

What is Spiritualism?

Spiritualism is a science, a religion and a philosophy that equally satisfies your heart, your mind, and your logic, by providing the answer to the age-old question 'What happens when I die?' Answering this question leads to a life of increased inner peace and wisdom and facilitates your love and service towards others. It is a way of life that focuses on the joy and harmony within your everyday existence, by taking away the fear of death.

Spiritualism is many things to many people. As it has no dogma, it allows each individual to increase their understanding at their own pace. This means that an individual's understanding of how they live their life, and the values that they attach to their personal views, can shift and change as they themselves grow. Our understanding is that we are all souls clothed in a material body and it is this soul that learns and grows through life's ups and downs. The soul continues to grow on its return to the spirit realm.

Our beliefs encourage us to live our lives in as positive a manner as possible. Some key aspects of our beliefs are described below.

- Each person has freedom of choice but is personally responsible for those choices and for their own actions and reactions. Spiritualism does not tell you what you should believe or how you should act, but rather encourages you to be responsible for your own choices and to take personal responsibility for all that you do, think and say.
- All humans are part of the family of God and therefore each should be treated equally and equitably. Spiritualism embraces and respects cultural diversity, diversity of sexual orientation, and inclusivity for all people. We consciously attempt to work towards communities that reflect peace and harmony.
- Our teachings show us there is no heaven and hell. Rather these are states created within ourselves as a result of our own outlook and behaviour.
- Spiritualism provides a guide to a way of living that gives you freedom within your life, for the betterment / growth of yourself and those around you.

A Spiritualist knows that there is no death and that the life of the soul or spirit continues on. Spiritualist understandings include the following points.

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- Those in spirit / those who have passed over to the spirit realm, communicate with those on the earth plane, but only when they wish to do so, and only under the right conditions. This communication commonly takes place through a medium. It also takes place directly to an individual person, often in the form of a guide or helper.
- Within Spiritualism is the key to an understanding of all that relates to the spiritual, emotional and mental aspects of people. Each of these aspects is linked and needs to be balanced within the individual.

Everything in our Universe is made of energy: every person, material object, parts of nature, Mother Earth, etc. We are all interconnected within that pool of energy. While we retain our individual uniqueness, we are far larger than our physical being, we are a part of all that is.

Spiritualism is a science because it is based on proven facts that have been demonstrated over hundreds of years. It gives proof of our immortality, and of the existence of spirit and the spirit realm.