

# ~ Spiritual Awareness Centre ~

47 East Tamaki Road, Papatoetoe (down Simon Lane)

SEE OUR WEBSITE [www.spiritualgrowth4u.com](http://www.spiritualgrowth4u.com)

AND NOW ALSO ON FACEBOOK



## Monthly Newsletter for March 2010

*Thought for the month. . .*

"All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark"  
- Swami Vivekananda

Hi everyone! We've had a great start to 2010 last month with our Spiritual Healing for Beginners Workshop, Ten Lessons from Conversations with God and an evening Finding our Elemental Selves. Also last month we launched our Facebook page. If you want to check that out enter Spiritual Awareness Centre in the search box and become a fan if you like what you see!

This month we begin with our Medium's Reading Day on Saturday 6<sup>th</sup> March. This will be extra special day as additional to our popular one-to-one spiritual readings we are offering Chakra & Crystal Healing with Cheryl and Spiritual Assessments with Janet. Both of these require that you pre-book, so if you wish to do that, or find our more, drop an email to John or myself, or phone John. More info available on the website or the Facebook page. Our Wednesday night events continue with The Unspoken Truth about The Law of Attraction, Numerology, and Spiritual Awareness for Beginners. See the last page of the newsletter for web links to all regular and upcoming events.

Love and light to everyone until next time, Lesley.

### Learn about Celtic Festivals

*Mabon or Autumn Equinox 21<sup>st</sup> September  
(20<sup>th</sup> March in the southern hemisphere)*

Mabon marks the end of harvesting, when day and night are equal. At this time, the Celts stored food in readiness for winter, and gave thanks for a bountiful harvest.

It is a time for seeing the positive side of what you have, and for identifying those aspects that could have germinating potential for future personal development.

*To celebrate Mabon*

- being some form of study or other home pursuit
- complete repairs to buildings or anything else that will be needed during the winter
- enjoy indoor activities, such as storytelling, making music and feasting.

### On platform in March (Service 7pm-8.30pm)

Sunday 7<sup>th</sup> Pat Worthington

Sunday 14<sup>th</sup> Don and Beryl Clarke

Sunday 21<sup>st</sup> Ngaire Pook

Sunday 28<sup>th</sup> Dianne Martin

Service commences at 7pm share and includes spirit healing and a demonstration of spirit communication.

### Sneak Preview for April . . .

The Living Matrix Wednesday 7<sup>th</sup> April 7pm - 9pm with John Reid. A film on the new science of healing.

The Anatomy of PAIN Saturday 10<sup>th</sup> April 10am - 3pm  
Define & control the pain in your life with Linda Reid.

### What's on in March?

Medium's Reading Day Saturday 6<sup>th</sup> March 10.30am-2.30pm  
\$20 for a 20 minute reading with one of our experienced mediums. ALSO Chakra & Crystal Healing with Cheryl (see below for more info) and Spiritual Assessments with Janet.

Awareness Class Saturday 20<sup>th</sup> February 10am - 3pm  
Become more in tune with your spiritual nature. A monthly class led by Dianne Allen based on the book "The Quiet Mind Companion" by well-known spirit guide and teacher, White Eagle. (Cost \$5 members and \$10 for non-members)

Beginner's Circle Sunday 21<sup>st</sup> February 12pm - 3pm  
A monthly class where you can learn to develop your spiritual gifts & psychic faculties with Karena and Melanie. Cost \$5 members and \$10 non-members.

Spiritual Readers Book Club Saturday 27<sup>th</sup> March 10am

### Regular Weekly Events . . .

Healing Class - \$5 donation per class  
Tuesdays 7pm-9pm : 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> & 30<sup>th</sup> March

Healing & Fellowship Group - donation  
Fridays 11am-12.30pm: 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> & 26<sup>th</sup> March

Mediation Class - \$5 per class (door locked 7pm)  
Fridays 6.45pm-9pm: 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> & 26<sup>th</sup> March

### \* Chakra Balancing & Healing with Crystals \*

You can regulate your life energy by bringing attention to the body's energy centres. The human body is composed of several hundred of these energy centres known as chakras. The chakras are swirling wheels of life energy aligned along the body's main energy channel, running parallel to the spine. They can rotate in both directions and open or close partially or completely. Each chakra vibrates at a particular colour frequency and influences a particular set of physical, emotional and spiritual concerns. When these are healthy and open, so are we - physically, emotionally and in our relationships. But when they are blocked through injury, illness or disconnection from others, we are blocked from being our best selves.

Crystals are known as the flowers of the mineral kingdom. They help us to receive, amplify, transmute and transmit the Universal Energy so as to eliminate dis-ease and dis-order from our lives. Using the method of crystal healing instructed by \*Kay Ford called "Laying-on-of-Hands with Laying-on-of-Stones" The practitioner lays stones on the client's chakras and then by laying her hands on the stones channels Universal Energy into the client's body. This process clears, vitalises, and balances the chakras, mind, body and spirit thus stimulating the body's natural healing ability. Come and experience for yourself a unique healing experience with our healing fractioned, Cheryl at our Medium's Reading Day on 6<sup>th</sup> March - prior bookings essential!

*\* Kay Ford is the only New Zealander to be chosen and trained as a Crystal Healing Instructor by "Melody," well known author of "Love is in the Earth" series and runs Crystal healing workshops at Avalon.*

## A Personal Reflection by John Reid

*"Thoroughly unprepared, we take the step into the afternoon of life. Worse still, we take this step with the false presupposition that our truths and our ideals will serve us as hitherto. But we cannot live the afternoon of life according to the program of life's morning, for what was great in the morning will be little at evening and what in the morning was true, at evening will have become a lie." — Carl Gustav Jung*

Carl Jung was a Swiss psychiatrist, influential thinker, and founder of analytical psychology whose most notable ideas include the concept of the Jungian archetype, the collective unconscious, and his theory of synchronicity.

This year has been a watershed for my growth as I bumped against things I had not wanted to look for or to see. I came to see how much I existed in my Head and listening to the chattering voice of negativity. I came to see how much I was resisting "What Is" and how my reality was "Not the One & Only Way". I learned the power of the Heart and Body energies over and above Mind energy, which is so pervasive in our society. I got to experience that we really, really are all One. What I do for me, I do for you. I learned it is not selfish to look after myself first so I may have the courage and strength to empower you.

I have come to experience the power of my beliefs most of which I was completely unaware. I came to know of my "I am unworthy" belief which either stopped me from action or made me strive for perfection and other goals that were ultimately unsatisfying and exhausting.

I know I have lived in our societal world of "reasons". This world is one of excuses, victimhood (poor me), lack of responsibility and lack of integrity. There is always a payoff and the trick is to identify it. I am now aware of the "World of Performance" and the power of my Word – in that what I say happens. However I am equally aware this power is magnified in the knowing that my thoughts, words and actions are aligned with my life's purpose and in the flow of the universal energy. It allows me to be alive, passionate and energetic.

I have come to understand that I am not a failure. I have had numerous occasions where I have had a lack of performance. Ask Einstein as he found 9999 ways that the light bulb did not work before finding the one way it would. However what I know now is that "I", my essence, my creative being is whole, complete and perfect as it is and always has been. The experiences I have chosen in my life so far have allowed a quickening of that divine being, for god is in me and I am in god.

We have changed the organisation's name to the Spiritual Awareness Centre and the concept of Awareness is constantly in front of me. I have gone from my unconscious life of habits (learned behaviours) to consciously examining and choosing how I may act. What makes me Human is the ability to choose. It is just most of my choices were unconscious under the influence of others, parents, family, teachers, colleagues, community and external circumstances. I am very aware the only sphere I can change is my own and not that of others and the universe. There will always be external circumstances. I am the master of my ship, my internal world. As Marcia Shimoff says I can be "Happy for No Reason" just because I choose to. With this in mind I have looked at the world of our Awareness Centre and how I may contribute to that. It was interesting to note a numerologist medium indicated the name was a seven which is a place of learning. I am very aware that even as I was looking for something greater or better, I needed an access point to start the journey of conscious discovery. I hope we can provide your access point. Already we have Healing classes, Guided Meditation class and the Awareness course. There can be more. The Spiritual Readers Book Club is starting for this coming year.

So I have decided to lead classes, discussions and workshops on everyday physical issues and topics to allow the opening for the next step. One of my major openings was the Landmark Forum. Others are Books, Tele-seminars, CD's and DVD's from some of the worlds greatest thought shifters. I have a collections of these resources which I am happy to share and will be presenting to you.

**Aries** is the first Sign of the Zodiac, and that's pretty much how those born under this sign see themselves; first. Aries are leaders of the pack, the first in line to get things going. Whether or not everything gets done is another question altogether, for an Aries prefers to initiate rather than to complete. Do you have a project needing a kick-start? Call an Aries, by all means. The leadership displayed by Aries is most impressive, so don't be surprised if they can rally the troops against seemingly insurmountable odds – they have that kind of personal magnetism. An Aries won't shy away from new ground either. Those born under this Sign are often called the pioneers of the Zodiac, and it's their fearless trek into the unknown that often wins the day. Aries is a bundle of energy and dynamism, kind of like a Pied Piper, leading people along with it's charm and charisma. The dawning of a new day – and all of it's possibilities – is pure bliss to an Aries.

The symbol of Aries is the Ram, and that's both good and bad news. Impulsive Aries might be tempted to ram their ideas down everyone's throats without even bothering to ask if they want to know. It's at these times when you may wish Aries' symbol were of a more subdued creature, more lamb than ram perhaps.

You're not likely to convince the Ram to soften up; these folks are blunt and to the point. Along with those qualities comes the sheer force of the Aries nature, a force that can actually accomplish a great deal. Much of Aries' drive to compete and to win comes from it's Cardinal Quality. Cardinal Signs love to get things going, and Aries exemplifies this even better than Cancer, Libra or Capricorn.

The Element associated with Aries is Fire. Think action, enthusiasm and a burning desire to play the game. Aries love physicality, so they won't sit on the sidelines for long, if at all. They'll jump into the fray full force and will contribute much in the process. Talk about eager beavers! Sure, some of their decisions may later prove to have been hasty, but you'll never find an Aries who regretted taking a shot.

Making things happen is what it's all about to these folks. Aries are also unafraid of stepping into new terrain. The challenge in taking on the unknown is heaven on earth for Rams. Sure, they may appear arrogant when they take on the world, but they'll be quick to tell you it's the only way to go. While a common Aries refrain might well be "me first", there's no point in arguing with them, since, in their minds, they are first. Is this unbridled ego? Maybe, but that might be what it takes to blaze a new trail. Oh, and on the subject of arguing, it's the Ram who will have the last word, so save your breath.

With Aries ruling the head, face and brain, those born under this Sign need to be on the lookout for headaches and are well-served to take the occasional deep breath. The Ram's colour is bright red, a sure sign of the fire that breathes within.

The great strength of the Aries-born is in their initiative, courage and determination. These folks love to get things going and are fearless along the way. Their dynamism and competitive spirit aid considerably any of their endeavours.

## ~ MEMBERS CONTRIBUTIONS AND INSPIRATIONAL WRITINGS ~

### HOW I BECAME ME

In the beginning was thought, from thought came reality  
The embodiment of two different worlds,  
a sprinkling of granite and pearls  
A river of trial and tests, add sunrises and sunsets  
A garden of flowers and weeds, a mixture of so many seeds  
The weight on a scale, a balance to reach  
The lesson in a storm, Soft breezes in a song, that teach  
A rocky road of rough hewn stone, a purpose and direction  
Born in a home, a home in two worlds  
Where in the beginning, thought began,  
in an hour glass where time  
Is measured by sand, the seasonings and ingredients  
That made this brew, how I became me  
Shows in the eyes of you, you who have walked  
And ran with me the extra mile,  
Shared a tear and then a smile  
Sat and whiled the hours away, worked hard at work  
And worked hard at play, for in the eyes of all I've known  
Who I am and how I've grown, does reflect and can only be  
One explanation of how I became me.

*Melanie, Inspirational Writing*

### **JUSTICE** by Linda Gardner

**JUSTICE** - judgment, fairness, tolerance

**MATTHEW 7** "Judge not that ye be not judged"

It is not our responsibility to pass judgment on others.  
We must take personal responsibility for our own actions  
- not apportion blame on others to salve our conscience.  
When we go back to spirit we all account for our actions  
during this life time. Our purpose here is to learn - we  
need to learn by our mistakes otherwise our time here  
would be pointless.  
We all have freewill to choose between good/bad, right or  
wrong. Those choices are our ultimate responsibility.  
Spirits love for us does not diminish regardless of how  
many misdemeanours occur during our time here. We  
need to acknowledge our mistakes and move on. As Spirit  
forgives us we should find that forgiveness in our hearts  
for others. To carry grudges throughout our lives only  
serves to hamper our growth.  
Live for the now.

### NOW

*Stop thinking.*

*Look to your left, what is it you see there?*

*It is but a floor, that which exists now with you.*

*It can be no other way; your footsteps have led you here to  
look upon that floor.*

*Feel your intake of breath, the life in your hands, appreciate  
this moment.*

*You are one with God in this perpetual instant of now.*

Anon. from Monthly Beginners Group

### ~ Acceptance ~

The state of acceptance is not a single event. We so often think it is. I have accepted where I am, I have accepted my challenges, I have accepted the limitations. But more often than not, this process of accepting continues, and there will be new challenges, new limitations and new lessons to learn. By believing you have accepted what lies ahead of you, you feel comfortable, you may feel the hardest is over, the way will be clear, but this is so far from the truth, because my children, the very fact that you have accepted brings more challenges, in effect opens the door to what lies ahead. There is no right or wrong time to put aside your fear for each will find their own space, their own inner voice, guiding and determining the outcome of each challenge. You are your own judge, no one can tell you which is the right path, or that you have made the wrong choice, or indeed that you have made the right one. All of these things are personal and unique to yourself. It has been said that when the choices are the correct choices, you will feel an inner contentment, a growing joy, and an easing of your anxiety and fear. When the choices are not so good, there will be an unsettling, a nervousness, or even a feeling of despondency. Learn to recognise these signs before they develop into hindrances. Recognise and listen, take note of how you are feeling day to day, week by week. Watch for any changes in your physical being as these are often a sign of imbalance in the spiritual being. Learn to say yes to all the challenges, even if you fear them, and yes, you all chose your challenges, and fighting them or resisting them does no good at all, but only delays the positive outcome that is intended. Be at peace in yourself in your current situation, with the people that surround you and you interact with. With the disappointments, they too serve a purpose, you must rise above these feelings and focus on your soul's growth. How much stronger, how much more trust, how much more knowledge you will have, when you return to spirit. And the joy and completeness is unimaginable to you now. Please know that there is all love and peace and harmony in that world, and you will leave all your sorrows behind you. They will have served their purpose. They will be forgotten. Take hold of our hands and rise above the current disappointments. Look always forward and towards the light.

*Lesley Haslip, Inspirational Speaking July 2006*

## Ten Lessons from "Conversations with God"

Neal Donald Walsch, after a very low point in his life, in desperation asked the Universe "Why" all sorts of things did or did not happen and to his surprise was given the answer from Source or what he calls God. He recorded the conversations on paper, got the books published and set up a successful career.

The reality is that it was not that simple, with lots of heartache, soul searching, physical hardship etc but it did provide a spiritual resource for living life. These lessons are the 10 most important he received.

In the classes this past month there were all sorts of points of view from the participants. Some related to all or most of the lessons, others had difficulty seeing his perspective and wanted to debate the lesson. Depending on the upbringing (conditioning) of each individual or the filter they view life through will then determine how these resonate with them.

See how it resonates, feels or appears to You.

Lesson 1: All of us are having a conversation with God - all the time.

Lesson 2: We are all One with God

Lesson 3: There is Enough.

Lesson 4: There is nothing you have to Do.

Lesson 5: Every Act is an act of Self-Definition.

Lesson 6: Life proceeds out of your Intention for it.

Lesson 7: There is no such thing as Right or Wrong.

Lesson 8: Your life is not about You. It's about the lives of the people you Touch.

Lesson 9: What you Resist, Persists.

Lesson 10: Be the Source.

Just notice those you agree with, those you do not and then what feeling comes up for you around that.

We can always have a conversation around that.

*John Reid*

### What is Birth?

It is the opportunity for a spirit to function under different conditions for the purpose of it's education and spiritual development. The body it assumes, although a handicap, provides a valuable discipline in that particular sphere of manifestation.

The beginning of life – a cycle in a new form; in our world the physical body. At death, the spirit leaves the physical body and remains clothed in the etheric body which corresponds to a birth into a new state of existence. There would appear to be many such births, judging from communications, including the possibility of reincarnation or being reborn on earth.

### What is Death?

The discarding of one body and a release of the soul and spirit in a new one to enter another plane of existence. From this we see that death is not to be feared, it is very like a birthday for most people, marking joyous reunions in the spirit world.

The physical structure of the earth body finally disintegrates, and a finer structure of similar form is detached when death occurs and continues to function as the vehicle of the spirit, more appropriate and responsive to the conditions of the spirit world and only apparent to those on earth who have heightened psychic perceptions.

*From "Questions and Answers on Spiritualism" produced by The Spiritualist Association of Great Britain*

Please send your poems, writings, stories about your personal experiences etc, that you would like to share to Lesley at [lesley.haslip@hotmail.com](mailto:lesley.haslip@hotmail.com) or [lesley@spiritualgrowth4u.com](mailto:lesley@spiritualgrowth4u.com) for inclusion in future newsletters. We also welcome feedback regarding classes, workshops etc. Contact John at [johnreid90@gmail.com](mailto:johnreid90@gmail.com) or [john@spiritualgrowth4u.com](mailto:john@spiritualgrowth4u.com)

## TO EVERYTHING THERE IS A TIME . . .

To everything there is a season, and a time to every purpose under Heaven:

A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

A time to get, and a time to lose; a time to keep, and a time to cast away;

A time to rend, and a time to sew; a time to keep silence, and a time to speak;

A time to love, and a time to hate; a time of war, and a time of peace.

*Ecclesiastes 3:1-8*

### **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

MEMBERSHIP still only \$20 for the year
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### **DON'T FORGET . . .**

- ✓ Mediums Reading Day with Chakra Healing with Crystals and Spiritual Assessments – Sat 6<sup>th</sup> March 10.30am to 2.30pm (pre-booking required for chakra healing and spirit assessments)
- ✓ The Unspoken Truth about The Law of Attraction – Wednesday 10<sup>th</sup> March 7-9pm - What the movie "The Secret" DIDN'T tell you.
- ✓ Monthly Awareness Class with Dianne – Saturday 20<sup>th</sup> March 10.30am – 2.30pm
- ✓ Monthly Beginner's Circle with Karena & Melanie – Sunday 21<sup>st</sup> March 12pm – 3pm
- ✓ Numerology Evening with Ngaire Lovell – NOW Wednesday 21<sup>st</sup> April 7 -9pm
- ✓ Spiritual Awareness for Beginners with Lesley – Wednesday 24<sup>th</sup> March 7-9pm
- ✓ Spiritual Readers Book Club – Sat 27<sup>th</sup> March 10am