

~ Spiritual Awareness Centre ~

47 East Tamaki Road, Papatoetoe (down Simon Lane)

SEE OUR WEBSITE www.spiritualgrowth4u.com

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Monthly Newsletter for May 2010

Hi everyone! Our first special event for the month is our Mediums Reading Day on Saturday 8th May. These days are a chance to have a one-to-one spiritual reading with one of our experienced mediums. Janet will be available to do Spiritual Assessments as well – however you will need to pre-book a time with her for those. Spiritual Healing will also be freely available. We also have a Reflexology Evening on Wednesday 12th May where Matt will share some of his knowledge with us and explain a little more about this popular healing modality. Also this month we have a second Mediumship Workshop which Janet will be leading. This is an opportunity to follow-up what you learned in her Workshop earlier in the year. Those of you who missed that are welcome to come along as well – Wednesday May starting at 7pm. Love and light to all until next time, Lesley.

BE GOOD OF HEART

Remember to enter the silence when your need is great; so few of our earthly brothers seem able to do this. They have a great urge to do something on the physical plane when in trouble; yet the most valuable thing you can do is to be still and seek God within. When in doubt, do nothing, be still. Certain lessons can only be learnt in the physical life. The elder brethren have only one hope and wish, and this is to help their earthly brethren towards the great surrender to the beauty and love and glory of the Creator, the Great White Spirit. Although we are able to bring you help when you call for it, when it is asked for selflessly, it is no part of the work of the invisible Brotherhood to make your path too easy, nor to prevent you from learning valuable lessons, which, when learnt, enable you to enter into the full joy of accomplishment, and expansion of spiritual vision and consciousness.

So, we say to you, be of good heart, be simple in faith, surrender all care and burdens to the spiritual love which watches over and directs the life of every child of the light. Do not be impatient or anxious. The light will bring into manifestation on earth all that is good for you in God's sight.

Within the silence is the heart of truth. Be still . . . and you will know no fear. Be still . . . and you will know the radiance of health in your soul. Be still . . . and you will know the Power which has created you.

Meditation

Now, rise in spirit to the mountain top and see the Sun on the horizon. As it gradually rises in the heavens you see it is reflected in the still waters of a lake, high in the mountains. You worship the Great spirit manifesting in that golden radiance, and as you do so you traverse the path of light across the waters, right into the heart of the Sun temple, and kneel in silence before the Christ-being . . . You know eternal peace and at-one-ment.

From "The Still Voice" White Eagle Publishing Trust

Thought for the month. . .

"The measure of a man's spiritual evolution is his acceptance of the unacceptable." *Dalai Lama*

What's on in May?

Mediums Reading Day Saturday 8th May 10.3am - 2.30pm
Come and join us at our 2nd Mediums Reading Day for 2010. Spiritual readings with our experienced mediums and Spiritual Assessments with Janet. Cost \$20 for a 20 minute reading. Inquire re Spiritual Assessments as appointment required.

Awareness Class Saturday 15th May 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, \$10 for non-members.

Beginner's Open Circle Sunday 16th May 12pm - 3pm
A monthly class where you can learn to develop your spiritual gifts and psychic faculties with Karena and Melanie. A good precedent for a weekly development circle at our centre if you wish to continue to develop your Mediumship. Cost \$5 members and \$10 for non-members.

Mediumship Workshop with Janet Wednesday
Spiritual Readers Book Club Saturday 29th May 10am

Regular Weekly Events . . .

Healing Class - \$5 donation per class
Tuesdays 7pm-9pm : 4th 11th 18th & 25th May
Healing & Fellowship Group - donation
Fridays 11am-12.30pm: 7th 14th 21st & 28th May
Mediation Class - \$5 per class (door locked 7pm)
Fridays 6.45pm-9pm: 7th 14th 21st & 28th May

On platform in May (Service 7pm-8.30pm)

Sunday 2nd Dawn Curach
Sunday 9th Lesley Haslip (Mothers Day)
Sunday 16th Lyn & Heather McKelvie
Sunday 23rd Janet Mullineux
Sunday 30th Norman Young
Service commences at 7pm share and includes spirit healing and a demonstration of spirit communication.

Sneak preview for June . . .

Awareness Class Saturday 19th June 10.30am - 2.30pm
Beginner's Open Circle Sunday 20th June 12pm - 3pm

Things that are done, it is needless to speak about
.... things that are past it is needless to blame.

Confucius

Taurus, the second Sign of the Zodiac, is all about reward. Unlike the Aries love of the game, Taurus loves the rewards of the game. Think physical pleasures and material goods, for those both under this Sign revel in delicious excess. They are also a tactile lot, enjoying a tender, even sensual, touch. Taureans adore comfort and like being surrounded by pleasing, soothing things. Along these lines, they also favour a good meal and a fine wine. The good life in all its guises, whether it's the arts or art of their own making yes, these folks are artistic as well), is heaven on earth to the Taurean-born.

It's the Bull that serves as the Taurean's mascot, and along with that comes the expectation that these folks are bull-headed and stubborn. Yes, they are. Hey, this Sign has a fixed Quality attached to it after all, so expect that things will occasionally grind to a halt. That said, Taureans don't start out with the intention of getting stuck. They simply want to get things done, and it's that steady, dogged persistence that winds up being viewed as stubbornness. Bulls are actually among the most practical and reliable members of the Zodiac, and they are happy to plod along, as it were, in pursuit of their goals. The good news for Bulls is that once they get to the finish line, they'll swaddle themselves in material goods. A self-indulgent beast? Perhaps, but if you toiled as labouriously as these folks do, you'd need some goodies too!

Seeing as how Bulls are generally strong and well-built, it's no surprise that these folks enjoy testing their strength on the field of play. Expect to find a Bull engaged in a spirited game of hoops or mountain climbing. Hiking is also a favourite pastime, since it keeps Taureans close to their beloved earth. Indoor adventures are also favoured by Bulls, which is why the opera or ballet is right up a Taurean's alley. When it comes to love, the Taurus-born are devoted, romantic and somewhat possessive. Their sensual nature has a way of erasing any mistakes! Since Taurus rules the neck and throat, Bulls would be wise to keep a silky scarf at hand, ideally in a warm (and soothing) earth tone.

The great strength of the Taurean-born is in their stability, loyalty and dogged determination. Bulls want to get the job done, and they will. What better way to get the riches they so fervently crave?



Phases of the Moon during May @

Last Quarter : Thursday 6th May 4:15 pm

New Moon : Wednesday 14th May 1:04pm

First Quarter : Wednesday 21st May 11:43am

Full Moon : Wednesday 28th May 11:07am

SUN INTO GEMINI Wednesday 21st April

You are in a partnership with all other human beings, not a contest to be judged better than some and worse than others.

From "Staying on the Path" by Dr Wayne W. Dyer

WHAT SPIRITUALISM STANDS FOR

1. An understanding of the spiritual laws of life.
2. The awareness of ever ascending spiritual states of being, expressing the Cosmic Intelligence.
3. Propagation of spiritual knowledge.
4. Appropriate respect for all forms of life.
5. No barriers of creed or race.
6. Religion on a rational basis.
7. Freedom of opinion.
8. Personal responsibility for intentions.
9. Goodwill in all personal relationships.
10. The denial of any justification for cruelty.

*From "Questions & Answers on Spiritualism"
The Spiritualist Association of Great Britain*

~ SELF BLESSING ~

The moon is the goddess, visible and luminous, beautiful, shining and serene in all her forms. Modern patriarchy's attempts to conquer her in spacecraft have essentially failed, just as ancient patriarchy's attempt to conquer the goddess have not lessened her power or her mystery.

She is the Maiden and daughter in her waxing – Persephone, Diana and Gaia newborn, Astarte newly risen from the sea, the Aces, fool and Daughters in the tarot deck, and all of the youthful aspects of women's lives.

At full the moon is the mother goddess, the Empress and High Priestess – Demeter, Yemaya, Spider Woman, Ishtar and Ashtoreth – maturity, peace, power and abundance.

The waning moon is dedicated to the goddess as Hecate or Inanna, the shaman, Crone and Wisewoman, the dark aspect and grandmother. She is women's wisdom and experience of aging, of turning inward to validate the self at any life stage, and of the endings than change to re-begin.

The phases of the moon affect all life, from the ocean tides to plant growth. If the moon in her distances rules the sea, it's not illogical that she rules women's bodies, since the physical human is 97% salt water. Women who celebrate the moon, living by lunar cycles instead of resisting them as solar-oriented patriarchy has taught men and women both, become in tune with the goddess, the moon and themselves. They become increasingly aware of the moon's influence in their physical and emotional lives.

From Diane Stein's "Guide to Goddess Craft"

(More next month)

Truth

In many ways truth gets interpreted to become what you want it to be. This should not be done. Truth should be truth as it is. Question all you do and all you seek to find your truth. For once you have it you have treasures for always. Your inner selves will come to the wisdom with truth. Allow it to become a part of you and everything you do. Always walk in the light, seeking your truths. Accept the truth you hold within on all levels of consciousness so that it may be used as a star – to support and lead you forward.

Joan, Inspirational speaking June 2006

~ EXPECTATION ~

To fit the mould, to put on the face to the world that is expected of you. . . So many in your world today do this. There is much pressure to live up to what is expected of you, to go with the majority, to be seen to be what is expected. Fearful that you do not rock the boat and draw attention to oneself. But my children, you are very lucky to be living in this time and age, for you have rights. You do not have strict rules that you must obey; you need not follow in the path of your ancestors. You do not have limitations as were placed on us in the past.

For some it is difficult to break free from the conditioning of childhood, but to be true to oneself there is often a need to make your own way, to follow your own rules, and to go against the grain. Do not do this thoughtlessly or selfishly but for the good of your soul and for the good of those you have come into contact with. Each has a purpose, a lesson to teach, and a lesson to learn. Look on all challenges as part of one of these lessons, be yourself, and yes you may upset other people when you do not follow in their footsteps, but to make a real difference you must tread your own path, and leave new footsteps for those you come after you to follow. Let those others look to you and say "He / She knew the truths, He / She lived her truths". That is what I wish to aspire to. This is your legacy that others may look to you; you held fast and would not be swayed.

At times you may need to show a different face to the world in the interests of security and peace. This is well and good to put up the screen as long as it does not become permanent. At other times there will be no need to hide what you are feeling and what you believe. Honourable is the man who speaks his truths with no heed of consequence, or punishment. He will be rewarded for staying true, as you all will be rewarded for your time and effort that you put in. This work is never easy my friends, and you will doubt many times, but the end result makes it all worthwhile. Be steadfast and determined and you will succeed in your endeavours.

Lesley, Inspirational Speaking June 2006

SPIRIT – by Peter Henare

So beautiful, humble and gracious in every way
You're always with us twenty four-seven, watching
over us night and day

We began our journey as a newborn
While you watched with tears of joy
For you knew what was to come
Smiling knowing I was a boy
Keeping me on track was never a struggle for you
But for me hard lessons and obstacles I grew up
with quite a few.

The years go by ever so quickly
Still not knowing where you're at
But all that time you've been working, sending
messages

Clues, opportunities an all that

Why did I not listen?

Why did I not hear?

For growing up not understanding who you were
Bought about fear

Till one day I came to a fork in the road
Which way shall I go one's mind did ask?

"This way", a voice said, "To complete your task".

"Are you that voice in my head"? "No", came the
answer.

"I am the one that's been with you since you were
born,

You cannot remember".

The day came when I learned and understood who
you were

That an overwhelming calmness came to me without
a stir.

"You've come a long way".

My friend did say, "Whence you began,

And I'll still be with you always from now till the end".

CARRY – by Janis Balmforth

Carry on just as you are

We are always near and not far

Carry the torch to light the way

In your lives we are here to stay

Carry your name on a breath of air

Be still, go within, worries disappear

Carry love and kindness in your heart

Be the beacon of light in life spark

Carry a message to those who'll hear

Have faith and courage, show you care

Carry on just as you are

We are always near and not far.

Gemini is the third Sign of the Zodiac, and those born under this Sign will be quick to tell you all about it. That's because they love to talk! It's not just idle chatter with these folks either. The driving force behind a Gemini's conversation is their mind. The Gemini-born are intellectually inclined, forever probing people and places in a search of information. The more information a Gemini collects, the better. Sharing that information later on with those they love is also a lot of fun, for Geminis are supremely interested in developing their relationship. Dalliances with these folks are always enjoyable, since Geminis are bright, quick-witted and the proverbial life of the party. Even though their intellectual minds can rationalize forever and a day, Geminis also have a surplus of imagination waiting to be tapped. Can a Gemini be boring? Never!

Since Geminis are a mix of the yin and the yang, they are represented perfectly by the Twins. The Gemini-born can easily see both sides of an issue, a wonderfully practical quality. Less practical is the fact that you're not sure which Twin will show up half the time. Geminis may not know who's showing up either, which can prompt others to consider them fickle and restless.

They can be wish-washy too, changing their mood on a simple whim. It's this characteristic which readily suggests the Mutable Quality assigned to this Sign. Mutable folks are flexible and go with the flow. Further, the Twins are adaptable and dexterous and can tackle many things at once. It's a good thing too, when you consider their myriad interests. The downside of such a curious mind, however, can be a lack of follow-through. How much can any one person do anyway?

When it comes to sports, Geminis would seem a natural for doubles tennis – and they are. They love the camaraderie of games and play, which is why they excel at team events. Whether it's volleyball or a game of Charades, Geminis are always ready to play. A book club would certainly stimulate their literary minds. In the game of love, Geminis are playful, flirtatious and endless fun. Physically speaking, Gemini rules the nervous system, which is why Twins should practice yoga or deep breathing techniques. Layering themselves in soft yellows and blues will also calm their mood.

The great strength of the Gemini-born is in their ability to communicate effectively and to think clearly. Adventures of the mind is what the Twins are all about. They also love to share themselves with their friends.

Next month – Cancer

DON'T FORGET . . .

- ✓ Mediums Reading Day – Saturday 8th May 10.30am
- ✓ Reflexology Evening – Wednesday 12th May 7pm – 9pm
- ✓ Awareness Class with Dianne – Saturday 15th May 10am
- ✓ Beginner's Circle with Karena & Melanie – Sunday 16th May 12pm – 3pm

Spiritual Readers Book Club – Saturday 29th May 10am

~ SEE LINKS BELOW FOR MORE INFO ABOUT ALL EVENTS ~

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

Learn about Celtic Festivals

Beltane or May Eve – 30th April

Beltane is the second most important Celtic festival, marking the onset of the light half of the year. As at Samhain, the barriers between reality and the spirit worlds are thin, so it is another powerful occasion for divining the future.

To celebrate Beltane

- *dance around a bonfire, preferably on a hilltop or inside a circle of stones with a path of greenery leading to it*
- *bring hawthorn leaves or other greenery home, and decorate a door or window with them*
- *dance joyously with friends around a maypole, tree, or standing stone*

Samhain or November Eve – 31st October

Samhain is the single most important Celtic festival, marking the onset of the dark half of the year. It is considered to be "outside of time" when the veil between reality and the spirit realm is at its thinnest, so divining the future is easier on this day.

To celebrate Samhain

- *light a bonfire, symbolizing cleansing & new beginnings*
- *play games with apples, such as apple bobbing in water*
- *leave an offering of food outside your door at night with lighted candles*

WHAT YOU PUT YOUR ATTENTION ON GROWS

The things about yourself or your life that you have always disliked are probably still with you.

What you put your attention on grows & becomes permanent in your life. Move away from the negative, and put your attention on what it is that you really *do* want to be or have:

- I am slender
- I am prosperous
- I am eternally young
- I now move to a better place
- I have a wonderful new relationship
- I am joyous and happy and free
- I am filled with love and affection

Learn to think in positive affirmations. Continually make positive statements about how you want your life to be. However ALWAYS make your statement in the PRESENT TENSE, such as "I am" or "I have".

From "You Can Heal Your Life" by Louise L. Hay

