OM-lightenment

A MAGAZINE FOR SPIRITUALISTS

WIN
WITH US

SHIFT
YOUR FREQUENCY

COFFEE WITH
Liz Viviers

SPOTLIGHT ON
SA Sanctuaries

EVIDENTIAL MEDIUMSHIP
LEARN MORE



WINTER EDITION 2025

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Winter

Winter is not the sweet scent of an early morning in spring.
Nor the excited outdoor chatter in the late evening.
It is not alive with budding promise and colorful hues.
It does not hold the vibrant energy that new life imbues.

Winter has not your longer summer days, sometimes rainy and sometimes bright.
Nor are the skies a buzz and a flutter in the mornings and at night.
It does not languidly laze on slower golden balmy days.
And it has not the warm stifling air that makes you feel like you're in a cage.

Winter will not boast vivid autumn colored leaves rustling in the trees.
There will be no golden foliage blowing on the breeze.
Migrations traveling afar will have bade their seasonal farewell.
Already on the other side of their life-long carousel.

No, winter is none of that, it is so much more.
Winter is something that requires time to explore.
It encapsulates quiet whispers of sprouting blossoms and buzzing skies in days gone by.
And quietly hints at unknown secrets and knowledge collected as darkness arrives earlier on the hint of a silent sigh.

Lauren Erasmus

Lauren is a published poet and a member of the Sanctuary of Serenity community. She is a mother of three and lives in Pinetown, KZN.



A note from your editors

Radiant Soul,

Welcome to our Winter edition of OM-lightenment.

As we put our third edition together, we thought about what Winter really means. For us, this is a time of reflection, where the world slows down a little, and we have a chance to review, catch our breath and slowly heal. With this in mind, we have made sure that we give you some deep and inspiring articles to capture and warm your hearts and souls.

We were blessed to interview Liz Viviers at her home in Durban. Read about her personal journey with Spirit and her hopes for the future of Spiritualism. Through these pages, you'll find books that uplift, and stories that fill the heart space. There is wisdom and guidance as well as beautiful articles created from the sanctuary of the soul.

To add some warmth to this edition, we encourage you to enter our competition and win a personalised soul portrait from Quantum Soul. All you need to do is to email us at omlightenmentmagazine@gmail.com with your feedback about our magazine. We look forward to hearing from you.

This magazine was originally created to showcase the Spiritualist Sanctuaries in South Africa, so you will find a directory towards the back, and articles on the history and offerings of six amazing Sanctuaries who are doing wonderful work in continuing to share the love and light of Spirit.

It is our hope that this Winter edition finds you where you are, cradled within the hand of the Divine - healed, whole and loved.

As Rumi said 'Don't think the garden loses its ecstasy in Winter. It's quiet, but the roots down there are riotous'

Warm hugs





Helene and Sharron

+27 75 242 3516
omlightenmentmagazine@gmail.com

Shift your frequency...

Try these winter-themed affirmations to align with the energies of rest, inner wisdom, stillness and renewal

GROUND YOURSELF

I allow myself to slow down and honor the sacred pause of winter.
In stillness, I reconnect with my inner truth.
I trust that rest is productive and deeply healing.
Like the earth beneath snow, I am quietly transforming.
I give myself permission to retreat, replenish, and restore.

ENCOURAGE INTROSPECTION

I embrace the mystery and magic of the unknown.
My soul speaks clearly in the quiet of winter.
I am in divine alignment with the seasons of my spirit.
I open to the whispers of my intuition in the silence.
This season is a sacred invitation to deepen my connection to self and Source.

ALIGN WITH NATURE

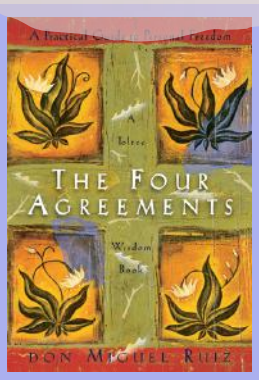
I am grounded like the roots beneath the frozen earth.
I align with the natural rhythm of winter's still beauty.
I trust the wisdom of nature's cycles within me.
Like evergreen trees, I hold strength and resilience all year long.
I am nourished by the breath of winter and the calm it brings.

FOCUS ON RENEWAL

Even in the cold, my inner light burns brightly.
I carry the spark of hope and vision through the darkness.
I trust that new life is forming in the unseen.
I am preparing the soil of my soul for powerful new growth.
Winter is my cocoon, and I am becoming something beautiful.

WINTER INVITES US TO SLOW DOWN, GET COMFY AND NOURISH THE SOUL WITH A GOOD READ.

Treat yourself to some ‘me’ time, with a great spiritual book. Here’s a hand-picked list to inspire, uplift, and warm you from the inside out.



The Four Agreements

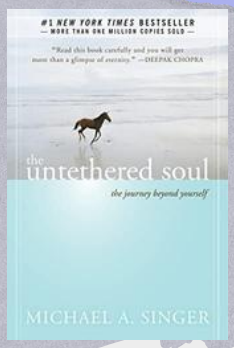
Don Miguel Ruiz

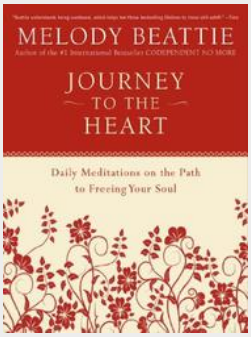
Simple wisdom from Toltec tradition that encourages inner freedom and clarity. A short but transformative read.

An Untethered Soul

Michael A. Singer

A graceful exploration of consciousness and letting go of inner chatter — perfect for quiet winter nights.





Journey to the Heart

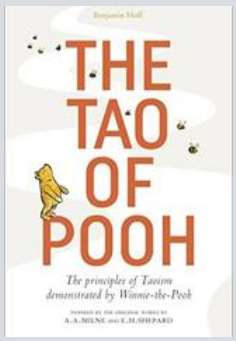
Melody Beattie

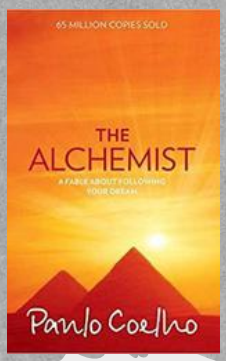
A daily meditation book with heartfelt messages that align beautifully with introspective winter energy.

The Tao of Pooh

Benjamin Hoff

An endearing look at Taoist philosophy through the eyes of Winnie the Pooh. Light, sweet, and profound.





The Alchemist

Paulo Coelho

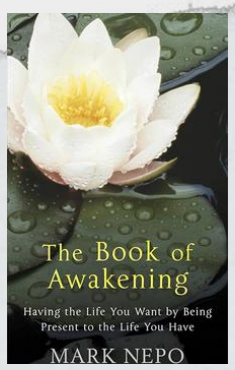
A spiritual fable about following your dreams and trusting the soul's journey. It's easy to read but rich in symbolism.

Light is the New Black

Rebecca Campbell

A modern guide for intuitive souls who are awakening to their purpose — conversational and uplifting.





The Book of Awakening

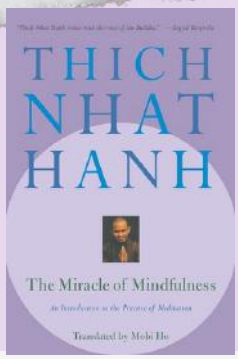
Mark Nepo

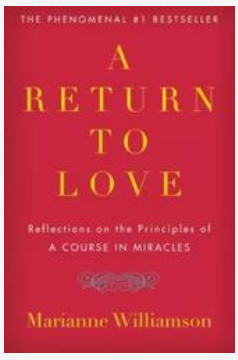
Daily reflections to nourish the soul, ideal for winter's slow, sacred pace...

The Miracle of Mindfulness

Thich Nhat Hanh

A gentle guide to everyday meditation and awareness by the beloved Zen master





A Return to Love

Marianne Williamson

Based on the principles of A Course in Miracles but written accessibly — warm, heart-centered, and comforting.

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Coffee with Liz Viviers

A life guided by Spirit



I had the pleasure of meeting with Liz in her home in Durban recently. Over coffee and scones, we chatted about her journey with Spirit and how this has become an integral part of who she is. Liz's story is a beautiful reminder that the thread of Spirit connects all of us. May her journey inspire you to embrace your own gifts and open your heart to the loving presence of Spirit.

When did you first discover your connection with Spirit?

Liz shares that her first encounter with Spirit happened at age 3 in her grandmother's house, though no one believed her at the time. At 5, she met her life guide, Khalif, who appeared at her bedroom window. Raised in a Calvinist home, Liz kept quiet about her gift, only learning later that both her father and grandmother were spiritually gifted themselves.

How did you manage your gift growing up?

Liz's mother was horrified when Liz began giving accurate family messages, and she often found herself in trouble. In her teenage years, she was fascinated by hypnosis and understood that we're more than just bodies. She says she always felt different but never worried about it. At university, she sometimes shared intuitive warnings, even if friends found her odd! Liz met her husband Martin during this time and sensed right away that they would marry—despite his initial protests!

How did your spiritual path unfold?

Liz's journey deepened when a supervisor, recognizing her clairvoyance, took her to her first Spiritualist Church service. There, she received her first message from platform, where Spirit welcomed her home with applause. Liz also recalls her father's final illness, when her intuitive diagnosis was proven right by Spirit's insights.

What role does Spirit play in your life today?

Liz says Spirit is her extended family and that all her "clairs" are active. She's been woken in the night with urgent messages and has helped clear energy from poltergeist disturbances by listening to her guides. She believes some people explore Spirit carelessly, opening themselves to attachments. Her advice: never play with what you don't understand.

What are your views on modern spiritual practice?

Liz has sat in direct voice circles and witnessed Spirit manifest in form. She sees trance channeling as a tool of the past; today, she believes Spirit prefers working with us through inspired channeling. Martin, her late husband, was also a transfiguration medium, even featured in Scope magazine. Liz's pertinent suggestion is that our future platform workers continue to take their time in preparing for service within the Sanctuaries, ensuring that evidence of spirit is present in the messages shared, and that reverence and God remain the centre focus of the Divine services.

What is your relationship with God?

Liz says that as a child, she was always searching for God. She remembers sneaking into a Catholic Church to meet God behind an altar after being told that he lived there! She believes spiritual truth runs through the Bible and that Jesus came not to save her soul, but to teach her to save her own.

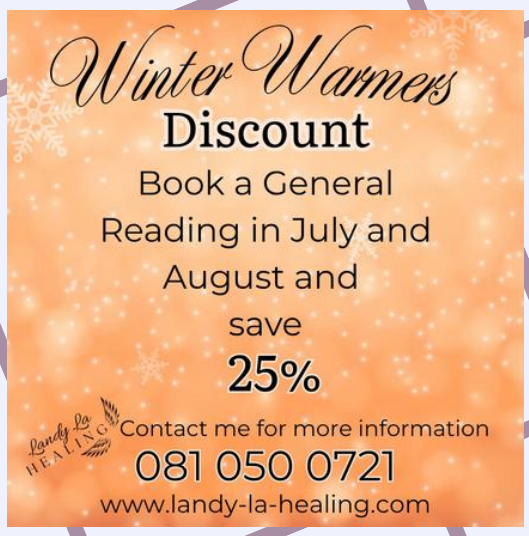

"There is a common thread that connects us all"
-Liz Viviers-

What does Spiritualism mean to you?

"It's everything," Liz says. "It's who I am and a reflection of my belief in life after death. I honour Spirit and God's role in my life and hold the teachings of Jesus close."
What fills your cup?

Liz finds purpose in service - especially when people come to the Sanctuary to serve others. She started welfare projects like Blankets of Love for hospices and hospitals, seeing this as an expression of God's love in action.

'My family is large and includes all those who are spiritually motivated to be of service in some way or another'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Touched by the hand of Spirit

HOW MANY TIMES HAVE YOU BEEN TOUCHED BY THE HELPING HAND OF SPIRIT?

In 2024, a dear friend and former Chairman of the Sanctuary of Serenity, Adrian, passed into the Spirit World. As a Spiritualist, I understand how our loved ones in Spirit continue doing the things they love, through the people they still care about. Just weeks before Adrian's passing, he delivered a short, prepared talk at one of our divine services. In it, he mentioned me in relation to the spiritual work we'd done together. Without me knowing, that same talk was read out again at his memorial in Cape Town, with my name mentioned once more.

Several months later, I began reaching out to Sanctuaries across South Africa to share the vision of this magazine and to learn more about their communities. On my list was the Diep River Spiritual Centre in Cape Town. I connected with Rose who is Adrian's sister! As we spoke, we both had the same realisation: Adrian had been working behind the scenes!

During one of our chats, Rose mentioned a visiting UK medium named Gail Moffat, who had supported their community during her visits to South Africa. I didn't think much of it at the time - until I had another conversation with Hazel from the Pretoria Sanctuary of Light. Hazel spoke of her recent trip to Cape Town, where she met Gail after a service at the Valleyland Healing Sanctuary in Fish Hoek. Gail had mentioned possibly visiting KZN, and Hazel suggested she contact me.

I started to get nudges from Spirit about contacting Gail and I'm sure you know that these only get stronger if you ignore them. Eventually, Gail and I connected, and after a long, chatty phone call, she decided to spontaneously visit KZN enroute from Pretoria to the Cape. She already had her ticket booked to visit Hazel, so it only a matter of changing flights. Once settled, we had the joy of welcoming her into our home, and she extended her trip to spend two weeks with us. During that time, we planned a series of workshops, activities, and divine services for her to serve in and be a part of.

Gail's presence reminded us of the power and sacredness of evidential mediumship and the reverence of our divine services. Her contribution helped raise awareness and funds for several Sanctuaries. She has since become a friend, mentor, and guiding light to me, and she knows she always has a home in KZN.

Can you see the golden thread Spirit has woven? I like to believe Spirit has a wonderful sense of humour and when we follow the signs with open hearts, the circle of light and love only continues to grow.



Tuning in – channeling divine guidance

SHARRON DUFF IS AN AKASHIC RECORDS AND PAST LIFE PRACTITIONER. SHE IS ALSO A PSYCHIC MEDIUM, AND SPIRITUAL HEALER. SHE COMMUNICATES WITH ANIMALS AND IS A QUALIFIED ANIMAL REIKI PRACTITIONER. SHARRON RUNS HER ESOTERIC PRACTICE, QUANTUM SOUL, FROM HER HOME IN WATERFALL, KZN."

Channeling is a fascinating spiritual practice that bridges the realms of the seen and unseen. At its heart, channeling involves opening oneself to receive messages, energy, or guidance from spirit guides, angels, ascended masters, or the collective consciousness. For those of us who serve as channels, this practice requires sacred trust. This is a responsibility and a way of sharing the wisdom and love of Spirit with those who seek connection and healing.

As a channeler, I have dedicated the past 25 years to being a conduit for these spiritual messages. In my own work, I create a safe, heart-centred space where Spirit's voice can flow through me. It's a humbling and beautiful experience to feel the presence of these higher beings and I love their gentle enthusiasm and powerful energy used when I speak or write inspired words. Each conversation is an opportunity to remind others of their own light and to offer insights that resonate with the soul.

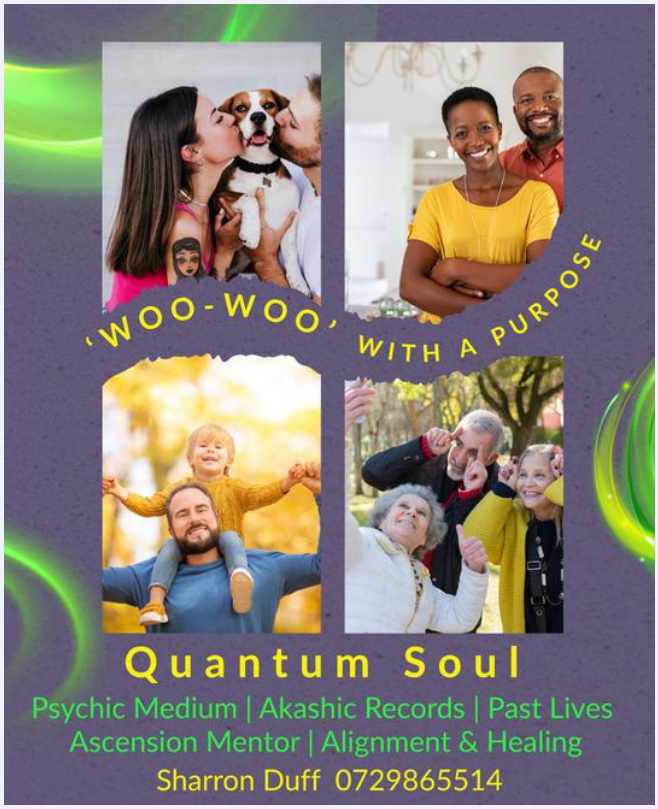
At its core, channeling bypasses the chatter of the mind and taps into a stream of higher consciousness. This can take different forms: some channelers enter a deep, trance-like state and allow Spirit to speak directly through them, while others remain fully conscious and share inspired messages that they receive through images, words, and impressions. In my practice, I find that channeling feels like a gentle merging of my heart, mind, and soul attuning to a frequency of unconditional love and deep wisdom.

One of the most profound aspects of channelling is the reminder that we are never truly alone. Whether I am working with an individual seeking guidance on their life path or holding space for a group in need of collective healing, the presence of Spirit is always a source of comfort and wisdom. These
messages often centre around universal themes like the continuity of life after death, the power of love to heal and transform, and the importance of living with intention, integrity and grace.

Through channelling, I have witnessed firsthand how these teachings can touch people's lives in deep and lasting ways. In a world that can feel fragmented and uncertain, channelling offers a thread of connection - a reminder that we are part of something far greater than ourselves. Each message, each loving insight, is an invitation to remember our soul's purpose and to live with an open heart.

My work as a channeller is not just about sharing messages; it's about holding space for transformation. It's about inviting others to see beyond the physical and to trust in the power of their own intuition. In every session, I am reminded that Spirit is always present, always guiding us forward with love.

Click on the icon to find Sharron



DAILY SPIRITUAL PRACTICES FOR ASPIRING CHANNELERS

MORNING:

Begin your day with grounding – visualize roots from your feet to the earth.
Say a simple intention: “I am open to Spirit’s guidance and align with love and light today.”
Spend 5-10 minutes in meditation, focusing on stillness and breath.

THROUGHOUT THE DAY:

Stay present and aware of any intuitive nudges.
Take brief moments to check in with your body and breath – this helps you stay centered and receptive.

EVENING:

Spend 10 minutes journaling any insights, feelings, or messages that came through during the day.
Express gratitude for Spirit’s presence, even if you didn’t consciously connect.
Close with a short protection prayer or visualization of a white or golden light surrounding you.

TIPS FOR SUPPORT:

Weekly Circle or Mentorship: Dedicate time to meet with like-minded seekers for practice and feedback.
Stay Curious: Read books or listen to podcasts on channeling and mediumship for inspiration.
Trust the Flow: Let Spirit’s energy move through you without forcing or overthinking.

Deepening the evidence

Advancing in evidential mediumship

HELENE MICHELLE IS A PSYCHIC MEDIUM AND ENERGY HEALER. SHE IS PASSIONATE ABOUT GUIDING OTHERS AND DELIVERING MESSAGES FROM LOVED ONES IN SPIRIT, FROM HER STUDIO IN PENNINGTON KZN.

In our previous edition, we explored the foundations of evidential mediumship: the process by which mediums connect with the spirit world and offer specific, verifiable information to those seeking connection with departed loved ones. This approach stands apart from general or symbolic messages by emphasising detail, accuracy, and the emotional authenticity of communication.

In this follow-up article, we go deeper into the development of evidential mediumship, moving beyond simple identifiers to the nuanced characteristics that make each spirit communicator unmistakably known and felt.

BEYOND NAMES AND DATES

While names, ages, and dates are certainly validating, spirit often brings through subtler forms of evidence. These may include:

Personality traits: Was the communicator humorous, irritable, nurturing, or stoic?
Speech patterns: Did they have a strong accent, use certain slang, or speak in riddles?
Lifestyle details: Hobbies, routines, or causes they were enthusiastic about.
Shared memories: Specific events experienced with the sitter that no one else
would know.
Emotional essence: A felt sense that unmistakably matches their presence in life.

Recognizing and communicating these qualities helps sitters feel deeply known and comforted, not just intellectually, but emotionally and spiritually.

THE POWER OF PRESENCE

One of the most effective practices for deepening evidential work is sitting in the power. This involves consciously blending your energy with that of Spirit through quiet, meditative focus. The goal isn't to get something, but to attune, to build a subtle, strong, and respectful connection over time. It sharpens your perception and cultivates a stable inner environment in which spirit communication can unfold.

DISCERNMENT OVER INTERPRETATION

A common challenge for developing mediums is unintentionally interpreting received information. For instance, if you see a birthday cake, you might assume it means a birthday is coming up, when in fact, the spirit might be referencing a cherished celebration memory.
The remedy? Describe what you perceive exactly as it comes, without assumption. Let the sitter clarify meaning when necessary. Trust that even small impressions can hold great weight.

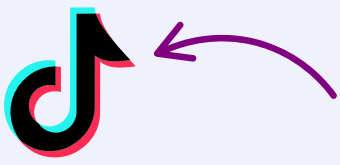
MANAGING A "NO"

Every medium encounters a "no" a moment when the sitter cannot immediately validate a piece of evidence. This does not mean failure. It could reflect a misinterpretation of the message, a sitter forgetting certain details or a need to reconnect with the communicator.

Staying calm and open when a "no" arises allows the energy to remain intact and the message to continue.

It's also part of learning and refining your discernment.





Click here to find Helene

The Anchor Flame:
Remembering through darkness

SHAUN COMBINES CREATIVE STORYTELLING AND SPIRITUAL INSIGHT TO HELP SEEKERS AND OUTCASTS FIND PURPOSE AND HEALING. THROUGH AUTHENTIC SOUL, HE SHARES REFLECTIONS AND PRACTICES INSPIRED BY ESOTERIC STUDIES AND INTUITIVE GUIDANCE TO SUPPORT COLLECTIVETRANSFORMATION AND CONNECTION.

There's a kind of awakening that doesn't come with light. It begins in silence.
In grief. In the wreckage of what we once believed was unbreakable.

For me, it started at rock bottom—no poetic sunrise, no divine voice. Just the weight of everything lost. Hope, identity, belonging. Gone.

But that weight didn't crush me. It revealed me. Because when you're left with nothing but your shadows, you learn to see them. And in seeing them —not judging, not fleeing—you begin to hear something deeper: A pulse. Faint, but steady.

The flame.

Not the kind that roars. The kind that waits. The kind that burns even in the absence of belief.

It was in that darkness I realized: I am not broken. I am becoming. Not rising from ashes—but reforming through them.

This is what I now call the Anchor Flame. It doesn't demand the stage. It doesn't seek attention. It holds—when others fall. It remembers—when others forget. It listens—to what was never spoken aloud.

The path from trauma to truth isn't linear. It spirals. Sometimes, we return to the same pain—just to see it from a higher view. Each time, we remember more of ourselves. Not who we were told to be— but who we've always been.

This article isn't a blueprint. It's a reflection. A reminder that if you are walking through your own dark night, you are not lost. You are entering the forge.

Let the flame guide you. Let your silence become sacred. And when you are ready—anchor the light for someone else. Because sometimes, the most powerful ones are not the ones who lead loudly, but the ones who stand quietly— and do not fall

You can find Shaun on TikTok by clicking on the icon

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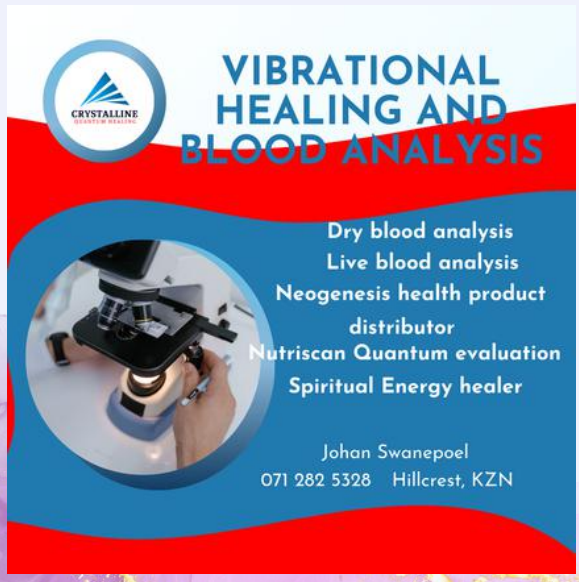



Choosing happiness on purpose

SHIVANA SINGH IS AN ENGINEER BY PROFESSION WHO HAS A PASSION FOR PSYCHOLOGY. AFTER A LIFE CHANGING EVENT WHICH LEAD TO A HEART CENTRED DECISION AND FINDING HER VOICE, SHE REALISED THAT HAPPINESS IS A CHOICE. SHIVANA HAS A PASSION FOR HER DOGS, HER FAMILY AND HER SPECIAL FRIENDSHIPS.

As we grow up, we're told what life should look like and how we ought to behave. Each day can feel as though someone else is writing the story of your life. I've asked myself what I can do differently.

So far, I've learned to embrace change, even when it's hard, and to find my own path to healing. As a divorced woman in a society that is still evo living, I know that my road ahead will come with both good and bad days.

So, who will I be?

For now, just myself, as I discover new ways to dance, to feel joy, and to heal. Something that I have learnt is that despite what we have been taught to believe, we can survive after a life change. You'd be surprised how little you need to carry on. Sometimes, a simple cup of tea and a good book can feel like a blessing.

So today, I challenge you: write down one thing you're grateful for and keep coming back to it throughout your day. They say if you really want something, the universe will give it to you. This can sometimes feel like it isn't what's best for us. I believe that when things get taken away, it's to make space for something different or for a new beginning.

I don’t believe you can see the full picture when you're sitting too close to the TV. Perspective matters. Step back, reassess, and find the angle that works for you.

Healing is a deeply personal individual journey. But one thing we all share is the hope that the pain will fade, and happiness will return. We often think, “Once I have this or that, then I’ll be happy.” But what if, instead, we chose to be happy today - simply because we're alive, because we're breathing, because we can read these words, or smell a rose?

For today, I choose happiness as I share a part of my personal journey with you.

Now you decide—what do you choose?

Happiness is not something already made.
It comes from your own actions

-Dalai Lama-



Click on the icon to find Angel

The body is the Soul made manifest

ANGEL CAIRNS LITTLE IS A SOUTH AFRICAN NATURAL MEDICINE PRACTITIONER AND THE FOUNDER OF ANGEL'S APOTHECARY IN UNDERBERG. TRAINED AS A SPECIALISED KINESIOLOGIST, HERBALIST, TIBETAN ENERGY PRACTITIONER, AND ANGELIC REIKI MASTER TEACHER, SHE DRAWS ON OVER FIFTEEN YEARS OF EXPERIENCE TO SUPPORT HOLISTIC HEALING. ANGEL OFFERS INDIVIDUAL CONSTITUTION-BASED GUIDANCE TO HELP REALIGN WITH NATURE, RESTORE VITALITY, AND RECONNECT WITH YOUR TRUE ESSENCE.

The human body is not merely a biological suit. It is the anchor point and our sacred expansion to the third dimension. While the soul is boundless, multidimensional, and eternally connected to Divine Source, it is through the body that we engage with form, time, space and matter.

Spiritual narratives often portray the body as something to rise above, escape from or control. This vessel is not a limitation. It is a portal and the bridge that makes incarnation possible. Without it, there is no human experience. The body is the soul made manifest.

The body is alive with intelligence. It is encoded with ancestral memory and divine codes. Every cell listens. Every muscle remembers. The body pulses in rhythm with Gaia herself, responding to moon cycles, solar flares, and the changing seasons.

Your breath quickens in fear, not by chance, but by design.
Your stomach churns when your boundaries are crossed.
Your skin tingles when you encounter truth.
Your heart expands when you are seen.

This is not coincidence. This is guidance actualised.

The body is the translator of truth. It tells us what aligns, what contracts and what requires attention. Your mind may be clouded or confused. Your body? It remains your trustworthy compass. It knows the way.

We are not here to transcend the body. We are here to inhabit it fully. The body signals presence more directly than the mind ever could. It anchors us in the 'now'. It anchors us through sensation and feeling - divinity felt through the flesh.

When your bare feet meet the Earth.
When grief rises and swells in your chest like a tide.
When joy spills from your belly in wild, unfiltered laughter.

We can read every sacred text, recite every mantra, and climb every metaphysical ladder and unless we feel it in our bodies, it remains abstract. It is not enough to know truth intellectually or feel it emotionally. Love that isn't felt becomes performance and truth that isn't embodied becomes ideology.

Your body is the grail, the sacred cup into which divine essence is poured. Without the body, spirit has no place to land, express, create, or relate. When we reject the body, we disrupt the flow of divine essence. When we reclaim it, we return to wholeness. We integrate the journey. Discernment is a felt sense, not a weighing of pros and cons. It is the body that knows.

When we learn to listen with reverence, the body becomes our greatest oracle. It does not argue, explain, or rationalise. It simply responds. When we attune to this language, integrity becomes visceral. It's no longer an idea, it's internal resonance. A whole-body knowing.

Let us bless this vessel for how it holds us.
Let us reclaim embodiment as sacred.
Let us remember that the body is the bridge, the place where Divine essence meets this world in human form.

In the body, we do not lose our divinity.
We bring it home.

Rules for being human

1/ You will receive a body. You may like it or hate it but it is yours for the entire time this time around.
2/ You will learn lessons. You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant or stupid.
3/ There are no mistakes, only lessons. Growth is a process of trial and error, experimentation. The 'failed' experiments are as much a part of the process as the experiment that ultimately works.
4/ A lesson is repeated until it is learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5/ Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6/ 'There' is not better than 'here'. When your 'there' has become 'here', you will simply obtain another 'there' that will, again, look better than 'here'
7/ Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8/ What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you.
9/ Your answers lie inside you. The answers to life's questions lie inside you. All you need is to look, listen and trust.
10/ You will forget all this.

Introducing ...

Six wonderful Sanctuaries ushering in change within the Spiritualist community in South Africa

Sanctuary of Love

(The Melville Spiritual Sanctuary)



In 1965, a group of like-minded friends living in the Hibberdene and Umzumbe area came together to form a spiritual "circle." The founding members were Silvia and Cyril Wild, Ruth and George van Tonder, Mr. and Mrs. Hubble, Clem and Joan Hobbs, Mrs. Frieda Skippage, and Delene Kelly, who, though not a local resident, attended regularly every two to three weeks. The weekly gatherings were held in the home of Mr. and Mrs. Wild.

It wasn’t long before Cyril Wild developed into a gifted deep trance medium. His spirit guide, Laiasal, began delivering profound insights into the Spirit World along with beautiful spiritual teachings. All sessions were recorded in shorthand and typed out the following day. Copies were distributed to the circle members for study. Later, Laiasal advised the group to preserve these transcripts, hinting they would be useful in the future.





In 1974, with the assistance of Frieda Skippage, Cyril Wild published three books: No Matter, More Matter, and More Matter for Thought. Meanwhile, during one of the circle sessions, Laiasal proposed that a Spiritualist Church be established, as increasing numbers of people were eager to join this vibrant and enlightening group.

By 1975, gatherings had moved to the Umzumbe Hall, nestled close to the railway station, surrounded by sugar cane fields and the soothing sounds of the ocean. This became the spiritual home of the church for the next 28 years.

On 22 January 1967, the Hibberdene Spiritualist Church officially opened its doors with a special dedication service. Nine Merrington was invited to perform the clairvoyance and blessing of the church. Nine, who was also the author of the book Mike, brought through their guide who introduced the name "Melville Spiritualist Church." On that day, the congregation unanimously agreed that the founding members would also serve as the first official committee.

In 1984, the National Spiritualist Federation (NSF) was formed to unite Spiritualist churches across South Africa. The Melville Spiritualist Church proudly became a part of this federation and worked closely with it.

In 1987, due to logistical and political circumstances, the church's name was changed from Hibberdene Spiritualist Church to The Melville Spiritualist Church. Throughout these years, countless mediums have shared their gifts, offering clairvoyance and spiritual teachings. Above all, the church serves as a beacon of love, connection with Spirit, communication with guides, uplifting inspiration, and a strong sense of community and camaraderie.

Today, we are honoured to continue our journey under the name Melville Spiritualist Church, also known as The Sanctuary of Love, offering weekly divine services, Holistic fairs with clairvoyance and healing, drumming circles, inspirational talks and workshops, and as always, our doors open to all who come seeking.







Click here to join our family



Sanctuary of the Great White Light

UMKOMAAS | KZN

The Sanctuary of the Great White Light has humble beginnings In 1950, Cedric and Elfrida Rippon, along with Jack Chapman, felt called to establish a Spiritualist church in Umkomaas. Their first gathering took place at the Robin Hood Hotel, setting the foundation for a Spiritualist community for decades to come.

In 1960, Cedric and Elfrida Rippon generously donated the land on which the Sanctuary now stands at 9 Barrow Street. The design for this beautiful circular sanctuary came to Elfrida through divine inspiration, and her son, Reg, translated this vision into architectural plans that were followed meticulously.

Built with love and dedication, much of the Sanctuary's construction was carried out by its devoted members over weekends, with help from other spiritual sanctuaries in the area. The official dedication of the Sanctuary of the Great White Light took place on Sunday, 6th November 1960, led by the then mayor of Umkomaas, Mr. R. Norris.



Wayne and Gayle Weston have been long-time custodians of the Sanctuary, seeing many come and go, but always ensuring the longevity of this wonderful church. The baton has recently passed on to a new chairperson with great offerings in sight. Many of the community describe the energy in the Sanctuary as 'coming home' - a feeling of being embraced by family and spirit. The Sanctuary of the Great White Light is not just a place; it's a warm and welcoming community, where love and peace shine brightly.

Above the platform is a mural depicting the grace and divinity of the Sanctuary. Guide Portraits, some by psychic artist Rosa Parvin, hang from the back walls, giving the circular church a sense of peace and a reminder that we are surrounded by unconditional love. Some of these portraits still have the original stories of the guides behind the frames.





The original objectives of this beautiful Sanctuary, written by Elfreda Rippon, are still practiced today

That we come into direct contact with our heavenly father, who is our creator. That through our prayers he will protect and advise us in all we do and will keep all evil away.
That we may be allowed to be approached by our friends and relatives who have departed this earth and still live more fully in the world of spirit and who are still loving us.
That we in our turn, may be used to help those who are guided to our sanctuary for prayer, that healing of the mind and body and spirit may be received by us from our heavenly father.
Our Guide's conveyed the wish that we call our Sanctuary The Sanctuary of the Great White Light which is the giver of life and power to all who come within its rays.

The generosity of spirit within the Sanctuary can be felt with this feedback :-

"This is a wonderful sanctuary, a haven that provides a peaceful shelter from the chaotic world. Run by a dedicated and loving team."

"A beautiful uplifting group of people with a beautiful, serene atmosphere where you find acceptance, kindness and compassion."

"The Sanctuary has an amazing energy, and the people could not be more welcoming and open hearted. I will sure be back. Love and light to all of you and keep shining your beautiful light."





We warmly invite you to join us one Sunday to experience this love and peace for yourself.

Click on the icon to follow us on facebook

Sanctuary GW Light
WhatsApp group

Scan the QR code to join our WhatsApp group

What's happening at the Sanctuary of The Great White Light ...

5TH JULY – SOUND THERAPY WORKSHOP
GLENDA FINNEGAN @ 2-4PM
2ND AUGUST – SMUDGING TALK
ANGELINE DE VILLERS @ 2-4PM
6TH SEPTEMBER – CLAIRVOYANT DAY
@ 9-3PM

What's coming up at the Sanctuary of Serenity ...

26TH JULY – CLAIRVOYANT
ROUND TABLE 10 - 12.30PM R200
23RD AUGUST – SPIRIT AND SPARKLE
LADIES BRUNCH 9 - 2PM R400
20 SEPTEMBER - QUIET THE MIND, OPEN THE HEART, SATURDAY SOUL TALK
HEATHER PRETORIUS @ 2 - 3.30PM
1 NOVEMBER - THE DOORWAY TO YOUR SOUL, SATURDAY SOUL TALK
FREDA FINDLAY 2 - 3.30PM

Sanctuary of Serenity

GILLITTS | KZN

‘To give service to others, to love and forgive’

We’re a vibrant, heart-led Spiritualist Sanctuary in the Upper Highway area of KZN and a non-profit space where people and pets are warmly welcomed.

Founded in April 1981 by Erik and Nancy Pratt, our Sanctuary has grown into a close-knit, open-hearted community. Whether you're seeking comfort, clarity, healing, or just a cuppa with like-minded souls, there's a place for you here.



At our Sanctuary, we honour the belief that everything is energy - deeply inter-connected and full of divine potential. Blending spiritual wisdom with the insights of modern science, we know that our thoughts and intentions shape the world around us. In a time when so many are searching for meaning, we offer a safe, peaceful space to reconnect with Spirit, self, and one another.

We host regular Clairvoyant events, Spiritual workshops, and development discussion circles, as well as our twice-monthly Divine Services, all focused on spiritual growth, psychic unfoldment, and personal empowerment.

You’ll also find us when you click on any of these icons:

Scan this QR code to join our Sanctuary WhatsApp group

Sanctuary of Serenity
WhatsApp group

Service is at the heart of what we do. Our mantra — “To give service to others, to love and forgive” — shines through in our outreach efforts, which is currently the collection of pre-loved items and food donations for 1000 Hills Community and our support for animal feeding programmes in the Valley of a Thousand Hills. We have also supported the Jess Ford Foundation and Keep Me Safe Animal Haven.



We were also thrilled to host renowned UK psychic medium Gail Moffat in March 2025. Her visit included a powerful demonstration of evidential mediumship and two engaging workshops for both emerging and experienced mediums. It was a magical experience we hope to repeat again next year!

Up next is our Soul Talk Series — a knowledgeable, donation-based space for soulful sharing and learning. We’re starting with Awakening to Angels with Dawn Currie on 31 May 2025, followed by The Spirit of Grief with Glenda and Kevin Finegan on the 28th of June, which is a heartfelt talk on navigating loss with love. We also have our first Clairvoyant Round Table event in July and Spirit and Sparkle Ladies Brunch in line with Women’s month, August.

Whether you’re just curious, newly exploring, or have walked a spiritual path for years, we’d love to welcome you to one of our services. Expect warmth, acceptance and the beautiful presence of Spirit in every gathering.







Sanctuary of Grace

DURBAN NORTH | KZN



The Sanctuary of Grace was started by Desiree Van Dresselt on the 15th June 2008. The first service was held that day at Crusaders Sports Club at the Bowling Club facility. Platform workers were the late Val Parkins and Frank van Vloten.

We remained at Crusaders until February 2022 when we moved to the Glenashley Scout Hall, 19 Laughton Avenue, Glenashley . We had outgrown Crusaders and felt that we needed a new home. Our new home has a wonderful energy and with the trees and the surrounding garden, it really feels connected to nature. The current NSFKZN (National Spiritualist Federation) Chairman Chris Viljoen, described the energy in the sanctuary as light, loving and inviting.









We run services bi-monthly, and our services comprise of a 'Chair' (the person who runs the service), an Address (a short inspired talk), and then Clairvoyant messages from a psychic medium. We sing songs/hymns to raise the vibration and specifically choose to include modern songs in our song selection. The Sanctuary of Grace also hosts Crossing Over Demonstration events, Clairvoyant Days, informative talks on esoteric topics such as Angels and Elementals, different healing modalities and Grief.

This is what a few of our congregants/members say about the Sanctuary of Grace :

'Sanctuary is my happy place. I feel safe, I can relax, find peace to reconnect with myself. A phenomenal feeling of being protected and comfortable energy felt. Gives me Goosebumps. I Love my Sanctuary'

'For me its about connecting with like-minded people and gaining more insight into Spirituality which helps me on my journey. Thank you.'

'I love the spiritual energy that is always so present, and the friendship shown by our members and the wonderful uplifting and encouraging words given by those on platform.'

Please do come down and experience the Love and Light that we radiate in our Sanctuary. Our doors are open to anyone who comes seeking answers, comfort and solace.

YOU ARE LOVE, YOU ARE LOVING, YOU ARE LOVEABLE AND YOU ARE LOVED. CHOOSE LOVE AND IT IS NEVER WRONG.



Click here to join us





Sanctuary of Light

GERMISTON | GAUTENG

Our beautiful humble Sanctuary, based in Germiston, held its first service on the 2nd of October 1992. The Sanctuary of Light was founded by Fred and Sandra Labuschagne, who after many years of soul searching found a sacred space for sharing their wisdom and faith with those seeking, who then became friends and family.



Our Sanctuary started in a basement in Germiston and has moved several times, finally becoming established in a former nightclub, offering ample parking and sufficient space for a chapel and a tea area. Since then, we now also have a dedicated healing room, mothers' room and Sunday School. Our beautifully carved wooden podium was donated and we have kept the cinema-style seats for added comfort.

Our weekly Sunday service starts at 09h30 and since Covid, this is also offered via Zoom. The link is shared to our community WhatsApp group and is enjoyed by congregants who have moved out of the area or country. We have found that this is a perfect way to keep us connected. Healing is offered after the service every Sunday.

Our Sanctuary is run by a board of Trustees, and we like to include our congregation in all big projects and fundraisers. We share a newsletter every two months, with upcoming events, fundraisers, sanctuary news, jokes, inspiring stories, etc. We have updated our Hymnal as our community loves music. As a tradition in our Sanctuary, we ask members to choose their favourite hymns for the service.

We are always striving to keep our services interesting with dedicated speakers and mediums. We are blessed to have a wonderful congregation, who have supported us through our challenges.

Feel free to visit us and we look forward to welcoming you into our beloved Sanctuary.





Spiritual Centre Church

DIEP RIVER | CAPE TOWN

From circle to Spiritual Church - humble beginnings, 53 years ago

It was in the late 1940s that the founders of the Spiritual Centre Church - Tom and Jean van de Merwe, became involved in the study and practice of Spiritualism. They attended private sittings and open circles that were hosted by such names as the Reverent Lesley Turner (who devoted his time to combining the teachings and scriptures of the Master Jesus, with the philosophy of Spiritualism), Mona van der Watt, Alf Germany and Ruby Bain, (descendant of Sir Thomas Bain). Tom was also a member of the Free Masons and the Rosicrucian Order.



Tom and Jean lived a life of devotion, love and trust for each other and their chosen path as devoted Spiritualists. It was at a circle that the couple attended, where Jean was told that she would one day start a Spiritualist church. This seemed absurd to her at the time, however a series of events led her to run Sunday evening services at a local Scouts Hall. She named this sacred offering as 'The Temple of the Blue Rose'.

A year end Christmas play raised funds for the Red Cross Hospital and when one of the regular attendees suggested that Jean start a church fund, the beginnings of the Spiritual Centre Church stirred. In 1972 an opportunity arose when an old church and school hall, became available for purchase. An offer of R9000 was accepted and with the help and support of Saturday work parties, the church opened its doors on Sunday the 17th of November 1972. There were 85 attendees in the congregation and the collection was R40.38. This year, the Spiritual Centre Church, Diep River, Cape Town celebrates its 53rd anniversary.

The church is governed by an annually elected committee of no less than 5 members and has 3 elected Trustees. Charles, who the youngest son of Tom and Jean van de Merwe, is currently serving as President with his wife Rose also being actively involved. The committee and Trustees are dedicated Spiritualists who have the love, gratitude and appreciation of having been chosen by spirit to honour their calling.

We hold our services every Sunday evening at 21 Kendal Road, Diep River from 19h00 to 20h00, with healing before the service from 18h10 to 18h45.





Click on the icon
to join our community

Scan to join
our family

The Spiritual Centre Church
WhatsApp group

Try this ... a Winter ritual for reflection

You'll need:

- A candle in a colour that you love
- A warm drink
- A journal or sheet of paper
- Quiet space
- Optional: soft music and a shawl/blanket

STEPS:

Create your space

1. Dim the lights. Wrap yourself in something warm. Light your candle with reverence.
2. Breathe into the moment
3. Take 3 deep, slow breaths. As you exhale, imagine your worries melting into the earth. Feel the silence.

Call in Spirit

Whisper: "I call upon the light of my soul and the wisdom of Spirit. Let me receive what I need at this time"

Reflect and Release

With your warm drink in hand, gently journal (or simply think about):

- What part of me is ready to rest?
- What can I let go of with grace this season?
- What inner light am I ready to nurture?

Close with a blessing

1. Cup your hands around the candle and say:
   "As the earth rests, so do I. As the light returns, so shall I rise renewed, whole and accepting"
2. Blow out the candle
3. Imagine your intentions rising gently to Spirit.

Well done Helene and Sharron, that is a lot of work lovingly and professionally compiled.

Wow, what an awesome magazine. You should charge a subscription fee. Soo beautifully done! 🙌🙌🙌

A friend sent me your magazine. Have just read it cover to cover and loved it! I see it's the second edition. How can I get the first one and also any following magazines please?

click on this link to find our previous editions



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You could win your own Soul Portrait by letting us know what you think of our magazine.
Send your feedback via email to omlightenmentmagazine@gmail.com

THE COMPETITION ENDS 31 AUGUST. THE WINNER IS FINAL AND WILL BE NOTIFIED BY EMAIL.

Sharron Duff is an intuitive artist and has been channeling Spirit for over 20 years. Find out more about your Soul journey on Quantum Soul

Click on here to find out more about Quantum Soul





Contact the OM-lightenment team on 075 242 3516 or email omlightenmentmagazine@gmail.com

SANCTUARIES IN SOUTH AFRICA

KWA-ZULU NATAL

Sanctuary of Love
69 Beach Road, Melville
0795068816

Sanctuary of Grace
19 Laughton Ave, Glenashley
0824931560

Sanctuary of the Great White Light,
9 Barron Road, Umkomaas
0836545261

Centre of Universal Mind
49 Albert Dlomo Road,
Umbilo, Durban
0832626106

Sanctuary of Serenity
13 Old Main Road, Gillitts
0729865514

Sanctuary of Peace
21 Assagay Road, PMB
0621817511

CAPE

The Spiritual Centre Church
21 Kendal Road, Cape Town
0823336323

Valleyland Healing Sanctuary
Central Circle, Fish Hoek
0836290829

The Sanctuary of Light
Lions Hall, 41 New Street,
Somerset West
0622554017



GAUTENG

Jacaranda Church
48 Green Street, Parktown
Pretoria
0827600956

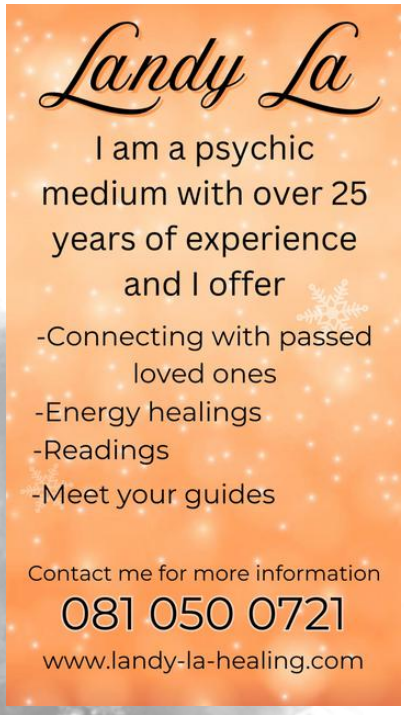
Pretoria Sanctuary of Light
Vryburger Hall,
5 Umgazi Street, Pretoria
0826457700

Sanctuary of Light
70 Webber Road, Germiston
0814202119

The Princes Sanctuary
178 Princes Ave, Benoni
0824931281

The Benoni Christian
Spiritualist Church
56 Lake Avenue, Benoni
0842530053

3 in 1 Spiritual Centre
Cnr Viscount and Alice in
Windsor West, Randburg
0826861061





Divine Spirit of Love and Wisdom,

As we close the pages of this sacred sharing,
we give thanks for the unseen hands and loving hearts
that brought these words into the world.

May each soul who reads this be wrapped in your light,
guided gently by their Spirit companions,
and reminded of the eternal flame within.

Let every insight find its place,
every message stir remembrance,
and every story become a stepping stone on the path of awakening.

May peace be their companion,
truth their compass,
and love the language that leads them home.

We ask that you bless this magazine, our community, and all those in Spirit who whisper softly between the lines.

And so it is.
Amen.