

Candela



Newsletter of the Swedenborg Association of Australia Inc.

Organisational Details are provided on the next page

December 2021

ISSUE 106

PRESIDENT'S MESSAGE

NO ROOM IN THE INN(ER)

Welcome to this next issue of Candela which covers the Christmas period and beyond. So, Merry Christmas! I have a hunch that this Christmas will be a bigger one than the last one was, and I hope a record number of people do get together and celebrate the season.

Getting together, giving and (pardon my euphony) gorging, are outer ways of celebrating Christmas, and they're great. Yet, of course, Christmas has an inner meaning which is the coming of God into this world and all the whys of that. So we have the inner which gives rise to the outer, or Swedenborg would say, the internal (Jesus) from which externals (Celebration) can flow. And really, you need both. Drop either, and it's lost its fulness.

One of the bits in the Biblical story of Christmas tells us that Mary gave birth to Jesus and laid him in a manger because there was no room in the inn. And we all get it. God was born in simplicity and put in a feeding trough because the inn in Bethlehem was packed out with census homecomers and maybe merrymaking too. "Goodness, Asher, is it really eighteen years since we last met? Let's drink to this, L'chaim!"

continued on page 2

Painting by Walter Rane



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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 S.A.A. or its committee.

Next Issue – March 2022

Our next issue will be in March, so if you would like to write something, please get it to me by **15th February 2023**

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

Ruth



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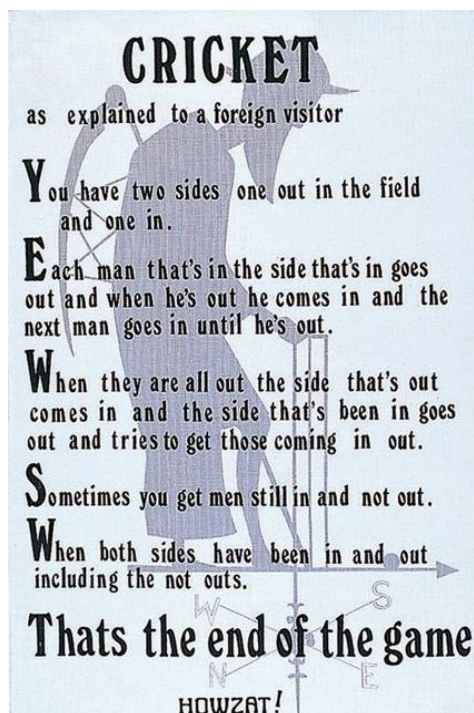
Joe Vandermeer (Public Officer)

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) 9416 2812 or browse <https://swedenborg.com.au/contact/>

** * continued from page 1 * **

Not much "inner" in the inn, then, but lots of "outer" out there at the inn. It's a bit like that question, How do you explain Cricket? Let this tea-towel tell you while we move on.



So then, where is the best place to look for the meaning of the coming of God as a human person? Probably in the individual which is you and me and each person there is.

Swedenborg tells us that God came and did what He did because He had a deep divine intense desire to save the whole human race. But it's so easy just to talk about the whole human race. That's really saying each and every individual person at that time, before it and after it, so that each and every one of us is kept in spiritual freedom to choose what we will love (inner) and do (outer).

If an individual person doesn't care a bit about looking at their inside life but just wants to indulge, then they're an inn-dividual who is just inn-dulging.

If an individual person does care and wants and tries to reform things in their life, then they are an in-dividual who feels the need to in-spect how they are thinking and doing, and can make some changes.

Now all of these ins and outs lead to an important point. People sometimes say that spiritual people (or religious people) have a very tedious and uninteresting life, trying to do what God says and feeling guilty if you don't. Just enjoy everything and live it up and stop all your thinking! If they're really like that, they have an out but not much if any inner.

But, suppose you are someone who really feels the need to monitor your actions, reactions and distractions and you know that doing this is spiritual work, but you also enjoy life, have fun, meet up, and all that life offers, then you have a good outer and an inner. Your active inner is in-jecting, in-fusing and in-viting you to share in the joys of God's gift of life. So you have both of them!

I really wish everyone a great Christmas with joy on both the inside and the outside.

*Merry Christmas and a good
New Year from*

Julian



STRESS HAS 3 Ts

By Simon Mervyn-Jones D.C.



In 1910 Daniel David Palmer was pondering the variety of factors which lead to dysfunction in the human body.

Through more than 20 years of helping many people recover their health he had repeatedly seen that there were key contributing factors which had resulted in their loss of health.

He concluded there were three main categories of stressors which accumulated to limit the flow of life force in the body. They caused deleterious effects by producing areas of nerve interference within the body and spine leading to diminished communication and consequent loss of health and function.

These three categories are Trauma, Toxins and Thoughts.

Stress from physical trauma either by repeated low grade action or from sudden unexpected accidents and strains.

This can include the accumulation of poor posture, repetitive strain, too much sitting, too much looking down at phones.

Toxins include environmental /industrial poisons either absorbed slowly over time or through sudden exposure. Toxins can also be self-generated through the accumulation of metabolic wastes in the body's tissues and organs.

Thoughts can generate stress and diminished health through sudden or repetitive activations of the fight and flight responses which can then become self-perpetuating. Thought stress can come

from outside through what we see hear and experience. It will be magnified if there is repeated bombardment from media, news outlets and conversations focusing on problems and the negative possibilities.

Thought stress also originates from inside our minds, depending upon what voices and influences are allowed to broadcast through our consciousness.

DD Palmer originally labelled this category Auto-suggestion because he saw that it ultimately comes down to what we are telling ourselves and what we allow to repeat inside our minds.

He had been working on a solution to the accumulation of stress within the human body since 1895 through the founding and development of Chiropractic.

Spinal corrections were given with the intent of restoring the innate communication pathways within the body. This allowed the inborn self-healing, self-regulating properties to once again restore proper function and health.

The governing and healing faculties of the mind and body are designed to flow from Above Down and Inside Out. Restoration of communication through reduction of stress- caused blockages allows the inborn vital forces to flow freely.

DD, his son BJ and other early developers of Chiropractic realized that the regular restoration of health they witnessed was because they were assisting in : "Connecting the Physical person to the Spiritual person"



The influx of good from the Lord with man is continuous; but there are evils both actual and hereditary that hinder and obstruct the reception of it; and therefore when these are removed, a new will comes into existence. AC 5353



My very first Biology Lesson by Julian Duckworth

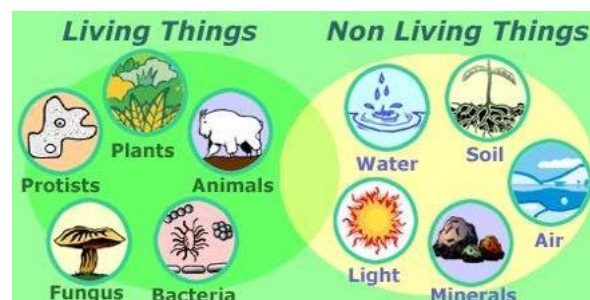
I clearly remember my very first ever Biology lesson at High School. We were the new intake, Year 7, back then Form 1. Thirty or so of us went off after recess (back then, playtime) to the Biology Lab which was actually below ground with high narrow windows to let some light in. And hundreds of shelves of specimens, pickled in jars of formaldehyde which we had smelled from afar as we approached. Frogs, more frogs, snakes, snails, stuffed birds and eww, bits of bodies which were labelled but unrecognisable. Possibly pre-Darwin.



Amidst all this was the school's main and maybe only Biology teacher, Miss Perry, who grinned at us. Sit down, and we sat on stools, I mean wooden stools. There'd be thirty-five of us, mixed gender, back then either boy or girl. Miss Perry, of uncertain age, wore a loose-fitting lime-green woollen jumper and I have no other memory of her teaching us in anything else!

She told us that we were going to start doing Biology which is the study of all living things. She added, 'Are any of you a living thing?' Not being sure of where she was going to go with this, we looked

back blankly. She then told us that all living things have seven requirements in order to be alive and stay alive. And proceeded to tell us.



"All living things have 1. Movement 2. Respiration (they breathe) 3. Sensitivity to outside things 4. Growth 5. Reproduction 6. Excretion 7. Nutrition. Write them down in your books."

So we did, and waited. Miss Perry then decided to give us her talk on each of these seven requirements for life and she did not ask us any questions or for comments. Looking through the list, I can appreciate her method. You don't get thirty-five twelve year olds, boys and girls, and describe certain things but especially reproduction and excretion in glowing detail. You skirt around and keep on with the science not the sensational.

And that was my first biology lesson. It left a deep and lasting impression on me as you can see. I have no other memory of Biology until a Parents Evening in Year 10 (then, Fifth Form) when Miss Perry told my parents I would probably not pass SC Biology which made me determined to pass it. Which I did, which was crucial as to go forward I needed one science (and Physics, Chemistry and me were incompatible). So thank you for that, Miss Perry.

Now, looking at this list of requirements for all living things, it seems very



obvious to me that there are here a whole set of correspondences for spiritually-living things. And I am going to give you the basic Spiritual Biology lesson.

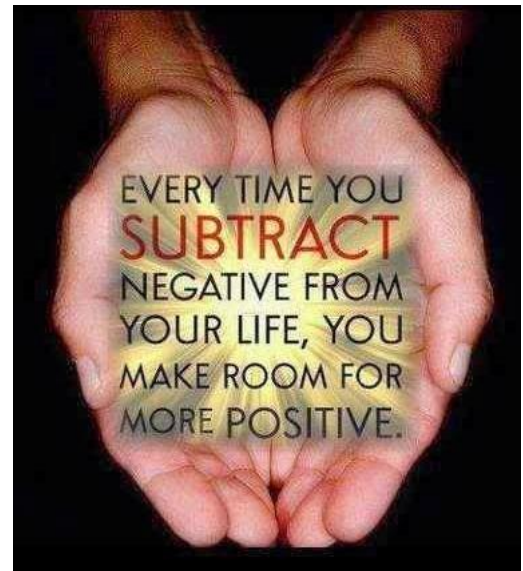
Movement: I would equate spiritual movement with freedom and choice. You could argue that moving means progressing and regenerating, and that's fine, but our fourth requirement is Growth which seems to me to be on that idea. So, freedom. This is absolutely one of our human being spiritual gifts from the Divine, to feel free, be free and experience our life as though it is entirely our very own, but hopefully come to understand that all life is from the source, God, divine inflowing.



Being free, and also having a mind to reason and think things, means that we can make choices and decide that "this" is right and "this" is wrong; that while I fancy doing this, I shouldn't. Movement - even in nature - is a kind of roaming, or with plants a wafting or turning as the sun moves - all full of good correspondences. Movement also means we can get to where we really want to go to. Spiritually, that's our core love or ruling love, Swedenborg says.

Respiration: Respiration is taking in from the air what we need and giving out what we don't need. Oxygen vs Carbon Dioxide. Respiration is constant, so spiritually it seems to be meaning our mind

thinking and dealing with things, our endless inner dialogue. We take in the thoughts and ideas we need and they enliven (oxygenate) our 'blood', and we release and give out thoughts and ideas which look untrue, not good, trivial, boring, unacceptable.



But we should note that these throw-outs come from within us and we're dispatching our own stuff, not what we breathed in. That helps us realise and accept we're not perfect.

Sensitivity: Sensitivity to external stimuli like light, heat, danger, poison etc. Even the very word sensitivity seems to mean spiritual, doesn't it? A sensitive person, not a brazen say anything person. The area which I would spiritually equate with sensitivity to external stimuli is reaction and intuition to what we find going on around us. Here's a few examples and you'll have yours. Friends talking about things you feel they shouldn't be sharing. What do you do? Someone who you simply know is lying. What do you do? When someone tells you that the world is too awful for there to be a God.

Part of sensitivity is self-protection, survival. That can be necessary, but also



difficult or embarrassing. It's not easy being sensitive. It's often painful.

Growth: Most things start off as an egg or a seed and then they develop and grow and get bigger and, note this, more and more like they are intended to be. Acorn into oak tree thing.

No two oak trees are the same. So spiritually, growth is about several things. I think it is about our heredity, our sort-of template. It's also about the previous experiences we've had in life and how we've felt about them and handled them. It's also very much about the path of spiritual regeneration and our personal work. And it is about what we can say is us becoming what the Divine intends us to become.

In nature, growth gets affected by environment. A dog never taken for a walk gets fat and lazy. A tree planted where salt spray and gales blow will get stunted or forced to comply. A person who's victimised may never stand a chance here and all their growth will be in the spiritual world.

Reproduction: All living things must re-produce themselves for obvious reasons. Spiritual reproduction is probably best seen in us being useful, in serving life in some way, so that our own life has purpose and involvement and some offspring into what we find around us.

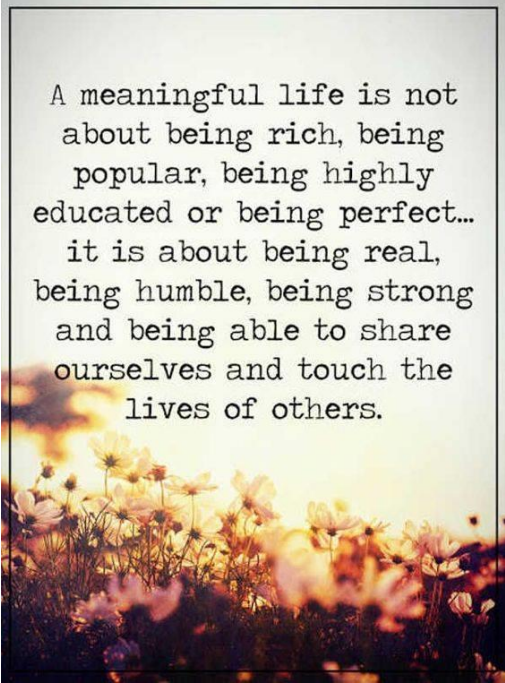
We might set us a spiritual interest in people or make someone's day. One of the great things about spiritual reproduction like this is that we never know it happened or involved us, which is all to the good! It's a bit like the child who grows up and becomes independent of us.

It's also a truism that actual reproduction or child-bearing has a great importance in the Divine plan of creating a heaven of angels from the human race. (Swedenborg) And heaven is infinite in its size and receptivity.

Excretion: Well, surely this is the most obvious spiritual requirement of them all. It is to get rid of the unwanted, not needed things, but even more, to put away, abstain from or as Swedenborg says so forcefully, to shun evils as sins against God. See them in ourselves, see them for what they are, see the toxic harm they do

if left roaming our spirit or their harm on others, and jettison them, or at least, set yourself against them. In other words, manage this, and excrete yourself from them if they won't excrete themselves from you.

Swedenborg does not advocate us primarily doing good. He says that we need to not do or not want to do what is bad, so that a love of good can flow in from the Lord who is the source of all good.



A meaningful life is not about being rich, being popular, being highly educated or being perfect... it is about being real, being humble, being strong and being able to share ourselves and touch the lives of others.

Nutrition: Nutrition is food, nourishment, vitamins, protein, good carbs and fibre. Eating is taking things in so that they give us energy and wellness. Spiritual nutrition would be taking in things from all our experiences in life, seeing the great thing of being involved and sharing experiences with others. It would also involve joy, laughter, pain, empathy and trusted friendships. Very nutritious. Intimacy comes into this too, not just physical, but in mind-sharing, interests, outings, adventure.

It's all too easy to always give out. Spiritual nutrition helps us to see we need to be given to as well. Life is good. Jesus said, 'I am the Bread of Life'.



Having recently read the novel "Dying To Be Me" – By Anita Moorjani which is a recount of her near death experience (NDE) the following thoughts are both inspired from her book, from my own spiritual journey through the practice of LOGOPRAXIS, as well as those expressed by Anita herself.

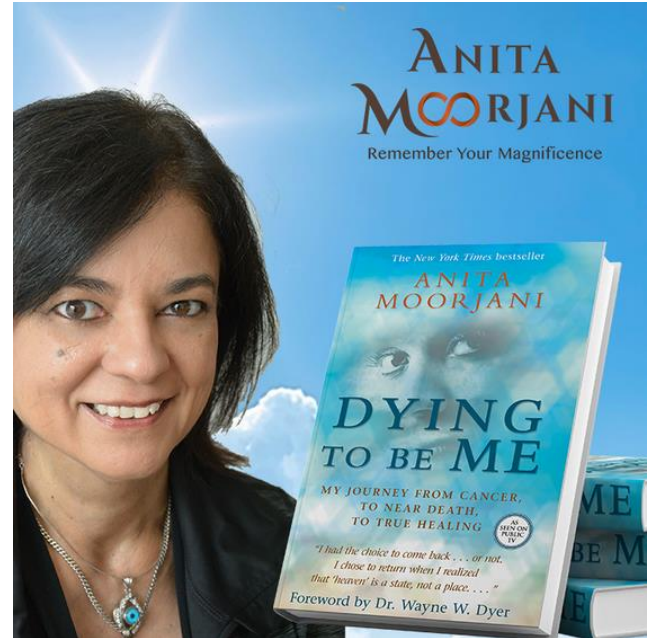
Please note words/quotes in *"italics"* are Anita Moorjani's and can be found in her book.

"Dying To Be Me" is a beautiful, inspiring, spiritually uplifting and thought-provoking book describing Anita Moorjani's feelings of awareness, non-duality, unconditional love, fearlessness and non-judgment that God has for each and every one of us, during her experience in the spiritual world and NDE.

Anita Moorjani was close to death. Her organs were shutting down and doctors had told her loved ones that she was only hours away from dying after a four-year battle with cancer. She could hear the doctors telling her mother and husband that she had only hours to live, and at the same time was aware of her brother boarding a plane praying he would make it to her bedside in time. She was able to talk with her best friend who had died of cancer a few months earlier and her father who had also died.

In the place between life and death which she describes as *"non-duality"* and what I would call the spiritual world, Anita finds peace and an unconditional love not only for herself but all the human race as one. She explains that *"We are all connected to each other. To the whole."* To God. *"We are all one. What affects us, also affects everyone else because we are all part of the whole, the universal energy,"* the Divine. The Lord's life flowing in.

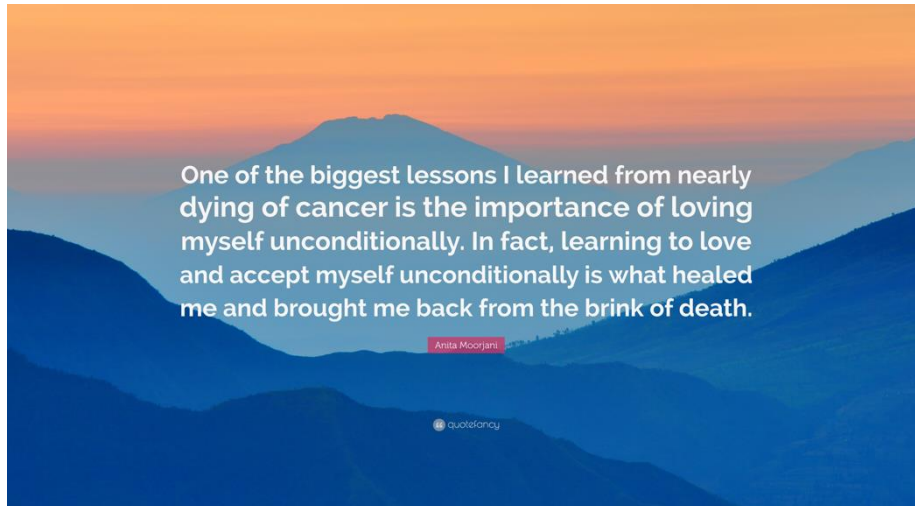
She is given a choice and chooses to return to her earthly body knowing that she will be completely healed, a true miracle in itself.



Her journey continues as she *"allows her life to unfold"* following the Divine purpose God has for her, that God has for each and every one of us as well, that only we can fulfil. Her experience gives her a new way of viewing the world and life itself.

Instead of doing everything from a fear base she begins to follow a joy-based perspective. *"Allowing her life to unfold"* rather than purposefully chasing something. In this way, what is meant for her, when the time is right, flows in effortlessly. As Anita writes, all we have to do *"is connect to our inner self"* – to the Divine – the Lord.

To love our true self without judgement or fear is to love who the Lord intended us to be. *"We are already who we are meant to be. We just need to be ourselves and shine our own magnificent light strongly and without fear."*

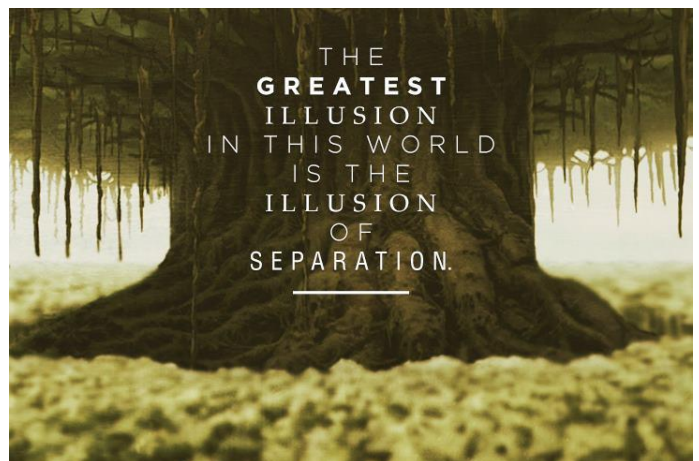


Turning inwards to get in touch with the universal energy, our soul, spirit, God's life force, rather than looking outward to natural more worldly things is a way of opening up a connection between our inner spiritual self and the Lord. We just need to let go of the natural and allow the spiritual, the Lord, to lead us.

Anita noticed her life became full of synchronicities when she allowed herself to be open to the life force flowing through her. Trusting in the Divine and the power that comes from loving herself unconditionally without judgment just as the Lord loves each and every one of us. As Anita says, *"All any of us has to do is be ourselves. That is who God made us to be!"*

The following ideas resonated most strongly with me throughout the book since they also seem to reflect a similarity between my experience of LOGOPRAXIS, Swedenborg's writings and New Church doctrine working in my life: *"to be myself,"* my true self *"without fear"*. That we are all spiritual. The universe (God) is within me. And that *"our outer life is only a reflection of our inner states."*

If you are open to seeing the Lord as being the life that flows into everything, both spiritual and natural, then perhaps you too will find something within this book that resonates with you and the spiritual teachings of the New Church. After all, "we are all connected" and "nothing unconnected ever occurs." Emanuel Swedenborg AC 2556





DEBORAH'S TREE LAUNCH CELEBRATION

The launching of Rev. Roslyn Taylor's non-profit ministry, Deborah's Tree, was celebrated on 3 October 2021 in the U.S.A. Partnered with the Lord's New Church in Bryn Athyn, PA, the mission of Deborah's Tree is to preserve and promote the work of female Swedenborgian/New Church authors, scholars, clergy and artists, and to contribute to the women's spirituality movement. Deborah's Tree also offers women the opportunity to connect with other Swedenborgian/New Church women, and other people involved in the global Swedenborgian and spirituality movements, through online and in-person events. You can find contributions from Swedenborgian/New Church women on the website

www.deborahstree.org, as well as past and future events which are open to women and men. Please send items or links for the website to hroslyntaylor@gmail.com



Pictured L-R: Rev. Julie Conaron (Treasurer),
Rev. Roslyn Taylor (President), Liz Kufs
(Webmaster)

Christmas Gifts of Gold, Frankincense and Myrrh



In the Christmas story, the wise men bring gifts to the Lord: gold, frankincense and myrrh.

The gold is listed first, because it is the inmost - signifying good, e.g. the good that we do when we love the Lord and the neighbour.

The frankincense is next. It signifies rational truth, which is the set of true ideas that we know, not about external things like cars or cooking, but about what is really good, and what is really true.

These rational truths are built on earlier knowledges that we learn, before we have really made them our own. Those early knowledges about spiritual things - often learned in childhood - are represented by the myrrh.

In a way, these gifts are really a reciprocation. We can't actually give them to the Lord until the Lord has given them to us. We necessarily start out by learning and doing the Lord's law (myrrh). The Lord can then call up those memories to become rational truths (frankincense). Then, over time, and with effort, those truths can be transformed into good (gold). The wise men from the East had gone through this process of learning and becoming vessels that could receive truths and goods. They were able to perceive the Lord's birth, and find him, and bring gifts to him.



My Exciting Life

By Emanuel Swedenborg

The following quotes are all things that Swedenborg said in his books about his experiences.

AC 994 It has been granted me to see by internal sight the things in the other life more clearly than I see things in the world.

DP 340 By permission, some spirits ascended from Hell, and said to me "You have written many things from the Lord, write also something from us." I replied, "What shall I write?" They said, "Write that every spirit, whether good or evil, is in his own delight..."

DLW 324 Since I have been allowed to speak with angels, I'll tell you something from my own experience. I have talked with some who lived many ages ago, and with some who lived before the Flood. I have talked with some who lived in the time of Jesus, and with one of his disciples. They have all seemed like middle-aged people and they all said they don't know what death is.

CL 151 As I was leaving the School of Wisdom I saw an angel in a hyacinth-coloured garment. He walked with me and said, 'I see you've come out of the School of Wisdom and you're glad about what you heard there. But I can tell you're not fully in this world because you're also in the natural world. So, you won't know anything about our Olympic Gymnasium; if you like I'll take you there. And so he led me.

CL 155 I woke up one morning to the sound of the sweetest singing coming from somewhere above me, and because I was in that first waking state it was peaceful and more internal, and I was kept in my spirit as it were out of my body. After this I got up and looked into the spiritual world and in the east, under the sun, there was a Golden Shower.



Spiritual Diary 1998 It was wonderful that the angels became glad about the same thing as I was glad about too, but they could only become glad when I gave it less attention. The reason was that I didn't mingle my gladness with theirs, but when I - as it were - heard nothing. So, in all other things too, the angels gave more attention to things when I gave less.

Spiritual Diary 2072 There was a certain patch of garden about which the spirits with me made me feel a kind of horror. The memory of this stayed with me and about two years after this, when I was in spiritual company, I talked about that garden patch, and the spirits who were with me began to feel great horror.

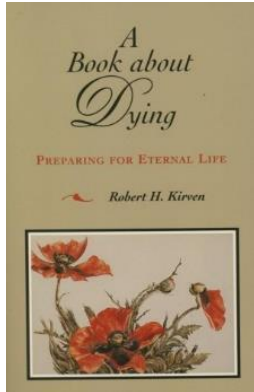
AC 6474 For a whole hour I was shown how all thoughts are ruled by the Lord. It went like this; all that came into me from the Lord led all the series of my thinking into the next thoughts and so on, all very gently but powerfully, so much so that I could not wander off into other thoughts. I was allowed to try and wander off but I just couldn't.

Spiritual Diary 4175 There was seen presented to my sight, but in a very small degree, and veiled from full view, a representation of the beauty of conjugal love, which affects the mind to its deepest recesses, indeed all beauty if from this source. There were various cerulean rainbows and golden showers.



Quarterly Book Discounts

Here are this quarter's book offers. **Candela** readers who order the following titles during the next quarter will receive the discounts listed below, **while stocks last**. Complete the Order Form below and send to the Swedenborg Centre or phone on 02 9416 2812 and mention this page.

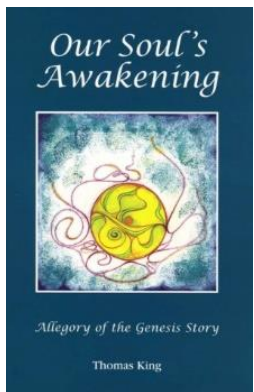


A Book About Dying

by **Emeritus Prof Robert Kirven**

155 pages, paperback **now \$15 plus postage**

A fear of death is almost universal. When Robert Kirven was dealing with his wife having a terminal illness, he found that learning what comes after death eases that fear. Using the unique Swedenborgian perspective of the afterlife and the daily realities of caring for loved one are the bases of Kirven writing about the spiritual experiences of the dying and of survivors. He offers practical advice on lessening the burden, while convincingly asserting that "for patient and survivor alike, living really does continue after dying." (Note: this book was issued in two different covers, but the content is exactly the same).



Our Soul's Awakening (Allegories of the Genesis Story)

by **Thomas King**

168 pages, paperback **at only \$15 plus postage**

Although the early chapters of the Book of Genesis have captured the imagination of people across many generations, the last hundred years have stirred up controversies and questions over its relevance to our modern world. This book reconciles the apparent inconsistencies, even absurdities, found in the early chapters of the Genesis in the Bible. The key to understanding the divine inspiration behind it lies in the principles by which natural objects relate themselves to spiritual realities, which Swedenborg called the law of correspondences.

Send orders to the Swedenborg Centre, 4 Shirley Rd, ROSEVILLE NSW 2069 or phone (02) 9416 2812, or email orders@swedenborg.com.au and mention this Candela.

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WHAT'S HAPPENING?

To become a member of the Swedenborg Association of Australia, check the website at www.swedenborg.com.au and click "Contact" in the top menu, which has details on benefits of **membership** and an application form listing current membership rates.

Also check the website at www.swedenborg.com.au for details of **group events** which are held online, but you can also be physically at various locations around Australia. Follow the "about → contact" menu items on the website for a list of locations and contact info of your nearest group convenor, and see the "events" menu item for Zoom links so you can join online events.

Our new website is continually being updated with new study material and latest news and information.

And below are some nuggets of wisdom from the pen of C S Lewis.



Aim at heaven and you will get earth thrown in. Aim at earth and you get neither.

Do not waste time bothering whether you 'love' your neighbour; act as if you do, and you will soon come to love them.

Don't let your happiness depend on something you may lose.

Everyone says forgiveness is a lovely idea, until they have something to forgive.

A person can no more diminish God's glory by refusing to worship Him than a lunatic can put out the sun by scribbling the word 'darkness' on the walls of his cell.

God allows us to experience the low points of life in order to teach us lessons that we could learn in no other way.

God has infinite attention to spare for each one of us. You are as much alone with him as if you were the only being he had ever created.

God intends to give us what we need, not what we now think we want.

God whispers to us in our pleasures, speaks to us in our conscience, but shouts in our pains; it is his megaphone to rouse a deaf world.

Human history is the long terrible story of people trying to find something other than God which will make them happy.

Humility is not thinking less of yourself, but thinking of yourself less.

I believe in Christianity as I believe that the sun has risen — not only because I see it, but because by it I see everything else.

If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world.