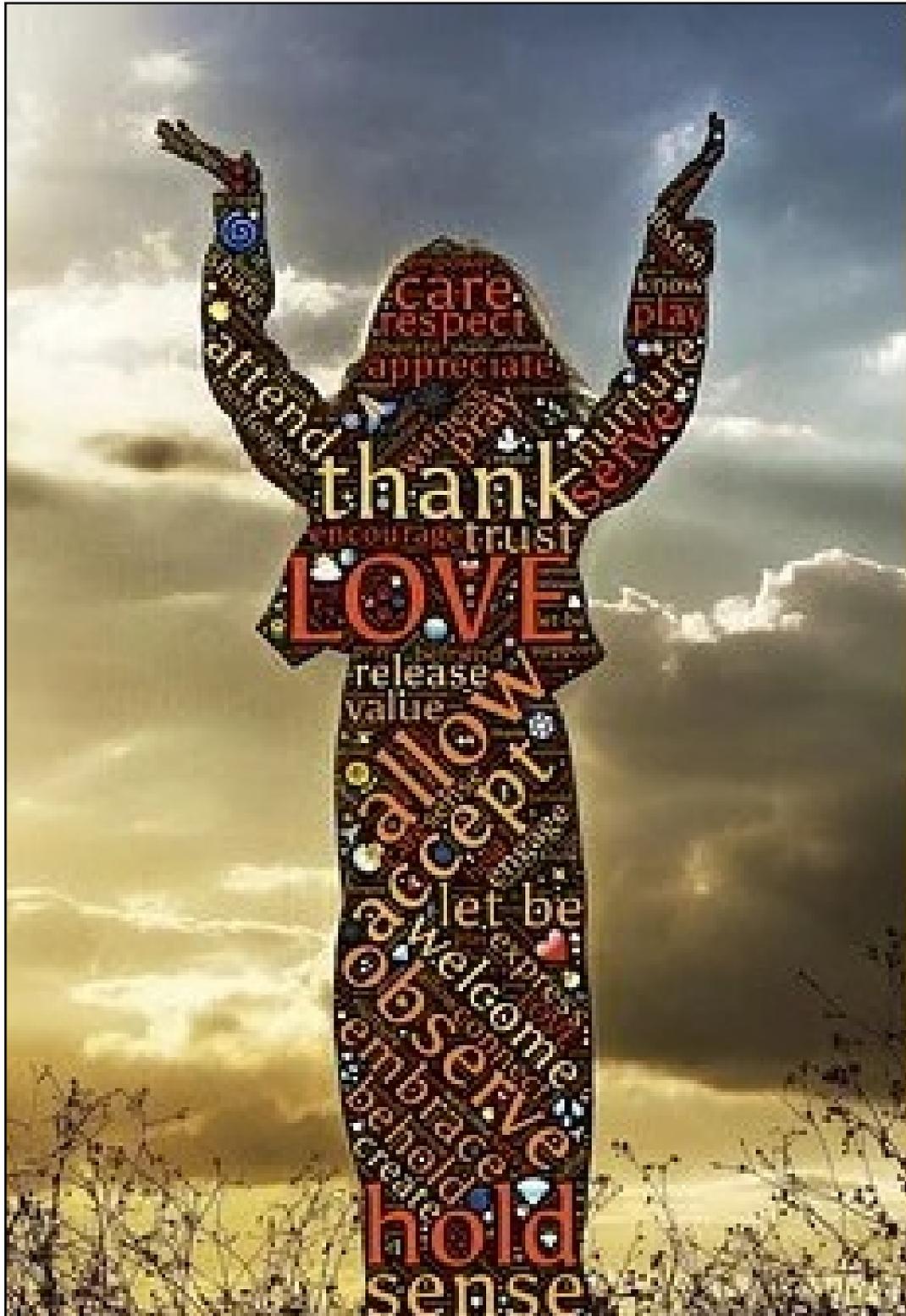




Inspire

The Magazine of Bournemouth Spiritualist Church

July 2020



Welcome to 'Inspire' **The magazine of Bournemouth Spiritualist Church.**

Welcome back to **Inspire!** Thank you for the feedback received from the June edition.

The first two items give essential information on the reopening of the Church. These articles include all the key information on the changes we have implemented at this time to ensure we are complying with government guidance and reopen with your safety in mind. We look forward to welcoming you back - but you must ensure you play your part in keeping yourself and others safe.

As the Church is to reopen, this magazine is to become quarterly; the next edition to be published in November. There will be a cost for the printed version of £1.00. For those who use the Internet it is also available on our website. We have increased the font size to make it easier to read. Also the missing article on herbal medicine from June is included.

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Note the e-book is only available as a download from the website.

If you have a contribution for consideration please send it to:

bnsuc@outlook.com with the subject heading '**Inspire**'.

We sincerely hope you enjoy the content and it leaves you Inspired.

Pat Machin.

President.

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July 2020.

Update; Emerging from lockdown.

Pat Machin.

After so many weeks of our church having been closed, it is with the utmost joy that I can now announce that it will shortly reopen. On Sunday 2 August 2020 at 10:45 the speaker/demonstrator at the first service will be Elaine Bevan.

Services will only take place in the mornings until further notice. Also there will be some changes to the morning service, such as, no singing; in its place will be recorded hymns/music. Also there will be a distant/absent healing element incorporated within the service.

Our speakers/demonstrators for the rest of August will be:-

9 Janet Emilymae;

16 Victoria Brockway;

23 Al and Geoff Potts

30 Lawrence Saville.

These have been difficult times for all of us and we ask that you help us to help you by following the safety guidelines that will be in place for the foreseeable future.

We ask that you: -

Wear a face covering on entering the building;

Provide your name and contact telephone number to a Steward for the benefit of Track and Trace, and;

Sanitise your hands before entering the church.

To maintain social distancing some seats have been taken out of use so once inside the church you will be shown a seat by a Steward. At the end of the service, as we leave by the side door, a plate for our freewill offerings will be available. Please note that the water cooler has been taken out of service, so if you need water during the service please bring a drink with you.

Distant/absent healing.

This work has been continuing whilst the church has been closed. You can have your name added to the healing list by sending an email request to the church.

Also non-contact healing will commence on Wednesday 5 August and take place between 10:30 and 12:30. You will be required to follow the same guidelines as on Sunday.

Private sittings.

These will return to their usual pattern of the first and third Saturday of each month at a cost of £20. It is preferable that you book an appointment on T:01202-551751 from 9:00am on the relevant Saturday. Kindly arrive at your allotted time.

If you haven't pre-booked you can still turn up – if there are any sittings available we ask that you return to the Church at the allotted time, given the waiting area has been taken out of service.

The sittings will not start immediately but are likely to commence in September.

The Mediums will be Lisa Rockett and Nikki Jenkinson on the first Saturday and Victoria Brockway and Elaine Astin on the third.

Church/membership subscriptions.

Given lockdown, we have not been able to collect the membership subscriptions. They are overdue and we would welcome your membership renewal at £10:00. Please continue membership or renew to support the work of the Church.

The Annual General Meeting.

This was postponed from 22 April and is now scheduled for Wednesday 14 October at 7:30pm.

If you are a full member of the church and wish to put your name forward to serve on the new Committee, please contact me, Pat Machin on T: 01202-299532.

I will be honoured to continue to serve our church as your President in the coming year.

I look forward to welcoming everyone back to the church on 2 August. These days the term 'The New Normal' is much spoken. Let us endeavour to make the New Normal at Bournemouth Spiritualist Church one of triumph over adversity.

My very best wishes.

Pat.

Healing – the next step.

Nigel West.

During the lockdown the healing team have continued their work in sending healing out to the world and to the names held on our healing lists. If you wish to add a name to the list please leave a message on the Church telephone: 01202 551751.

As we prepare the way forward to begin offering spiritual healing in our sanctuary we are encouraged by the wisdom of Harry Edwards.

It can be truly said that Distant Healing will become the most potent healing factor for the future. If one accepts the truth that patients suffering from medically incurable conditions can be cured solely through Distant Healing, we establish the foundation for a healing revelation of the greatest magnitude.
(Harry Edwards).

Until such time that contact healing is allowed, the healing team will channel Distant Healing each Wednesday morning from 10.30-12.30 to groups of patients sitting in the body of the church.

Each healing will be for around 20 minutes, beginning on the hour and the half hour. We ask you respectfully to arrive quietly just before the allotted time by the main door, to use appropriate hand cleansing and to wear face covering at all times. Please leave quietly after the healing energies withdraw through the back of the church.

We look forward to serving you again.

Everything has a purpose.

Geoff Potts. ©

In this difficult world that we live in, we find that it gives us an opportunity to explore the realities of life upon this earth plane and the reasons for our presence here. The coronavirus has brought with it devastation and yet opportunities at the same time. Looking back over history, the negative things such as wars, drought, famine etc. that have all taken place have not only left a bad effect on life, but also a silver lining, giving mankind a new beginning. Wars over time have shaped our history and helped us to learn that there are no winners in this situation. Living in peace with our brothers and sisters makes the world a happier and safer place to live in, and through all of the upheavals brings humanity closer. Positive energy can then flourish in what is often a very negative world. So there is a greater opportunity to grow both in a physical sense, but most importantly of all in a spiritual way.

Growing and progressing on a spiritual pathway helps us to prepare for the next stage of our journey in the higher realms of light. This journey tells us that there is a purpose to everything that we experience in this life, and in the world we chose to explore and inhabit. This brings us a truer and fuller understanding of that Great Power that we call God, and that lies within each one of us and all life in not only this world, but the entire universe. It gives us a greater understanding, and shows us that there is a purpose to everything within our lives. This is no coincidence, life is eternal.

Know thyself.

Geoff Nunn. ©

To give the full quote written on the Tempe of Apollo in Delphi; 'Know thyself and thou shalt know the universe and God'. If true, this statement has profound spiritual significance.

Through the ages seekers of spiritual truth have searched for God in various places including sacred sites, shrines, temples and the holy of holies etc. Some believe that God abides in physical places and visiting them results in a closer union with the creative power. To me the Delphic quote is teaching a contrary view; - the starting point for a spiritual journey is to begin by transforming our

inner experience, not the outer one. Once we transform the inner, the outer then follows.

Ironically the Oracles worked at the Temple of Apollo, itself a sacred site, but past seekers of truth visited it to meet the Oracles (mediums) for their gift of insight. Spiritual masters provide examples whereby they started their journey from the inner experience.

Siddhattha Gautama (The Buddha), for instance, resolved to find spiritual truths and to achieve this he set on a course of deep meditation with just enough food to sustain himself for the task. Following the inner transformation he is said to have achieved the experience of enlightenment; an awakening into the nature of life. Seeing the change in his persona others soon gravitated to him and many joined the community he established. They learned the methods he taught, which if followed, would award them the same inner transformation. The Community were also taught to 'be their own light' meaning the monks had to rely on their own efforts to achieve this blissful inner state. The Buddha spent the remainder of his long life practising and teaching his philosophy.

Like the Buddha, Jesus also spent time alone before starting his mission. This initially took place 'in the wilderness for 40 days and nights'. Whilst there, he probably spent time in deep prayer and contemplating the nature and direction of his future mission. Once he emerged from the wilderness – following various temptations - he was then baptised by John which symbolically represented the start of his mission. It is interesting to note that both the Buddha and Jesus, on occasion, left their respective communities for brief periods to recharge their spiritual batteries. So there was a need to continue to work on the inner experience after their mission started.

Native Americans understood the value of inner transformation. The 'rite of passage' - marking the change into adulthood - was part of their spiritual experience. This comprised various ceremonies where the youngsters went on vision quests led by Elders with community support. The process typically included a four day fast and a period of solitude spent at a chosen site. During this time the person prays to the spirits for a personal vision to reveal their life's purpose. Although special sites were part of the ritualistic process, their purpose was to aid the process, the vision quest.

Sites which have become places of spiritual pilgrimage, in the majority of cases, probably didn't have any spiritual significance to the spiritual masters at the time when they were chosen. They were used only as a means to achieve a specific result. For instance the Buddha probably chose to meditate under a Bodhi tree given it provided good shade from the scorching Indian sun and happened to be

in a convenient location. The site has since become a place of pilgrimage for Buddhists.

For a Spiritualist, we can learn from these experiences. Whilst acknowledging there are many wonderful sites with interesting spiritual histories, the important aspect is to know where to place the spiritual emphasis. To know thyself we become awakened into our spiritual nature as part of the process of inner growth. If sacred sites can aid this process all well and good, if not, they just remain interesting tourist attractions.

Spiritualism teaches we are more than a body as we also have a spirit and a separate soul. The different portions of our being are each bound together by a spiritual power we call 'the power of the spirit'. During the experience of sitting in a development circle, for instance, our unseen friends are busy using the power of the spirit to blend the spiritual energies of the group to work on the inner – spiritual – body. This is where the spiritual gifts reside for each developing medium. These spiritual gifts are slowly developed and matured and should be woven into daily life. The Physical materialisation Medium Evan Powell often said 'it is important to materialise the spirit but also to spiritualise the material' meaning that spirituality is an integral to lived experience.

Herbal medicine; a history.

Stephen Fursey, Medical Herbalist / University Lecturer. ©

It is likely that healing with herbal plants has been used to relieve human suffering and treat illness since early history. We do not know when exactly, given early human history predates written records. However it is likely that someone, or more likely several people, discovered that some plants made a good source of food whilst others were found to have therapeutic properties. Through trial and error our ancestors identified the healing properties of plants. Once found, the knowledge of their use and the conditions it can treat would have been handed down from one generation to the next.

Archaeological evidence from many Palaeolithic human sites have yielded evidence from the scientific study of pollen grains found in association with artefacts discovered, that indicates the presence of several plants we now known as medicinally beneficial from these locations. Therefore, it is possible that these

ancient humans used plants with therapeutic benefits for food, medicine or in ritual practices.

The first documented use of herbal medicines dates from approximately 5 000 years ago, from the Sumerian people in ancient Mesopotamia, which is now modern-day Iraq. The Sumerians recorded in great detail information about their lives on clay tablets including information concerning hundreds of medicinal plants including myrrh, poppies and mandrake with indications for their use.

Dating from approximately 1500 B.C. Ebers Papyrus from Ancient Egypt, lists 850 plant medicines, including garlic, juniper, cannabis, castor bean, aloe vera and mandrake. Also dating from around 1500 B.C. Sanskrit documents including the Rig Veda listed many herbs such as turmeric, ginger, cinnamon and senna. This was the foundation of Ayurvedic medicine used in India.

Approximately 2500 B.C. in China the Pen Tsao Ching ancient Chinese texts described 237 herbal prescriptions containing many herbs that herbalist still use in modern times including Ephedra (natural source of the drug ephedrine, used to treat hay fever), hemp and chaulmoogra (one of the first effective treatments for leprosy). Interestingly in modern day China two medical system co-exist, traditional Chinese medicine and Western medicine.

The Bible makes references to 100 accounts alluding to the use of herbs for healing and other purposes (possibly spiritual), the most well-known being frankincense and myrrh. Frankincense being referred to in Exodus 30: 34, Leviticus 24: 7 and most famously Matthew 2: 11. “Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.”

Frankincense is a resin from a tree; the trunk is slit and the resin oozes out, dries and is scraped off. This was a very important ingredient in incense, used on the sacrificial fires of the Old Testament, it would cover up the burned flesh smell of the animal sacrifice. It was one of the gifts of the Three Wise Men and today it is still used as incense and medicine.

In the Western world we have almost lost the tradition of using medicinal plants for the Information from World Health Organisation (WHO) reveals that in some Asian and African countries, 80% of the population depend on traditional medicine for primary health care. Traditional medicine can treat various infectious and chronic conditions. New antimalarial drugs were developed from the discovery and isolation of artemisinin from *Artemisia annua*, a plant used in China for almost 2000 years.

Herbal medicines can be used where resistance to manufactured drugs has developed e.g. antibiotics. Interestingly, WHO are advocating protection of herbal traditions and promoting research. Who knows what the benefits plants have that have yet to be identified and studied, another reason to protect the destruction of the natural habit as a potential cure for a disease could be destroyed and lost?

Lemon balm & Coronavirus.

Lemon balm (*Melissa officinalis*) is a beneficial herb for these difficult times. Lemon balm is a relative of the mint family and is a calming herb. Records from the Middle Ages document it was used to treat stress and anxiety, promote sleep, improve appetite, and the discomfort from indigestion.

Scientific evidence supports the modern day use of lemon balm for relieving stress and reducing anxiety and it can help ease insomnia and other sleep disorders. It can relieve indigestion and help treat nausea. Lemon balm can also be useful in relieving headaches, especially if due to stress and anxiety. Other uses supported by clinical studies include antiviral properties especially against cold sore virus and improvement in cognitive function. Lemon balm tea is widely available in many health shops and supermarkets.

(For any specific medical issues, please refer to a qualified medical herbal practitioner).

A Sitting with Helen Duncan.

By a Scottish Society member. Reproduced from the Noah's Ark Society Newsletter, Vol. 1; 1990. ©

I took part in a unique experience during the Spring of 1947, when as a completely ignorant novice, I was privileged to witness a very remarkable demonstration of Physical Phenomena by the now foremost and famous materialisation medium, Mrs. Helen Duncan.

It all began when I was working as a builder in a place called Cowdenbeath, and met with a gentleman called Latimer. Little did I realize what an impact that relationship was to have on my then established religious beliefs. I was then a very strong cynic, utterly opposed to what I considered calculated nonsense.

One Saturday, I was invited to a seance, little realising its shattering implications and the intrusions it was to make on my relationship with my fellow human beings who had been denied this truth. After much self-recrimination, and aged 28 years, curiosity won the day. I stood at the door of a tenement building (No. 5 Bain Street) in Lochgelly, Scotland at the appointed time, and found myself walking up a staircase, still regretting my decision to participate in the unknown.

I was introduced to Mrs. Duncan, a very large lady who weighed in at some twenty two stones and Mr. Latimer took me through to a compact room, devoid of all furniture except for a large sideboard and a row of chairs placed in a circle. A household chair, with a curtain in front of it stood in a corner, and a red light in the ceiling completed the picture.

Eventually we took our seats, and Mrs. Duncan was placed on the chair behind the curtain, which was then closed. The red light was switched on and we waited.

What else can I say, in relation to what followed? A very tall gentleman appeared from behind the curtain and introduced himself as Albert Stewart. Mrs. Duncan's Guide. He was slim, six feet tall, and bearded and spoke with what I believe is called an educated Oxford accent. He was enclosed in a substance, known I believe as ectoplasm, and invited questions from the floor, which he answered quickly and competently, explaining many aspects of the Spirit World before he returned to the cabinet. What happened next was the greatest emotional experience of my life, apart from the recent passing of my beloved wife of 35 years, Chris.

I saw a mother embrace her materialized daughter, who passed with tuberculosis at a local hospital called the Hillside Romeo, a fact that was confirmed by hospital records only last year. Both the mother and the materialised daughter were reduced to tears of joy at the reunion.

A small baby was brought forward by the medium to an overawed mother, who was informed by Albert Stewart that the girl had now grown and matured in the Spirit World. A young girl appeared next with a bunch of flowers, and embraced her mother and father amongst the sitters, giving them a flower before she dematerialised again.

A very old lady appeared, described as of the Roman Catholic faith. She had a crucifix the length of her entire body, and the lines and wrinkles on her forehead were clearly visible.

I was there purely as an observer. Imagine my feelings personally when the information was given by the now invisible guide, that a spirit visitor had come for me! From out of the cabinet stepped my brother David, who had passed into Spirit aged 13½ years, but he now shaved himself an 25 years old ' the age he would now be if he had lived! (I was born in 1921, David 1924). He made the conversation and because I was scared. I refused to take his hand when he offered it to me.

He said "What a surprise! When they told me I could come I didn't believe it.' But here I am 'How are you? and Mother and Father? I must go now, perhaps we will meet this way again'. We didn't, and over the years he has never used mental mediumship to make himself known. We were treated to a song and dance act by a little girl called "Peggy", another control of the medium, singing, of all things "Deep in the heart of Texas".

At the end of this very remarkable performance, Albert Stewart now unseen paid tribute to all concerned, particularly the "Almighty". And ever since then, I have, over the years carried with me the complete conviction and knowledge of personal survival, and life after "death".

Since the birth of modern Spiritualism in 1848, Great Britain has produced some of the finest Physical Mediums in the World. Possibly the most renowned and important amongst our pioneers was the so-called "Medium of the Kings" Daniel Dunglas Home. Produced in his presence, and often in full light was a whole cavalcade of phenomena, including levitation, raps, direct voice, telekinesis, partial and full materialisation and the medium's apparent immunity to white hot live coals.

Home, who was both vain and extremely sensitive, was a regular guest of the 'Crowned Heads of Europe', and today he remains an enigma a definite 'thorn in the side' of over critical researchers and 'debunkers'. They simply cannot ignore his mediumship, or dismiss it lightly. In turn, he was followed by a host of other physical mediums, some of whom were quite genuine, some undoubtedly fraudulent and inexplicably some a mixture of the two.

Spiritualists will readily recall Helen Duncan and Alex Harris who both demonstrated full form materialisation and Survival for several decades, exercising their unique gifts. We also remember the extremely shy, yet taciturn John Campbell Sloan who was truly immortalised by that brilliant Spiritualist Author Arthur Findlay, as one of our most powerful direct voice mediums. Other names indelibly stamped in our 'Hall of Fame' are the mediums; Hunter Selkirk, Mrs. Maud Gunning, Stella 'C', Estelle Roberts, Louisa Bolt, Jack Webber, the Thomas Brothers, Florence Cook, Stainton Moses, Minnie Harrison, Cecil Husk, Evan Powell, Leslie Flint and Gordon Higginson, to name but a few. Additionally there have been many fine physical mediums from other parts of the World, including Europe and America. Amongst them are to be found the outstanding Mina (Margery) Crandon, George Valiantine, Frank Decker, Etta Wriedt, Emily French, The Davenport Brothers, Eddy Brothers, Eva 'C' (Marthe Beraud), Willi & Rudi Schneider, Frau Silbert, Stanislava 'P' and of course the enigmatic Eusapia Paladino.

At all times, there have of course existed many others who chose to work in the privacy and security of the home circle. Those mediums seldom, if ever, came before the public and preferred obscurity to the unrelenting gaze of the spotlight, and in consequence The World and its unflattering Press. Few people, would disagree that the Physical Medium, although historically controversial, offers the finest and most tangible evidence as to the reality of survival and spirit communication. Indeed, people from all walks of life were converted to an absolute belief in that reality within the dark seance room of the physical medium.

Unfortunately, whilst the lives of prominent mediums, were well documented, very little, if anything, is known today about the private ones. All that is tends to be passed on by word of, mouth, but elderly Spiritualists who witnessed such wonders grow smaller in number, so that eventually, first hand accounts will be lost to us, Tape recordings and photographs of seance room phenomena have all but disappeared, along with apports and portions of ectoplasm/ human hair taken directly from fully materialized spirits. Written documented accounts of physical

seances have also been lost to us. All of these and more have gone, and what should have been permanent records have proven not to be so. Diligent and extensive enquiry reveals only that such priceless and unique material has gone perhaps forever and no one today appears to know what became of it.

When one considers the importance of this how the irreplaceable has been allowed to simply disappear, then the situation can only be regarded as tragic and sad. For with it has gone a major part of Spiritualism's history. Today our Society knows of several circles in which phenomena of all kinds is manifesting, and of others who are developing or attempting to develop phenomena.

It is therefore our sincere determination that evidence in any tangible form must be preserved for our own and for future generations. We earnestly encourage both individual members and circles to send us periodic written reports in respect of experiences and progress, so that these can be safely stored in our archives. Full and total confidentiality is assured, unless you give permission to the contrary, but it is the responsibility of us all to keep a permanent record of developments within the circles. It befalls us to set up and maintain an archive storage system which will surely benefit us all, and to achieve this, we rely on your cooperation to assist us in our endeavour we will always be delighted to hear from you because as we work 'together', so the Noah's Ark Society Archives will truly become a priceless source of information in respect of past and contemporary Physical Mediumship.

Your Mind Leads Your Experience.

Mark Stone, Spiritualist Medium, Healer & Teacher. www.mindbodyspirit-uk.com

One of the greatest things we need to understand in our unfoldment of awareness, just as in life, is that "all energy follows thought" whatever we choose to believe conditions our perception of all we experience. This principle has been brought to the fore by the positive thinking movement and also by exponents of the law of attraction, but it applies in all areas of life including our spiritual unfoldment.

Often people take on beliefs and myths about the other world that creates a very fearful attitude towards communicating with the spirit world, and this in turn, creates a lot of problems in our unfoldment; not caused by the other world but by our own minds creating and perceiving things from this negative and fearful viewpoint.

I have had the pleasure to sit with many fine mediums in my life and all have

come from this same viewpoint, make sure the mind is in the right place before you start to unfold the awareness, if we come from a place of fear, we find fear and have our fears confirmed. However, if we choose to come from a place of positivity and strength we only have positivity and spiritually enhancing experiences. There is no need to be fearful, no need to go overboard trying to protect oneself from negative forces (as all comes from one source), no need to be opening and closing; just understanding the nature of the mind and how we move that mind and our awareness to spirit and then the connection is there, in simplicity we allow the connection and the flow to be there. Whatever your fears regarding spirit, deal with them first. Realise the other world, your family, your guides and helpers, the divine power itself would never harm you nor let you be harmed in any way. Let these negative thoughts be released and focus into the power of the spirit within, you are divine you are light and above all else you are loved and supported by this other world.

Just because someone lives in a fearful state and says these things are so (writes a book, has a website, blogs on Facebook, has a YouTube channel etc), remember it's through their minds and their perception of fear that these experiences come to them and become real; it does not mean they are real apart from in their minds. What matters is what you fill your mind with and what you choose to believe, if you are susceptible to negative mind-sets try not to indulge in watching negative programmes/films about spirit, try not to read negative blogs and articles as this will plant seeds in your mind that may grow and become problematic in your unfoldment. Yes, with all lives we have times when we are not in a good space but we should realise that this is life and soon all shall pass and we get back into a better space, sitting in those times of need is essential for peace of mind and just allowing our minds to blend with the other world to bring healing and inspiration. This is why all students who come to study with me go back to basics in the "The Basics of Sitting & Mediumistic Unfoldment" so that we can unsure a strong mental, emotional and spiritual foundation upon which to build our experiences.

We must start as we mean to go on, with a positive mind, a genuine and focused intention and an open heart to blend with those we know and love in spirit; and we will then move towards these wonderful experiences in a gentle and easy manner fearlessly.

Ten minute meditation. (Letting go).

Geoff Nunn. ©

(A useful meditation at a time when many are anxious).

Start by sitting comfortably; back straight, feet firmly on the floor.....

When ready, gently focus your mind on the breath and you slowly breath in then out, in then out.....

Feel the rise and fall of the chest with every in and out breath, becoming aware of the sensations in the body as you focus your mind on the breath.

When the mind is relaxed, with every in breath, feel energy being drawn into your body from the top of the head filling the body with gentle, vibrant energy going all the way down to the tips of your toes.

With every out breath imagine any unwanted, negative energy leaving your body from the tips of the fingers and toes....

Continue filling your body with positive, vibrant energy with the in breath and exhaling all the negative unwanted energy with the out breath.

Continue for ten minutes then slowly and gently bring yourself back to normal awareness feeling refreshed.

Prosperity Game - eBook

Download an extract from “Prosperity Game”, an eBook by well-known spiritual teacher, Steven Noble, from our website by using the link below:

www.bsnuco.co.uk/page24.html

Cuckoo in the nest.

Eva French ©

I'm not even a medium Medium,
To see a spirit, I just couldn't,
I've never heard a ghostly voice,
Or made something move when it shouldn't.

Your ancestors aren't revealed to me,
Or that dashing Indian brave,
I wouldn't know that you were once an Emperor,
Or was it a Nubian slave?

I've not been known to levitate,
And I've got a sneaking feeling,
That if I did, I'd go dashing up,
And hit my nose on the ceiling.

I've never been out-of-the-body,
And I've never been in trance,
And rapport I have never had,
Though I've given it all a chance.

No, I'm not even a medium Medium,
Nothing goes bump in the night,
And the daytime doesn't bring its visions,
Not one symbol is in sight.

I really am not being modest,
I'm just different from the rest,
Limping along on the only five senses,
Makes me a cuckoo in the nest.

Next Edition
NOVEMBER

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