

~ Spiritual Awareness Centre ~

47 East Tamaki Road, Papatoetoe (down Simon Lane)

SEE OUR WEBSITE www.spiritualgrowth4u.com

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Monthly Newsletter for June 2010

Hi everyone! Here we are almost to the Winter Solstice! Although the weather is beginning to deteriorate we still have lots of events for you, and hope you will venture out despite the cold and wet weather! Kicking off the month is a follow-up Mediumship Workshop with Janet. This will be held on Wednesday 2nd June starting at 7pm. Then on Wednesday 16th John will be presenting an evening on Re-connective Healing. This is an exciting new modality which we are now able to share with you. John will be joined by Linda Reid and Ngaire Pook, there will be a DVD and a chance to participate in some healing as well. Have a great long weekend everyone! Love and light to all until next time, Lesley.

Thought for the month. . .

"The mind is host - the body guest." *Japanese saying*

What's on in June?

Mediumship Workshop Wednesday 2nd June 7pm - 9pm

Cost \$5 for members and \$10 for non-members.

From Janet: "I have had several requests from people who were unable to attend the workshop. This will be an evening of discussion, exchange of ideas, questions and exercises to help with any areas that you may be having difficulty with concerning clairvoyance. How to give concise messages. How to focus on the communicator, work with your guides and give a clear and evidential message to the recipient. The evening will be one of sharing.....I am not claiming to be an expert. Merely a facilitator to enable everyone to share ideas and practise in a non-threatening environment."

Awareness Class Saturday 19th June 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 20th 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.

Training Mediums' Evening Service Wednesday 23rd June from 7pm. This will be a similar format to our regular Sunday service and will be run by our trainee mediums. Come along and support them as they give an inspirational reading, inspirational address and clairvoyance.

Spiritual Readers Book Club Saturday 26th May 10am

Regular Weekly Events . . .

Healing Class - \$5 donation per class

Tuesdays 7pm-9pm : 1st, 8th, 15th, 22nd & 29th June

Healing & Fellowship Group - donation

Fridays 11am-12.30pm: 4th, 11th, 18th & 25th June

Mediation Class - \$5 per class (door locked 7pm)

Fridays 6.45pm-9pm: 4th, 11th, 18th & 25th June

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

6th June Karena Dixon

13th June Ros Aldam & Grant Clark

20th June Steve Hermann

27th June Phillipa de la Cour

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

Sneak preview for July . . .

Mediums Reading Day Saturday 3rd July 10.30am - 2.30pm

Awareness Class Saturday 17th July 10.30am - 2.30pm

Beginner's Open Circle Sunday 18th July 12pm - 3pm

Phases of the Moon during June

Last Quarter : Saturday 5th June 10:13 am

New Moon : Saturday 12th June 11:15 am

First Quarter : Saturday 19th June 4:30 pm

Full Moon : Saturday 26th June 1:37 pm

SUN INTO CANCER Thursday 22nd June

LOVE YOUR BILLS

It is essential that we stop worrying about money and stop resenting our bills. Many people treat bills as punishments to be avoided if possible. A bill is an acknowledgment of our ability to pay. The creditor assumes you are affluent enough and gives you the service or the product first. I bless with love each and every bill that comes into my home. I bless with love and stamp a small kiss on each and every cheque I write. If you pay with resentment, money has a hard time coming back to you. If you pay with love and joy, you open the free-flowing channel of abundance. Treat your money as a friend, not as something you wad up and crush into your pocket.

Your security is not your job, or your bank account, or your investments, or your spouse or parents. Your security is your ability to connect with the cosmic power that creates all things.

I like to think that the power within me that breathes in my body is the same power that provides all that I need, and just as easily and simply. The Universe is lavish and abundant, and it is our birthright to be supplied with everything we need, unless we choose to believe it to the contrary.

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

Cancer, the fourth Sign of the Zodiac, is all about home. Those born under this Sign are 'roots' kinds of people and take great pleasure in the comforts of home and family. Cancers are maternal, domestic and love to nurture others. More than likely, their family will be large too – the more, the merrier! Cancers will certainly be merry if their home life is serene and harmonious. Traditions are upheld with great zest in a Cancer's household, since their folks prize family history and communal activities. They also tend to be patriotic, waving the flag whenever possible. A cancer's good memory is the basis for stories told around the dinner table, and don't be surprised if these folks get emotional about things. Those born under this Sign wear their heart of their sleeve, which is just find by them.

The mascot of Cancerians is the Crab, and much like this shelled little critter, Cancerians are quick to retreat into their shells if it suits their mood. No wonder these folks are called crabby! For Cancer, it's not that big of a deal, though, since they consider this 'shell' a second home (and they do love home). The flip side of this hiding is that shell-bound Crabs are often quiet moody. Further, in keeping with their difficulty in sharing their innermost feelings, it can become a Herculean task to pry a Crab out of its secret hiding place. What to do? Give the Crab time – eventually these folks will come out to play again. Why they do, they'll be the first to say so, in keeping with the Cardinal quality attached to this Sign. It's said that Crabs are first to laugh and first to cry, so you can bet they'll fill you in. that shell, by the way, isn't the only tough thing about Crabs. These folks are tenacious and strong-willed and like to get their way. If their well-documented kindness and gentleness doesn't do the trick, however, they're not above using emotional manipulation to make things happen. If that still doesn't work, they'll just go back to their shell and sulk, or find a way to get back at the source of their pain, since Crabs can be rather vindictive. That said, any self-respecting Crab would tell you that they are ultimately motivated by protecting their home and loved ones, a most noble goal.

Cancerians are ruled by the Moon, the Great Mother of the heavens in ancient times. Here on Earth, this is manifested in the Crab's maternal instincts and desire to protect home and hearth. This may appear smothering at times, but that's the Crab for you. The Moon is associated with fertility too, a quality which is most pleasing to Cancerians. The Moon is also the ruler of moods, and Cancers have plenty of those. These folks can cry you a river if they're so inclined, and they usually are. They can be overly sensitive, easily hurt, and prone to brooding. Even so, Crabs find it easy to be sympathetic to others and are quick to show their affection. Their intuition is also a great help to them, especially in times of stress.

The Element associated with Cancer is Water. Like the rolling waves of the sea, the Crab's emotions can make quite a splash. These folks tend to pick up on things and bring them in, with the outward result ranging from sentimentality to possessiveness. Crabs need to resist the temptation to become selfish or to feel sorry for themselves, since this behaviour won't help. On the bright side, Cancers are good with money (although some consider them too thrifty) probably because they value a sense of security. Crabs are also quick to help others and tend to avoid confrontation. In keeping with their nurturing bent, those born under this Sign are a whiz with food. A hearty picnic in the park is heaven on earth to most Crabs.

Next month – Leo

The new moon is a time of beginnings, of ideas that are increasingly outward-directed as the moon waxes. This is a time of creativity, of words and actions, of making ideas manifest and real, putting them on paper, into clay or paint or everyday life.

The full moon culminates this waxing cycle. She is an intense time of fulfilling the potentials and beginnings gained in the new and waxing periods. Her power is intense, too intense and nervous for some women, needing to be channelled; creativity at its manifesting peak.

The waning moon is inward, a time of disintegration on some levels and the laying of new roots on others. Ideas are formed here, not yet gestated enough to express. This is the premenstrual time for some women, and may be marked by depression when the full moon intensity is not channelled or grounded enough.

For many women who flow with the moon, the waning phases are their most productive times. The days at or preceding the new moon, are days of gathering things together, of preparations for beginning again, of validating and honouring endings. Stated simply, the waxing moon is outward and increasing, the full moon is power to channel for fulfilments, and the waning moon is the inward ending of one cycle by the laying of foundations for the next.

From Diane Stein's "Guide to Goddess Craft"

The infinite library of the universe is in your mind.

Swami Vivekananda

Learn about Celtic Festivals

***Yule of winter solstice – 21st December
(21st June in the southern hemisphere)***

Yule is the time of the shortest day and the longest darkness in the northern hemisphere. The Celts celebrated the rebirth of the sun by burning a Yule log.

To celebrate Yule

- *Light a bonfire and keep a piece of wood from the fire to protect your home and bring prosperity*
- *Decorate your home with holly branches and mistletoe*
- *Write of a piece of paper whatever in your life you would like to eliminate or move on from, then burn it in the flame of a candle.*

SOUL

Deep within ourselves lays our other self. The truth and knowledge we have brought when we decided to arrive back on the earth plane.

We experience happenings, events, friendships, accidents, changes in place, career, and people to help work through the invisible plan that was moulded in our soul on the other side.

Our soul carries our beliefs, our energy of who we are. It unravels these mysteries throughout our daily lives. Carried within our solar plexus - the messages and vibrations travel forth through our chakras and in an array of all the colours of the rainbow we calm our soul and the physical body in which we have chosen to reside on this earth plane.

Experience the vibrations. The rainbows are nature's vibrations caught between sun and rain to display its beauty. In doing so our physical body will grow calm and peaceful and our soul will shine forth through our own rainbow.

Rosemarie Cavaney, Beginners Development May 2010

How to get through Life (unknown author)

- *Sleep as much as you can*
- *Read books that you enjoy*
- *Play with simple things*
- *Do whatever you want whenever you want*
- *Look for affection when you need it*
- *Get serious once in a while*
- *Forget about diets*
- *Show some affection*
- *Get angry once in a while*
- *Change your looks*
- *Above all be happy, regardless of what your challenges may be*
- *Have a great life!*

HEART – by Gail M

As long as my heart is beating I am very much alive. My heart also feels inner emotions such as pain, happiness, love, hope and grief.

To feel is to heal

To cry is to feel sad

To laugh is to smile

To feel loved is to burst with joy and happiness.

When I feel the need to ask my spiritual guide a question I know he is only but a heartbeat away and it's here in that quiet space of stillness is where I feel the answer lies.

FAITH (All encompassing)

Fellowship – brotherhood of man, uniting of souls, nurturing relationships between ourselves and others even though we are not of a like mind.

Foundation – the basis – rock of our being. Strong but flexible in our compassion and love. Reliable and dependent. Empathizing with the struggles of other souls we encounter during our journey.

Ask – a small but significant word. Spirit us ready and willing to guide us through our journey but we need to ask for help. Spirit is non-intrusive and therefore the onus is upon the individual to connect with guides and helpers and ask.

Intuition – A knowing that it feels right. A gut instinct to act or move in a certain direction. With spirit there are no blind alleys. Everything is given with love and the very best intention. Trust and the outcome of our intuitive actions can only be positive.

Inspiration – The promptings of spirit. A need to acknowledge the feeling that a contribution is to be made either by speaking, a kindness shown, actively helping another or just a smile.

Trust – We are always there for you. Whatever the circumstance our love never falters. It is as constant as the air we breathe. A child has complete trust in the nurturing of parents and so it is with us. Think of yourself as a child of spirit and trust that our commitment is eternal.

Tolerance – There is no right or wrong just difference. An acceptance of other faiths that differ greatly from our understanding. To love unconditionally regardless of our difference.

Healing – The ancients used spiritual healing. Throughout the course of history man has utilised Spiritual energy to heal. Often these healers were persecuted for using their gifts.

Only now is man becoming more aware of the true value of healing. Jesus devoted his life to healing and as healers we strive to follow his selfless path.

Hope – The way forward. The belief that one day all people will co-exist in peace and harmony and unite as one. The love we feel for our brothers will override colour, religious beliefs, gender and social standing. Our world will be surrounded by a pink glow of love and peace.

Linda Gardiner, Beginners Development May 2010

There is no weapon more powerful in achieving the truth than acceptance of oneself.

Swami Prajnapad

A MEDITATION ON

“THE MASTER SOUL IS CONSTANT”

In your meditation try to realize that you are not separate but that you are all of the one spirit ... Humanity is one vast brotherhood of life ... all nature is part of you ... you are part of the animal kingdom; you are part of the air and the birds in the air and the fish in the sea; you are part of the whole of creation, because you are a part of God and all creation is God.

Focus on these words of White Eagle's from SUNMEN OF THE AMERICAS and open your heart to your oneness with all life. Imagine you are lying flat on the earth and breathing in harmony with the earth. Mother Earth enfolds and nurtures you. You are one with her ... and you feel her heartbeat in everything. Her heartbeat is the heartbeat of the angels; you are one with the angelic and devic kingdoms. Hers is the heartbeat of the flowers; you are one with the flowers and trees and all of nature. Hers is the heartbeat of the animals ... of the insects, the birds, the sea creatures, the sea itself ... you are one with the waves as they lap gently on the shore; you are one with the breeze as it softly stirs your hair; you are one with the sun and its rays shine upon you ... The light gently wraps around you and brings a feeling of deep security and peace. Rest in this peace ...

Now turn your attention to the centre of your being, your heart, where burns the flame of God. Here in this still centre is the answer to all your need; here is all wisdom, all peace, all strength, all love. Here is God. Pray that you will have the courage, clarity and constancy to respond at all times to the guidance of this radiant presence which will never leave you and never lead you astray.

From “The Quiet Mind Companion” White Eagle Publishing Trust

DON'T FORGET . . .

- ✓ Mediumship Workshop with Janet – Wednesday 2nd June 7pm
- ✓ Awareness Class with Dianne – Saturday 20th June 10am – 3pm
- ✓ Beginner's Circle with Karena & Melanie – Sunday 21st June 12pm – 3pm
- ✓ Trainee Mediums Evening Service – Wednesday 23rd June 7pm
 - ✓ Spiritual Readers Book Club Sat 26th June 10am
- ✓ Mediums Reading Day – Sat 3rd July 10.30am

~ Healing the Emotions ~

A great many people have heard of Rescue Remedy, which is used by all sorts of people to cope with crises and even emergencies. Princess Anne and Elizabeth Hurley are two of its better-known users. But how many know about the many individual flower remedies that are part of the some system of medicine, a system unusual in that it is aimed at treating emotions rather than their physical manifestations? Dr Edward Bach, was a well-known bacteriologist, pathologist and homeopath. By the time he died in 1936 Dr Bach had discovered the 38 remedies that were needed to treat every possible emotional state, with each individual remedy being aimed at a particular emotion or characteristic.

Here are the first 21 of his 38 remedies :

- AGRIMONY for people who put a brace face on their troubles
- ASPEN for people who are anxious or afraid but don't know why
- BEECH for people who are intolerant & critical of others
- CENTAURY for people who allow others to impose on them
- CERATO for people who doubt their own judgment
- CHERRY PLUM for uncontrolled, irrational thoughts and the fear of doing something awful
- CHESTNUT BUD for people who repeat mistakes and don't learn from the experience
- CHICORY for over-possessive, selfish people who cling to their loved ones
- CLEMATIS for day-dreamers
- CRAB APPLE for those who dislike something about the way the look and as a general cleanser
- ELM for responsible, capable people who in a crisis doubt their ability to cope
- GENTIAN for people disheartened when something goes wrong
- GORSE for people who have lost hope, often without cause
- HEATHER for talkative types who are obsessed with their own problems
- HOLLY for negative feelings of hatred, envy, jealousy and suspicion
- HONEYSUCKLE for people who live in the past
- HORNBEAM for mental tiredness at the thought of a coming task
- IMPATIENS for impatience and irritation at other people's slowness
- LARCH for fear of failure and lack of confidence
- MIMULUS for people who are afraid of something real that they can name
- MUSTARD for gloom and depression with no known cause.

(Remaining 17 remedies next month)

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

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