

~ Spiritual Awareness Centre ~

47 East Tamaki Road, Papatoetoe (down Simon Lane)

INCLUDING *Spiritual Growth For You*
SEE OUR WEBSITE www.spiritualgrowth4u.com



Monthly Newsletter for December 2009

Hi everyone! Our weekly classes finish up this week (apart from the Friday meditation which finished on the 27th) but we still have a couple of events to look forward to and our Sunday night services continue throughout December and January. On Wednesday 9th one of our mediums, Janet Mullineux, will be speaking about her recent visit to Arthur Findlay College at Stansted Hall in England. She will talk about her trip over, the courses she completed and her general impressions and insights. Also she has a few fun exercises for us to participate in. Wednesday the 23rd will be a Xmas Carols Service for those of you who can't get to our Sunday service on the 27th although you are welcome to come to both of course!

Enclosed with this newsletter is a membership renewal slip for ease of payment of subs. Just complete the slip and post with payment to The Treasurer, 7 Joyce Street, Pahurehure 2113 or leave at the church when there during the next month. Please also let us have your ideas for workshops and classes etc next year as the committee is currently finalizing next year's events and always welcome your feedback. Have a wonderful, peaceful Xmas everyone!

Love and light until next time, Lesley.

So why become a member ?

Our membership year runs from the 1st October to the 30th September and subs are due to be paid by the end of November. The fee for the coming year is a very reasonable \$20 per person.

As a member you have access to our wonderful library which has many rare and hard to find books on a wide range of subjects. Not many people know that there is also a children's section with some lovely books for younger children as well as teenagers. A small fee of \$2 per book entitles you to 2 weeks reading. This can normally be extended unless someone else is waiting for the book. As well as this, members receive a discount for some workshops, classes and events.

(See tear off slip on back page for payment advice)

Learn about Celtic Festivals

*Coamhain or Summer Solstice held 21st June
(22nd December in the southern hemisphere)*

Coamhain is the longest day in the northern hemisphere, and was celebrated by the ancient Celts as a time of plenty, when the sun is at the peak of its powers.

To celebrate Coamhain

- ✓ light a bonfire just before sunrise, then face east and make a great noise with music or shouts to welcome the sun
- ✓ start the day with a breakfast feast

Thought for the month. . .

In Zen they say, "Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water." You've got to chop and carry. That's just part of the human condition.

From Staying on the Path by Dr Wayne Dyer

What's on in December ?

Healing Class Tuesday 1st Dec 7pm

Healing & Fellowship Group Friday 4th 11am

"A Taste of Stansted" Wednesday 9th Dec 7pm

Janet Mullineux will be sharing her experiences and insights with us about her recent visit to Arthur Findlay College at Stansted Hall in England. Check out the website for more information <http://www.arthurfindlaycollege.org/>

Xmas Carol Service Wednesday 23rd Dec 7pm - 9pm

On platform in December (service 7pm-8.30pm)

Sunday 6th Susan Kirker

Sunday 13th Karena Dixon

Sunday 20th Laurel Sutherland

Sunday 27th Xmas Carols / Remembrance

Service commences at 7pm sharp and includes spirit healing and demonstrations of spirit communication.

Sneak Preview for January . . .

Musical Gifts Workshop Saturday 23rd January 10am-3pm
Come along and share your musical talents, poems, lyrics, melodies. Bring your musical instruments if you wish for a day of inspirational music making! More details in our next newsletter or contact Karena for more info.

Looking further ahead . . .

Awareness Class Saturday 20th February 10am - 3pm

Beginner's Circle Sunday 21st February 12pm - 3pm

Reading Day Saturday 6th March 10.30am - 2.30pm



Phases of the Moon during December

Full Moon : Wednesday 2nd Dec 8:31 pm

Last Quarter : Wednesday 9th Dec 1:14 pm

New Moon : Thursday 17th Dec 1:02 am

First Quarter : Friday 25th Dec 6:36 am

SUN INTO CAPRICORN: Tuesday 22nd December

The Universe is Pure Energy

The Third Insight (*of The Celestine Prophecy*) informs us that everything in the universe is made up of energy, and this energy creates all forms and substances of what we call our reality. One big ocean of vibration, this energy coalesces into the myriad forms of existence, whether it be a rock, a wave, a flower, a coat in your closet, or yourself. Existence is made of the same basic substance, and it is always in action – being born, unfolding, transforming, and shifting.

We are Co-creators through Our Thoughts

The Third Insight reveals that all things are literally one and therefore interconnected. Because all energy is interconnected, it is malleable to human consciousness through the action of intention. Incredibly, it responds to our expectations. Our radiating thoughts and feelings cause our energy to flow out into the world and affect other energy systems.

Beauty Raises Our Energy

The Third Insight encourages us to own the reality of this universal energy by observing it in nature and with people. In the beginning, the easiest way to get closer to seeing energy is to cultivate of appreciation of beauty. When we become aware of the unique and beautiful qualities of nature or a person, we have, in effect, raised our vibration on the continuum of consciousness. After putting ourselves into resonance with the beauty of an object or person, the next level or perception will be to see the energy in that which we find beautiful.

Becoming Aware of Energy Raises Our Vibration

Awareness of universal energy is the foundation for ultimately engaging its flow and becoming a co-creator with it. Once we know that we are part of a living system of heretofore invisible energy, a core belief will have shifted and we will exist at a higher vibration. When our mind reads the words on the page, and our heart recognizes those words with a “Yes, of course!” then we are beginning to integrate this Insight. For some people, there might be a quickening of events and synchronicities, and for others, perhaps, a newfound hope, clarity, or confidence. Some of us might have to go through a painful reorganization before we can rebuild. Even though things might now change in our lives as rapidly as we want them to, they will be change.

From “The Celestine Prophecy – An Experiential Guide” by James Redfield & Carol Adrienne

WHAT MEDIUMSHIP IS NOT:

- a) Unnatural
- b) A special “gift” bestowed for being spiritual. Mediumship is neither spiritual nor material. Different types of mediumship are neither spiritual nor material in themselves. It is only the people who use them and the manner in which they are used which are spiritual or material.
- c) A “hall mark” of spirituality. Mediums whose main motive for their use of mediumship is monetary gain, self aggrandisement, “pride of spirituality” or worldly success is not spiritually advanced! They are just normal people using their sensitivities for normal worldly ends.
- d) Magic. It cannot be switched on and off by incantations or prayers.
- e) Against the will of God, otherwise it would not be possible to develop it.
- f) Miraculous. It follows well known “investigable” laws.

From “Your Psychic Faculties and How they Operate” Ron W Gibbs

Little Children (*From our “Many Mansions” brochure*)

We may be called upon to look after little children in the spirit world. They, as is their due, are given extra care and if they have no parent or relative to receive them, there are those who are also specially trained in the spirit world to look after them until a parent or some other responsible person passes over.



Sagittarius (22 November – 21 December)

Sagittarius is the ninth Sign of the Zodiac, is the home of the wanderers of the Zodiac. It's not a mindless ramble for these folks either. Sagittarians are truth-seekers, and the best way for them to do this is to hit the road, talk to others and get some answers. Knowledge is key to these folks, since it fuels their board-minded approach to life. The Sagittarian-born are keenly interested in philosophy and religion, and they find that these disciplines aid their internal quest. At the end of the day, what Sagittarians want most is to know the meaning of life, and if they accomplish this while feeling free and easy, all the better.

It's the Archer which represents Sagittarians, although in this case it's a Centaur (half man, half beast) which is flinging the arrows. Centaurs were the intellectuals of ancient Roman mythology, and Sagittarians are quick to consider themselves their modern-day counterparts. Those born under this Sign are clear thinkers and choose to look at the big picture most of the time. They also like it when others agree with their well-thought-out point of view. The alternative to this, for better or for worse, is a Sag who can become argumentative and blunt. That's not to say that these folks are intransigent – Archers will listen to what others have to say, in keeping with the Mutable quality assigned to this Sign. Indeed, Sagittarians are enthusiastic consumers of information (and enthusiastic in general), the better to get the answers they need. It's also a good idea to give Sags lots of room to explore their world. Once these folks start to feel hemmed in, they'll become impatient and difficult. Sagittarius is ruled by the planet Jupiter. In ancient Roman times, Jupiter was the King of the Gods, and most Sagittarians would say that the royal pedigree has been passed on to them. The Sag-born are generous and just, much like a noble leader. These folks are also expansive in their thoughts, as well as in their approach. Sags are forever reaching – for knowledge, understanding and answers. They are outspoken in their beliefs, at times to the point of exaggeration. This may be due to their unflinching optimism. Sags are also a lucky bunch, thanks to Jupiter's golden glow. They're quick to take a gamble on things, feeling both lucky and smart. While the process of exploration is what fuels Sagittarians (and translating that to others as a teacher and philosopher), they need to be aware of their tendency to procrastinate. Those born under this Sign can be quite self-indulgent since things come so easily to them (thanks to their charming and sociable natures). Smart Archers, however, will catch themselves in time, the better to continue their work. The Element associated with Sagittarius is Fire. Just as a fire can move quickly and uncontrollably, so can Sagittarians as they flit from one thing to the next, never looking back. For the Sag-born, it's all about action and adventure (and, hopefully, conclusions). These folks love their physicality and are often athletic, and certainly full of stamina. Life for these folks is played full-on, which is why it's chock-full of experiences. Archers are outgoing, enthusiastic and tend to overstep their bounds as a result, falling prey to the likes of foot-in-mouth disease. They can talk so fast (and so much) that they don't process the full weight of what they're saying, leading to the occasional hurt feeling. Often, however, their words serve to inspire others and to get things going. Yes, Sagittarians are straight-ahead folks who are curious, spiritual and true believers. The fact that they attract others with ease should be no surprise, since they have a great sense of fun and enjoy a good time. They don't lack for confidence either, not a whit! High-spirited Sags love to socialize – with an ever-changing crew.

~ MEMBERS CONTRIBUTIONS AND INSPIRATIONAL WRITINGS ~

* *The Spirit Whispers* *

*The Spirit whispers within my soul
Unheeded, for ego was in control.
Thoughts and turmoil of the mind,
Tormented my soul, Kept me blind.*

*Busy always doing this and that,
No time for Spirit and me to chat.
Who was it taught me to relax?
And listen for the word that acts.*

*The word that says "Now just be still
For I am love, I cure all ill".
He suffered and died for love of me,
I have heard His Word, now I see.*

*I was not forsaken as I believed,
For the Comforter I've now perceived.
My life will never be the same,
For God loves me, I'll praise His name.*

Carrie

Discipline

Discipline is the centre of the universe. The earth spins at a rate predetermined by a discipline beyond our control. The Great Spirit has deemed it necessary to exercise discipline to control heavenly bodies.

One's earthly life should have discipline, for chaos rules without. Come to me, The Father, for your strength. Don't go to others who cannot help you. The light within is the most comforting. All falls into place with rules we cannot doubt for they are from the Great Creator. "It's easy when you know how" is true for those on the earth plane. The discipline to learn is available to us all if we accept the true tenants of life and absorb its differences.

Do not spin out of control. Learn to discipline the thoughts that unbalance you. The dancer whirls to the music and so you must learn the disciplines of life.

Reg Litherland

FREEDOM by George

So it begins this thing that is before you
Do you find it a trial?
A tribulation?
A dream?
A drama?

For those who see that one who hides behind them, they see light
Will you open your mind?
Will you free yourself?
Take stock, this is forever the way to heal one's spirit
Be guided by the sounds of birds
And freedom will flow into existence.

Linda Gardiner

FREEDOM

The right to choose – freewill

The ability to expand your mind and look through a different pair of eyes.

To be able to release yourself from the confines of everyday life and explore the spiritual realms of love, forgiveness, tolerance, and to find peace with yourself.

To form a relationship with your guides of trust and communication.

Amanda Durrant

The Window

A whole new world is out there waiting. A world unknown to you all, but one you have read about. Your discovery of this world is just beginning through the mind connection with your guides, with your visits to the realms. It is waiting for you – but in good time. The desire to step beyond the veil, the yearning to be there, to be home, is noted. We are becoming increasingly aware of your thoughts to see what is beyond, experience that which you have not, that which you cannot remember.

Your journey is fraught with barriers. It is important to realize that some of these are in place for your own safety, some yet are to be shifted of your own accord. Your willingness to be open on all fronts is recognised and you may move forward to this new world with open heart and clear mind, when the time is right. For you to see the infinite possibilities of what you can be, we encourage each one to continue with their work. It is possible for you to take a trip to the realm if you so desire you must ask for help thoughts and heart to be open to receive sensations, feelings – go with it. Trust you will be safe, in the hands of the spirit who love and care for you at all times. Angels carry you in their arms

Dispel your negative thoughts at this time, they will just block your way and stop you from moving forward. The window of opportunity is right in front of you. Look through the window and see the world with clear eyes, free mind and open heart, joy and love. Move through the window to see what is there. Accept a helping hand to guide you over the hill and down the path to what awaits you. Ask to understand what you see. Your path is in your hands as we work as one. Hold out your hands and we will be there.

Ngaire, Monday night group Inspirational Speaking (May 2006)

~ Peace ~

In searching for peace do not overlook what you already have. Look in, not without, always, for all that is needed. Do not search for the treasures you already have. There will be great joy within and without when the acceptance comes with truth. Accept all that is placed before you for everything that is has a reason and time and place. In reflection it can be seen, but when first approached it may be daunting.

Walk straight, walk tall, and accept, so that the joys that are a part of you will grow. Allow for the growth and the acceptance.

Joan, Monday night group Inspirational Speaking (June 2006)

Creation and Creation Goddesses

Another story of goddess creation is that of the Yoruban mermaid goddess Yemaya. She is known in West Africa and throughout South and Central America by several names, including Umoja, Ymoja, Yemanza and Lamanza. A great goddess of the Wiccan-Christian Santeria religion in Cuba and Brazil, she was brought from Africa by people enslaved.

Yemaya is a moon goddess of waters and oceans, and mother of the fertile river spirits. Women come to her asking for children, since Yemaya birthed the children who began the world. Often portrayed with the tail of a fish, she is described in Santeria as beautiful, wearing white clothing and blue beads, and having yellowish skin. Offerings are made to her of chickens and yams.

Merlin Stone relates Yemaya to the Summer Solstice, with a lovely ritual of flowers, boats and wishes on a moonlit sea:

As our boats of prayers are set afloat upon the edges of your being,
Your gently caressing waves washing about our bared legs cleansing
away our sadness and our troubles,
We know that you are waiting for the messages we sent
Lamanja, Holy Queen Sea.

Yemaya is an image of fertile birth and creativity of all sorts, of the life-giving, life-emerging waters. Her symbols are boats, seashells, flowers and fans, and her colours are the blue and white of calm waves. She is imaged as the moon and is a women's deity, a goddess of mercy reminiscent in many ways of the Chinese Nu Kwa or Kwan Yin. In the eclectic South American Santeria, Yemaya is merged with a saint's aspect of Mary as our Lady of Regia. She is one of the Seven African Powers, a goddess of great popular appeal, whose syncretization with Mary helped make Catholicism acceptable among African-descended Cubans and South Americans. Associated with sea waves, seashells and sea creatures, Yemaya is a goddess of ocean creation, of women and the female moon.

Her counterpart in south-west North America is Spider Woman, the weaver of life, great mother of the Hopi Indians. In Merlin Stone's version from Sia Pueblo, Spider Woman arose from nothing-ness at the time of the dark purple light before dawn. The goddess spun a silver strand from her Spider's body and cast it out to connect the east and west of the horizon. Then she spun another strand from north to south. By doing this, Spider Woman created the four directions, with herself as the centre: she created the Hopi Road of Life in the shape of the equal-armed cross. The great mother sang the Creation Song from her place at the centre of the web of the universe, and her daughters Ut Set and Nau Ut Set were born from the sound. The twin goddesses made the sun and the moon from seashells and coloured stones on earth, and put them into the sky in their places. They created the Star People to light the nightway when the moon went too far to see.

In Hopi anthropologist Frank Waters' version of Taos Pueblo, Spider woman made twin sons called Poqanghoya and Palongawhoya, the north and south poles. They created harmony and balanced the earth, made it rotate safely and in tune.

From Diane Stein's "Guide to Goddess Craft"

What is it for you? Fear of . . . public speaking, asserting yourself, making decisions, intimacy, changing jobs, being alone, aging, losing a loved one, ending a relationship?

It is some of the above? All of the above? Perhaps you could add a few more to the list? Never mind . . . join the crowd! Fear seems to be epidemic in our society. We fear beginnings; we fear endings. We fear change; we fear "staying stuck". We fear success; we fear failure. We fear living; we fear dying.

You may be surprised and encouraged to learn that while inability to deal with fear may look and feel like a psychological problem, in most cases it isn't. I believe it is primarily an educational problem, and that by re-educating the mind, you can accept fear as simply a fact of life rather than a barrier to success. (This should be a relief to all of you out there who have been wondering "What's wrong with me?") My conviction that fear can be dealt with through re-education came about through my own experiences. When I was younger, I was always run by fear, so it wasn't surprising that for years I hung onto may things in my life that clearly were not working for me.

Part of my problem was the non-stop little voice inside my head that kept telling me, "You'd better not change your situation. There's nothing else out there for you. You'll never make it on your own." You know the one I'm talking about – the one that keeps reminding you, "Don't take a chance. You might make a mistake. Boy, will you be sorry!"

My fear never seemed to abate, and I didn't have a moment's peace. Even my doctorate in psychology didn't seem to do me much good. Then one day, as I was dressing for work, I reached the turning point. I happened to glance in the mirror, and I saw an all-too-familiar sight – eyes red and puffy from tears of self-pity. Suddenly rage welled up inside me, and I began shouting at my reflection, "Enough . . . enough . . . enough!" I shouted until I had no more energy more voice left.

When I stopped, I felt a strange and wonderful sense of relief and calm I had never felt before. Without realizing it at the time, I had gotten in touch with a very powerful part of myself that before that moment I hadn't even known existed. I took another long look in the mirror and smiled as I nodded my head "Yes". The old familiar voice of doom and gloom was drowned out, at least temporarily, and a new voice had come to the fore – one that spoke of strength and love and joy and all good things. At the moment I knew I was not going to let fear get the best of me. I would find a way to rid myself of the negativism that prevailed in my life. Thus, my odyssey began.

From "Feel the Fear – And Do It Any" by Susan Jeffers

JESUS said "The Kingdom of God is within you" and he told us, further, "Seek ye first the kingdom of God" Throughout the ages men have sought and found this inner kingdom of happiness through some form of meditation. As they have withdrawn the consciousness from the outer, everyday world, with its cares and problems and weaknesses, into the stillness and purity of the world within, they have found what can only be described as a living spring of light and joy from which they have been able to draw strength and wisdom for each day. It is the well-spring of love, too, and constant mediation within this still temple of the heart can stimulate all that is good and loving in the soul, and bring, in the end, health and harmony to the physical body.

This living spring is really the Christ which is in each one of us. As White Eagle says "The mind must be stilled, and the spirit must become aware, must become conscious of its being. Then the soul of man becomes illumined with divine spirit and consciousness expands into worlds of beauty and truth which bring peace and joy to the human soul."

From The Still Voice, The White Eagle Publishing Trust

Capricorn, the tenth Sign of the Zodiac, is all about hard work. Those born under this sign are more than happy to put in a full day at the office, realizing that it will likely take a lot of those days to get to the top. That's no problem, since Capricorns are both ambitious and determined; they will get there. Life is one big project for these folks, and they adapt to this by adopting a businesslike approach to make everything they do. Capricorns are practical as well, taking things one step at a time and being as realistic and pragmatic as possible. The Capricorn-born are extremely dedicated to their goals, almost to the point of stubbornness. Boy, those victories sure smell sweet, though, and that thought alone will keep Capricorns going.

The Goat symbolizes Capricorns, and an apt mascot it is. Goats love to climb to the top of the mountain, where the air is clean and fresh. In much the same way, Capricorns want to get to the top of their chosen field so that they can reap the benefits of success; namely fame, prestige and money. Getting to the top isn't always a walk in the park, however, so it's likely that goats will ruffle a few feathers along the way. These folks can indeed be domineering, even egotistical, on their route to the top. They'll tell you it's part of being a leader with bright new ideas (in keeping with the Cardinal quality assigned to this Sign)

Capricorns are industrious, efficient, organized and won't make a lot of waves. They are scrupulous with details and adopt a rather conventional posture in business and in life. These folks feel best playing it safe, since this is a fail-safe way to get to the top – eventually.

Thankfully, Capricorns are patient too, and are happy to wait for their ship to come in. The flip side to this staid behaviour is the Goats can become quite unforgiving of those who aren't as diligent or ambitious as they are. Capricorns need to remember that they do need allies along the way, ambitious or otherwise. In any case, once Capricorns receive the recognition and social status they so fervently crave, it's likely that all will be forgiven.

Capricorn is ruled by the Planet Saturn. In ancient Roman mythology, Saturn was the father of many of the gods. Consider him top dog, if you will, and then you'll see a parallel to Capricorns. Those born under this sign also want to be top dog, and they're smart enough to know that the title won't simply be handed to them. Caps are happy to work for it, and luckily they possess enough discipline and sense of responsibility to get them there. Capricorns tend to be mature and are amply blessed with common sense, two more qualities which help their success-driven endeavours.

With any kind of luck (make that considerable work) Caps will find themselves on that top step, but they should also remember those who have helped them on their quest. They are traditional (but not quite the button-down stiff some would suggest) and somewhat inhibited, prompting others to wonder if they can ever enjoy success and its rarefied air. Rest assured, these folks will be smiling inside.

The Element associated with Capricorn is Earth. No big surprise there! Caps are down-to-earth in the sense that they're not interested in wild ideas or round-the-world dreams. They would much rather stay put and get to work. Remember, these are the businesspeople of the Zodiac, so in their sensible and economical way, they'll get up every morning and see to it that their job is done to the highest degree of quality possible. While Caps can occasionally get a bit materialistic and greedy (they just want a reward for all their hard work) they are far too dignified and practical to get carried away. Plus, they love tradition and reserve and want to appear polite and friendly.

Next month : Aquarius

YOUR COMMITTEE IS . . .

President : John Reid ph 263 8899
 Vice President : Richard McAdams
 Secretary : Reg Litherland ph 278 3715
 Treasurer/Newsletter : Lesley Haslip ph 299 9710
 Library : Linda Gardiner ph 576 2604
 Website : Linda Reid ph 263 8899
 Other Committee Members :
 Doug Anderson, Gail Murray, Vanessa Tait, Matt Tod and Sandy Wickman

✓ DON'T FORGET . . .

- ✓ Weekly classes finish this week and recommence first week of February 2010 (from Mon 1st)
- ✓ "A Taste of Stansted" Wednesday 9th Dec 7pm
- ✓ To pay your membership sub (and healing sub) if not already paid
- ✓ Xmas Carol Service Wednesday 23rd Dec 7pm
- ✓ Musical Gifts Workshop 23rd January 10am – 3pm (more details next newsletter)

Please send poems, writings, stories about personal experiences that you would like to share to lesley.haslip@hotmail.co.nz for inclusion in future newsletters. We also welcome feedback regarding classes, workshops etc. Contact John at johnreid90@gmail.com

MEMBERSHIP SUBSCRIPTION 2009/2010

(Post to 7 Joyce Street, Pahurehure, Papakura 2113 or pay at the church)

Name _____

Postal address _____

Email address _____ Phone _____

Enclosed is payment of \$20 being membership sub for 2009/2010.



Cheques payable to
 South Auckland
 Spiritualist Church