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Taking Charge!

BY THE REV. SANDRA PFORTMILLER, NST

Are we really mindful of where we give our power each day? Often in hindsight I think about things I have said, eaten, done or not done, and I know that they were not necessarily the healthiest decisions. Each time I am mindful of my thoughts I take charge of my life, I accept personal responsibility. Sometimes when I am not feeling well I question why and discover that I have really lost sight of the priorities of life. Often in the search for health, happiness and spirituality, we look for complicated formulas. Our daily circumstances reflect our thinking processes. Life is energy (vital force, Chi, Prana, Spirit) and we are passive or active in the direction of our life's vital force.



A spiritual class that I am currently taking challenged the participants to write a list of what would make heaven (a condition of happiness) in our lives right now; what could we imagine that would make our every day life perfectly wonderful. Then after the list was made, how would we each go about making the required changes to create this marvelous state. We know that we can take charge of our lives and bring into fruition that which we really desire. It is up to us to create our lives, to create our health and well being. Yet, often we don't take charge, don't initiate change, but stay where we are because it is familiar, even if unhealthy.

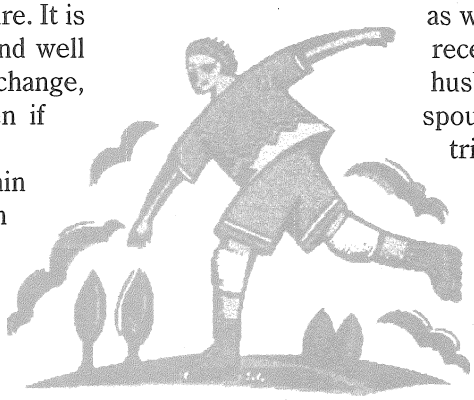
If I want to be healthy, I must think and do certain things. Not really difficult things, but basic common sense things, daily actions such as: exercise, healthy eating, deep breathing, plenty of water, sufficient rest, and loving thinking. We each know this, but we don't necessarily do it. Sometimes I wonder why not. When I take my daily walk, I always feel better; when I weigh less I look better and feel better and think better about myself, etc. It is a conscious choice how I take charge of my life or how you take charge of your life. When we take charge, change is required.

The Universe is always expanding, thus we must also expand to stay in the flow and to remain healthy. There are areas in all of our lives where our intuition nudges us to make changes. Sometimes it is to release a bad habit and replace it with something good. At other times our inner guidance is to give up something that we feel is good in our lives. This can be hard to do and difficult to understand. It doesn't mean we are not grateful for what we have, but it is about opening a space for greater good. How could we create a more wonderful experience? We create in our consciousness, so we need to create what makes us feel special, loved, uplifted, healthy, spiritual?

All life is part of our life. The things that we surround ourselves with are the things of our life. They influence us whether we acknowledge them or not. Do you have a peaceful home? Is your place of work rewarding? Does your church uplift you? Are your friends there for you when you need them and are you there for your friends? Is nature a part of your everyday scenery? Search all aspects of your life and make sure they are heavenly. If not expand them to your dream view — this is the moment to begin your creation.

Change doesn't happen outside, it happens inside. Our conscious thoughts are learned, so they may be un-learned. As soon as you can see life in a different way, then change is possible and begins.

One friend said her life wasn't bad, except she was getting so old. What a conscious choice she had made. Each day we are renewed with God, so we are as young and healthy as we think. Someone commented recently about all the lines in her husband's face. The lines in a spouses face are usually contributed to by the partner. The laugh lines and the frown lines are lines we helped to put there, also the sparkle that comes from the eyes when we see each other and feel the loving energy. I told my friend that she was in her husband's face and he was in hers, like a road map of their time spent together. Don't take your relationships for granted, and love every line in your face as an expansion of your soul.



Consciousness attracts consciousness. Look at your friends, co-workers, spouse. Because of Natural Law you will attract a similar type of person/soul over and over again until you move to a new consciousness. Life operates a reflecting ether for the human with a mirroring process to

(Continued on page 13.)



HEALING FEAR WITH LOVE

BY JUANITA OYER, OKLAHOMA

We all seek the "Peace of God which passeth understanding." At this time of year our thoughts return to April 19, 1995, when our peace was shattered by the bombing of the Murrah Building in Oklahoma City. It was an event which struck fear into the hearts of every American. I recall two previous unforgettable days of fear. The first was December 7, 1941, when I was still a child living near Bartlesville, OK. President Franklin Roosevelt said, it was a "day that will live in infamy," when Pearl Harbor was bombed by the Japanese, and our country was thrust into World War II. The second was November 23, 1963, when President John Kennedy was murdered in Dallas. Then five years ago, "fear" struck again.

Job said, "For the thing which I greatly feared is come upon me." (Job 3:25) This is the typical reaction for many of us. Yet, we Spiritualists, know this is a destructive reaction, for "Thoughts *are* Things!" If we allow our thoughts to dwell on being fearful, how can we possibly escape that which we fear. Remember in 1941, President Roosevelt responded in saying, "We have nothing to fear but fear itself."

Fear is one of our worst enemies. It makes us unsure of ourselves and of our friends and associates. Fear can make us ill and even cause physical death. Fear can keep us from taking the steps we know will lead to our own betterment. And our *Fear* can keep us from succeeding. Fear can make us prisoners of ourselves or others. We must not let fear control our lives, for it can destroy us, mentally, spiritually and even physically.

But let's not confuse fear with caution. For example: Electricity is a mighty power. It illuminates our lives, operates countless electrical motors and appliances and makes possible many of our modern conveniences. But electricity can also kill or cripple. Anyone who works with electricity and does not take necessary precautions is not being brave, but is being foolish. Another example is the automobile. We have become a mobile society which is dependent upon our cars. But cars can also be weapons of destruction. We must not only keep our cars in good working order, we must also be careful of our own driving actions as well as the actions of other drivers. We also must watch the dials and gauges on the control panel, for they are warning signals, and watching the warning signals is not a sign of fear but of common sense.

So how do we control our fear? The antidote of fear is faith and love. Faith in the people around us and faith in ourselves that we can accomplish whatever we were put on this earth to accomplish. And we must add love, for love is the essence of life and it is the essence of *God!* Love is the powerful motivating force behind everything that is Good. Love is the basis for all religion, but especially Spiritualism, for we know that love has a greater dimension and that only by sending forth the love vibration will we receive love.

We cannot let ourselves remain angry at the ones who are responsible for what happened in Oklahoma City five years ago. Certainly we are happy that they are where they can not harm anyone, but it is not our job to condemn them. Through the operation of Natural Law, we know they will receive the fruits of what they have sown. We must *forgive* them and realize that the same God Force that dwells within each of us is also someplace within them and we pray they can be brought to that realization.

Perhaps the most important element of Unconditional Love is that it is *healing*. This month is designated by the NSAC as Spiritual Healing Month. Each of us and each person in Oklahoma, whether we were personally involved or not, was affected by the blast. Those who lost their physical lives are no longer suffering physical pain, but even they need our healing love to help them continue their lives in that finer vibration of existence and continue to grow spiritually. Their relatives and friends also need our healing love as each anniversary reminds them of the tragedy. The ones responsible for the blast also need healing love.

Each of us who remember the horror so graphically displayed on television communicate with the God Force, the Infinite Intelligence within us, with the help of our Spirit Guides. I think of my Spirit Guides as an extension of that God Force within. They truly are the *Helping Hands of God.*

We can heal ourselves; as we follow

(Continued on next page.)

A Spiritualist Should Know!

BY THE REV. NELLIE C. BROWN

Reprinted in part from August 1988, *TNS.*

Editor's Note: The following article is written by a longtime Spiritualist worker. The Rev. Brown celebrated her one hundredth birthday anniversary in August of 1988.



1. A Spiritualist should ***know*** his or her relationship to God. Then they should know just how much benefit and help can come to them from having that knowledge. You have heard it said, "Knowledge is power."

2. A Spiritualist should ***know*** that communication between this and the Spirit World is a fact, and not allow anyone to influence him or her against this fact. You have heard it said, "Once a Catholic, always a Catholic." Likewise, "Once a Spiritualist, always a Spiritualist."

3. A Spiritualist should be willing to ***support*** a church, not only with his presence, but also financially. You have heard it said, "The Lord loves a cheerful giver."

4. A Spiritualist should ***know*** that good can come to him or her by doing good. You have heard it said, "One good turn deserves another."

5. A Spiritualist should always be ready to be of ***service*** at all times, and to be willing to help every one. You have heard it said, "Lend a helping hand."

6. A Spiritualist should ***know*** his religion and be ready to answer questions pertaining to its science. You have heard it said, "To be a good salesman, you must know your goods."

7. A Spiritualist should never grow tired of ***giving*** the great truths of Spiritualism, or become discouraged because he thinks it is not growing fast enough, or that more people are not coming into its ranks. You have heard it said, "It is a long lane that has no turning."

8. A Spiritualist should have ***no fear of death***, for the teachings of Spiritualism have taken away the fear of death. You have heard it said, "Fear is man's worst enemy."

9. A Spiritualist should ***know*** that no preacher or priest can save him, that his salvation depends entirely on himself. You have heard it said, "God helps those who help themselves."

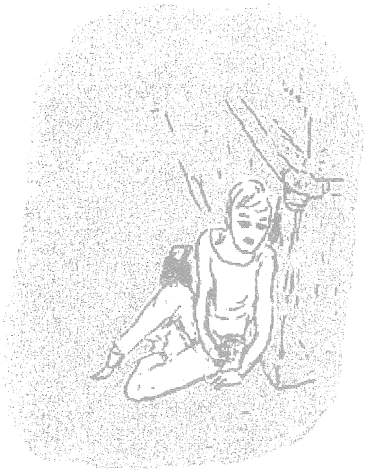
10. A Spiritualist, above all, should ***practice*** the Golden Rule: Whatsoever ye would have others do unto you, do ye also unto them.

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HEALING THE FEAR

(Continued from previous page.)

the inspiration of God's in-dwelling Spirit, we will be blessed with a wonderful *inner Spiritual Light and Peace of Mind.* The perfect harmony of an orchestra is brought forth by the conductor; the safest route through a foreign country is pointed out to the traveler by a guide; birds migrate north or south at the appropriate time according to their unfailing instinct. In the same manner, we allow *God's Spirit*, the still small voice within, or the Spiritual Guidance we have, to direct us, to guide us, to inspire us! We, too are led in harmony, blessed with safety, and kept on the right path for our highest good. Then our own inner Spiritual Light will glow and it will grow in radiance so it shines forth from within to light the



path of our Life.

We direct the spiritual healing love within to first heal ourselves, then we are ready to send that Spiritual Healing Love to the others who are suffering in the physical world or in the Spirit World. The healing continues until it encompasses the entire planet and the Universe. It all begins and ends with *Love!*

Our *NSAC Spiritualist Manual* says "Love floweth from a sweet and wholesome fountain and blessed are they who quench their thirst thereat. Love hath prophetic eyes; it seeth the triumph of good in the darkest hour; it forsaketh never, but findeth its own and keepeth it safe. Love is the fulfilling of the Law. Love is the greatest thing in the world. Love is the greatest thing in the Universe. God is Love!"

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SPIRITUAL HEALING

BY

JUDY MERRILL,

DSNU,

CANADA

To commence our study of Spiritual Healing we will be considering three factors: Motive, Purpose, Method. Our reference will be Harry Edwards methods and teachings, as he is considered one of the best examples of the 20th century.

MOTIVE:

Our motive is spirituality, the coming to the personal awareness of the oneship with God and man/woman. Without this high motivation we will be lost in egotism and can sink to cruelty, depravity and evil. These are evolutionary, progressive states of mind, body and spirit.

To begin, we say a prayer. This is for our own protection, the wellbeing of the receiver and the overall goodwill of health and healing. In Spiritualism, we have adopted a Spiritual Affirmation that states the high motive in Spiritual Healing.

Spirituality is not about religion or the practice of your worship with God through any particular theology or understanding. It is the motive for your life, for all activities, with everyone you come in contact. Bring God into all your life and there will be no room for negative or low thoughts, words, deeds, but the effort must be made to raise your consciousness to this level of awareness and understanding.

Currently we say to everyone we meet "Have a Nice Day." It has even been taken so much for granted that people are now inclined to say "have a good one." Yet, if we were to say to someone we meet for example at the supermarket, bank or other business establishment, "God Loves You." We would be taken for some sort of religious nut!

Just think of the upliftment and comfort such a comment could make to everyone we meet and greet. An affirmation of love and care with healing in its wings!

With this as your motive life can become beautiful indeed!

PURPOSE:

Spiritual healing is considered by many to be the highest form of mediumship as well as personal spirituality. Unselfishness is one of the best qualities we can strive to attain. "There is no greater love than a man lay down his life for a friend" is an oft quoted saying, but are we just paying lip service to its message?

We are in eternity now; we are spirit now. There is no great change in either our mind or spirit at the change called death. Our spirit body merely vacates a no longer useful physical body. As spirit now, it is incumbent upon us to be the best we can be now, not wait for some far distant day of reckoning when a great judgement will come upon us and we will be forced to repent our thoughts, words, deeds, built up over a lifetime of practice.

We are spirit now, each and every one of us. That is the part of us that is a part of our Creator, making each and every one of us a part also of one another in this existence and through eternity. We are in eternity now, start practicing the spirituality needed for that existence.

METHOD:

Once we recognize the compassion within ourselves for this undertaking, we can begin to develop attunement with those spirit helpers who are ever ready to work with sincere, spiritual healers. This is not faith healing, your receiver need not even be aware of your efforts. You can begin with absent healing which shows results despite the receiver's lack of interest in their own health or wellbeing.

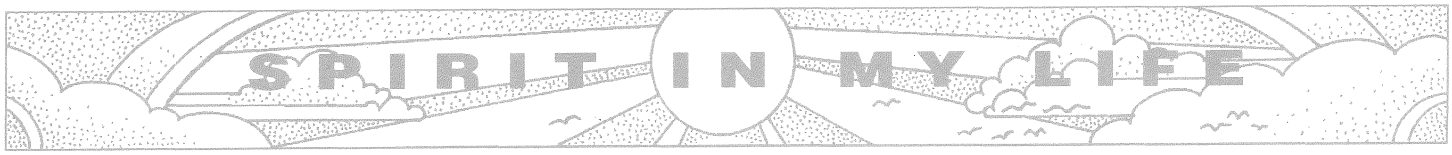
The methods of attunement are many and varied and can be accessed from much of Spiritualism's literature. Each individual finds their own particular way to reach that state of attunement with their spirit friends for the exercise of healing and other spiritual gifts.

Meditation is the tool used for attunement. Color can be used in all your efforts to depict the state of the energy and its use within your exercise.

The Eastern traditions have identified centers of energy called Chakras in the Yoga tradition. The Chinese call lines of energy around the body Meridians and science has identified an electro-magnetic field around the body called the Aura. There is much to study in each of these traditions that can give insight into the healing energies and their function, purpose and direction.

It is important to realize that there can be a hypnotic response or a change of consciousness when attuning to spirit through exercise of healing, You are responsible for your receiver at all times until they take full control of their consciousness back into their own hands.

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Spirit In My Life is a monthly column for each of us to share something that has affected our lives where our spirit friends are involved. We all have a story, let us hear yours.

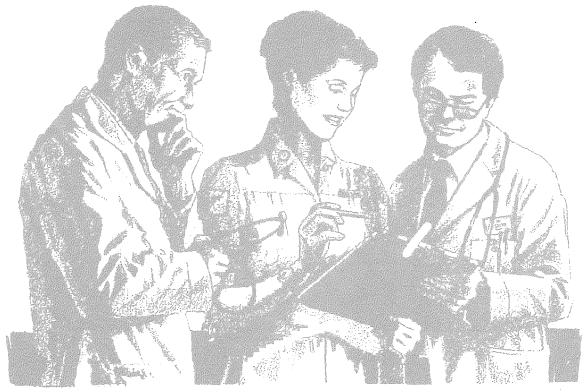
Do You Believe In "Miracles"? My Brother's Doctors Do!

An Odyssey in Healing

BY WILLIAM J. EHMER, III, VIRGINIA

This past Fall I was blessed with the opportunity to see firsthand the healing "miracles" that Spirit can work in our lives. I am sharing this experience with you as a "thank you" because many of you were participants either as personal friends or by way of the NSAC healing lists.

My 44-year-old brother, David, was diagnosed as HIV+ in 1985, and is considered a long-term survivor. Fourteen years of courage and determination in living and coping with AIDS were but a prelude to what he faced this past September. My e-mails to friends during this period will help tell my story.



As a matter of course, I put David's name in the healing basket at church every Sunday. I also put David's name in our healing circle, which is a routine part of our regular Wednesday night home meditation circle.

Around Labor Day David began suffering high fevers of almost 104 and severe night sweats. This plainly called for more extensive action, so I requested David's name be put on the NSAC healing list. In e-mail to friends dated September 11, I wrote:

> "Speaking of healing, please send as much as you can to my brother David who lives in Arlington, VA. David, as most of you know, lives with AIDS. About 1 1/2 - 2 years ago he broke his leg rollerblading. They had to put a metal plate on it – which has been a problem ever since. Turns out he has a staph infection between the plate and the bone. He's now receiving intravenous Vancomycin therapy and will undergo surgery to remove the plate in about 2 1/2 weeks. My concerns here are for the possibility of amputation and his recuperative abilities after the surgery."

David's condition did not show significant improvement, so he was admitted to the hospital on Tuesday, September 21. They discovered David was highly allergic to Vancomycin . . . near fatally so. They switched him to a less potent antibiotic, Clindamycin.

Unbeknownst to me, if the Clindamycin did not work, David was actively considering stopping taking all his AIDS medications and making his transition.

I need to explain at this point that one of my missions in working with Spirit is helping people make their transitions and guiding them to the Light. To this end, I have been blessed with highly accurate clairvoyance as to the timing of a person's passing. During September I had been receiving non-specific premonitions of David's passing. That changed dramatically on Sunday, September 26th. I got a very specific knowing of David's transition. I focused for several days on getting centered with this knowledge, and at 5:42 a.m. on the morning of Wednesday, September 29, I wrote to friends:

> "Just a quickie. Going through a rough spell. I'm getting (with confirmation from others) that my brother David will be making his transition next Thursday (October 7) during the convention . . . And (he) must come to this knowing on (his) own. I was cool with it until today . . . It's hitting hard now . . . but I understand that what I'm going thru is a natural grieving process . . . and I'm entitled to it. It seems sort of confusing 'cause I know I'm being

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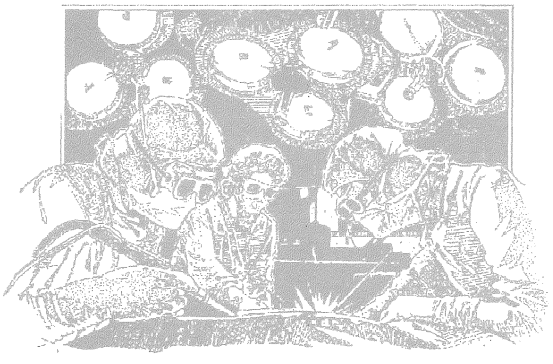
given this knowledge for a reason . . . to be of service . . . and to demonstrate my mastery . . . I'm just not sure how."

Little did I expect what was to happen that very night at meditation circle. My e-mail of the next morning tells part of the story:

IMPORTANT UPDATE

Dear Friends,

I am blessed with a new day and the news that a "shift" occurred last nite. My brother David will be undergoing surgery tomorrow afternoon at 1:45 EST to remove the plate from the bone in his leg. The surgeons will be scraping the bone and implanting antibiotic pellets. If all proceeds according to their plans, he will be transferred to an extended care facility on Tuesday for a three week stay. At the end of that period, if the staph infection cultures come up clean, he will go back into the hospital for surgery to place some pins in the bone so that an external frame can be placed on the leg . . . so he will be able to walk while the bone mends. This has given David new hope and has necessitated his making a commitment to an 8 month process of healing involved in this procedure. At our meditation circle last evening, much powerful healing was done on all of us. The messages given to the circle seem to indicate that David's time has been extended . . . the pages of a desk calendar began flipping out toward the horizon, giving a sense of at least two or three years. Steve Vogel reminded me last night of a truth which I am fond of expressing: "What will be, already is." All of which goes to the point: Each day Spirit gives us is a great gift with which we have the opportunity to experience our highest selves and this material dimension to the fullest.



What I did not mention was that my mother, who went to the Light 11 years ago and who has been a regular visitor at our Wednesday night circle during this process, had come through to members of the circle, particularly Steve Vogel. She brought a message of hope . . . that the prep had been completed for a "classic, by-the-book operation" that would be very successful, and that his recovery would be much quicker than the doctor's would estimate.

David had consented to the experimental procedure mentioned above, and the surgery took 4 1/2 hours. I shall never forget the 3 hours I spent with David in the recovery room and the soul sharing we did. Despite the agonizing pain and the effects of morphine, David still remembers that time very clearly . . . his telling me that for the first time in his life, he knows who he is, why he's here, and what he's meant to do . . . my breaking down and letting go of so much I had been holding inside for so many years.

Don't stop reading, the best is yet to come!

David's recuperation from the first surgery went very well. Not only was David getting help from family, friends, and you on this side of the veil. My mother, in one of her regular visits, told several members of the help we were getting from the other side and of her appreciation for all we were doing and how effective it was. I later wrote friends:

"The healing shift that took place on Wed., Sept. 29 has been an affirmation and confirmation of what is possible in Spirit. The healing has manifested not only physically, but spiritually, emotionally and mentally as well. His first surgery on Oct. 1 went much better than anyone expected . . . it went so well, in fact, that within 2 weeks his T-cell count was up to 480 (about 1/2 that of a "healthy" person, and the highest it's been since 1991) and his viral load was down to its lowest level in several years. His surgeon began to suspect that rather than the HIV suppressing his immune response to the staff infection, the mechanism was just the opposite!"

He was scheduled to have his second round of surgery on Friday, October 29. David sent me this e-mail on October 27:

Subject: The power of Spirit through my surgeon.

I saw the doctor today for my per-surgery visit. She was astounded at how wonderful my bone looked after just one surgery. She wanted to say that she might not have to put more antibiotic beads in my leg, but commented she never had a case that all infection was gone after the first surgery. Pat, the nurse practitioner, told me to tell the doc about my T-cell count. My doctor was amazed by what I told her! She asked me if I ever did any writing, and of course I said yes. She asked me if I would be willing to give a chronology of everything I had gone through over the past 2 years. I willingly said yes. She wants to use my case for a presentation to orthopedic and infectious disease doctors, because instead of the HIV affecting my leg, my leg was suppressing my immunity.

Also, two other patients in the waiting room

(Continued on next page.)

FAVORITE SAYINGS TO LIVE BY

"God is no respecter of persons, and whatever is possible to one is possible to all, but only to those who seek. Seek and find, but seek within your own consciousness."

– Joel S. Goldsmith

"Everyone has a gift for something, even if it's the gift of being a good friend."

– Marian Anderson

"The improvement of heart is infinitely more important than the enlargement of the understanding."

– Channing

"He who travels the hazardous road of misfortune courageously, leaves it strewn with sweet flowers of consolation for others."

– Helen Keller



DO YOU BELIEVE IN "MIRACLES"?

(Continued from previous page.)

made comments to me to the effect that the whole staff in this doctor's office had been touched by God! Interesting, huh? I really feel very blessed today and much gratitude to Spirit and you for being a conduit during this whole experience.
Love, Light, Joy –D

Wait, it gets better!

"David . . . underwent a second round of surgery on Fri., Oct. 29. This was supposed to be an in/out procedure to examine the site and implant more antiobiotic pellets. Imagine David's reaction (and ours) when he woke up after surgery to discover that the doctor had been able to proceed to the third stage in this process – taking bone from his pelvis and doing a graft on his leg! The doctor says she has never been able to dispense with this second stage even in her patients with "normal good health." David and his doctor both acknowledge that Spirit is working very closely with them. **The doctor believes that the knowledge gained from their working together is making medical history and will go down in the textbooks.**

The ripples in reality from all this have been felt very dramatically within my immediate family. For me personally, it has enabled the releasing of much emotion and psychic pain connected with David that I have carried around for many years . . . it has been a personal healing and learning of the highest order."

As I'm writing this on Sunday, November 21, David's recovery is proceeding at an amazing pace. He is getting around with crutches and is able to put 25% of his weight on the leg . . . approximately seven weeks ahead of the doctor's estimates! He plans to write about his experiences and to work further with his surgeon.

"Miracles?" As Spiritualists, we may shy away from that word . . . but try telling that to the doctors!

MEDIUM MARGERY

BY PALMER EMERSON

Reprinted from *TNS,* December 1934.



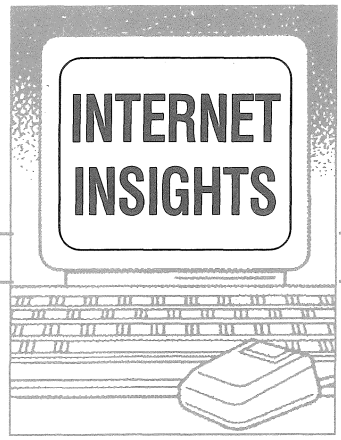
Under the title *A Flood of Light on the Margery Case,* a brilliant and painstaking scholar in Italy, Signor Emilio Servadio, devoted nineteen and one-half pages in *La Ricerca Psichica* to the vindication of this highly gifted medium from the superficial charges made. Of those nineteen and one-half pages, the equivalent of seven pages afforded liberal space to illustrations; the first being a beautiful portrait of Margery herself, and the remainder presenting scientific details. In his sharply condensed *Zeitschrift für Seelenleben* review of the long Italian article, General Peter states that in the Proceedings of the *American* Society for Psychic Research, Margery has found brilliant vindication. In the Italian article itself, the Volume of the Proceedings is given as XXII, entitled: *The Margery Mediumship: The Walter Hands. A Study of Their Dermatoglyphics,* by Brackett K. Thorogood. The A.S.P.R., 15 Lexington Avenue, New York. From the foreign review we present the following details:

In a long succession of séances, the medium Margery has traversed almost the entire scale of metaphysic, physical phenomena. Of late years, too, she has obtained a long series of finger-impressions of unusually supernormal kind. These impressions came from the hands of various persons, mostly deceased, and chiefly from her brother, Walter Stinson, whose transition followed a railroad accident. In the séances Walter functions as the medium's "control." In the *Year Book of the Boston Society for Psychic Research,* certain investigators accused the medium of fraud, and asserted that two of these impressions, claimed to be from Walter's hands, had been taken from a living person, namely, from the dentist Kerwin (referred to as "Doctor X") who had shown the medium how tridimensional impressions could be produced in the mastic used for dental purposes. In one publication, unfortunately, Doctor Walter Franklin Prince, the late Director of the Boston Society for Psychic Research, confirmed the accusations against the medium, and asserted that the finger-impressions *could* be produced easily by metallic facsimile. The American Society for Psychic Research, under whose auspices the experiments with Margery had been conducted, declined, *for the time being,* to enter the controversy. The event has justified this course, as is shown conclusively by Mr. Thorogood's report. The opponents of Margery are disposed of, and Margery must be recognized as one of the most interesting metaphysical mediums of our time.

Mr. Thorogood entered upon the task of testing *to the foundation* the accusations raised by the skeptics against the medium, and this with every means available to science. He established the supernormal fact of the finger-impressions obtained at great distance from Sir Oliver Lodge; furthermore, those of Judge Hill, who had recently passed on and who shortly before his transition had left finger-impressions in readiness, for comparison. The impressions obtained were identical with those which Hill had left behind. Finally a crucial proof was received: A finger-impression in wax was found *in a closed and sealed box.* Thorogood declared that whoever does not recognize that these manifestations are of supernormal nature, proves that he is not familiar with the facts. First of all, Thorogood obtained two complete impressions of Walter's hands, for a standard of comparison with impressions to be received later. These standard impressions of the two complete hands he obtained on the tenth and twenty-third of May, 1932, *under the severest conditions of scientific control.* And, moreover, these were *positive* impressions, one of the left hand and one of the right, which were very well perfected. The investigator points out that it is impossible to obtain *positive* impressions in clay in the *direct* way; since if one presses the hand down into the clay, what is obtained is a *negative* impressions. With these two standard impressions as a basis, Thorogood now made a systematic and complete classification of *all* Walter's impressions. Above all, he examined critically the impressions of the right and left thumbs, since it was around these that the principal controversy raged. An exact examination revealed that all impressions from Walter, obtained with this medium – even the earliest of them – present identical characteristic markings!

Thorogood now discovered that at least five impressions showed alterations which were not to be traced to paranormal causes, but had been made purposely. He was able to establish in at least *one* case that a piece of cloth had been used on the mastic, so

(Continued on next page.)



Sioux Indian Story

My Grandfather took me to the fish pond on the farm when I was about seven, and he told me to throw a stone into the water. He told me to watch the circles created by the stone. Then he asked me to think of myself as that stone person.

"You may create lots of splashes in your life but the waves that come from those splashes will disturb the peace of all your fellow creatures," he said.

"Remember that you are responsible for what you put in your circle and that circle will also touch many other circles. You will need to live in a way that allows the good that comes from your circle to send the peace of that goodness to others. The splash that comes from anger or jealousy will send those feelings to other circles. You are responsible for both."

That was the first I realized each person creates the inner peace or discord that flows out into the world. We cannot create world peace if we are riddled with inner conflict, hatred, doubt, or anger. We radiate the feelings and thoughts that we hold inside, whether we speak them or not. Whatever is splashing around inside of us is spilling out into the world, creating beauty or discord with all other circles of life.

Remember the eternal wisdom: *Whatever you focus on expands . . .* ⏭

From: *Ripple On The Road*

MEDIUM MARGERY

(Continued from previous page.)

as to prevent the hand of the agent (that is, Walter) from leaving its characteristic impression. Thorogood makes no accusation, but it is difficult to escape the suggestion that one of Margery's opponents made that alteration.

Thorogood comes now to speak of the crucial point of his study, namely, the complete and conclusive comparison of the impressions made respectively by Walter, by Margery, and by "Doctor X," (with whom it was claimed the impressions originated). The investigation occupies ninety-six pages of his report. Every page shows the great difference between Thorogood's rigorous and exhaustive examination and the superficial accusations of Dudley, Margery's principal opponent. There is nothing to show a complete identity of impressions from Walter's hands and those of "Doctor X." The microphotographs which accompany the Italian article leave no doubt upon this point. But how is to be explained the fact that between the impressions presented, for comparison, by Dudley and Margery's other accusers, some twenty or thirty points of *agreement* are shown? Now, the *minutely exact* comparison of the six hands – of Walter, Margery, and "Doctor X." – revealed that *substantial differences* exist. Dudley's comparison is that between Walter's right and left *thumbs, in mastic,* and two *finger-impressions* of "Doctor X.," *in India ink.* Such a comparison is faulty in itself; for two finger-impressions obtained in different materials are not comparable – still less so when one is in three dimensions and the other in but two. Thorogood draws the following conclusions: First, there is no proof of fraud, trick, or the employment of any normal mechanism in connection with the séances in which the phenomena of Walter's finger-impressions occurred. Second, Walter's phenomena are demonstrated as supernormal. Third, Walter's hands, whether considered as a whole or in detail, are not identical with those of any one or more known persons.

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Health Is A Relative Term

BY THE REV. CHARLENE KLEINSCHMIDT, NST, NEW YORK

Often when faced with a serious health situation one adopts an all or nothing attitude. We understand, when all is in order, apparently spontaneous healing does occur. We must not lose heart if such is not the case in a given situation. For there is always healing taking place regardless of our finite perception. Often it is not mentioned, but the greatest healing and comfort of all is when a life goes forward to the next plane of existence, freed of the trial and pain of this consciousness Recently, I had an interesting experience which I share with a certain chagrin. For months I had been doing all the right things to keep Carpal Tunnel Syndrome under control. Suddenly, it began acting up, getting progressively more annoying as time went on. With one of those exasperated "Why is this happening now ?" attitudes I was adamant that I certainly wasn't doing anything differently! Then, one evening, as I played with my sister's cat it became abundantly clear where the problem lie. The cat has a toy bat on a long pole. She loves to chase it, jumping high in the air, the faster the bat moves, the larger the circles, the more fun she has. You guessed it! I had been lengthening our play time to the point it was longer every night. Lazily I would whirl and twirl, with my hand. When I took a closer look I was swinging the arc from my wrist. It was a lot easier but it was putting pressure right where I didn't need it! I still catch myself doing it. At least now I'm not blaming the medical community or spirit for not relieving the pain. Oh, those small but potent words "and I will do my part."

Due to some unfortunate genetic code I was born with pernicious anemia. In spite of many dire predictions (nobody ever said doctors were prophets!) I have lived long past my fortieth birthday. In fact, since I married Al before my forty-first birthday, I really believe my life did begin at forty! The older I get the healthier I become which certainly belies the aging conceptions. Many Spiritualists are like fine wine, the older they get the more full bodied they become, some a little sweeter, some a little more tart but all to be prized. Is it because Spiritualists have learned the truth? They are not the physical garment they wear, the essence is carefully tucked inside, perfect in every way.

That is the significant truth we need to understand. In spite of obstacles or necessary aids we are perfect in spirit. True, there are times when physical or emotional limitations will blur our vision of the truth. Even those times can serve to strengthen our belief and knowledge of spiritual healing, if we allow it.

Largely because of improved health care and a better understanding of disease carrying pathologies we are living longer lives. Do you remember when 60 was old age? Today, most folks 60 years plus consider themselves in the prime of life. They may need glasses, hearing aids, canes and even wheelchairs, but with a proper outlook one can accept and appreciate the expanded horizons such help gives rather than considering them an encumbrance that thwarts our plans.

Health is a relative term. When we look at varying degrees of health we may find a multiply challenged individual who knows no boundaries, or a person with a minor limp who thinks the world has come to an end and acts accordingly.

Let us remember, regardless of outer appearances we are all blessed with the spark of divinity within which allows us to rise and shine every day.

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TAKING CHARGE! *(Continued from page 3.)*

show us how to create our lives. Often the portion of another's personality that bothers us the most is an area of ourselves that we might want to look at to see if some change may be needed. Sometimes we are involved with a dishonest person, an unkind or an unloving person, but we feel that we are honest, kind and loving to others. Then we ask why? Maybe there is an area of life where we are not honest or loving with ourselves. Do you feel unworthy, unlovable, poor, not smart, or upset about some portion of your personality? This will be reflected back to you until you accept yourself and love yourself as a beautiful expression of the Divine Source.

If you want to take control you must be willing to be brand new, to let go, to give your life to Spirit/God. If you need to be the same person tomorrow as you are today, then you will continue to create the same circumstances. If you believe you are paying for past mistakes, past karma – guess what, you are, for the Universe/ Law will bring to you exactly what you believe. The reverse is also true. If you believe you are a loving soul, sending loving thoughts and prayers into the ethers to benefit yourself and others so that life will be a heaven for all souls right now, then you will be receiving wonderful, serendipitous experiences. Sounds a lot more rewarding, and it is up to you and your beliefs. Let your daily thought be, "Infinite Spirit, create in me a greater expression of life's goodness."

I believe in affirmations (clear statements of truth) for they assist us to take charge of our thinking and our life. A repetition of an uplifting absolute is a technique to transform the consciousness and guide the awareness to change, to health, to be what we actually want. Then, if we add a mind visualization of the desired conclusion, we have sent a portrait of energy into the ethers to return according to Universal Law. Both affirmation and visualization are enhanced by meditation and the healing power of love and prayer.

The soul is an eternal expression of the Divine Creator, therefore a holy thing. Change is not for the moment, not for a quick fix, but for growth for the long term, for the future. We know that life is continuous. What we are in consciousness is what we retain when we move to the next dimension. In order to find yourselves in a heavenly place of light, love, joy and beauty, you must begin building right now, for the next dimension of life is influenced and a reflection of the one we are currently building with our thoughts and mind. Let love transform our consciousness and our life. This will transform our health and our future. The more we can stay in a place of love, the more we can move closer to Spirit, the more we take charge of our lives. In the presence of enough love (or pain) we make new choices – choices to change. Open a space for love. Affirm: "Loving God, Divine Spirit, fill my heart, my mind and my life with love. I am love."

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SPIRITUAL HEALING

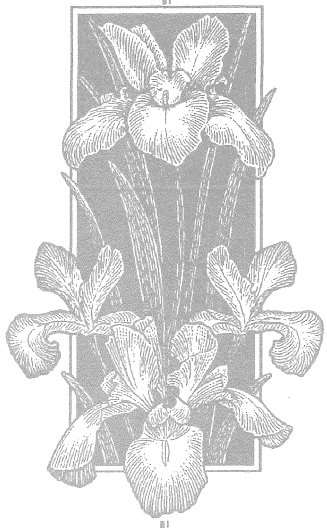
(Continued from page 6.)

To enhance good health and wellbeing consider the following affirmation: Taken from *Wings of Song.*

FLOW SPIRIT FLOW

Flow Spirit Flow, and all my fears release
I am a channel for your love and peace
Fill me with power and let my heart be strong
Fill me with joy that I may sing thy song

Heal spirit heal, and all myself renew
I am expressing my perfection true
Fill me with Love that I may Loving be
Fill me with life that I may live for thee.



Heaven consists
of a heartfelt
desire for the
good of others
rather than our
own good.
It is
serving others
from love to
promote their
happiness, not
for the sake
of any
selfish hope
of reward.

– Emanuel Swedenborg.

Positive Statements To Help Create a Positive Day.

Affirmations . . . APRIL 2000

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Perfect God, Perfect Creation, Perfect Being.
2 Our evolution is shown by growth in consciousness.	3 Life is a transitional form as our awareness evolves.	4 Peace already exists at the innermost center of everything.	5 We are surrounded by God's Laws that execute themselves.	6 Spiritualism is a door-opener to greater awareness.	7 All things in life are aspects of Infinite Intelligence.	8 Spiritual wholeness invites us to appreciate All Life.
9 The creative activity of existence involves cycles and change.	10 The entire drama of life is part of the Universe of God.	11 "God is my all, I know no fear."	12 "Be not dismayed, whate'er betide, God will take care of you."	13 God is the ever-renewing, ever-unfolding expression of life.	14 Peace is mine when I honor my one-ness with Spirit.	15 Nothing is beyond the power of God -- I will believe.
16 "Fear can have its good side if it impels us to act."	17 I feel Spirit's presence guiding and inspiring me.	18 I accept the inevitable and find adventure in change.	19 God is my guide, I shall not want.	20 Spirit is Love, Joy and Peace and this touches my soul.	21 New positive thoughts bring new positive strengths.	22 When I participate in life I receive benefits.
23 Our cup is never large enough for all God's blessings.	24 One Source animates us; One Cause inspires us.	25 Thought is the tool to connect me with life.	26 My mind is creative; lovingly I create.	27 Spirit is incarnated in everything, in everyone.	28 "There is one mind common to all individual men." Emerson	29 Life is action, energy, movement, and enthusiasm.
30 "Those who stop living for others, stop living." Holmes	Easter Greetings	*Spiritual Healing & Blessings To All!!*				Easter Greetings

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KRAMER, Rev. Hillary, NST, Certified Medium, 15 Huntwood Dr., 12065 - (518) 371-8975.

EAST AURORA

KLEINSCHMIDT, Rev. Charlene, NST, Certified Medium, 1071 Wish Circle, 14052-9656 - (716) 652-4972.

KLEINSCHMIDT, Albert C., Certified Medium, Comm. Healer, 1071 Wish Circle, 14052-9656 - (716) 652-4972.

ELMONT

RIVERA, Rev. Milagros G., Pastor of New Horizon Spiritualist Church Inc., Medium, Healer; Consultations and Classes, 261 Elmont Rd., 11003 - (516) 354-1395.

FARMINGVILLE

LLOYD, Rev. Nancy A., NST, Certified Medium and Counselor (call or write for appointment); Mail: P.O. Box 7, 11738-0007 - (631) 736-1058.

HOLBROOK

BERG, Rev. Virginia, Pastor, A Sanctuary of Infinite Spirit, NSAC, 1280 Claas Ave., 11741-3902 - (516) 588-3150.

LILY DALE

BURDICK-CAREY, Rev. Beverly, Certified Medium, 13 3rd St.,P.O. Box 1087, 14752 - (716) 595-2205.

LONG ISLAND

SNELL, Rev. Catherine, NST, Certified Medium, by appt. only, 17 Ann Court, Kings Park, 11754-2001 - (516) 724-8025; csnell@hoflink.com .

TRAVIS, Rev. Janet, NST, 17 Ann Court, Kings Park, 11754-2001 - (516) 724-8025, jtravis@hoflink.com.

SCOTTSVILLE

FEATHERSONG, Elsie, Certified Medium, private readings by appt., public lectures and workshops, 220-3 Robert Quigley Dr., 14546-1011 - (716) 889-4434, E-Mail: Efeathersong@usa.net.

• TEXAS •

AUSTIN

BROWN, Mrs. Frances Cervin, Licentiate Minister and Certified Medium, 2723 S. Congress, Apt. 2311, 78704 - (512) 447-2188.

HAMNER, Rev. Dr. Jean, NST, Certified Medium, Comm. Healer, Pastor Angel of Light, P.O. Box 4001, 78765 - (512) 836-8829; Lectures, classes, circles, readings, workshops.

EDINBURG

MUSE, Rev. Evelyn, Minister, Certified Medium, NST, 1104 Susan Dr., 78539 - (512) 383-2510.

DALLAS

HANSON, Arthur E., Licentiate Minister and Healer, Rosie Lee, Licentiate Minister, 4653 Cedar Tone Dr., 75211-7723.

• UTAH •

ST. GEORGE

SAVAGE, Virginia, Licentiate Minister, Certified Medium, 1444 Basswood Way, 84790, (801) 634-9467. Summers: Box 1064, Lily Dale, NY 14752 - (716) 595-3046. Phone reading available.

• VIRGINIA •

ALEXANDRIA

KRITHADES, Rev. Christine, NST, 8725 Stockton Pkwy., 22308 - (703) 799-4774.

ARLINGTON

BATES, Virginia E., Licentiate Minister, 2716 N. Lexington St., 22207 - (703) 538-5164.

NORFOLK

CUTLER, Rev. Lelia E., 7310 Midfield St., 23505-4126 - (757) 480-3799.

SPRINGFIELD

GEHMAN, Rev. B. Anne, Certified Medium, Comm. Healer, 5409 Backlick Woods Court, 22151 - (703) 354-5767.

VIENNA

STRANAHAN, Rev. Patricia, NST, 1717 Besley Rd., 22182 - (703) 242-8823.

• WASHINGTON •

BREMERTON

HICKS, Anne, Licentiate Minister of Church of Spiritual Unity, P.O. Box 4126 S. Colby, 98384 - (360) 876-9701.

SHAW, Maureen, Licentiate Minister of Church of Spiritual Unity, P.O. Box 4126 S. Colby, 98384 - (360) 876-9701.

MILTON

JOHANSON, Rev. Lillian, Box 132, 98354-0132 - (206) 927-5579. SEATTLE: 4524 - 2nd Ave. N.E., 98105 - (206) 633-3438.

SEATTLE

PEMBERTON, Rev. LaVerne, Ordained Minister of Church of Spiritual Unity, 3827 S. Mead, 98118 - (206) 722-2348.

TACOMA

WILLIAMS, Nicholas, Certified Medium, Comm. Healer, 2315 - 58th Ave. N.E., 98422 - (253) 927-8903.

• WEST VIRGINIA •

GREAT CACAPON

STARR, Rev. Barbara, NST, Comm. Healer, HCR 62, Box 148B, 25422 - (304) 258-4861.

WHEELING

GASBER, Rev. Velma, 104 N. Broadway St., 26003, Pastor of Way Memorial Temple - (304) 232-5795.

• CANADA •

MONTREAL, QUEBEC

ROSSNER, Rev. Dr. Marilyn, Ph.D., Pres./Pastor, Spiritual Science Fellowship, 1974 de Maisonneuve W., H3H 1K5 - (514) 937-8359.

DIRECTORY OF NSAC CHARTERED CHURCHES & AUXILIARIES

• ARIZONA •

PHOENIX - Chapel of the Sunflower, NSAC
Secretary, Renata Baker, (480) 802-2768; Sun. Serv. 2:00 p.m.; Call for details. e-mail: revbaker@ix.netcom.com.

PHOENIX - Church of the Living Spirit, NSAC
2641 W. Union Hills Dr. (at the Wyndham Garden Hotel); Mailing address: 3521 W. Topeka, Glendale, 85308-2325; Co-Pastors, Rev. Gene & Rev. Sandra Pfortmiller, NST, (623) 581-5544; Sun. Serv. 10:30 a.m.; Tuesday Classes 7:30 p.m., call about location; Pres., Rev. Gene Pfortmiller.

PHOENIX - Harmony Chapel, NSAC
1522 W. Encanto Blvd., 85007-1203; Rev. Frank Staats, (602) 340-1939; Sun. Serv. 7:30 p.m.; Wed. Serv 7:30 p.m.; Thurs. Classes 7:30 p.m.; Sat. All Message Serv. 7:30 p.m.

• CALIFORNIA •

CALIFORNIA STATE SPIRITUALISTS' ASSOCIATION
Pres., Rev. Sandra Cook, (805) 965-4474; Secy., Evadell Sordelet, 5537 Whitney Ave., Carmichael, 95608, (916) 481-8729.

AUBURN - Spiritualist Chapel of the Pines
457 Grass Valley Hwy. #7; Mailing address: 461 Grass Valley Hwy., #19, 95603; Sun. Serv. 10:00 a.m.; Fri. All Message Serv. 7:00 p.m., except last Fri. of month; Pastor, Rev. Louis Potter; Pres., Pauline Conrad; Secy., JoAnna Gallo, (530) 823-1816; .

MONROVIA - The Spiritualist Church of Revelation
Sun. Services & Classes - Pastor/Pres., Martin Pina; Secy., Rev. Toni Ervin; Info. Contact Teddie Harringer, (626) 791-9212; Church phone (626) 256-3403; Fax E-Mail: Greenry@Earthlink.Net.

REDWOOD CITY - Redwood Church of Spiritual Science, NSAC
149 Clinton St., 94062-1515; Sun. Serv. 11:00 a.m.; Pres., Angela C. Di Berardino, (650) 964-6350_angela@gsb.stanford.edu; Secy., Jan Lurie, (415) 285-4120.

SACRAMENTO - Central Spiritualist Church, NSAC
2500 Marconi Ave., Suite 210, 95821-4855. Mailing Address: 4800 Auburn Folsom Rd., #63, Loomis, 95650-9328; Sun. Serv. 10:00 am.; Classes - first Tues. of the month 7:00 p.m., last Tues. of month Healing and All Message Serv. 7:00 p.m.; Pres., Denise E. Bell; Pastor and Secy., Rev. Sandra G. Dawson, NST., (916) 652-4568.

SAN BERNARDINO - Temple of Spiritual Truth, NSAC
732 N. Sierra Way. Direct Mail to: 27124 Cole Ct., Highland, 92346; Sun. Serv. & Healing 11:00 a.m.; Pres., William Sanabria, (909) 825-6809; Secy., Carol Simard, (909) 880-9390.

SAN FRANCISCO - First Spiritual Temple and First Temple of Spiritualism
3324 - 17th St., 94110, (415) 621-0491; Sun. Serv. 10:00 a.m.; Classes 1st & 3rd Tues. 7:00 p.m.; All Message 2nd & 4th Tues. 7:00 p.m.

SAN FRANCISCO - Golden Gate Spiritualist Church
1901 Franklin St. (Corner of Clay) 94109; Sunday, Lyceum 9:30 a.m., Sept. thru May; Healing 10:30 a.m., Devotional Serv. 11:00 a.m.; Student Service, Healing 6:00 p.m., Devotional Serv. 6:30 p.m.; Wed. Healing 7:30 p.m., Serv. 8:00 p.m., (415) 885-9976; Pastor, Rev. Donald Haddick, NST; Pres., Sonny B. Gee; Secy., Frances Richardson.

SAN FRANCISCO - San Francisco Spiritualist Society
1832 Buchanan (between Bush & Sutter); Church phone, (415) 927-2139; Sun. Serv., 6:00 p.m.; Pastor Rev. Barbara Thurman, (415) 924-1106; e-mail: sfspiritualist@yahoo.com; All mail to Secy., Rev. B. Thurman, 200 Marina Vista, Larkspur, 94939-2144.

SAN JOSE - The Spiritual Science of Life Church, NSAC
"The Friendly Church," 729 Morse Street, (Corner of Morse St. & Naglee), 95126; Sun. Serv. 6:30 p.m., 2nd & 4th Sunday; Pastor Rev. Louise Peruch, NST; 4504 Independence Rd., P.O. Box 310, Glencoe, 95232-0310, (209) 293-4795.

SAN LEANDRO - Spiritualist Church of Two Worlds, NSAC
1550 San Leandro Blvd., (Deaf Comm. Center) 94577; Sun. Serv. Healing 10:30 a.m., Reg. Serv. 10:45 to 12:00; Co-Pastors, Rev.'s Betty and Don Nauratil, (925) 283-1449; Pres., Jean McFarlane, 816 Cary Dr., 94577, (510) 483-5630; All mail to Secy., Rev. Betty Nauratil, 1048 Via Roble, Lafayette, 94549-2925.

SANTA BARBARA - Summerland Spiritualist Church of The Comforter
1028 Garden St., 93101; (805) 965-4474; Pastor, Rev. Sandi Cook, NST, e-mail: guide01@GTE.Net; Sun. Healing Serv. 10:30 a.m., Devotional Serv. 11:00 a.m., Wed. Message Serv. 6:30 p.m., Unfoldment Classes Monday and Thursday evenings 7:00 p.m.;Call for information on the Rev. Foard Memorial Library.

VAN NUYS - Spiritualist Chapel of the Flowers
7417 Van Nuys Blvd., Suite "R", 91405; Sunday Serv. 11:00 a.m.; Mailing address for church and Rev. Pat Smith, NST, 8901 Eton Ave., Sp. 39, Canoga Park, 91304, (818) 701-7633.

• COLORADO •

DENVER - Chapel of Spiritual Awareness
1939 S. Monroe Street, 80210; (303) 794-3154; Sun. Healing Service 9:30 a.m. to 10:30 a.m.; Sunday School/Lyceum and Worship Service 10:30 a.m. to 11:30 a.m., Spirit Greetings 11:30 to 12:00. Beginning Spiritual Awareness Classes & Advanced Unfoldment are offered. Licentiate Minister, Dorothy Haskins; Pastor/Pres., Patricia J. Schott, (303) 973-9993; Vice Pres., Russ Dorren, (303) 973-4759; Treas., Don Larsen; Secy., Claudia Kunz, (303) 795-1179, 6457 S. Xenon St., Littleton, 80127; internet site: http://www.netcom.com/~myst4.

• CONNECTICUT •

CONNECTICUT STATE SPIRITUALIST ASSOCIATION
Pres., Homer Wooster, 101 Leffingwell Ave., Waterbury, 06710; Secy., Verline Eldridge, 34 Starr St., Norwich, 06360.

NEW LONDON - New London Spiritualist Church
2 Moore Court, 06320; (860) 440-3150; Sun. Serv. 10:30 a.m., Thurs. All Message Service 7:30 p.m.; Pres., Susan Ferency, 2 Moore Ct., 06320; Secy., Lynn Gaffin, 70 Dell Ave., Apt. B5, 06320.

NEWINGTON - The Church of The Infinite Spirit
Masonic Temple, 80 Walsh Ave., 06111; Sun. Serv. 10:30 a.m. Sept. thru May; Summer services held second and fourth Sundays during June only, closed July & August; Pastor, Allen Noddin, 174 Daley St., Forrestville, 06010, (860) 582-7385; Licentiate Minister & Assist. Pastor, Joyce Barlow, P.O. Box 873, East Granby, (860) 651-0507, e-mail, barlow1104@aol.com; Pres., Mary Ann Noddin, 174 Daley St., Forrestville, 06010, (860) 582-7385; Secy., Joan Wooster, 101 Leffingwell Ave., Waterbury, 06710, (203) 574-2017.

NIANTIC - Ladies Aid Society Camp at Pine Grove
June 13 - Sept. 12. Services, Sundays at 2:30, Tue., Thur., Sat. 7:30. For a program listing all Summer activities write to: Secy. Lynn Gaffin, 70 Dell Ave. #B5, New London, 06320-3346.

NORWICH - National Spiritualist Church of Norwich, Inc.
29 Park St. (off Main St.), 06360, (860) 886-8522; Secy., Sandra Morse.

OLD GREENWICH - Albertson Memorial Church Of Spiritualism
293 Sound Beach Ave., 06870; (203) 637-4615; Sun. Serv. 11:00 a.m., all welcome; Pastor, Rev. Melvin O. Smith.

STRATFORD - The Temple of Divine Truth, Inc., NSAC
Boothe Memorial Park; Serv. 6:00 p.m. on the 2nd & 4th Sat., Sept.-June.

WILLIMANTIC - The First Spiritualist Church of Willimantic
268 High St., 06226, (860) 423-5774; Sun. Serv. 10:30 a.m. Sept. thru May; service twice a month June, July, August. For more information, please call the church; Healing Service Thursdays at 7:30 p.m. Sept. thru May; in Summer a Healing Service is held on the Thursday after there has been a Sunday Service; Pres. & Pastor, Joyce Orcutt, 133 Wales Rd., Andover, 06232, (860) 742-7846; Licentiate Minister, Clinton Cady, P.O. Box 67, 06226; Secy., Cynthia M. Snyder, 145-N Cemetery Rd., Plainfield, 06374, (860) 564-5976.

• DISTRICT OF COLUMBIA •

WASHINGTON - The Church of Two Worlds
3038 "Q" St., N.W., 20007; Sun. Healing 2:00 p.m., Serv. 2:30 p.m., (202) 333-5114; Pres., John Rothamel, Jr., (410) 590-9187; Secy., Robin Kitto (301) 563-6190.

• FLORIDA •

ORLANDO - Spiritualist Church of Awareness, NSAC
3210 N. Chickasaw Trail (P.O. Box 571043, 32857-1043), (407) 678-3688 Please leave message; Sun. Adult Lyceum 10:00 a.m., Sun. Serv. 10:30; Wed. Serv. 7:30 p.m.; Healing, Lecture, Messages at all services; Co-Pastor and Pres., Rev. Jean Kerr Lerch, NST, 335 Piney Ridge Rd., Casselberry, 32707-3805, (407) 834-5378; Co-Pastor and Treas., Rev. E. Ann Otzelberger, NST, (407) 826-0807; Secy., Stacy K. Davis, 10509 Jepson St., 32825-6606, (407) 658-7624.

• ILLINOIS •

ILLINOIS STATE SPIRITUALIST ASSOCIATION OF CHURCHES
Secy., Rik Kristinat, 920 N. Franklin St., Ste. 205, Chicago, 60610.

AURORA - Christabelle Spiritualist Church
Secy., Martha L. Witt, 1204 Game Farm Rd., Yorkville, 60560-1141, (630) 553-2517.

DIRECTORY OF CHURCHES, *(Continued from previous page.)*

BURNHAM - Puritan Spiritualist Church, NSAC
13906 Greenbay Ave., 60633-1614; Sun. Serv. 2:30 p.m.; Pastor, Anna Gross, 10930 Ave. "M", Chicago, 60617-6929; Secy., Janet Schroeder, 4310 Park Lane, Apt. 3D, Alsip, 60803-2644, (708) 389-5374.

CHERRY VALLEY - Cherry Valley Spiritualist Camp, Inc.
8002 Service Rd., 61016 Rd., 61016, (815) 332-5359; Camp Season: June thru Sept., Nov. thru May; Serv.: First Sun. of each month at 1:00 p.m.; Pres., Arsenia Williams; Secy., Jerri Cole.

CHICAGO - The Church of The Spirit
2651 N. Central Park Ave., 60647-1101, (773) 489-5422; Chicago's Oldest Spiritualist Church; Sunday Family Worship - Healing 10:00 a.m., Worship Serv., 10:30 a.m.; Tues Dev. Class, 7:00 p.m.; Worship/Message Serv., Wed. 7:00 p.m.; Pastor, Ms. Marrice Coverson; Secy., Dr. Alan Tenczar.

CHICAGO - Spiritualist Church of Truth
6343 West Cuyler (1/2 block north of Irving Pk.) 60634; Serv. 2:45 p.m., Healing, Lecture, Messages every Sunday; Pres., Florence Heyward; Secy., Judith Galar, 4050 N. Oriole Ave., Norridge, 60706-1117, (708) 452-8754.

CHICAGO - Tucker Smith Washington Spiritualist Temple
6146 S. Ashland Ave., 60636, (312) 436-0366.

LE ROY - J. T. & E. J. Crumbaugh Spiritualist Church
102 S. Pearl St., 61752-0174, (309) 962-9076 (leave message); Lyceum 1:00 p.m., Healing/Meditation 2:00 p.m., Devotional/messages 2:30 every Sunday; Pres., Chuck Johnson, (309) 888-9393.

• INDIANA •

INDIANA STATE ASSOCIATION OF SPIRITUAL SCIENCE, NSAC
Secy., Hertha Comstock, P.O. Box 163, Roanoke, 46783-0163, (219) 672-2769; Pres., Rev. Jessie James, (219) 885-0091.

GARY - First Spiritualist Church, Inc., NSAC
2430 W. 11th Ave.; Serv. Sun. 3:00 p.m., Wed. 8:00 p.m.; Pastor & Pres., Rev. Jesse James, Jr., 1301 Pennsylvania St., 46407; Secy., Verillia Shaffer, P.O. Box 4278, 46404; Unfoldment Classes Sat. 1:00 to 4:00 p.m., Lyceum Sun. 3:00 p.m.; Jacqueline Crooms, 853 Grant St., 46403.

INDIANAPOLIS - "New Dawn" Spirit of Light Church, Inc., NSAC
3637 W. 10th St., 46222; Sun. Serv. 10:30 a.m. Healing Worship Message; Sun. Eve. 6:00 p.m. Understanding Spiritualism in Bible; Tues. 7:00 p.m. Healing Circle, Development Class 8:00 p.m.; 2nd Sat. each month 10:00 a.m., 3:00 p.m. Readings; 5th Sun. of month All Message Service, covered dish dinner; Pres. & Pastor, Mildred Schlagel, 3232 MacArthur Lane, 46224, (317) 291-0799; Secy., Wanda Whetsel, (317) 267-0888.

MICHIGAN CITY - Spiritual Science Church, NSAC, Inc.
314 W. Coolspring Ave., 46360, (219) 874-6002; Sun. Serv. 1:45 p.m.; Correspondence to: Pastor & Pres., Rev. Ruth Novak, 7008 W. U.S. 20 W., #77, Daphne Park, 46360, (219) 872-6621; Secy., Ms. Claudia Lord, 1312 Carriage Ct., Apt. 4B, Laporte, 46350.

• IOWA •

CLINTON - First Spiritualist Church
5416 - 6th Ave. So., P.O. Box 123, 52732-0123, (319) 243-3233; Sun. Worship and Message Serv. 10:30 a.m.; Sun. Adult Lyceum 9:30 a.m.; Dev. Class every Sat. at 7:00 p.m.; Church closed during months of July and August, open first Sun. after Labor Day; Pastor & Pres., Rev. Georgia Milton Reed, (319) 243-9738; Secy., Richard Turner, 229 - 20th Pl., 52732.

CLINTON - Mississippi Valley Spiritualist Assoc. Camp
P.O. Box 75, 52733-0075; 1999 Camp Season, July 10 thru August 21; Rev. Bonnie Horstman, Secy., NST, (319) 242-8460.

CLINTON - Sunflower Spiritualist Church
10 Mt. Pleasant Park; Mail to: P.O. Box 6, 52733-0006; Sun. Serv. at 10:30 a.m.; Co-Pastors, Rev. Harvey and Rev. Bonnie Horstman, NST; Secy., Mary Ellen Horstman.

DAVENPORT - Spiritualist Harmony Church
1429 W. Seventh St., 52802-1212, (319) 324-9659; Sun. Healing Serv. 1:30 p.m.; Worship & Message Serv. 2:00 p.m.; Lyceum Classes available; (Closed during July and August.); Pastor, Rev. William E. Buchholz, 806 E. 13th St., 52803-4240, (319) 326-3201; Secy., Pat Peck.

• MAINE •

MAINE STATE SPIRITUALIST ASSOCIATION OF CHURCHES
Pres., Graham Connolly, 25 Fessenden St., Portland, 04103, (207) 879-0424; Secy., Betty Simpson, R.R. #2 Box 5055, Carmel, 04419-9802, (207) 848-2273; Treas., Barbara Eckhardt, RR 1, Box 5, Belgrade, 04917, (207) 495-3810.

AUGUSTA - Augusta Spiritualist Church
P.O. Box 2492, 04338; Pastor, Earl L. Wallace; Secy., Patricia A. Wallace, 124 Spring St., Gardiner, 04345, (207) 582-6745; Sun. Serv. 10:30 a.m.; Thurs. Awareness Class 7:00 p.m.

BANGOR - The Harrison D. Barrett Memorial Church, NSAC
114-118 Harlow St., 04401, (under Lamb's Bookstore); Sun. Serv. 10:00 a.m.; Secy., Betty Simpson, R.R. #2 Box 5055, Carmel, 04419-9802, (207) 848-2273.

HARTFORD - Pinpoint of Light Spiritualist Camp
Mail address: R1, Box 91, Canton, 04221; Open July and August - Service, Seminars and Classes; Secy. Virginia Norris CH; Pastor, Rev. Rupert Sigurdsson, NST. For information, Phone and Fax (207) 597-2600; E-Mail: rupert@megalink.net.

HARTFORD - Pinpoint of Light Spiritualist Center
Mail address: R1, Box 91, Canton, 04221; Sun. Serv. 11:00 a.m.-12:30 p.m., followed by a potluck lunch; Classes Wed. and Fri. evenings 7:00-9:00 p.m.; Secy., Virginia Norris; Pastor, Rev. Rupert Sigurdsson, NST; For information, phone (207) 597-2600, E-Mail - rupert@megalink.net.

MADISON - Madison Spiritualist Camp
Located at Lakewood Village on Lake Wesserunsett, 6 miles north of Skowhegan on Rt. 201; mid July-mid Aug. - schedule to be announced. No accommodations for rooms, camping or meals - all available nearby. For information: Pres., John Davidson, 74 Central Ave., Waterville, 04901, (207) 877-2204 or Secy., Rev. Harriett Gurney, 42 Water St., Fairfield, 04937, 453-7528; e-mail jdavidson@wtvl.net.

NORTHPORT - Temple Heights Spiritual Camp Assoc.
Shore Road, Northport on Penobscot Bay; Camp session is from mid-June through Labor Day. A different featured medium each week. Services at 7:30 p.m. Sun., Tues., Thur. and Friday; Message Service 7:30 p.m., Wed. and Sat; Workshops Saturday mornings. Accommodations and kitchen privileges available. For a program or information: (207) 338-3029, P.O. Box 311, Lincolnville, 04849-0031.

NORTHPORT - Temple Heights Spiritualist Church
Shore Road, Northport; Services 2:30 p.m. Sundays at Temple Heights Spiritual Camp from May to October and at Excelsior Lodge on the Shore Road, Saturday Cove, Northport from Nov. to April; (207) 338-3029; Pres, Jean E. Bower, 159 Northport Ave., Belfast, 04915, (207) 338-1355; Secy., Carol A. Fricke.

PORTLAND AREA - Portland Spiritualist Church
719 Main St., (Unitarian Universalist Church), Westbrook; Mailing Address: P.O. Box 6551 PTS, 04102; Sun. Serv. 6:30 p.m.; Fri. Class 7:30 p.m.; Pres., Michael Carter, (207) 797-2039.

• MASSACHUSETTS •

MEDFORD - Medford Spiritualist Church, NSAC, Chapel of Peace
Sunday Services held at the Unitarian Universalist Church, 147 High St., 02155; Services at 5:00 p.m., Healing Lecture and Messages; Summer Services run from June to end of August: Held on Tues. Evenings at 7:30 p.m.; For Info. call Acting Pastor/Treas., Sandra Millen, 103 Columbus Ave., Salem, 01970, (978) 744-0546, or Carol Wendell, (781) 396-0900.

ONSET - On-I-Set Wigwam Co-Workers Spiritualist Camp
Season opens June 7th till Labor Day; Camp phone (508) 291-0073; Sun. Serv. 2 p.m.; Wed. Open Class 6 p.m. & Service 7:30 p.m.; Mediums Day's - Message Circles - Workshops/Seminars scheduled; Pres., Mary Lou Baumhoff, (603) 898-8854, P.O. Box 2223, Salem, NH 03079-2223; Prior to season call or write for a full program.

SALEM - First Spiritualist Church of Salem
34 Warren St., 01970; Sun. Early Serv. 5:30-6:00 p.m.; Lunch break 6:00-6:30 p.m., Healing & Evening Serv. 6:30-8:00 p.m.; Telephone for weather cancellations, (978) 745-2098; Church season is Sun. after Labor Day - last Sun. in June; Pres., Dorothy Thurlow, 169 Bachelor St., W. Newbury, 01985, (978) 363-2009; Secy., Nancy L. Karolides, 144 Boston St., Middleton, 01949, (978) 774-4048.

REHOBOTH - First Spiritualist Church of Brockton
Anawam Grange, Corner of Rts. 44 and 118 in Rehoboth; Healing and Church Service, Sun. 10:30 a.m.; Unfoldment Classes, Sun. mornings at 9:00 a.m., Sept. through May; Secy., Linda Kent, (401) 245-8307; Trustee, Joan Thomas, (508) 679-8293; Please call for directions or cancellations due to weather conditions. We are about 25 minutes from Providence, RI, and 15 minutes from Fall River, MA.

SPRINGFIELD - The First Spiritualist Church of Springfield, Inc.
33-37 Bliss St., 01105, (413) 732-1234; Worship Serv., 1st Sun. after Labor Day until last Sun. in June at 10:30 a.m.; Development classes, Tues. & Thurs. at 7:30 p.m.; Pastor, Rev. John F. Sullivan, 26 Witt Hill Rd., P.O. Box 392, Worthington, 01098 - (413) 238-4495, e-mail: jsulli1942@aol.com; Pres., Paul D'Angelo, 87 Paderewski St., Chicopee 01013, (413) 592-5659, e-mail: dangelo@hsd.utc.com; Secy., Denise St. Pierre, P.O. Box 392, Worthington, 01098, (413) 238-4495, e-mail: Denise1957@aol.com.

• MICHIGAN •

MICHIGAN STATE SPIRITUALIST ASSOC. OF CHURCHES
Pres., Marcia Hyatt, 4161 Buckingham, Detroit, 48224-3538; Secy., Marjorie Elaine Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, South Branch, 48761-0089, (517) 257-4133.

CHARLEVOIX - The Golden Rule Spiritualist Church
(Bayshore) 07444 US Old 31 N, 49720-9422, (616) 347-3899.

CHARLEVOIX - Northern Lake Michigan Spiritualist Camp
(Bayshore) 07444 US Old 31 N, 49720-9422, (616) 347-3899.

DETROIT - First Spiritualist Temple of Detroit
4161 Buckingham, 48224-3538.

LESLIE - Flower Memorial Spiritualist Church
West Bellevue at High St.; Sun. Lyceum 11:00 a.m., Church Serv. 10:45 a.m.; Pres., Timothy Weichner; Secy., Mary Ellen Weichner, 149 Vicary Rd., 49251-9746, (517) 589-9861.

OXFORD - Spirit of Harmony Chapel, NSAC
340 North Lapeer Rd., 48371; (810) 814-9172.

ROYAL OAK - First Spiritual Temple
3224 Greenfield Rd. (1 1/2 blocks So. of 13 Mile), 48073-6534; Sun. Serv. 10:00 a.m. & 7:00 p.m.; Pastor, Rev. Stanley Gutt, (248) 548-2240.

SOUTH BRANCH - Chain Lake Spiritualist Camp Association
8000 W. Chain Lake Rd., 48761-0089; Sun. Serv. 11:00 a.m., June 20, 1999 through Sept. 5, 1999; Annual Retreat July 9-14, 2000; Lyceum Supt., Dawn Hyatt; Pres., Donald Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, 48761-0089; Secy., M. Elaine Weichner, 8022 W. Chain Lake Rd., P.O. Box 89, 48761-0089, (517) 257-4133.

• MINNESOTA •

MINNEAPOLIS - Second Spiritualist Church
2230 Lyndale Ave. N.; Sun. Serv. 10:30 a.m.; Secy's., Chrissy & Melanie; Pres., Beth, P.O. Box 6115, 55406, (612) 529-0781.

MINNEAPOLIS - Spirit of Life Spiritualist Church
Services at Lake Harriet Community Church Bldg. at 4401 Upton Ave. S., 55410; (612) 572-8940.

ROCHESTER - Third Spirit of Life Spiritualist Church
Services Mon., 7:00 p.m., in the Unity Church building, 911 11th Ave. NW; Pastors, Rev. Joyce E. Young, NST, and Rev. John E. Young, NST; Secy., (507) 775-6358; Mailing address, P.O. Box 7312, 55903.

ST. PAUL - Spiritual Science Church
411 Main St., 55102; Sun. Serv. 10:00 a.m.; Pres., Joan LeDuc, 2169 Scheffer Ave., 55116, (612) 255-4609 (church) or (612) 699-4858 (home); Secy., Maureen Florés, c/o 2169 Scheffer Ave., 55116-1255.

• MISSOURI •

ST. LOUIS - Fifth Spiritualist Church
6026 S. Kingshighway Blvd., 63109-3558; Sun. Serv. 10:30 a.m.; Healing, Meditation & All Message Service, 1st Wed. of the month at 7:00 p.m.; Student Minister/Pastor, Toye E. Stinson, 566 Old Highway 100, Villa Ridge, 63089, (636) 451-2838; Secy., Rev. Brenda Wittich, 3903 Connecticut St., 63116-3905, (314) 773-0106.

• NEBRASKA •

OMAHA - Spiritual Science & Philosophy Church, NSAC
321 Hascall St., 68108-2121; Sun. Serv. 11:00 a.m.; Sunday Philosophy Class Noon when scheduled; Pastor & Secy., Alace Jayne Fanslau, 321 Hascall St., 68108-2121, (402) 345-0101.

• NEVADA •

LAS VEGAS - Spiritualist Desert Church, NSAC
953 E. Sahara Ave., Commercial Arts Bldg. #D-12, 89104; Mailing address: Box 82134, 89180-2134; Tel. or Fax (702) 257-7506; Sunday Serv. 11:00 a.m. & 7:00 p.m.; Healing & Meditation Serv. Wed. 7:00 p.m.; Classes available; Pastor, Rev. Catherine Stewart, NST; Secy., Nancy Noble.

• NEW HAMPSHIRE •

SALEM - The Church of Spiritual Life, Inc.
Masonic Hall, 109 Main St., Rt. 97; Mailing address: P.O. Box 414, Nutting Lake, 01865; Year Round Services; Regular Sunday Service 10:30 a.m.; Wed. classes p.m. call; Pastor, Rev. Kenneth Wingood, (978) 454-4163; Secy., Stephanie Frobese, (978) 851-6592.

• NEW JERSEY •

MERCHANTVILLE - Stow Memorial Foundation
Robert Egby, P.O. Box 1494, Hightstown, 08520.

WESTVILLE - Church of Eternal Life
243 W. Olive & Folsom Sts., 08093, (609) 456-2196; Sun. Serv. 11:00 a.m.; Pastor, Lillian Joyce, 405 Binker Ave., Berlin, 08009, (609) 767-1651; Pres., Joyce Smith, 209 W. Madison Ave., Magnolia, 08049, (609) 627-6977; Secy., Kathleen Pollack, Heatherwood Box 537-A, Thorofare, 08086, (856) 848-7053.

• NEW YORK •

ALBANY - Capital District Spiritualist Center
c/o Robinson, 106 Lorraine Ave., Schenectady, 12304.

BINGHAMTON - First National Spiritualist Church
97 Riverside Dr., 13905.

CLIFTON PARK - Spiritualist Open Center
1471 Rte. 9, Rome Plaza, 12065, (518) 383-1931; Service: First Friday of the month at 7:00 p.m.; Pastor, Rev. Hillary Kramer, NST; Pres., Helen Scheer.

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LILY DALE - Lily Dale Assembly
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15 Oak St., Patchogue, 11772; Sun. Serv.: Healing and Worship 11:00 a.m.; Pastor, Rev. Catherine Snell, NST; Asst. Pastor, Rev. Janet Travis, NST, (516) 366-2422; Mailing address, Mr. Edward Freidlein, Corresponding Secy., P.O. Box 1150, West Babylon, 11704, e-mail: TMS@hoflink.com; http://www.TMS-Li.org.

ROCHESTER - Plymouth Spiritualist Church
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• OHIO •

OHIO STATE SPIRITUALIST ASSOCIATION
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COLUMBUS - Spiritualist Church of Spirit Revelation
1081 E. Weber Rd., 43211.

DAYTON - The Church of Two Worlds, NSAC
2272 Newgate Ave., 45420, (513) 256-2129.

MARION - Memorial Spiritualist Church
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• OKLAHOMA •

OKLAHOMA CITY - Central Spiritualist Church
2348 N.W. 36th St., Sun. Serv. 2:30 p.m.; Lyceum Sun. 1:00 p.m.; Pastor, Juanita Oyer; Pres., Charlotte Griffin, 1306 S.W. 38; Secy., Juanita R. Oyer, 6216 S.E. 10th St., 73110, (405) 732-7975.

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1123 Oak St., 18102; (610) 434-3454.

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PHILADELPHIA - Second Spiritualist Church
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• TEXAS •

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AUSTIN - First Spiritualist Church
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CAMERON - First Spiritualist Church
802 S. College Ave., P.O. Box 1152, 76520; Sun. Serv. 10:30 a.m.; Lunch 12:00; Second Service 1:00 p.m.; Third Sun. of each month; Pastors, Mrs. Frances Brown, Licentiate & Medium, 2723 S. Congress, Apt. #2311, Austin 78704, (512) 447-2188, and Rev. Evelyn Muse, NST, 1104 Susan Dr., Edinburg, 78539, (512) 383-2510; Secy.-Treas., Verna Hentz, 406 E. 7th St., (254) 697-3912.

DALLAS - Second Spiritualist Church
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GALVESTON - Science Of Serenity Church, NSAC
2323 Avenue "N", 77551; Pastor, Martha L. Garrett; Secy., Douglas Smith.

HOUSTON - First Church Of Divine Science
2115 Turner St., 77009.

HOUSTON - Church Of Divine Spirit
8010 Wier, #1, 77093-6138.

SAN ANTONIO - Louise Scholtz Memorial Chapel, NSAC
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• VIRGINIA •

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NORFOLK - The Memorial Spiritualist Church, NSAC
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CORNERSTONES OF SPIRITUAL MATURITY

BY THOMAS BUTLER, ARIZONA



There are five important elements of our spiritual understanding that I would like to remind you of now. The first two are Principles of the National Association of Spiritualist Churches:

Principle 6: "We believe that the highest morality is contained in the Golden Rule: 'Whatsoever ye would that others should do unto you, do ye also unto them.'"

Principle 8: "We affirm that the doorway to reformation is never closed against any human soul here or hereafter."

The next two elements are Principles of Natural Law:

The Principle of Agreement: Components of reality are limited in their association with other components by their vibration.

The Principle of Detachment: The outcome of a process or a person's behavior is appropriate within the context of Natural Law.

The last element is something that Jane Roberts brought to us in one of her Seth books. As you may know, Jane Roberts documented the teachings of Seth in numerous books. On page 149 of *The Nature of Personal Reality,* (1980, Bantam Books) Seth discusses the natural aggressive tendencies of humans. He maintains that there is one cardinal commandment that we have need to understand. That is, "Thou shalt not violate." I have interpreted his supporting dialogue to say:

The Prime Commandment: Thou shalt not impose your will on others.

What do these elements have in common? I submit that, along with an expanded understanding of Natural Law, these are cornerstones of a spiritually mature person's worldview. Your meditation on these elements will help you see that this is true.

I believe I can integrate these elements for you with a brief discussion of the power of words.

A Brief Discussion of the Power of Words

I don't like you!

. . . .

Can you feel the energy in these words?

What is your reaction?

Before I continue, please accept that I do, indeed, like you. Even if I do not know you, I have immense respect for you because I know that you are doing your very best to do what is right, both for yourself and for others.

My intention here is to illustrate the power of words. Have I done this? Can you sense the exchange of energy that occurs when someone says something like this to another person?

Through my study of spirit, I have come to understand that words you express are preceded by thoughts you think. In Spiritualism, you are taught that thoughts ultimately become things. To make sense of this, consider the mechanics of your expressions:

- First something occurs to bring a thought to you. For instance, someone in your life bugs you one time too many and you become irritated.
- You then pass this irritation through the filter of your worldview. If your view of reality permits you to blame others for your situation, then this irritation will manifest as a thought focusing on the transgressor's character.
- Now something very important begins to happen. These thoughts begin to attract energy and begin to form that energy into a thing that exists outside of you. Even if you do not openly express your thoughts, this energy remains as a coherent thing that can be sensed by others.
- If you do express your thoughts, you cast this energy out to the person on whom you have focused your thoughts.

Can you see? Your words, even your thoughts, take a form that is capable of influencing others. For instance, I am happy to know you. So if I tell you this, my words function as a pointer that directs my thoughts of happiness toward you; thoughts that are energy laden with my sense of happiness. You will hear my words and sense the truth of my words. On the other hand, if I say that I am happy to know you, but think that I wished you would go away. You will hear my words, but you will also sense that I am not being honest with you. We must all remember that it is not just the words, but also the thoughts that initiate those words, that are cast into the world.

My point is this: if you believe in Natural Law, if you believe in the existence of spiritual energy, then you must also believe that your thoughts and expressions are extensions of your Self and that these thoughts have an influence on others.

Remember the Sixth Principle of the NSAC? Do unto others? This is a most powerful Natural Law. The nature of your thoughts toward others has a

(Continued on next page.)

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considerable influence on the nature of their thoughts toward you. Even if you do not express your thoughts as words or actions, the energy you cast into the world is imprinted with what you really think.

As Spiritualists, you have learned to seek understanding of Natural Law and to live in accordance with its Principles. As such, you should understand this:

- You operate Natural Law with your thoughts.
- Your words are a physical manifestation of your thoughts.
- Thus, you can influence your world through careful selection of your words.
- You can also manifest the world you desire by aligning your worldview with that desire, thereby aligning your thoughts with that desire.

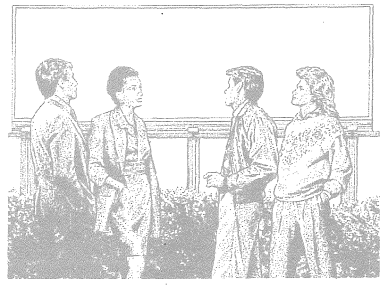
I suppose it is obvious that thoughts of like or dislike influence our relationship with others. After all, we all know that what we think is colored by how we view our world, what I call our worldview. But do you understand that this is a two-way effect? Not only are your thoughts shaped by your worldview, but your worldview is also shaped by your thoughts. For instance, if you believe you live in a fearful world, if your worldview is full of apprehension, then that fear will in some small way color your thoughts about other aspects of your world. All things have the potential to be fearful or beneficial, depending on how you look at them. So as you find reason to fear things in your world, you reinforce your fearful worldview, thus assuring that your future experiences will also be fearful. Worldviews are like that; they help us create self-fulfilling prophecies. In fact, if the Principles I have mentioned are the cornerstones of your spiritual edifice, then Natural Law is the world and worldview is your foundation. It is so important that you learn to manage it well.

So you can see that if you find delight in many aspects of your life, you will eventually come to expect to find delight in every aspect?

Try this: the next time you fear something, stop yourself and reconsider. Tell yourself that your fear is just one view of what you can expect. Make yourself take a closer look so that you can have time to consider the other possibilities before you. Find something good in the situation. I assure you, if you make a habit of this, you will succeed in telling your worldview to expect good rather than bad. In this way you will come to habitually view your world.

So consider the implications of Principle Six. You can begin by taking a close look at yourself. How might you modify your behavior to live in accordance with Natural Law?

- Make a conscious effort to live in accordance with the Principles of Natural Law.
- At the same time, recognize that you do make mistakes.
- When you do make a mistake, do your very best to accept the consequences so that you can learn from them.
- Accept that you are not perfect, even as you work toward perfection.
- Because you know this of yourself, try to remember that other people are the same.
- Should you encounter someone that irritates you, remind yourself that they are not deliberately trying to create a problem for you.
- Try to remember that they are doing their very best to live in accordance with their understanding of Natural Law.
- Intend to react to people you perceive as irritating in a way that will remove the irritation without condemning those people.



For, if you condemn them, you condemn yourself. Principle 6 is reciprocal!

And remember that, while you should resist reacting negatively to dissatisfying situations, you should be quick to express gratitude for situations that make you happy. It is important to reinforce what you perceive as a positive behavior or outcome, because for the same reasons that your negative thoughts are harmful, your positive thoughts are helpful. In effect, I am saying that Natural Law tells you to reinforce the positive with positive thoughts, and to also neutralize the negative with positive thoughts.

Does all of this make sense to you? Can you see that others are trying just as hard as you to live in accordance with Natural Law? Even if you do not believe they are, behaving as if you do can change the nature of the energy you cast into the world? Natural Law is a real thing. Spiritualists believe in it because it has a real influence in their lives. They know that expressions of dislike carry an energy that invites a similar reaction in others.

Take some time to contemplate the way you think of your world. How does your worldview color your thoughts toward others? It is natural for you to feel uncomfortable around some people. But I promise you that the way you express your discomfort will determine how your relationship with those people will evolve.

The **Principle of Agreement** is a powerful Natural Law that comes into play here. In effect, your worldview is a measure of your spiritual maturity. And, it is your spiritual maturity that determines the vibration of your spiritual being. In practical terms, you attract people who are at the same or similar vibration. That is, if you are negative, you will attract negativity.

Now I need to give you a way out of a possible dilemma. You may consider yourself a positive person, yet find yourself surrounded by negativity. If so, remember that the Principle of

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Agreement is not the only Principle operating in your life. Meditate! Open yourself to the possibility that you may need to know and understand negativity as part of your spiritual education. Also, it is possible that your positive energy is attracting people who need your positive influence in their life. Are you being given an opportunity to practice your belief?

Perhaps the key to effectively dealing with irritating people and situations, while remaining true to the operation of Natural Law, is to practice the **Principle of Detachment**. This Principle of Natural Law teaches that you should accept the outcome of events and situations as the result of the operation of Natural Law. This is not to say that you should be a victim to the operation of Natural Law. The operation of these Principles is to be managed, not surrendered to.

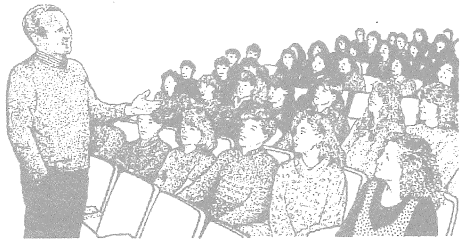
I believe one of the reasons you have entered into the human condition is to gain an understanding of individuality. You are able to do this because your physical body shields you from directly sensing your environment. However, peering out at the world from inside your body can possibly lead you to think of yourselves as a typical being. This can further lead you to believe that everyone else views the world as you do—that they have the same worldview. They do not.

In the context of your relationship with other people, the Law of Detachment suggests you should recognize that, just like you, people are trying to do their best. Because of their different situations, abilities and worldview, their solution to a problem may be different than what you would do. If you expect them to behave in a certain way, you will almost certainly be disappointed. You need not accept other people's behavior, and it is reasonable for you to be uncomfortable with some of the things people do, but it is not reasonable for you to take what people do as a personal affront motivated by an unthinking person. I promise you that people feel justified in everything they do.

Stop and consider the **Eighth Principle** of the NSAC before expressing your dislike for someone. By affirming other people's continuing possibility of reformation, you hold that there is always hope that they will come to understand and follow Natural Law. I submit to you, when all of the facts are known, it will become clear that we all seek reformation. Can you imagine that? Can you see that we are all learning to live as spiritual beings. Principle Eight tells you that it is always possible for you, or that irritating brother-in-law of yours, to gain spiritual maturity. No one is beyond hope.

Perhaps more important to your spiritual growth, is the **Prime Commandment**, which holds that: Thou shalt not impose thy will on others. Your expectation of another person's behavior is an imposition of your will on them. Plain and simple!

Just as you should be open for surprises when it comes to what will make you happy in life, you should try to be positive or at least neutral in how you feel about the behavior of others. The bottom line is that there are many ways to accomplish the same goal. Your relationship with your environment, and with other people, should not be one of likes and dislikes. It should be one of recognition that these alternative ways of doing things, these unexpected results, provide opportunities to have different experiences and for you to better understand the operation of Natural Law through those experiences.



Lest you become paranoid about using words that express dissatisfaction, I will close with the reminder that the thought that originates a word is most important. Saying that you do not like broccoli, for instance, can either be an expression of true dislike or it can be a short-cut way of saying that, for some reason, broccoli does not suit you. In the second case, the expression of dislike is simply a statement of selection. However, you may want to take some time to contemplate your use of such words. Your every word is an expression of your efforts to operate Natural Law. Are you defeating your efforts to gain spiritual maturity by your thoughtless choice of words? ⏭

"Healing"

BY MERRY BROWNE, KENTUCKY

Einstein discovered that everything is energy. David Bohm found that energy is also consciousness. Consciousness is Lifeforce – Healing Process.

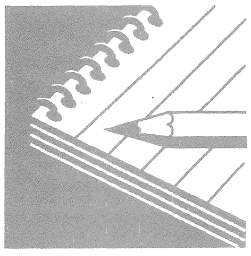


We are consciousness (energy) within a body which functions body systems and organs and heals body. (Observe cuts – bruises heal automatically). **But...**

At same time an unpeaceful mind **mal**functions and diseases body.

To stop being unpeaceful mind stops the malfunctioning – diseasing of body, then mind (energy) heals our illness just as it heals cuts – bruises. ⏭

Morris Pratt Institute Association ■ The Rev. Pamla Ashlay, NST, Secretary



*Each month **The National Spiritualist** will feature the writing from a student who is currently taking the education course from the Morris Pratt Institute. Featured this month is an essay written by **Gloria J. Nye** from Maine.*

The Seventh Principle of Spiritualism states that it is "the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws." I believe with all my being that this is an absolute truth.

How does an individual recognize this truth in his or her everyday life? "The proof is in the pudding." An individual can shout from the rooftops that he or she loves God. He can proclaim his commitment to spiritual growth to everyone he meets. But, unless there are concrete results that show his life is unfolding in constructive, everyday circumstances, he would do well to admit that he has blocks that are needing to be resolved in order to move forward.

Now, what about the individuals that feel they are doing the best they can, and the results are still not forthcoming. They are not aware of having consciously broken any spiritual or physical laws, but know that something is wrong. Where do they search for answers? The obvious answer is – within. Who better to tell you what is wrong in your life, than the God-consciousness within.

If a human has an inherent weakness, it is that he does not know himself. We create our own worst problems when we make up ideas, that simply are not true, just to make-up for what we do not know. What is one of the consequences of not knowing who we are? We miss out on the reality of the presence of the God-consciousness within us. We are co-creators with the God-consciousness. Scary! If we dwell on all the lack in our life – we draw to us lack. If we dwell on the lack of love in our life-we draw to us lack of love. If we dwell on hate and revenge – we draw to us disease (for isn't hate and revenge a disease?).

It is absolutely important that we understand the Law of Attraction. The first way to do this is by understanding and acquiring self-knowledge. Finding out who we really are and what is our purpose here. Yet, if we focus our attention on the abundance we have (there is always someone who has less) we draw to us more abundance. When we are thankful for the love that is present in our life, we draw to ourselves great love.

Spiritualism answers both questions. We are spiritual beings having a human experience, and our purpose here is to discover ourselves, and to discover that God is not up there somewhere and you are all alone, but that God is within the center of your being. We are so loved, we are given the right and the freedom to create our own reality. Isn't it amazing how life's greatest truths are always so simply spoken. Yet, this simple truth may be the greatest challenge we will ever face. Ignorance of these Laws does not exempt anyone. The Laws apply to all people, regardless of creed, race, wealth or intelligence. It has been said that the greatest minds use only 1/10th of their mental capacities. Jesus said that if a man has only as much faith as a grain of mustard seed, he could move a mountain. That's power. That is also responsibility.

How do we go within? How can we become reacquainted with the God-consciousness? With no more "mental effort involved than the effort applied toward any other task." The attempt to understand is crucial to the success "in a spiritual search for understanding."

There are three essential ingredients in order to be successful in your inner quest. Self-understanding; True Insight; and Aspiration. Self-understanding questions the motives behind our actions. It questions why we think or feel the way we do about people or things. If we have been honest with ourselves, we now reach the second ingredient—True Insight. At this level, things start becoming a lot clearer. Our intentions behind good deeds, or bad deeds are held up to us in plain sight. Do we put money in the collection plate out of a sincerity to help the church, or is it because we feel guilty that people are going to look at us and think we're cheap. Do we help someone because we want to be held up to the community as a caring individual, or are we helping because we are drawn to ease another's burdens? All good deeds. But our intention behind the deed is what creates the good feelings or bad feelings around us. The third and last ingredient is Aspiration. When we have self-knowledge, we thirst for more. The more we learn, the greater is our chance for success.

In knowing ourselves, we become physically self-aware. We know our capabilities, our limitations, and our potential. We know how much we can handle or take on. We do not over-burden ourselves.

In knowing ourselves, we learn to like ourselves in our body, mind and soul. This means realizing and accepting our past mistakes, forgiving ourselves, and letting them go. We are only human, we make mistakes. As soon as we release these mistakes, we are freed up to become who we truly were meant to be. If you hold old grudges, you create an atmosphere that does not allow anyone to forgive you your mistakes. If you steal, there may come a time when what

(Continued on page 29.)

MORRIS PRATT INSTITUTE ASSOCIATION
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PASTORAL SKILLS brings you a knowledge of pastoral responsibilities in ninety-six hours of class work. Included are lectures, guest speakers, hands-on pastoral experiences through role playing of life-like situations, of funerals, special services and study into areas of counseling, such as: pre-marital, marriage, suicide, family dynamics, violence, chemical dependency, death and dying, and the grief process. The class is open to any dedicated student and at this time Pastoral Skills is a required course for the NSAC Licentiate Minister certification.

Class size is limited. Early registration is necessary. A deposit of $50 is required sixty (60) days in advance with full payment required thirty (30) days in advance, or payment plan has been arranged. Complete information for the site will be sent upon payment of a deposit. If eight students are not enrolled for a session thirty days in advance, the session may be canceled.

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- **LILY DALE, NEW YORK:**
  Lily Dale Spiritualist Camp – Two Week Session
  June 17 – 7:30 p.m., Orientation; **June 18-30**, Classes
  Instructor: Rev. Sharon Snowman, NST
- **MILWAUKEE, WISCONSIN:**
  Morris Pratt Institute – **Split Session – Two Years**
  Week One: June 10-16, 2000 – 7:00 p.m., Orientation
  Week Two: June 9-15, 2001
  Instructors: Rev. E. Ann Otzelberger, NST; Rev. Pamla Ashlay, NST
- **HARTFORD, MAINE:** Pinpoint of Light Camp
  July 22 – 7:30 p.m., Orientation; **July 23 – Aug. 4**, Classes
  Instructor: Rev. Cosie L. Allen, NST

CLASSES: Daily, **8 hours, classroom;**
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Materials: List will be provided upon payment of deposit. Required books will be provided.
Additional books may be ordered at site.

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☐ I prefer the payment plan of $50 per month for 7 months. I understand I must have $150 paid before the class begins. I further understand I will not receive my certificate of completion until payment is received in full at the Morris Pratt Institute.

By signing here, I agree to the above terms: _____

Humor to put you in Good Spirits . . .

"It is income tax time again and Uncle Sam simply wants to know: How much did you earn? How much do you have left? And, how come?"

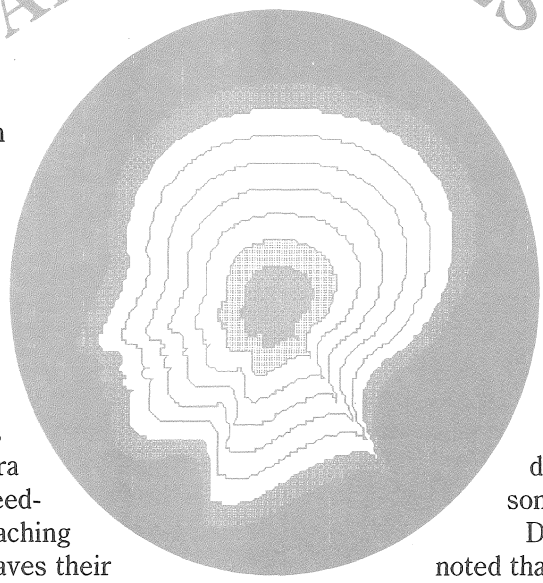
If you want to see a shorter winter, borrow some money due in the spring."

"It's not the things you don't know that get you in trouble, but the things you know for sure."

Name the greatest of all inventors. Accident. – Mark Twain

I was shopping for a birthday card and not finding just the right card . . . I kept replacing them and taking another card. My little granddaughter finally asked, "Grandma, are you looking for a card with money in it?"

ALPHA WAVES



BY ELIZABETH HARRIS, DSNU, CANADA

Alone in a semidarkened research room, a young woman relaxed in an armchair before a blank screen. Three electrodes were attached to her scalp, another to her earlobe. Suddenly a pale blue light flickered on the screen, and then steadied. The voice of the researcher quietly exclaimed, "That's alpha."

The voice of the researcher was that of neurophysiologist, Barbara Brown, who was demonstrating "biofeedback training" – a new way of teaching human beings to control the kind of waves their brains emit – in this case, a rhythm called "alpha" which accompanies relaxation.

The research was demonstrating that the brain's constant electrical activity produces wave patterns that can easily be measured with an electroencephalograph attached to the scalp. The patterns, recorded by the EEG as tracings on ribbons of paper, came in four main wave lengths: delta (.5 to 3 cycles per sec.), occurring in sleep; theta (4 to 7 per sec.), linked to creativity; beta (13 to 30 per sec.), identified with mental concentration; and the relaxed alpha (8 to 12 per sec.).

A tone of light activated by the EEG tells the trainee when he or she is producing alpha waves. Asked to keep the feedback (the tone of light) steady, most people easily complied by relaxing.

It was in 1929 that the German Psychiatrist, Hans Berger, discovered alpha waves, but it was not until 1958 that experimenters began to work with "alpha training." Perhaps this research may prove a boon for psychology, psychiatry, and education, but, unfortunately, it has spawned a pop-alpha cult of profit-seeking trainers, and fervent devotees in search of instant Zen.

Research goes on, and alpha researchers report that subjects enjoy the "subtle and ineffable" alpha. Its pleasures may come from the fact that alpha represents something like letting go of anxieties. Too, scientists hope to help claustrophobics by training them to produce alpha and thus relax in enclosed spaces.

Artists, musicians and athletes are prolific alpha producers; so are many introspective and intuitive persons, as was Albert Einstein.

When learning to handle problem children, some school systems, experiment with "alpha training" to relax stutterers, and as a substitute for tranquilizers in hyperactive children.

The Menninger Foundation, working with psychologist Elmer Green, is training subjects not to raise, but to lower their alpha while increasing theta. In the low-alpha, high-theta state, Green says that deeply buried unconscious problems sometimes float into awareness.

During research with children, it was noted that when concentration was high, alpha was low. And when alpha was produced, it showed that the child's mind was wandering. Attention could be brought back by showing a few attention-getting pictures. It was noted, too, that alpha waves were prolific with eyes closed, and when the eyes opened, alpha faded.

Legitimate scientists are quick to point out that commercial "alpha training" attracts the "naive, the desperate and the superstitious." Machines operated by amateurs may record little more than amplified noise or scalp twitches, and according to the well known scientist Mulholland, **electronic yoga remains a faddist's dream.** It does nothing except take money out of the pockets of the unsuspecting. Voltaire said long ago, "Quackery has existed since the first knave met the first fool."

Scientists tell us there is still no proof that alpha and special mental powers go together, though the possibility even tantalizes the scientists. In any event, "alpha training" is no shortcut to Nirvana.

It always amazes me when I see scientists struggling to understand something about which Spiritualists have known for many many years. For Spiritualists have always known about **The Relaxed State,** and the benefits derived from it. Although the words *alpha brain waves* are new, our illustrious pioneer Andrew Jackson Davis, called the relaxed condition **True Harmony** and the healer Harry Edwards called it **Attunement.**

This relaxed condition, which we now know is the state which produces alpha brain waves, is simple and easy to achieve. And in Spiritualism, it's the relaxed state necessary for spirit sensing, inspiration and spiritual healing.

(Continued on next page.)

EDUCATION SPEAKS *(Continued from page 26.)*

you treasure most will be stolen from you – the Law of Cause and Effect. In acquiring self-knowledge, these Laws become very clear to you. When Jesus spoke with the woman at the well He told her, "go and sin no more."

Self-knowledge also requires you to like your body. The responsibility for your general health and the well being of your body lies on your own shoulders. Learn what is right and healthy for your body, and then do it.

No one said this is going to be easy. It happens to be the greatest challenge in our life. Help is not beyond our reach, it is within our grasp. The awareness and self-realization that we are striving to reach can be attained through the use of meditation.

If you think that meditation is a new fangled way of thinking that was invented by some New Agers – think again. The art and practice of meditation started back many countless centuries of the earliest recorded records. That alone should prove the merit of meditation. If the ancients could and did use meditation, then there is no reason why we can't use it.

Meditation, practiced correctly, simply means removing our attention away from all those things which worry or frighten us. We are not hypnotized. In fact, we remain alert and observant. It lets us clearly see our experiences for what they really are.

There are many different ways to meditate but they all have common threads. Regular meditation is of value to anyone who is able to learn it. You need not change your religious affiliation in order to practice meditation. Meditation will enable you to be more soul-centered and God-conscious.

Meditation requires effort. It is a challenge. It involves time and work, but the rewards are so great, the events connected with the challenge of meditation are well worth overcoming.

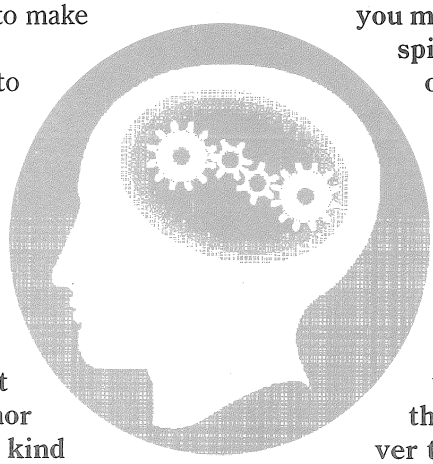
The benefits of meditation can help an individual with day to day issues; with problems such as weight control, mundane issues, and marriage problems. It is not meant to be a problem solving device. Its higher purpose is to make it possible for an individual to go to a deep mental and spiritual level.

Problems can be addressed when the level is reached (that still, quiet time) by asking your inner wisdom to show you the guidance you need. Then let it go. Trust. Your answer will be given to you in some form or another. A friend may call and inadvertently give you an answer. You might turn on the TV or radio and hear someone speak, or in the words to a song you hear the answer, or in a hundred different ways. When you acquire self-knowledge, you become aware of answers being presented to you. No prayer is left unanswered.

The true practice of meditation promises us peace and understanding. It settles our unrest. It opens us to a million possibilities. We reclaim our power, our birthright, by becoming a whole being – mind, body and soul. ⏭

ALPHA WAVES *(Continued from previous page.)*

Spiritualists say that achieving **The Relaxed State** is a natural act, almost like dozing but within consciousness. **It is not mental concentration**, but rather it is an abandonment of the mind. One should not try to make the mind a blank, for this is not possible.



Harry Edwards describes training to induce **The Relaxed State**. He says: **Tenseness must be avoided. Let the mind dwell on beautiful things. Take a mental holiday in a beautiful garden, envisioning the glory of the flowers with all their colour and scent.**

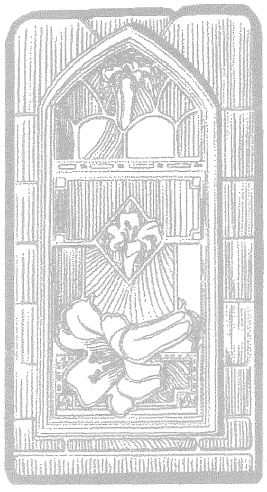
Other Spiritual Healers say: **I put myself into a quiet calm state – not actually thinking, not concentrating, nor pursuing, nor withdrawing, but into a kind of limbo state – more like day-dreaming. When I'm in this peaceful mood, I begin to sense the presence of my spirit helpers.**

The medium Ursula Roberts writes in *Wisdom of Ramadahn* of **The Relaxed State** needed for spirit sensing and spiritual healing:

Sit in quietude with the mortal mind at rest. in this peace those of the spirit who guide and love you may draw near to drop into the quietened spiritual mind their own thoughts, visions or words.

If you desire to impart healing to those who are in need, seat yourself in some restful place and allow to drop away all fret, anxiety and fear, slowly bringing yourself into a state of quiet thought until you are conscious of the deep peace of the spirit and the warm power of the Love which heals all things. Then in loving thought send to those you desire the silver thread of your influence.

So, although Spiritualists know all about the relaxed state of mind which produces alpha brain waves, and have been using the benefits in various ways throughout the history of Spiritualism, it is always interesting and enlightening to know what scientists say. ⏭



Understanding The Physical Phenomena Of Easter

BY ROBERT EGBY, NEW JERSEY

Most people who ever went to Sunday School, and even those who did not, have heard of the events between Easter Sunday morning and the Ascension, forty days later. I can't ever recall anybody asking the teacher pointed questions, such as "Why were the disciples' eyes opened?" and "Why did Jesus disappear from their sight?" and "Why did the disciples think they'd seen a spirit?"

Perhaps all of us need to be introduced to the rest of the story – the world of metaphysics/mediumship where explanations are logical and straight forward.

First of all, we as Spiritualists, recognize that Jesus of Nazareth was a teacher, a great teacher. He taught the teachings of the ages. His Sermon on the Mount is a classic presentation of mystic philosophy and is widely accepted as such by theological schools outside Christianity. The Golden Rule, a principle so prominently taught by Jesus, is embedded in the teachings of Modern Spiritualism.

But these aside, Jesus predicted he would rise again. He said it not once, but is on record as stating it five times. This is perhaps the most important factor in the teachings of Jesus, yet the Easter event, and indeed the so-called "miracles" he performed, have been completely distorted and idolized by a sheer failure to understand the application of certain well established Natural Laws.

Even the disciples – the close and devoted students of Jesus – did not believe it until their "eyes were opened."

Recall the scene. It's the third day, Easter Sunday. Very early. Mary Magdalen, Mary the Mother of James, and Salomé go with spices to the tomb. The big stone is rolled back. The body is gone! An angel, some say a young man, tells them Jesus is risen and instructs them to tell the disciples.

Mary Magdalen remains at the tomb. The other two rush off. Mary is left alone weeping. It is the start of one of the most fascinating metaphysical events in the New Testament. The text is from the Latin Vulgate – the Gospel according to John: "Woman," Jesus said to her, "why art thou weeping? For whom art thou searching?" She supposed it must have been the gardener, and said to him, "If it is thou, Sir, that has carried him off, tell me where thou hast put him, and I will take him away." Jesus said to her, "Mary." And she turned and said to him, "Rabboni" (which is Hebrew for Teacher). Then Jesus said, "Do not cling to me thus; I have not yet gone up to my Father's side..."

Mary rushed off to spread the news that she has seen the Lord. The disciples didn't believe her.

A bright, investigative Sunday School student would ask: "Why didn't Mary recognize him at first?" and "Why did Jesus say 'Do not cling to me thus.'" In metaphysics the answers rest in the realm of manifestation and a substance called ectoplasm. More on this in a moment, but first....

The next event in the story of Jesus takes place on the road to Emmaus, seven miles from Jerusalem. Cleopas and others were walking along, and Jesus starts to walk with them. They express surprise that the stranger had not heard about the crucifixion. He would have walked on, but they invited him to supper. Luke takes up the story. "And when he sat down at table with them, he took bread and blessed it, and offered it to them; whereupon their eyes were opened, and they recognized him; and with that he disappeared from their sight." (Luke 24:30 LVB)

Ectoplasm — it's a chemical compound of living matter present in the physical body. Generally it's invisible but it is capable of assuming vaporous liquid or solid states. It is seen best in low light situations, although it has been witnessed in daylight and there are many instances of it being photographed. Ectoplasm is used by spirit guides or spirit operators to create images in the physical realm. One famous incident is in the Book of Daniel. King Belshazzar is feasting in ancient Babylon, when suddenly a hand appears from nowhere and writes a prediction on the walls that tells the coming doom of Babylon.

The appearance of spirit hands in séances has been commonplace in physical phenomena of mediumship. Back in the 1920s and 1930s hands not only appeared during circles, they found their way into locked boxes where they left identifiable finger prints in soft wax.

Sir William Crookes was a dynamic and highly respected British scientist in the 20th century. President of the prestigious Royal Society. He discovered the element Thallium and invented the Crookes Tube, the forerunner of the cathode ray tube, the face of which is the screen of your television.

Crookes' psychic research and findings triggered a social and religious maelstrom in the 1870s. He

(Continued on next page.)

demonstrated that psychic phenomena was not only repeatable (a condition that secures its rating as a science), but that spirits could manifest themselves through a substance called ectoplasm. Over a three-year period of sittings with medium Florence Cook, observed and recorded by various famous and distinguished people, a beautiful spirit named Katie King appeared—with not just hands—but the entire body.

In his book *Researches in the Phenomena of Spiritualism*, Crookes wrote, "For nearly two hours she walked about the room, conversing familiarly with those present. On several occasions she took my arm when walking and the impression conveyed to my mind that it was a living woman by my side instead of a visitor from another world."

In one manifestation, Crookes clasped Katie in his arms. When word of this reached the Royal Society, he was bitterly criticized from all quarters. A photograph of Sir William standing arm in arm with Katie King created a furor that impacted Crookes' life for years.

While Crookes is identified as the scientist who first investigated materialization, there have been many such phenomena since. One notable spirit manifestation photographed as a series was the infra-red photographs taken by Jack Edwards of the spirit Silver Belle. The photos which were published all over the world in the early 1930s showed the spirit developing from a gauzy cloud to a fully developed form, with hands raised and blessing all, then starting to dematerialize again. The medium was Ethel Post-Parrish.



ETHEL POST-PARRISH

Ectoplasm is the substance that gives a physical form to all psychic phenomena. In these things, it is always well to remember that everything in God's Universe operates according to God's Universal Laws – the Natural Laws – including God, or Infinite Intelligence.

Now you may understand the words of the Master Teacher Jesus when he responded to Mary Magdalen with the words: "Do not cling to me thus." He was not ready for that sort of encounter. That came later when he appeared to the disciples and invited the doubting Thomas to touch the marks left by the nails.

"Then he said to Thomas, 'Let me have thy finger; see, here are my hands. Let me have thy hand; put it into my side. Cease thy doubting and believe.' Thomas answered, 'Thou art my Lord and My God'."

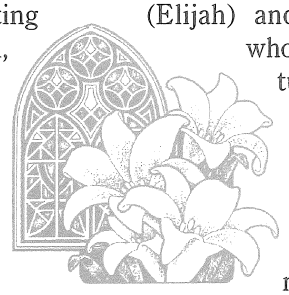
And Jesus then produced that classic message: "Thou hast learned to believe, Thomas, because thou has seen me. Blessed are those who have not seen, and yet have learned to believe." (John 20: 27-28 LVB)

The New Testament records that Jesus appeared in spirit ten times in forty days. He suddenly materialized in rooms that were closed and locked. Luke provides an interesting statement. It concerns Cleopas, relating his meeting with Jesus on the road to Emmaus. "As they were saying this, Jesus himself stood among them. But they were startled and frightened, and supposed they saw a spirit." (Luke 24:37 KJV) It's interesting, the Latin Vulgate Bible replaces the word "spirit" with "apparition."

The ten recorded appearances, were not confined to the disciples and close friends. He also appeared to an estimated 500 people in Galilee, and later to (Saul) Paul on the road to Damascus.

To Spiritualists, Easter Sunday and the days and events that followed is an excellent example of early spirit return. Let us not forget that Jesus also demonstrated that the "existence and personal identity of the individual continue after the change called death," and this personal identity is long lasting.

It occurs in Mark 9:2-7. Four months prior to his death, Jesus took Peter, James and John to a high mountain where He was transfigured in their presence, where His garments became "bright, dazzling white like snow." But more importantly, the disciples saw Jesus conversing with Elias (Elijah) and Moses, personalities who had lived many centuries before.



The events between Easter Sunday and the Ascension can be understood quite clearly by students of mediumship and Natural Laws. If Christians find the spirit appearances of Jesus hard to accept in reality, that's understandable. Some of the disciples considered it impossible, and these were people who had been part of Jesus' inner circle, his development group.

The essence of all this is contained in Luke, Chapter 24. Mary Magdalen, Mary the mother of James, and Salomé remind the apostles that Jesus had foretold his death and that he would arise on the third day. Luke wrote: "But to their minds the story seemed madness, and they could not believe it." (Luke 24:11 LVB) Unhappily, this is an inclination perpetuated to this day by many in society.

The Modern Spiritualist, conscious of, and aspiring to the ancient time honored teachings of Jesus from the Sermon on the Mount, will also recall those far reaching words: "I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father." (NIV John 14:14).

When I was a young, inquisitive pilgrim, many years ago, I wish I had possessed this knowledge to ask questions in Sunday School. ⏭

SPIRITUAL HEALING REQUEST

(PLEASE PRINT OR TYPE)

Healing Prayers are requested for:

_____

requested by:

_____

because of the following conditions:

_____

_____

_____

Please send a "One A Day" packet to:

_____

_____

_____

_____

I will pray with NSAC Prayer Groups:

DAY_____ NIGHT_____

If you should wish to make a **Love Donation** to help offset the NSAC Healing Center expenses, please send to:

NSAC HEALING CENTER
c/o Rev. Gene Pfortmiller, NST
3521 W. Topeka Drive
Glendale, AZ 85308-2325

To request information on "How to Form a Spiritual Healing Prayer Group."

CHECK HERE ☐

The first week of each month the names received are compiled and sent to the NSAC Office for inclusion in the NSAC monthly mailing to all churches. Also many healers around the country are mailed the list. An individual's name will usually be kept on the healing prayer list for three months unless we hear from you that you are healed or that more healing is required. We also request prayer groups to keep in touch with the National Healing Center throughout the year.

Prayer Healing is a wonderful way to practice Absent Healing, to help others, to share a prayer and is something EVERYONE can participate in.



Healing Prayer, An Explanation

COMPILED BY
ROBERT J. MACDONALD

Editor's note: Most Spiritualist Worship Services include the Prayer for Spiritual Healing. Many repeat it without much thought, so during the NSAC Healing month we are re-printing this booklet as a reminder of the power of this prayer. We realize there is non-inclusive language used, but have printed it as written. The booklet is available through the NSAC Book Store.

Prayer For Spiritual Healing

I ask the great Unseen Healing Force
to remove **all** obstructions
From **my** mind and body
And to restore **me** to **perfect** health.
I ask this in **all** sincerity and honesty
And **I** will do **my** part.
I ask this great Unseen Healing Force
To help **both** present and absent ones
Who are in need of help
And to restore **them** to **perfect** health.
I put **my** trust
In the Love and Power of God.

I ASK THE GREAT UNSEEN HEALING FORCE.

This is a request, a supplication, a psychic demand, all in one, and the one who asks, whether he be the patient or the Healing Practitioner must recognize how vital is this first step in the direction of **health**. Health, physical, mental and spiritual, is but the proper adjustment of the body, soul, spirit. When this adjustment is disturbed, even in a small degree, then ill health is the result. When ill health is present, the first and main search must be for the cause of the disease, which may be deeply hidden and unsuspected. The Healing Practitioner, student or patient must strive to uncover this hidden cause. Call upon the Great Unseen Healing Force in Prayer, and with true honesty, that Peace and a healing balance may be re-established.

TO REMOVE ALL OBSTRUCTIONS FROM MY MIND AND BODY.

How very difficult it may be for the un-enlightened, the unillumined to discover **all** the obstructions in one's mind and body. The petty annoyances common to mankind's every-day life, if allowed to, may, over a period of time, result in a complex destruction of peace and well being, the effects, apparently, being far removed from the real cause. How many adults are haunted by a fear of the unknown because the parent or guardian besought obedience through recourse to the Bogey-Man idea. How many adults live in fear of malignant disease, because of uninformed opinions which they have collected during their childhood days! Search carefully! **What are your obstructions**, Mental, Spiritual, Physical? Do not suppress your fears. Do not suppress your wrongful habits but bring them to the surface, into the light of true Spiritual Consciousness. Then carefully weed them from the garden of your understanding. They are real weeds and parasitic vines, strangling the beautiful flower of health and well-being. Superstition, lying, jealousy, hatred and envy; **FEAR**, fear of Death, of the Unknown, of disease, mental and physical, all are the unlovely weeds of life.

(Continued on next page.)

Carefully eliminate them, one by one, always remembering that "Weeds are best eliminated by the cultivation of the Flowers." Be honest and diligent in your efforts, and gradually the cultivation of the beautiful will eliminate all that is undesirable in your life. Patience and perseverance are necessary. **You must do your part.** Infinite Spirit will aid you.

AND TO RESTORE ME TO PERFECT HEALTH.

This line again places one in the attitude of the supplicant. The Practitioner, the student or the ailing person must recognize what true supplication really is. True supplication does not mean groveling. One must not allow himself to be reduced to the level of the beggar, but must realize the dignity of true enlightenment in which he asks Infinite Intelligence, the Great Cooperative Power, to **restore**. This word implies that once the human family possessed **Perfect Health**. Many people are born with inherited tendencies toward disease, but that which was once perfect may become so again. Through the mazes of doubt, seek the true light of **Infinite Intelligence**. As the expression of God in this life, man must seek to claim his heritage. You are asking God to **restore** your heritage, but you must be worthy. **You must do your part**. The way to become worthy is the Way of Spiritual Enlightenment.

I ASK THIS IN ALL SINCERITY AND HONESTY.

The key words in this line are, **Ask, Sincerity** and **Honesty**. Again we must turn back to the principle of **Asking**, not Begging. Man is not a beggar, spiritually. He is, potentially, the most spiritually wealthy expression of Life on this planet; but he, himself, must realize the Spiritual, the Mental, the Physical wealth within himself. He must be utterly sincere and honest. This is a most difficult process when one is confused by the artificial type of life too commonly lived and which is exterior impression without any inner understanding. To be sincere and honest, one must be consistent in prayer, honest enough to uncover and face all the wretched, unlovely habits and sincere enough to be consistent in the desire to be rid of them. Do not be superficial nor hurried in your search. Be thorough, – you have all eternity in which to work. As you progress with more certainty and assurance, each day will become a more blessed realization of the beauty and worth of living a true life.

AND I WILL DO MY PART.

Here are the words **"I Will Do,"** are important. Jesus said, **"I and the Father are One,"** and this is the object of the **True Healing Practitioner**, the earnest student, the sincere patient, the EGO personality which you are, is but



one manifestation of the **Whole**, "I" which is Infinite Intelligence. When one realizes this, a great new potentiality is uncovered for your unfoldment. You have promised to "Do Your Part" and in the doing you become thrillingly conscious of co-operation with Infinitude. To **know** that one is not away from, but is within and a part of Infinitude produces an effect of calmness and peace, comparable to no other sensation. The At-Oneness with the Infinite "I" is the real core of all physical, mental and spiritual progress. **Many** people achieve this readily because of right spiritual attunement. Others, because of variable sensitivity, must strive long and assiduously to attain and hold the right spiritual attunement. When once fully achieved, its joy and harmony are realized constantly, without effort or strain.

I ASK THIS GREAT UNSEEN HEALING FORCE.

This, the first line of the second portion of the Healing Prayer, is a repetition and its greatest value is achieved in repeating it over and over, that one may become more closely drawn in attunement with the Ideal.

TO HELP BOTH PRESENT AND ABSENT ONES.

This line causes one to realize that absence of loved ones is real only to the physical senses. Infinite Intelligence is Omnipresent, and neither time nor space can intervene nor interfere. One may, through spiritual contact, be as fully conscious of the friend in another city as one may be of the friend close at hand. The key word in this line is **Help**. To help another, to aid another, whether present or at a distance, places the healing practitioner or the student in the position of asking that greater power may vibrate through his consciousness for the unselfish purpose of helping others, of serving others in need. This is a beautiful demonstration of strong, positive brotherly love sent out to the Infinite, for others for their relief from all degree of disease, discomfort and unhappiness.

WHO ARE IN NEED OF HELP.

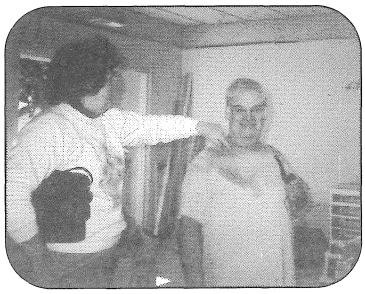
This is in accord with altruism and universality. It recognizes the pains and sufferings in the world of which one may not be conscious, but for the relief of which he wishes to offer his mite of sympathy and prayerful helpfulness. Response to Prayer is living proof of the Omniscience of Infinite Intelligence and evidence of lack of barriers to intervene. Thus we become Universal in our prayer to help the body, mind and soul of mankind. The Healing Practitioner or student must learn, and must practice the great lesson of unselfish service. Only by this understanding can one be free from the reproach of self-seeking, and make spiritual growth and progress.

AND RESTORE THEM TO PERFECT HEALTH.

Here the emphasis is placed in **Them**. The Healing Practitioner or

(Continued on next page.)

Dedication in Indiana



Working on the building, Pres. Mildred Schlagel, and one of the remodelers, Henry Smith.



Dedication Ceremony: Pres. Mildred Schlagel, Rev. Jesse James, Secy. Wanda Whetsel

Greetings from all of us in Indianapolis, Indiana. Two years ago we relocated from Frankfort and have worked very hard and long since that time, with great results. The members and friends of the First Spiritual Science Church had occasion for celebration when they moved into their new church location, a building they had been remodeling and working on for quite some time. October 31st, 1999, was a day of dedication, with a wonderful service and dinner. It was decided that when the church was dedicated we also wanted a new name. We are now the "New Dawn" Spirit of Light Church, Inc., NSAC and our new location is 3637 West 10th Street, Indianapolis, Indiana 46222.

The Dedication Ceremony was given by Indiana State president, the Rev. Jesse James, from Gary, Indiana. The Master of Ceremonies was Mildred Schlagel, the president of our church. Robert Bianchi gave a beautiful healing meditation and then a group of Japanese Ladies sang like angels. The dinner was filled with fellowship and followed by an afternoon service with the Rev. Mike Mellotte of the Progressive Church of Indianapolis. Hertha Comstock did a lovely solo. There were about seventy-five people in attendance including lots of old friends and many new ones. All in all, a **beautiful** day and we are truly enjoying our new building. ⏭



Japanese Ladies, entertaining opening day Dedication . . . voices like angels!

HEALING PRAYER, AN EXPLANATION

(Continued from previous page.)

student is giving himself in **Service**, and is praying, in clear, definite understanding to Infinite Intelligence to help **Them**, the brothers and sisters of human-kind. To properly appreciate this, one must clear the consciousness of self. The garden of the Soul must be cleared of the weeds of self-seeking, so that the clear, pure light of Spiritual Realization shining through shall bring about the spiritual health growth required by **Them**. They, who are the object of our prayer.

I PUT MY TRUST.

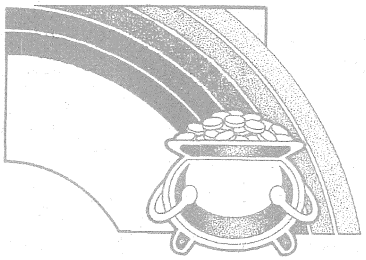
The emphatic word in this line is **Trust**. Trust is that supreme confidence in the power of Spirit to heal which knows neither doubt nor fear. Infinite Intelligence (Spirit) is the motivating power, expressed always through Natural Law. One must be conscious that the desired effect of our prayer is not a miracle, but is the result of the action of Natural Law. A realization of the exact functioning of the **One Law** in the universe must be attained. The patient must be brought into the great spiritual garden if perfect health. Consciousness of disease must be eliminated, so that **perfect** health, which is the complete expression of Natural Law shall be realized. The Power of the Law is Infinite Intelligence. Place your Trust in the pure source of all Power.

IN THE LOVE AND POWER OF GOD.

Love, Power, God, are the three great words of this line. Jesus said, "Perfect love casteth out fear." The Healing Practitioner, student, patient must cast out **fear**, that they may realize perfect harmony. It has been said that a newborn babe has only two natural fears: fear of loud noises and fear of falling. These are perfectly natural fears. The auditory nerves are shocked by discord. We must learn that **harmony** is the **chord** of the universe. Fear of falling is a natural instinctive knowledge of lack of balance. **Balance** is the secondary note in **harmony**. Without **balance** there can be no **harmony**. Therefore all unnatural fears which have accumulated in the lives of men must be cast out. To achieve perfect **harmony** in life, one must seek to understand and to finally appreciate Natural Law. Honesty must compel one to recognize the paralyzing effect of all fears and to cast them out. Power is the great realization of the truly unfolded, unbiased soul. To be truly conscious of power is to be conscious of the one great Force of the universe. The minor notes in the universe all blend together to make the one great chord of **harmony**. God is the directive Intelligence behind all expression. **Love, Power, God,** three mighty notes in the rising scale of the song of truly healthful, spiritual living. Say them over and over again and rise to new heights of truly balanced spiritual understanding. ⏭

Pot o' Gold!

by James R. Woodhams, Jr.



I was searchin' for a rainbow,
lookin' for a pot o' gold;
And when I finally found it,
it was all that I could hold.

I crossed thru many rivers,
and followed many streams;
Searchin' for solutions,
and chasin' all my dreams.

I fought off many monsters,
and battled with the fears;
Walkin' up the mountain,
to find the source of tears.

So where did I find the rainbow
It came from deep within
The pure White Light of Spirit
My inner soul opened.

What happened in APRIL throughout the years?

APRIL

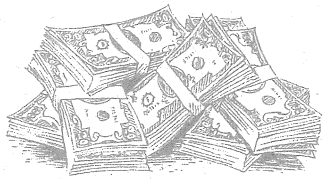
NSAC Spiritual Healing Month. When we do our part the Great Unseen Healing Force does remove the obstructions and the Love and Power of God restores balance and harmony. April is a time of renewal, the month where **Earth Day** and **Arbor Day** are observed and it is **Keep America Beautiful Month.** Let us all spend a few minutes each day to wrap our world in Love, to send out the healing blessings, and to pray for all those in need. Thank you all for your healing prayers and energy in April and throughout the year.

APRIL 9-15

Volunteer Week, the 27th annual observance to honor our invaluable volunteers. What would our churches, our community organizations, or people in need do without them. Over 100 million Americans are working to make their communities a better place. It is estimated that about half of all adults and teenagers in the US volunteer, giving over 22 billion hours a year of their time. Express your appreciation with a thank you. Send a prayer, give a small gift or recognize an outstanding volunteer.

APRIL 15

Income Tax Day, a time to practice



the Law of Prosperity for ourselves and our country.

APRIL 20

Passover – A commemoration by the Hebrew people to remember the end of slavery and the flight from Egypt in ancient times. Moses led his people to a new life, a new land and to freedom.

APRIL 21, 1840

Cora L. V. Scott Richmond had her birth on this date. Spiritualism owes much gratitude to this pioneer for her wonderful mediumship, for her service to the N.S.A. as a minister, teacher, writer, poet, Vice President of the Association and so much more. At the first Congress of World Religions in 1893, she represented the religion of Spiritualism with a paper entitled, *Presentation of Spiritualism*. She was called the " Silver-tongued Orator" because of her wonderful trance mediumship.

APRIL 21

Rev. Pamla Ashlay, NST is celebrating her birthday today. Let us all send her a good thought and wish her a great year.

APRIL 24

Easter – A beautiful time of renewal, of transformation, of rebirth. The celebration by the Christian religion of the resurrection of Jesus, demonstrating eternal life and continuation of the soul.

APRIL 26, 1863

Harrison D. Barrett, graduated from the Unitarian Theological School at Meadsville, PA., but when a loved one passed to the Spirit World, he received evidence that was so correct that he embraced Spiritualism. He was the editor of *The Banner of Light* for seven years and the first president of the National Spiritualist Association of the United States of America. There is a yearly pilgrimage in Maine to his gravesite to honor this special pioneer.

APRIL 27, 1919

Mary Pepper Vanderbilt passed to the Spirit World on this date. Mary has been called the backbone of New England Spiritualism because of her executive abilities and her mediumship abilities, along with being a fine speaker and a willing worker for the cause. She was a test medium, giving seances with her guide, Bright Eyes, even as a child. The Czar of Russia requested a seance at the Imperial Palace in 1906, and she astounded audiences in many European Countries during this tour. ⏭

Declaration of Principles

National Spiritualist Association of Churches

1. We believe in Infinite Intelligence.

2. We believe that the phenomena of Nature, both physical and spiritual, are the expression of Infinite Intelligence.

3. We affirm that a correct understanding of such expression and living in accordance therewith, constitute true religion.

4. We affirm that the existence and personal identity of the individual continue after the change called death.

5. We affirm that communication with the so-called dead is a fact, scientifically proven by the phenomena of Spiritualism.

6. We believe that the highest morality is contained in the Golden Rule: "Whatsoever ye would that others should do unto you do ye also unto them."

7. We affirm the moral responsibility of individuals and that we make our own happiness or unhappiness as we obey or disobey Nature's physical and spiritual laws.

8. We affirm that the doorway to reformation is never closed against any human soul here or hereafter.

9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.



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