NEWSLETTER

Church of Peace, A Spiritualist Center, NSAC



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A Message from the Director

Charvonne Carlson, NST, CM, CH

Hello All,

Spring is upon us here in the North Western Hemisphere. Some are experiencing the warmth of the Sun being closer to the Earth and others are being kept busy with snowstorms and melts immediately after. Spring is promising a glorious and unpredictable arrival. With that April is also Arab American Heritage month. Here at Church of Peace we strive to recognize all of life's diversity. Please take the time to learn more about Arab Americans, their contributions and culture. Our rich tapestry offers many opportunities to honor our uniqueness while also recognizing our spiritual connection in oneness.

We have started a new article, Ask A Medium. Please feel free to submit a question you would like a medium to answer. Both the medium and you can remain anonymous. We will submit the answers in future issues of our newsletter.

Sending Much Love and Joy to you ALL.

Many Blessings,

Charvonne

Charvonne Carlson, NST, CM , CH Director, Church of Peace, A Spiritualist Center



Happy Spring!!!



Church of Peace is a Spiritualist Online Church, registered with the National Spiritualist Association of Churches,

We focus on the educational and spiritual development of Spiritualists through the foundation of Modern American Spiritualism.

"How beautiful it is to live in a world with no walls." — Manal Al-Sharif, Daring to Drive: A Saudi Woman's Awakening

Upcoming Events

Church of Peace, A Spiritualist Center, NSAC Sunday Services 9am CST

Our Members Take the Service

Speaker and Medium



Allison E. Bell, JD Vice President and member of the Pastoral Comittee for the Church of Peace, A Spiritualist Center

March 5, 2023 April 2, 2023 May 21, 2023 July 9, 2023 September 17, 2023 December 17, 2023

Rev. Rosmary Calderalo PHD. NST. CM. CH NSAC Board Treasurer and member of the Church of Peace, A Spiritualist Center

March 19, 2023



Angela Gunshore, MA Secretary and member of the Pastoral Committee for the Church of Peace, A Spiritualist Center

February 26, 2023 March 26, 2023 June 11, 2023 August 13, 2023 October 29, 2023 November 5, 2023 December 3, 2023

churchofpeacespiritualistcenter.org

Sunday Morning Spiritual Service

Sunday Morning 9 am CST, 10am EST, 7am PST

Email: churchofpeacespiritual@gmail.com
or
website to join

Church of Peace, A Spiritualist Center churchofpeacespiritualistcenter.org Church of Peace A Spiritualist Center

Let's Talk Online Lyceum

Thursday, April 27th, 2023 8pm EST, 7pm CST, 5 pm PST

Email: ChurchofPeaceSpiritual@gmail.com for more information on this Lyceum

Church of Peace A Spiritualist Center

CA Spiritualist Circle

Online

April Saturday dates: 8th and 22nd

7pm EST, 6 pm CST, 4 PM PST

Email: churchofpeacespiritual@gmail.com for more information on this mediumship circle

If interested in joining our church, please fill out a membership application below

General Membership Application
(for other memberships see website)

Membership is \$30 a year

Contact churchofpeacespiritual@gmail.com

Recipes from the Middle East

Middle Eastern Rice with Black Beans and Chickpeas

Recipe by JulieP on 2-17-23 at https://www.allrecipes.com/recipe/87496/middle-eastern-rice-with-black-beans-and-chickpeas/

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 cup uncooked basmati rice
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon ground cayenne pepper
- 1 quart chicken stock
- $1\,\%$ pounds ground turkey or beef or lamb
- 2 (15 ounce) cans garbanzo beans (chickpeas), drained and rinsed
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 bunch chopped fresh cilantro (Optional)
- 1 bunch chopped fresh parsley (Optional)
- 1/4 cup pine nuts (Optional)

salt and ground black pepper to taste



Step 1:

Heat olive oil in a large saucepan over medium heat. Stir in garlic; cook for 1 minute. Stir in rice, cumin, coriander, turmeric, and cayenne pepper. Cook and stir for 5 minutes, then pour in stock and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes.

Step 2:

Meanwhile, place ground turkey in a large skillet over medium heat. Cook and stir until crumbly and evenly browned.

Step 3:

Gently stir turkey, garbanzo beans, black beans, cilantro, parsley, and pine nuts into cooked rice. Season with salt and black pepper.

NSAC Newsletter

To be informed on the latest activities, events and movements in the National Spiritualist Association of Churches, please read their newsletter at the link below

Newsletter

Healing Requests

Church of Peace would like to remind members to send all healing requests to

churchofpeacespiritual@gmail.com

by Tuesday each week.

Please use first names only.

During our Sunday service we will read the names aloud so our healers and members can send healing energy to those in need..

Remember the fourth Sunday of the month at 8 am CST is a healing service is offered by the

Church of Peace A Spiritualist Center

presents

Caroline Shola Arewa

Author and Coach

Sunday, May 7th, 2023 Service at 9 am CST

Email: Churchofpeacespiritual@gmail.com for Zoom link

Spiritualism in Arab Culture

Arab spiritualism is a complex and multifaceted phenomenon that encompasses a variety of religious, cultural, and philosophical traditions across the Arab world. It is difficult to make generalizations about Arab spiritualism, as beliefs and practices vary widely depending on region, culture, and individual interpretation.

"For Wagdy and Jawhari,
Spiritualism offered one way to
reconcile Islam and modern science.
It also allowed them to carve out a
place for Islamic traditions in the ever
-developing study of Spiritualism,
showing that they were a legitimate
part of this global conversation,
which was important for many of
these early Spiritualists."

-Raphael Cormack

at <u>Spiritualism Experiences its Heyday in the 20th</u> <u>Century Egypt</u> However, there are Arab spiritual traditions that involve beliefs in psychics, healers, and mediumship. For example, certain forms of Sufism, which is a mystical branch of Islam that emphasizes direct experience of the divine, may involve practices such as seeking guidance from spiritual masters, seeking healing from saints and healers, and engaging in forms of ecstatic worship that involve trance-like states (Ernst, 2013).

Similarly, traditional folk practices in many Arab countries may involve belief in various forms of psychic and spiritual phenomena. For example, in Morocco, there is a long-standing tradition of "baraka" or spiritual power believed to be passed down through certain families and individuals, and

which is thought to confer abilities such as healing and clairvoyance (De Smet & Debeche, 2011). Similarly, in Egypt and other parts of the Arab world, there are traditional healers known as "*sheikhs*" who are believed to have special spiritual powers that enable them to heal physical and mental illnesses (Ghalioungui, 1980).

As beliefs in mediumship and psychic abilities vary widely across the Arab world and are often a matter of belief. However, there are individuals in the Arab world today who claim to have psychic or mediumistic abilities.

For example, in Egypt, there are individuals known as "raqis" or spiritual healers who are believed to have the ability to communicate with spirits and provide guidance and healing to individuals experiencing spiritual or psychological distress (El-Shamy, 2013). Similarly, in some regions of Morocco, there are individuals known as "amel" who are believed to have the ability to communicate with *jinn* (spirits) and provide protection and healing to those who seek their assistance (De Smet & Debeche, 2011).

Raphael Cormack's (2022) article Spiritualism Experiences its Heyday in the 20th Century Egypt, discussed Egypt's most well-known Spiritualist, Abu al-Khair and his Spiritualist magazine Alam-al-Ruh (The Spirit World) that introduced the Middle East to the phenomena and research on Spirit after World War II. Using the terms of Jinn, Abu al-Khair, translated the British Spiritualists work of Oliver Lodge and Arthur Findlay, and educated others about the tenets of spirit communication and the science of life after death. Also Mohammed Farid Wagdy was the first science scholar of Spiritualism who wrote about seances and practitioners of Spiritual healing. Sheik Tantawi Jawhari wrote about Spiritualism in the Quran in his 1919 book Al-Arwah (The Spirits). Unfortunately, unlike the Western Spiritualists in America and Britain, Middle Eastern Spiritualism as taught by Jawhari and Wagdy, did not offer a place for women. Note, however, that not all Arabs or Arab spiritual traditions believe in or practice psychic abilities, healers, or mediumship.

References:

Cormack, R. (2022, July 5). Spiritualism experienced its heyday in 20th-Century Egypt. New Lines Magazine. https://newlinesmag.com/essays/spiritualism-experienced-its-heyday-in-20th-century-egypt/

De Smet, D., & Debeche, A. (2011). Divine healers: Folk medicine and baraka in Morocco. Journal of North African Studies, 16(4), 567-579.

Ernst, C. W. (2013). Sufism: An introduction to the mystical tradition of Islam. Shambhala Publications.

Ghalioungui, P. (1980). The physician in Islamic society. Routledge & Kegan Paul.

Sheik Tantawi Jawhari, the "Father of Arabic Spiritualism"

By A. M. Gunshore

Sheik Tantawi Jawhari was born in 1862 in Egypt and was educated in al-Azhar, an Islamic institution where he became a religious scholar. By the 1900s, Jawhari believed Islam and science could coexist. The 1910, Halley's comet led to a spiritual awakening when Jawhari experienced a phenomena. He claimed he was visited by extraterrestrial spirits. He published a book about his experience traveling with the group to a new place where he was given guidance on how to direct humans away from materialism and to strive for world peace. His book of this experience was called "Where is the Humanity?" -



Sheik Tantawi Jawhari

 حضرة الاستاذ الشيخ طنطاوي جوهري ക്ക (الطبعة الأولى) (شوال سنة ١٣٣٧ هجرية — يوليو سنة ١٩١٩ميلادية) « حقوق الطبع والاعادة محفوظة للمؤلف » الظنعة للقريقة ﴿ بشارع كامل رقم ؛ - عصر ﴾

al-Arwah "the Spirits"

By the end of World War I, Jawhari was introduced to British Spiritualism. His belief in the spirit world and his desire to learn more, led him to study the principles and science of this philosophy. Because Spiritualism was not considered a religion but a philosophy with scientific evidence of the spirit world, Jawhari hoped he could blend the principles with his Islamic religion. In 1919, he would publish his landmark book al-Arwah "the Spirits". Islam believes in life after death for the soul, this belief led Jawhari to publicly teach about Spiritualism with its scientific evidence of the spirit communication. Some Arab groups by the 1930s would accept Spirit-

ualism.

Soon in Cairo, Jawhari conducted Spiritualist circles and seances. His group experimented with automatic writing and channeling of spirits. One documented channel was from the Caliph Harun al-Rashid who asked Jawhari to write a book that would rebuttal another's claims about Caliph's family. Jawhari finished the book by 1936. This book would help launch Jawhari as a scientific religious scholar. Jawhari would transition in 1940 but his communications and teachings about Spiritualism lived on through his own spirit communicating to others in Spiritualist circles and seances from the 1940s to 1960s.

Reference

Cormack, R. (2022, July 5). Spiritualism experienced its heyday in 20th-Century Egypt. New Lines Magazine. https://newlinesmag.com/essays/spiritualism-experienced-its-heyday-in-20th-century-egypt/

Cormack, R. [@RaphaelCormack]. (2023, March 1). Tantawi Jawhari, the "father of Arabic Spiritualism",. Twitter. https://twitter.com/RaphaelCormack/status/1631063863369015296

Church of Peace, A Spiritualist Center, NSAC Sunday Services 9am CST Guest Speakers

March 12, 2023 – James Bae Celebrate Life, A Spiritualist Community, NSAC



April 16, 2023 – Rev. Mary Brooks Pastor, Universal Spiritualist Centre

April 30, 2023 - Ellen Edmondson Spirit Portrait Artist



May 7, 2023 - Caroline Shola Arewa Energy 4 Life Wellness Coach and Author



May 14, 2023 - Carol Cesar The Center for Spiritual Enlightenment, NSAC



June 4, 2023 Rev. Celeste Elliot Church of Living Spirit Lily Dale. NY



July 23, 2023 – Rev. Amy Majors International Spirit Rescue Specialist/Teacher/Minister/Intuitive/Healer

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Check out and subscribe to Church of Peace YouTube Channel

for past lyceums, services and discussions at

https://www.youtube.com/channel/UCulMYzK67Bmv KS tEcqvUw/featured

Church of Peace: Psychical Research Science Society



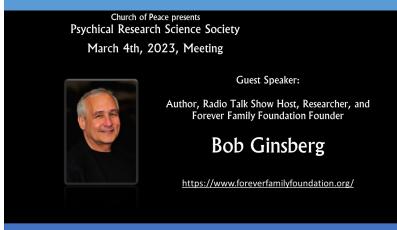
In following Spiritualism, Church of Peace started a Psychical Research Science Society. Our goal is to shed light on the current studies, scientific findings, technology and groups that have proven the existence of life after physical death.

Starting in 2023, we will offer speakers throughout the year for a fee. Due to changing our format, the current membership will be suspended after June, to make the society open to all who are interested in attending the events, webinars and trainings. To register for events with PRSS in the COP Newsletter and on our website page

https://www.churchofpeacespiritualistcenter.org/prss

Church of Peace Psychical Research Science Society Disclaimer

The views and opinions expressed by Presenters do not necessarily reflect the views or positions of Church of Peace , PRSS or the NSAC.



Check out the March 2023 PRSS Meeting

Speaker: Bob Ginsberg

https://www.youtube.com/watch?v=JMKMKLbdax4

Our April PRSS Meeting is cancelled but we hope to see you the first Saturday in May.

Science Articles about Phenomena

- "What We Can Learn From the Science of the Paranormal" by Scott Stenwick, Psychology Today (2022) https://www.psychologytoday.com/us/blog/real-research-real-lives/202203/what-we-can-learn-the-science-the-paranormal
- "Scientists Discover a Potential New Particle That Could Change Our Understanding of the Universe" by Abby Olena, Discover Magazine (2022) - https://www.discovermagazine.com/the-sciences/scientists-discover-a-potential-new-particle-that-could-change-our
- ◆ "The Strange and Unexplained: What Paranormal Research Can Teach Us About Ourselves" by Ryan Stabile, Medium (2022) https://medium.com/@ryanstabile/the-strange-and-unexplained-what-paranormal-research-can-teach-us-about-ourselves-
- ◆ "The Science of Near-Death Experiences: What Happens When We Die?" by Tanya Basu, TIME (2022) https://time.com/6171765/near-death-experiences-science/
- ◆ "A Scientific Explanation for Ghostly Apparitions?" by Brandon Specktor, Live Science (2022) https://www.livescience.com/scientific-explanation-for-ghostly-apparitions.html
- ♦ "The Science of Telekinesis: Can the Mind Move Matter?" by Tanya Basu, Scientific American (2022) https://www.scientificamerican.com/article/the-science-of-telekinesis-can-the-mind-move-matter/
- "The Mysterious Power of the Placebo Effect" by Maria Cohut, Medical News Today (2023) https://www.medicalnewstoday.com/articles/the-mysterious-power-of-the-placebo-effect
- ◆ "Scientists Find Evidence of a 'Ghost Particle' From a Supernova in Our Cosmic Backyard" by Mara Johnson-Groh, The Conversation (2023) https://theconversation.com/scientists-find-evidence-of-a-ghost-particle-from-a-supernova-in-our-cosmic-backyard-182039
- ♦ "Exploring the Science Behind Psychic Abilities" by Sarah Hollenbeck, Psychology Today (2023) https://www.psychologytoday.com/us/blog/mindful-anger/202301/exploring-the-science-behind-psychic-abilities
- "Can Scientists Prove That Life After Death Exists?" by Matt Williams, Universe Today (2023) https://www.universetoday.com/153142/can-scientists-prove-that-life-after-death-exists/



Equal Spirits

Equal Spirits focuses on equality among all living spirits. In the mission of Spiritualism, Church of Peace's goal is to create an equal and diverse community and presence in our global majority world. Our center focuses on topics each month that reflect our belief in celebrating the heritage and contributions of all people.

We are looking for articles, information on events or organizations and even news about topics related to diversity, equity and inclusion. If you are interested in

contributing to our newsletter or website please message us at churchofpeacespiritual@gmail.com.



Struggle for Women's Rights in the Middle East

Still in 2023, women in the Middle East continue to lead protests against the patriarchal systems that govern their lives. These protests are not new, but they have gained new momentum in recent years as women refuse to accept the status quo and demand change.

The death of Iranian woman Jina Mahsa Amini in 2022 sparked widespread outrage and renewed calls for justice and equality. The Tehran morality police claimed Amini was killed by her husband, who had a history of domestic violence, but the media uncovered how she died in police custody after being beaten and arrested for improper wear of her headscarf. Her death highlighted the pervasive issue of gender-based violence in Iran and the urgent need for systemic change.

In response, women in Iran and across the Middle East have taken to the streets to demand an end to violence against women and greater protections for survivors of domestic violence. These protests have been met with harsh crackdowns by security forces, with reports of arrests, beatings, and even killings.

Despite the risks, women continue to organize and speak out, using social media and other platforms to amplify their voices and call for change. Hashtags like #MeTooIran and #IranianWomenFightBack have become rallying cries for women's rights activists, helping to build solidarity and support for their cause.

These protests are part of a larger movement for women's rights in the Middle East. In recent years, women have been at the forefront of movements for political and social change across the region. In Sudan, women played a leading role in the protests that eventually led to the ousting of former President Omar al-Bashir. In Lebanon, women have been at the forefront of protests against corruption and economic inequality.

The fight for women's rights in the Middle East is far from over, but there are signs of progress. In Saudi Arabia, women were granted the right to drive in 2018, and the government has announced plans to allow women to travel abroad without a male guardian's permission. In Iran, women are pushing back against mandatory hijab laws, with many refusing to wear the veil and facing arrest and imprisonment as a result.

However, much work remains to be done. Women in the Middle East continue to face discrimination and violence, and their rights are often limited by laws and cultural norms that reinforce patriarchal power structures. But by continuing to organize and speak out, women in the Middle East are showing that change is possible.

In conclusion, the protests of women in the Middle East in 2023 are a testament to their resilience and determination in the face of adversity. These protests are part of a larger movement for women's rights in the region, and they serve as a powerful reminder that change is possible when women come together to demand it.

References:

Global Citizen. (2022). Jina Mahsa Amini's Death is a Wake-Up Call to the World. Retrieved from https://www.globalcitizen.org/en/content/jina-mahsa-amini-death-what-to-do/

Al Jazeera. (2022). Iran: Women's Rights Activists Face Crackdown Over 'Hijab Protests'. Retrieved from https://www.aljazeera.com/news/2022/1/29/iran-womens-rights-activists-face-crackdown-over-hijab-protests

The New York Times. (2022). Women Lead Protests Against Gender-Based Violence in the Middle East. Retrieved from https://www.nytimes.com/2022/02/15/world/middleeast/women-protests-gender-violence-middle-east.html

CNN. (2019). Women in the Middle East Are Leading the Way. Retrieved from https://www.cnn.com/2019/11/30/world/women-middle-east-protests-intl-hnk/index.html

Tannis, F. (2023, March 13). Women Across Iran Are Refusing to Wear Headscarves, in Open Defiance of the Regime. NPR. Retrieved March 29, 2023, from https://www.npr.org/sections/pictureshow/2023/03/13/1157657246/iran-hijab-protest-regime-politics-religion-mahsa-amini

#IRIoffCSW

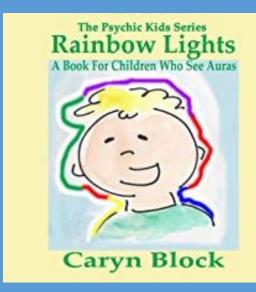
To the Iranian women and their allies on the ground continuing to fight tirelessly, we will continue to listen to you, support you, and boldly move in ways that provoke justice, fairness and equality for you and all women, all life and all freedom.

womanlifefreedom.today

Church of Peace's Children's Lyceum Corner

Book of the Month Children's books Rainbow Lights:

A book for Children who see Auras
by Caryn Block



Johnathan can see Auras around living things. His parents encourage him to use his ability to understand how someone is feeling. Johnathan understands that seeing Auras is a gift.

Check out a new organization that supports children with developing intuitive abilities and helps parents understand their child's unique gifts

Highly Intuitive Kids



https://www.highlyintuitivekids.com/



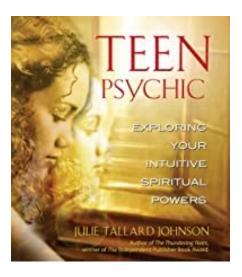
Check out Psychic Kids United for lessons on how to help your gifted child and ways to learn how to work with your child if they show signs of being an empath, psychic, or a medium:

Click the logo to know more.

Book of the Month Teen Books

<u>Teen Psychic: Exploring Your Intuitive</u> <u>Spiritual Powers</u>

by Julie Tallard Johnson



In Teen Psychic, award-winning author Julie Tallard Johnson provides a fun, meaningful process for developing your intuitive powers, as well as practical guidance in applying those powers to your personal spiritual journey. The wisdom teachings of numerous traditions blended with activities--such as meditations, exercises, journalizing, and quizzes--will help you tap into a reservoir of inner strength and knowledge, increasing your confidence and self-esteem.

Church of Peace's Children's Lyceum Corner

The Anagram Game

Find as many words as you can from the phrase listed below The words can be two, three, four, five, six, seven and even twelve letters.

Infinite Intelligence

Two letter words:	Three letter words:
In	tell
Four letter words:	Five letter words:
	rive letter words.
fine	
Six letter words:	Seven letter words:
Eight letter words:	Nine letter words:
Eight letter words.	while letter words.
Ten letters or more words:	

Articles of interest to Spiritualists

- ◆ "The Science of Mediumship: What We Can Learn From Spiritualists" by Alexandra Hansen, The Guardian (2022) - https://www.theguardian.com/science/2022/jan/24/the-science-of-mediumship-what-we-can-learn-from-spiritualists
- ◆ "Can Mediums Help With Grief? Science Says Yes" by Amy Fleming, The Observer (2022) https://www.theguardian.com/lifeandstyle/2022/jan/09/can-mediums-help-with-grief-science-says-yes
- ◆ "The Healing Power of Spiritualism" by Lisa Williams, Mind Body Green (2022) https://www.mindbodygreen.com/articles/the-healing-power-of-spiritualism
- ♦ "What is Spiritualism? A Beginner's Guide" by Jane de Saram, Vogue (2022) https://www.vogue.co.uk/arts-and-lifestyle/article/spiritualism-explained
- "Spiritualism in the Digital Age" by Megan Madden, BBC (2022) https://www.bbc.com/future/article/20220404-the-rise-of-spiritualism-in-the-digital-age
- "The Mediumship Debate: Are Spirits Real or Just in Our Heads?" by Amelia Hill, The Independent (2022) https://www.independent.co.uk/life-style/health-and-families/mediumship-spirits-real-haunting-b2039441.html
- "Exploring the Power of Mediumship for Mental Health" by Sarah Hollenbeck, Psychology Today (2023) https://www.psychologytoday.com/us/blog/mindful-anger/202302/exploring-the-power-mediumship-mental-health
- ◆ "The Rise of Spiritualism in the Age of Anxiety" by Stephanie Rosenbloom, The New York Times (2023) https://www.nytimes.com/2023/01/21/style/the-rise-of-spiritualism-in-the-age-of-anxiety.html
- "Bridging the Gap Between Science and Spirituality: A Conversation With Medium Julie Beischel" by Brian D. Earp, Psychology Today (2023) https://www.psychologytoday.com/us/blog/the-pursuit-wisdom/202301/bridging-the-gap-between-science-and-spirituality
- "Mediumship and the Art of Grieving" by Vanessa Kunderman, Elephant Journal (2023) https://www.elephantjournal.com/2023/02/mediumship-and-the-art-of-grieving-vanessa-kunderman/

Meditation videos for connecting to your Higher Self

- "Guided Meditation for Meeting Your Higher Self" by The Honest Guys https://www.youtube.com/watch?v=KIw6BqgEE3g
- "Meditation for Connecting with Your Higher Self" by Jason Stephenson -https://www.youtube.com/watch?v=gCvM5Rt0m60
- "Guided Meditation to Meet Your Higher Self" by Sleepy Santosha https://www.youtube.com/watch?v=rlBkiGTpG4w
- "Journey to Meet Your Higher Self Guided Meditation" by The Mindful Movement https://www.youtube.com/watch?v=iCZd5OhZCIU
- "Guided Meditation for Higher Self Connection and Healing" by Michael Sealey https://www.youtube.com/watch?v=LfgSEwjzqcU

Declarations of Principles

- 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: "Do unto others as you would have them do unto you."
- 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 soul here or hereafter.
- 9. We affirm that the precepts of Prophecy and Healing are Divine attributes proven through Mediumship.

Healing prayer

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.



