symbolic layer—he is seeking his sun, the newspaper. This teaches that multiple realities can coexist and deserve respect.

2026 Scheduled dates for Pakenham Spiritualist Centre Services

5th Apr	19th Apr	3rd May	17th May
31st May	14th Jun	28th Jun	12th Jul
26th Jul	9th Aug	23rd Aug	6th Sep
28th Sep	4th Oct	18th Oct	1st Nov
15th Nov	29th Nov	13th Dec	



Insights...

Spiritualism, emphasises **free will and soul responsibility**. Spirit does not control or demand — Spirit invites. Growth arises through choice, reflection, and self-awareness. When we set boundaries, we are not withdrawing love but protecting the sacred integrity of the self. When we stop settling for half-truths or half-living, we are responding to the soul's request for fullness.

- Are we generous with love toward others while withholding it from ourselves?
- Do we give advice we have not yet lived?
- Do we hold tightly to people, outcomes, or blessings out of fear?

To live authentically is not to become someone new;
it is to remember who we were before the world asked us to hide our light.

- Authentic living begins when we release the masks we were taught to wear.
- True connection grows through presence, not performance.
- When we give our attention fully—to ourselves, to others, and to Spirit—we rediscover the wholeness that has always lived within us.