

Candela



Newsletter of the Swedenborg Association of Australia Inc

Organisational Details are provided on the next page

February 2018

PRESIDENT'S MESSAGE

Hi Everyone

We're at the change of the seasons already. From our hot, dry summer, to the welcome relief of autumn rains and cooler weather. A time of harvest and change. This summer seemed to be a difficult time for many people but we all trust that changes, whatever they may be, produce a harvest of new experiences for us and bounteous rewards.

While many people, especially the young, welcome lots of changes, I for one am sometimes ambivalent about change. It can often bring the loss of something we love or enjoy, even something as simple as going to the beach or basking in the sun. It can leave us confused about what will come next (yes, winter comes after autumn, comes after summer etc).



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Sometimes the changes are unexpected and quick, which we don't anticipate, or a long, slow, drawn out alteration that we may or may not welcome. Children leaving home, change in employment, moving house.

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Please Note: The views expressed in this Newsletter are those of each contributor and do not necessarily reflect any particular position of the Swedenborg Association of Australia or its Committee.

Next Issue – May 2018

I hope you enjoy reading this issue. If you would like to pose any questions or write about a spiritual experience or thought that has enlightened you we would love to hear from you. The deadline is **20th April 2018**

Email to ruth@duckworth.me or post to the registered office. *Ruth*



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Membership of the Swedenborg Association of Australia Inc. is open to anyone who wishes to pursue an interest in Swedenborg, the man, his science and his spiritual teachings.

For details on how to join, call (02) 9888 1066 or browse <http://www.swedenborg.com.au/membership>

Then we can SPRING into new personal growth, once again reinvigorated.

In no small way, the seasons show us the cycle not just of the earth but also of the changes that happen constantly throughout our lives. Now I've just got to stop resisting and all should be well.

Wishing you a gentle shift into Autumn.

Kind regards

Jan

Angels are not constantly in the same state as to love, and consequently they are not in the same state as to wisdom, for all the wisdom they have is from their love and in proportion to it. When they are in the highest level of love, they are in the light and warmth of their lives, or in their greatest clarity and delight. Conversely, when they are in the lowest level they are in shadow and coolness, or in what is dim and unpleasant. From this latter state they return to the first, and so on. The phases follow each other with constant variety.

These states follow each other like variations of light and shade, warmth and cold, of like the morning, noon, evening and night of individual days in our world, varying constantly throughout the year.

Heaven and Hell 155

Time in Heaven

Even though things keep happening in sequence and progressing in heaven the way they do in the world, still angels have no notion or concept of time and space.

The reason we have times in our world is that the sun seems to move sequentially for one zone to another and to make the times we call the seasons of the year. It also moves around the earth and makes the times we call times of day, and it does these by fixed periods.

It is different for the heaven's sun. It does not make years and days by sequential motions and rotations, but makes apparent changes of state; and it does not make these by fixed periods.

Heaven and Hell 162 & 164



The four spiritual seasons – Resurrection
by John Coburn

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When we can accept that change is an integral part of life and indeed can refine and redefine us, we can look forward to the new possibilities that are opened to us. We can harvest the good things that revamps to our lives produce before we settle into enjoying the new way of being.



REFLECTIONS ON MARTINE NEGRO'S TALK ON WELLBEING

By Michael Chester

Martine Negro's SAA presentations on Health Matters have always been enjoyable and the one on Wellbeing in Sydney (March 2017) provided a lot of food for thought. She has many years of experience in the healing profession so is able to illustrate her understanding and perspective on wellbeing with examples from the many clients she has helped.

The talk followed a couple of months after the launch of her book *'Hacking the Wellbeing Code through energetic intelligence. Wellbeing as a living martial art.'* So her presentation was an opportunity to share some of her insights presented in the book, on living a healthy life and various challenges to our well-being. She wrote the book to help people engage from within, to support their well-being, as it is not often discussed.

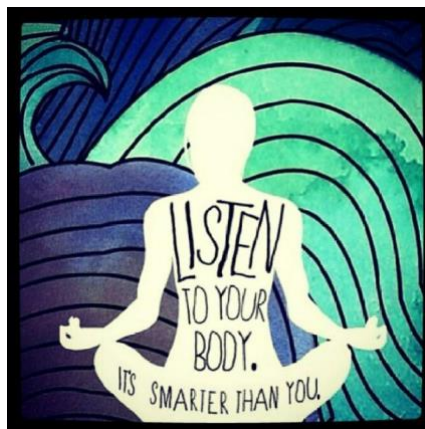
Here are some stimulating ideas mentioned during the talk.

- Your body is your best friend. It's there not to irritate you but to warn you. We need to change our relationship with our body. As long as you get irritated, frustrated, or ignore it, you are going to be in big trouble. And that's why we have so many chronic illnesses. We need to change that perception. The body is doing everything it can to keep you in your balance.
- A symptom is a message. Very often it is a metaphor.
- Your healing has to come from your psychological, emotional, spiritual self.
- Wellbeing is a decision you make. You say to yourself, "I want to be

well, to help other people be better, and I want to enjoy life."

- Where your focus is, that's where your energy is going to go to.

She believes that tuning into the body is a very important part of the art of living well. Here is one way of tuning in, described in her talk, with some associated comments and an example.



Sit down. Close your eyes and tune in to where the pain is or whatever the sensation is. Ask yourself 'What does it feel like?' [A sensation/perception may arise in one's awareness.] Then ask yourself 'What would be an image that connects with that?' [An image often comes up.] Through this image connect with what this part of the body is saying.

And they get it. They get the inside of what is behind it. And then the release of pain or whatever it is.

By tuning in, sometimes an image, a symbol or a memory will come up.

Here's the example Martine gave to illustrate the process:

A person who loved swimming as a child. When she was a young adult she couldn't jump into deep water. And she couldn't work out why. So she tuned in and a memory came up. She was 16 and in charge of a 3 year old nephew. She released his hand for a few seconds to do something and he jumped straight into the close-by body of water and almost drowned. Everyone blamed her and she was so shocked that since that time she didn't go into deep water. So as she healed that, removing the associated guilt and everything associated with that memory; the next weekend she jumped into the ocean from a boat.



If you tune in to your body in a way that works for you, why not share it with other Candela readers and send it to the editor as it's a topic that needs to be more openly discussed.

Martine mentioned Donna Eden whom she described as the "Grandmother of Energy Medicine". Some years ago I listened to an interview of her with Tami Simon titled 'Uplifting Energy'. Tami mentioned to Donna at the conclusion of the interview that she always seems to find her unbelievably happy and uplifted and high-spirited. Tami asked her how can you help those of us who might desire more of this radiant flowing and bright energy?

This was her response:

I think once a day, if you can find a place outside, not in a building, if you could just step outside somewhere and open your arms to the heavens—and I always call this "touching heaven with two hands"—and simply be in a receptive place. If you just go into that receiving place, you're open to whatever the heavens can give you, whatever wisdom is there for you, whatever truth is there or whatever energy that can just come through you.



And if you stand out underneath a night sky or the daytime, your hands will begin to fill up with an energy. Nine times out of ten, people can feel it quite fast. Their hands begin to buzz or fill up with a warmth. And when you get to that place, you scoop that energy up and you put it in

the middle of your heart. There is an ancient vortex there that several different cultures call something like "heaven rushing in." And heaven rushes in with healing for you, or wisdom for you, or insight for you, or a little bit of joy for you, a little bit of that sunset energy coming into your body. The more you do it, the more you will receive it and get it, and start building up a habit so that you can have it more and more in your body.

To conclude, here's a nice reminder of God's activity described in "*A Swedenborg Anthology*". "God's activity is always towards what has been created. There is a perpetual influx, a flowing in to creation to give life and sustain life. In addition, God's all-knowing of everything about a person means that God, from love and wisdom, is constantly active for their eternal welfare."

THE NEW CHRISTIAN BIBLE STUDY WEBSITE

Website address:
newchristianbiblestudy.org

Over about the last five years, a New Church and Swedenborg website has been set up by a very enterprising American, Steve David. Its overall purpose is to offer and provide access to Swedenborg material in many ways. The astounding thing about its activity so far is that it has attracted more and more attention and users. At present, it receives 88,000 'hits' each month and visitor traffic is 1.2 million, up 84% on the previous year. The user graph climbs sharply.

The Swedenborg Association of Australia has been aware of this for quite some time, members have explored it and made very positive comments about its value and purpose. One of the current needs of the management of the website is to be able to fund the development of the website since it does not receive



grants. The Swedenborg Association committee met in February and the members decided to provide \$2,000 from our available funds to help in the development of the New Christian Bible Study (NCBS) website, and we have decided to do this on behalf of all the membership. We are confident that you will be very supportive of this practical use of our funds in this instance.

Some of you will know the website and some of you will not. It will help if I provide you with the menu, which you can navigate for yourselves of course if you go to the address at the top of this article.

1. Direct access to all Swedenborg's spiritual writings

If you go to the website and to the home page, you will see at the left, in blue words, a list of 18 Swedenborg's published spiritual writings, for example *Arcana Coelestia* and *Heaven and Hell*, and below these a list of 37 Swedenborg's unpublished spiritual writings, for example the 6 volume *Apocalypse Explained* and the small work called *Charity*.

Each of those titles, when hit, will take you to its complete access, and now it becomes exciting. If you hit *Arcana Coelestia*, a new page will open, offering the viewer several options. You can go to a particular number, if that is what you want, by putting the number in the box underneath the main title and hit Go. You will also notice immediately underneath this, a Next button, which will sequentially take you to what comes next.

At the top right corner is Translations (which are continually being added in many languages). This will often give you several English versions, others in other languages, and also the original Latin.

2. The Bible

The home page menu has a number of headings, and each of these will drop

down several categories. 'The Bible' will drop down 6 – Read the Bible, Popular Bible stories, Bible word meanings, Bible study talks, Bible commentary and About the Bible. In 'Bible Study Talks' up will come a huge list (currently 269) of particular events and passages in the Bible that have been submitted and given spiritual commentary, either in text or video clip. This is a tremendous resource.

3. Spiritual Topics

I like the sub heading to this menu item, "Here's where we talk about life's deep questions."

This menu will bring up several boxes of different topics – The Big Ideas of the 21st Century, Why did Jesus come to earth as a baby? And Correspondences between Spiritual and Natural levels are the ones featured at present. Scroll down and there is a list of many more, in selected boxes of 50 at a time, and having 267 topics altogether.

4. Swedenborg's Works

This is the last main menu item bringing up a variety of helps in accessing and working with Swedenborg's writings, all very helpful. 'Read Swedenborg's works' will take you to the home page and the blue lettered list we mentioned earlier. 'Additional Translations' will take you to the writings' availability in various languages. 'Bibliography' will provide you with an extensive list of all of Swedenborg's writings and give you a brief but useful description of each book's contents and approach. Collateral books (books written by Swedenborgian authors) are not included. 'Glossary' contains a major coverage explaining the meaning of terms and phrases used by Swedenborg in his works.



There is even a Latin Grammar resource heading and a set of Swedenborg Research Tools which to my delight contains an online set of the 6 volume "Potts Swedenborg Concordance" allowing you to find references to almost everything that Swedenborg says about dreams, suffering, Divine Love, childhood, apples and thousands of other things. Potts Concordance is THE major access material along these detailed lines of finding things.

It also contains online versions of several of Swedenborg's often annotated Bibles.

The other menu items include Log in/Sign up allowing you to be become associated with the work and progress of NCBS and receive email updates of additions. And finally Donate which obviously lets you make a generous contribution to help the development of this website.

Having taken you through the website contents which is hopefully helpful and stimulating, it is really for you yourself to explore it, see how it operates, see what it gives, and use this wonderful tool as much as you wish. You will quickly begin to appreciate how valuable a resource NCBS is to all spiritual enquirers, wanting to get into Swedenborg and use what is there.

We congratulate Steve David for providing this website and all its contents and we wish it and him well in managing its growth, use and the deep dedication which lies within the whole project.

Julian Duckworth

PREPARATION FOR THE SPIRITUAL WORLD

Wilson Van Dusen

As we become older we may go through a spontaneous preparation for entering the spiritual world. It is as though the Lord foresees our dying and the considerable transition this involves. Out of great love He begins to prepare us

while in this life for the spiritual life to come. While nearing 80 years old both my wife and I have observed these changes in ourselves. We have talked of them and even joked about them.

What are these spontaneous internal preparations for the next world? It is as though countless things of great moment to others in the common culture no longer matter. This includes the popular entertainment world: who is in, who is now a star, the latest shows, etc. There is talk of some new and famous stars, and we are amused that we have never heard of them. We can't keep up on, and don't want to keep up on, the latest fashions. Another subject for jokes is concern about the long-term future. A gentle reminder that we won't still be in this world settles that. Some are concerned about how flashy their cars are. We are only concerned that it still runs. In a word, worldly and material concerns fall away as no longer of real consequence.

At the same time the human and spiritual aspects of existence become more important. Even with failing health we both want to remain useful. We work together as volunteers putting away books in the Children's Room of the public library. Without us, or people like us, this well-used facility would close. We become concerned about the quality of lives of others. It is painful to watch others harming their lives. We might well say something diplomatic to them. **The quality of lives becomes prominent.** We see others on different paths and have some sense of how much satisfaction they find on their unique path. It is as though all people become equal. We have found what is meaningful to us and are pleased to meet others on paths meaningful to them. The real parameters of our world have become spiritual.

My wife and I are also sensitive to people we meet who already seem to be angels. And this cuts across all lives. One was a roofer who had a dog who climbed the ladder to the roof to be with his



master. We met an abbot of a small monastery who seemed to have angels about him. These angelic people seem unfailingly kind and gentle. They notice beauty so well and beautify the world by their presence. They are totally unpretentious, considerate, honest, and ready to help out. One must be careful not to ask too much of them.

The total effect of this development is that one feels in heaven part of the time. It is the third or celestial heaven that Swedenborg describes. This development doesn't come about through church or spiritual study. It just slowly takes place with aging. Both my wife and I face increasing physical limitations. It is as though I am being forced to participate in this world less and to spend more time just observing and reflecting. Without reading Swedenborg's *Heaven and Hell* this slow change might not be recognizable. But with *Heaven and Hell* it is quite recognizable. It is toward the third or celestial heaven, the world of love, feeling, and affections.

This development is spontaneous, given by the Lord. It is probably given to many, but those who know little of the spiritual world may not recognize it. This is a surprising confirmation of Swedenborg's *Heaven and Hell*. For some years I was aware Heaven and Hell was not describing some Never-Never Land we reach some day. [Rather it is partly describing the real internal aspects of this world. And the better we see them here, the better off we will be in the world to come.](#)

Some people react against the view of the writings that we are merely recipient vessels. The implication is that God is real Life, and we are just recipients of life. Some people object to being just recipients. My reaction is the opposite. What an honour to receive Life, all there is! That is plenty. When I learn I am being prepared for death I am pleased and honoured. How considerate the Lord is.

I searched Swedenborg's writings, asking if they spoke of this preparation for

dying. I found no direct, clear reference to it. But if you search for everything of preparation in the writings there is a good deal. [You gradually come to the conclusion that everything, of this life is preparation.](#) So this preparation in old age is simply one more aspect of a life of preparation.

Let us review all the various aspects of preparation:

- Being born and the long slow discovery of one's body and what it can do. The complex social discovery that one is a person among others.
- Hopefully the discovery of our unique love of the life and our ideal and most useful role (*Heavenly Doctrine* 54-56).
- We live our whole life with two angels of heaven and two demons of hell who play some role in our discovery of the potentials of good and evil (*Heaven and Hell* 295).
- We receive influx of the Lord our whole life because the Lord is our innermost (*Arcana Coelestia* 1999.3).
- The structure of our mind is the same as that of the spiritual world's (*Heaven and Hell* 38-40).
- Much of this active role of the spiritual in our life is unconscious (*Divine Providence* 120).
- Our love of the life and our moral development prepares us for a specific community in heaven with which we are associated even in this life (*Heaven and Hell* 438).
- Within seconds of the heart stopping we enter the spiritual world where we are prepared for the spiritual destiny the quality of our life has prepared us for (*Heaven and Hell* 421-527).

In effect, the whole of our life, even in its tiniest aspects, is a preparation for our spiritual destiny. In view of all this it is no real surprise that some aging persons may become aware of internal changes that prepare us for the transition into the spiritual world. I feel that



Swedenborgians have an unusual advantage in having reliable information on the life to come. To my knowledge, Swedenborg's direct experience over some 27 years of the world to come is unique. This is in great contrast to the gross misinformation of some religions. The near-death experience shows that within seconds of the heart stopping we awaken in our spiritual body, as Swedenborg indicated. Yet it is still being taught that we wait eons to rejoin our material body. This is based on the materialistic idea that we could not possibly live without a material body. These people had not experienced that we already have an excellent spiritual body.

I am pleased to find that we are prepared in this life for the life to come. I am sure many have noticed this and perhaps describing this will help others to notice it.

Wilson Van Dusen (1923-2005) author, clinical psychologist, mystic, and Swedenborgian scholar.

From "The Messenger" December 2003



SPIRITUAL AWAKENING IN CHILDREN

Is this possible?

By Stephen Russell-Lacy

At times children seem untidy, noisy, and demanding. Some appear even empty-headed, selfish, and endlessly bickering. At the same time many of us feel a sense of vague longing for our own childhood. There is something about being a child that pulls at our heart strings. Probably this is to do with how in children the 'here and now' is central. They are said to live in the moment and have a natural energy and spontaneity about them. But do children show any signs of spiritual awakening? Do they have transcendent awareness?

William Blake and William Wordsworth in their poetry *Songs of Innocence* and *Ode: Intimations of*

Immortality evoked the awakening of a magical freshness of childhood perception as well as a natural kinship with all that is seen.

Ideas about spiritual awakening during childhood

Abraham Maslow who studied 'peak' experiences in adults, thought that children also undergo an awakening of visionary experiences but usually lack the words to talk about them. Even if you happen to remember having a deeply moving event many decades ago, you may not recall it with total accuracy.

Dr. Elisabeth Kübler-Ross, famous for her books about the terminally ill, surprised medical science in the late 1970's by revealing in her book *On Children and Death*, the transcendent perceptions of her patients.

"It is impossible to ignore the thousands of stories that dying patients – children and adults – have shared with me. These illuminations cannot be explained in scientific language."

Hoffman's findings about children

Clinical psychologist, Edward Hoffman collected memories from adults regarding inspirational awakening during their early life. He discovered a pattern of childhood spirituality in the memories of early years detailed in his book *Visions of Childhood*.





These involved deep meaning, beauty and great harmony, often involving the awareness of a different kind of reality. Uplifting experiences happened in ordinary places, as well as whilst encountering nature, and during near death or crisis episodes.

Remembered are spontaneous moments of bliss, and profound insights about life and oneself in childhood: memories having an enduring significance into adulthood.

Profound intuitions in children

Hoffman's respondents reported accounts of experiences when as children they speculated about life and death, and engaged in reflections regarding personal existence and self-transcendence.

For example a man reported that as a child his family had a mortuary in a small town in Colorado. Consequently, he grew up with a certain familiarity with death. He remembers constantly pondering where dead people go. "Do they just go into a hole in the ground? What does it feel like to be dead?" When aged nine he recalls sitting on a park bench imagining his dead grandfather being in a dark, lonely, black expanse of 'nothing and no one' forever and ever.

A terrible and chilling dread came over his entire body. But then instantly it vanished. It was replaced by a warm comfortable, and bright feeling – and a kind and loving presence. "I seemed to hear my grandpa saying, 'See, it's all right. I'm just in a place that's different.'"

From that day on he remembers "I never again had a fear of death."

One woman from Connecticut reported that her older child when aged three would occasionally ask her questions about God. One day he was standing still for a long time next to a window in their home. Just staring and not moving. An unusual thing to see in someone so young. Eventually he moved away and when asked what he was doing he replied in a matter-of-fact way "I was talking with God". He remained subdued and then went on playing as usual. He didn't want to share

the experience with her and when asked about the incident at a later point in his life apparently didn't recall it.

How common is spiritual awakening in children?

Are deeper experiences common but stay hidden from ourselves? That would be true if misunderstood by the child experiencing them. Or perhaps they seem unusual because they were never shared with others due to being so private, hard to put into words and unique to the individual. Or perhaps parents and childhood friends reacted negatively causing the child to clam up?

Implanting of spiritual feelings in children

One way of understanding what is going on is the idea of spiritual philosopher Emanuel Swedenborg. He suggests the infant mind is especially open to what might be called the heaven of innocence. So states of wonder and trust in life being basically good inflow into little children from a higher spiritual realm. As a result of this inflow the young child looks with eyes of wonder, thinks with a mind of imagination and feels with a heart of innocence.

Part of this state of innocence is a willingness to believe one does not produce all the good things which come to one. It is acknowledging a certain insufficiency. Also the heavenly trust in the divine reality and consequent sense of the 'eternal now' can arguably be seen in the infant's lack of any sense of time.

He suggests the inflowing higher feelings about the goodness of life vary according to age.

- Little children trusting in life as good.
- In middle childhood wanting to know about what is good.
- In adolescence wanting to understand why it is good.

According to this view when we are young these unconscious feelings and inner awareness forms deep intuitions, like seeds that remain dormant as we grow up. But



later we need to draw on them for our spiritual awakening in adulthood.

Importance of re-connecting to our childhood spirituality



These memories of our early years suggest there is 'a small forgotten child who is our past self' yet who 'still lives within each of us'. Hoffman maintains that strengthening the link to our childhood is crucial for achieving greater happiness. Not only connecting to both the wounded child within but also to those moments of spiritual awakening in childhood.

The notion that the innocence of childhood may harbour special intuitive and spiritual sensitivity is reflected in the words of Jesus Christ who said

"Unless you turn and become like children, you will never enter the kingdom of heaven."

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A PASSAGE FROM SWEDENBORG'S SPIRITUAL DIARY

By Wayne Kasmar

Recently I was looking through an old volume of Swedenborg's Spiritual Diary when I came across a passage that I immediately thought was no ordinary one. Have a read of it for yourself and see what kind of reaction you might have to it. Before you do though, be aware that the word deprecate, which features prominently here, doesn't mean effacing, as is the general impression that has arisen from the common use of the phrase

"self-deprecating humour'. It means to express disapproval of. So armed with that knowledge, here is the passage:

It was perceived that prayers effect nothing while they are such that one merely intends to deprecate his evils, and thus thinks to himself, "Provided only I shall have made deprecation, I shall obtain remission of sins." But sins are not remitted unless confessed truly from the heart, attended with a certain internal torture and anguish, and thus with an acknowledgment of vileness; in which and after which prayers avail. It was perceived this was so, and that otherwise prayers, and sacraments, and external rites effect nothing; nay, they rather confirm a man, for they make his conscience quiet under the idea that his sins are remitted, provided one has deprecated evils, and used the means of salvation. He thus returns to his former vileness. (3677)

My own reaction to this passage was a powerfully positive one. For me it really nailed an essential of spiritual life. But I've had my way of seeing things shaped by what is in Swedenborg's writings for many years now. It struck me that not everyone who admires Swedenborg may not be enamoured with everything he says, particularly something like this which can sound like the worse of traditional Christianity with its 'man is corrupt and sinful' rhetoric. The talk here of personal evils and the need to undergo an 'internal torture and anguish' and make an 'acknowledgment of vileness' can sound downright medieval in tone. It is not hard to see a natural reaction to this would be to take the opposite stance -to believe that people are basically good. This leads to thinking that each person has a Higher Self -a divine part of our selves- which we need to strive to get in touch with.

I think it can be argued that Swedenborg does not agree with either of these stances. He tells us that when we start in life we are actually neither good or bad. However we all do have both a higher nature and a lower nature through which we experience good and bad urges respectively. In order for us to choose that our higher natures rule our lower

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Book discounts for Candela readers this quarter

Candela readers may order any promotion books below within 3 month of this issue's publication, receiving the discounted prices (plus postage) shown on the order form below, while stocks last.

Our current book theme? Swedenborg stressed that our body, gestures and actions, the things in nature's universe, and certain biblical books have spiritual meanings not apparent to us from the literal sense and outer form of such things. The representational meaning which lives behind the outer form is a spiritual 'language' used to communicate in and with the spiritual world. This is the language of '**correspondences**'. Swedenborg regards the science of correspondences as more excellent than all other sciences and says the knowledge and study of correspondences and representations was the chief science of the ancient people. Familiarity with some correspondences can help making sense of ancient myths, of our dreams, of forms in nature, and more. Here are three books offers to make a start in understanding correspondences.

Plants (correspondences of the bible) by John Worcester
224 pages, paperback **at 20% off – now only \$17.50 plus postage**

Covers the meaning of plants, minerals and gases, fruit trees, nut trees, shrubs, flowers, grasses, cereals, rocks, metals and water. These represent truths, knowledge and understanding useful for inner growth. Purchasing a complicated machine usually involves us checking the instructions to see how it operates, how to use it safely and how to take care of it. Our human body and spirit are very complicated vehicles of spiritual growth, therefore this knowledge can help us get more out of it.



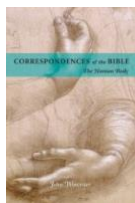
Animals (correspondences of the bible) by John Worcester
212 pages, paperback **at 20% off – now only \$17.50 plus postage**

Includes birds, serpents, beasts of burden, wild animals, tropical birds, fish and insects. These relate spiritually to affections or our will, states of love, attitudes and motivation. Our insights into the correspondences of the things around us may help us discover our own motivations, attitudes and affections useful for our spiritual welfare.



The Body (correspondences of the bible) by John Worcester
307 pages, paperback **at 20% off – now only \$17.50 plus postage**

How our body works is a textbook of spiritual teachings. This book covers the inner meaning of parts of our body, internal organs, senses, brain and reproductive system. Swedenborg relates that an appreciation of the correspondences of the human body can aid in understanding states of spirits and angels and the structure and functions of heaven, since heaven is formed as a grand human body. A very interesting work to illuminate the study of our God-given form and function.



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natures in life we have to be able to see the true character of what our lower nature is urging us to make a permanent part of our lives, and come to abhor it. So we're given an experience of what it is like to be hellish, that is, to be slavishly choosing the urges that come to us through our lower nature.

To this end we begin life with our lower nature on top. Initially we are given a life that is by necessity a basically selfish one.

We then receive an invitation to invert that situation. To help us to decide to do just that we get to experience the type of torture and anguish that Swedenborg is here telling us about. It is not because we are fundamentally bad or evil that we experience it. It's because we are prone to allow the hells to have their way with us and if we are going to be free of their dominance we need to clearly understand what they are capable of making us into if we let them.

WHAT'S HAPPENING?

If you are not yet a member of the Swedenborg Association of Australia you might like to consider it. Feel free to contact the Centre for further **info on how you can become an SAA member** as a way to support this valuable work. Check the website at www.swedenborg.com.au (click "Members" in the top menu) which contains more details on benefits, membership rates and an application form.

Details of **group events** are also advertised on the website at www.swedenborg.com.au home page (click "Events" in the top menu). Fliers for events (as a PDF document) can be found by clicking on the relevant event title. The Events and meetings web page also lists location and contact details of your nearest group convenor.

It would be good to establish Groups in other areas. If you can help, please phone [Joe Vandermeer](mailto:joe@swedenborg.com.au) on (02) 98881066 or email him at joe@swedenborg.com.au;

Our website is continually being updated with special offers, new free study material and latest news and information.

Melbourne: For the latest info about Melbourne's Swedenborg-related Spiritual Growth Series (with special USA guests Glenn & Mary Alden) please refer to the website above. (Melbourne meetings are held at *New Church Hall*, 426 High Street Rd, Mount Waverley, VIC):

Sydney: General info about Sydney events

There are **monthly discussions ('open door' opportunities)** facilitated by Joe Vandermeer on the second **Tuesday** of each month starting **2pm and 6pm** at the *Swedenborg Centre*, 1 Avon Rd, North Ryde NSW.

There is a **monthly Swedenborg Reading (and Reflection) group** which explores practical growth aspects from Swedenborg's writings – these meet at **6:30pm just before each monthly SAA presentation** event (fourth Friday of each month) at the same venue: New Church, 4 Shirley Rd, Roseville NSW.

Specific info about up-coming Sydney events:

Tuesday 13th March 2018, 2pm and 6pm at North Ryde: **Open Discussion Session** (facilitated by Joe Vandermeer).

Friday 23rd March 2018, 7:45pm at Roseville: **STILLNESS, an ancient authentic method for spiritual growth** (presented by Dr Michael Popplewell)

As mentioned above, the event will be preceded (same day, same place) by the **6:30pm Swedenborg Reading Group**.

Tuesday 10th April 2018, 2pm and 6pm at North Ryde: **Open Discussion Session** (facilitated by Joe Vandermeer).

Friday 27th April 2018, 7:45pm at Roseville: **Reading & Exploring a lecture of Dr Philip Groves on Phantasy and Reality** (presented by Julian Duckworth)

As usual the event will be preceded (same day, same place) by the **6:30pm Swedenborg Reading Group**.