



# Campbelltown Spiritual Church of Light

CWA HALL AT THE END OF KING STREET CAMPBELLTOWN

Service every Sunday 5.00pm to 6.30pm

Contact: Maxine (02) 9826 7330 or Our Web Site: [www.campbelltownspiritualchurch.com](http://www.campbelltownspiritualchurch.com)

## NEWSLETTER JAN/FEB 2013

Welcome all, to 2013

May you all be surrounded by  
love and light xo

Best Wishes & Many Happy  
Returns to those who are  
celebrating Birthdays at this  
time.

### A chance to Start Anew -Author unknown

How often we wish for another  
chance  
To make a fresh beginning.  
A chance to blot out our mistakes  
And change failure into winning  
It does not take a special time  
To make a brand new start,  
It only takes the deep desire  
To try with all our heart.  
To live a little better,  
To always be forgiving,  
To add a little sunshine,  
In a world for which we're living.  
Never give up in despair,  
Nor think you are through,  
For there's always tomorrow,  
A chance to start anew.

### A New Year Wish

May Peace break into your home  
& thieves steal your debts  
May the pockets of your jeans  
become a magnet for \$100 bills  
May love be all around you and  
laughter be on your lips  
May 2013 be the best year of  
your life!!

### In Times of Sorrow

*In times of sorrow & heartbreaking grief,  
It's hard to remember to keep your beliefs.  
Behind the scenes there is a greater force,  
Guiding the events of one's chosen course.*

*There is no perfect date or time,  
For loved ones who are left far behind.  
Emotions & words cannot describe,  
Bewilderment or questions of, "Why"*

*In times of sorrow you may not believe,  
That over time your heartache will cease.  
Through love & care of family & friends,  
Your strength will increase: your tears  
will end.*

*This is a time to remember the past,  
Your life together that flew by so fast!  
Happy moments of laughter & fun,  
Not marred by anger or ever outdone.*

*Two souls experiencing lessons to share,  
With purpose & focus, not to compare.  
Beyond comprehending the ebb & the flow,  
Life proves delightful & easily shows.*

*In times of sorrow it is hard to perceive,  
Why certain loved ones are destined to  
leave.  
The wheel of life is a game we all play,  
It will call you by name on your chosen day.*

*But this is a day that the soul re-unites,  
To a higher power as brilliant as light.  
It's a time to rejoice to the peace that this  
gives, a joy that is shared for a soul that  
once lived.*

*In times of sorrow you'll feel daunting fear,  
But don't let this block you, let others stay  
near. Stay true to yourself & trust in your  
Heart, you are never alone & never apart.*

*When you're feeling lost things aren't what  
they seem, so pay close attention to all of  
your dreams. During this state your energy  
blends with loved ones in spirit, for there is  
no end.*

Margaret Jang.

## The Seven Principles

1. The Fatherhood of God
2. The Brotherhood of Man
3. The communion of Spirits & the Ministry of Angels
4. The continuous existence of the human soul
5. Personal responsibility
6. Compensation & retribution for all good & evil deeds done on earth
7. Eternal growth open to every human soul

### Inspiration; The Angel of Strength

Take action regardless of the  
outer pressures heaped on you.

**Measure your strength by the  
degree to which you are willing  
to remain true to your values and  
risk the unknown**

Accept the challenge; pick up the  
gauntlet, for you have the  
strength of character to succeed  
where others have failed.

## Upcoming Guests

### January 2013

- 6<sup>th</sup> – Stephanie
- 13<sup>th</sup> – Tucky Cooley
- 20<sup>th</sup> – Maureen Romanowski
- 27<sup>th</sup> – Jenny Heard

### February 2013

- 3<sup>rd</sup> – Sharon Hood
- 10<sup>th</sup> – TBA
- 17<sup>th</sup> – Cheryl Freeman
- 24<sup>th</sup> – Florence King

## Forgiveness & Healing

Although forgiveness is simply letting go and letting life flow, this work on forgiveness can be very hard especially for some who need it greatly, but very worthwhile... provided we keep at it long enough.

Forgiving is a creative use of the mind that can be deeply healing. Indeed, forgiveness is in essence a miracle worker! Cultivating forgiveness daily softens our life. The traditional manner of practicing forgiveness is to first extend it to someone for whom you have some resentment and to touch with them with the possibility of forgiveness. Secondly, you picture another who is unforgiving towards you, and you reach out with an openness to be forgiven and a willingness to let go of unfinished business of the past, which separated you. Then lastly, forgiveness is sent to oneself. Truly we have been waiting our whole life to hear "I love you" in our voice.

One cannot deeply receive love from another until they have received it from themselves. Indeed, the Buddha said that no matter how hard one searched, one could not find anyone in the Universe more needing of love than oneself... and do we not tend to begrudge love for ourselves?

The practice of forgiveness opens the mind to the natural compassion of the heart. Practiced daily, it allows ancient clings to be remembered and dissolved. But in the beginning forgiveness may have something of an odd quality about it. One needs to first recognise that guilt arises uninvited. It is important to use forgiveness not as a means of squashing guilt, but as a means of dissolving obstructions. At first one may feel they did nothing wrong, so why ask for or send forgiveness. But emotions are not rational; they have a life of their own. We ask for forgiveness and offer forgiveness not because of some imagined wrong doing, but because we no longer wish to carry the load of our resentments and guilts. To allow the mind to sink into the heart. To let go and get on with living.

If at first forgiveness feels a little awkward, please remember that forgiveness is not a condoning of the unskillful act which has caused injury, but a touching of the actor with mercy and loving kindness. We cannot condone rape, but we may in time be able to touch the rapist with some understanding, lessening our own fear and revulsion, opening our life a bit more. Forgiveness benefits oneself, not just another.

Forgiveness finishes or ends unfinished business by letting go of the armoury which separates one heart from another. As one teacher said, 'As long as there are two there is unfinished business. When the two become one, the heart whispers to itself in every direction'.

In the deepest stages of forgiveness, one finds there is no 'other' to send forgiveness toward, but just a sense of sharing. Then as in unconditional love, there is not forgiveness for another but forgiveness with another.

Many years ago, during a very difficult time in my life, sitting very alone by a pond in a redwood forest practicing the forgiveness meditation, the practiser disappeared, and all became forgiveness; the trees were forgiveness, the boulders, the pond, the salamander crawling across my sneaker. The world became an all accepting love. And in my mind a voice whispered that I was forgiven for everything I have ever done, to which my mind responded, 'Oh, but that's not possible, there has been so much'. To which the heart replied, 'You are completely forgiven, it is all done. If you want to pick it up again, that's up to you. But it's all yours from now on'. How difficult it was to accept, to allow such an enormous forgiveness into my heart and how healing!

From Stephen Levine's words in "Healing into Life & Death"...

## Self Forgiveness Meditation

Here is a way to the warmth, the caring of total self acceptance. Reflect for a moment on that quality we call forgiveness. Bring into your mind, actually into your heart, the image of someone for whom you have much resentment. Take a moment to feel that person right there at the centre of your chest in the heart centre.

And in your heart say to that person, 'I forgive you for anything you may have done in the past, either intentionally or unintentionally, through your thoughts, words or actions that caused me pain. I forgive you'.

Slowly allow that person to settle into your heart.

Don't judge yourself for how difficult it is.

No force, just opening slowly to them at your own pace.

Say to them, 'I forgive you. I forgive you for the pain you caused me in the past, intentionally or unintentionally, through your thoughts, your deeds, your words. I forgive you'.

Gently, gently open to them. If it hurts, let it hurt. Gradually open to that person. That resentment, that incredible anger, even if it burns, ever so gently though, Forgiveness.

'I forgive you'.

Let your heart open to them.

It is so painful to hold someone out of your heart.

'I forgive you'.

Let your heart open just a bit more to them. Just a moment of opening, of forgiveness, letting go of resentment.

Allow them to be forgiven.

Now opening more to forgiveness, bring into your heart the image of someone from whom you wish to ask forgiveness.

Speak to them in your heart. 'I ask your forgiveness for anything I may have done in the past that caused you pain, either by my thoughts or my actions or my words. Even for those things I didn't intend to cause you pain, I ask for your forgiveness'.

'For all those words that were said out of forgetfulness or fear. Out of my closedness, out of my confusion. I ask for forgiveness'.

Don't allow any resentment you hold for yourself to block your reception of that forgiveness. Let your heart soften to it. Allow yourself to be forgiven.

Let yourself be freed.

Let that unworthiness come up, that anger at yourself – let it all fall away.

Let it all go.

Open to the possibility of forgiveness.

'I ask your forgiveness for whatever I may have done in the past that caused you pain. By the way I acted or spoke or thought, I ask your forgiveness'.

It is so painful to hold yourself out of your heart. Bring yourself into your heart. Say 'I forgive you', to yourself. Don't reject yourself.

Using your own first name, in your heart say, 'I forgive you'. Open to that. Let it be. Make room in your heart for yourself.

'I forgive you'.

All those resentments let them fall away.

Open to the self-forgiveness. Let yourself have some space.

Let go of that bitterness, that hardness, that judgement of yourself.

Say 'I forgive you' to you.

Let some glimmering of loving kindness be directed toward yourself. Allow your heart to open to you. Let that light, that care for yourself, grow.

Self-forgiveness.

Watch how thoughts of unworthiness and fears of being self indulgent try to block the possibility of once and for all letting go of that hardening.

See the freedom in self-forgiveness. How can you hold that pain even a moment longer?

Feel that place of love and enter into it. Allow yourself the compassion, the care, of self-forgiveness. Let yourself float gently in the open heart of understanding, of forgiveness, and peace.

Feel how hard it is for us to love ourselves. Feel the pain on the hearts of all those caught in confusion. Forgive them, forgive yourself, let go gently of the pain that hides the immensity of your love.

From "Who Dies" by Stephen Levine.