

# ~ Spiritual Awareness Centre ~

47 East Tamaki Road, Papatoetoe (down Simon Lane)

INCLUDING *Spiritual Growth for You*

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



## Monthly Newsletter for June 2009

Love and light to everyone. Thanks to all those who came along to our Psychometry & Clairvoyance and our Questions & Answers events last month. We hope to have more of these events a little later in the year. This month we have a Reading Evening on Wednesday 3<sup>rd</sup> June from 6pm to 9pm. This will be similar to our Saturday Reading Days, and a chance for those of you who haven't been able to get up to the church on Saturdays to enjoy a reading. All other classes are as normal, including the Awareness Class on Saturday 13<sup>th</sup> June and Beginner's Circle on Sunday 21<sup>st</sup>.

As you will notice, we have changed our name to Spiritual Awareness Centre. We have found that some of us have set ideas on what a "church" is or should be, and we hope that by changing our name our groups, classes and teachings will appeal to a wider range of people. We welcome your feedback! If you haven't checked our web-site for a while you will see that this has been updated and is looking good! Thanks Linda for all your hard work on the web-site, a lot of our new members have begun their search from there.

Until next time, Lesley.



### Phases of the Moon during June

Full Moon : Monday 8<sup>th</sup> June 6:12 a.m.

Last Quarter : Tuesday 16<sup>th</sup> June 10:15 a.m.

New Moon : Tuesday 23<sup>rd</sup> June 7:35 a.m.

First Quarter : Monday 29<sup>th</sup> June 11:29 p.m.

WINTER SOLSTICE : Sunday 21<sup>st</sup> June

SUN INTO CANCER : Tuesday 23<sup>rd</sup> June

### Learn about Celtic Festivals

*Yule or Winter Solstice held 21<sup>st</sup> December  
(21<sup>st</sup> June in the southern hemisphere)*

Yule is the time of the shortest day and the longest darkness. 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

### Thought for the month. . .

*"The total being called human being cannot function harmoniously when its components are in conflict"*

From *Staying on the Path* by Dr Wayne Dyer

### What's on in June ?

Reading Night Wednesday 3<sup>rd</sup> June 6pm to 9pm

Come along and support the first of our evening "Reading Day" Cost is \$15 for a 20 minute personal reading with an experienced medium.

Awareness Class Saturday 13<sup>th</sup> June 10am to 3pm

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

Movie Night Wednesday 17<sup>th</sup> June 7pm (to be confirmed)

Beginner's Circle Sunday 21<sup>st</sup> June 11.45am to 3pm

NOTE NEW TIME! Cost \$5 for members \$10 non-members.

### Regular Weekly Events

Healing Class - \$5 donation per class

Tuesdays 7pm-9pm : 2<sup>nd</sup> 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> and 30<sup>th</sup> June

Healing & Fellowship Group - \$5 donation

Fridays 11am-12.30pm : 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> and 26<sup>th</sup> June

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

Fridays 6.45pm-9pm : 5<sup>th</sup> 12<sup>th</sup> 19<sup>th</sup> and 26<sup>th</sup> June

**On platform in June** (Service 7pm to 8.30pm)

Sunday 7<sup>th</sup> Dianne Allen

Sunday 14<sup>th</sup> Norman Young

Sunday 21<sup>st</sup> Karena Dixon

Sunday 28<sup>th</sup> Ros Adlham & Grant Clark

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

### Sneak Preview for July . . .

Reading Day Saturday 4<sup>th</sup> July 10.30am to 2.30pm

On to one readings with our experienced mediums.

Wednesday Evening Events - check website for updated information.

## Creation and Creation Goddesses

In Egypt, the cosmic egg from which the sun hatched was either formed in the serpent's mouth or laid by the goose of the Nile. The goddess Maat is portrayed with an ostrich feather in her hair, and the ostrich hieroglyph closely resembles the hieroglyph for *Ba*, the soul. Both figures, Maat and Amunet, and dozens of other names given her as the great goddess, the lady of the Amenta, are associated with the egg and bird-or-serpent concept of creation.

Eggs in their elliptical shapes and pearlized colours are symbols of the earth and shining moon, and the dark and brooding inside of the egg corresponds to the waning/gestating year and to the moon's dark gestating phases. The goddess is seen as the moon herself in every culture, and as the moon's dual opposite, the earth.

Eggs are a symbol too of the "twice born", in their double birth of laying and hatching, as the moon and earth in their cycles are also continually reborn and renewed. The cracked halves of the cosmic egg create the earth and moon in some cultures, the goddess herself, and in most forms the duality opposites on which goddess philosophy rests.

The Chinese yin and yang are an example of this system of dualities, in their originally meaning not only of male and female, but of earth and moon, receptive and creative, light and dark, land and sea, beginning and ending, winter and summer, birth and death. These dualities and others like them are complementary opposites; one cannot exist without the other, and both are positive poles of one wholeness in the universe and individual. These opposites and the law of changes within them are all birthed from the cosmic egg, from the all-creating goddess who is earth and moon.

NEXT MONTH : Circle symbols.

From Diane Stein's "Guide to Goddess Craft"

## EVER WONDERED ABOUT . . .

### **DIRECT VOICE:**

Or *Independent* Voice is the phenomenon of a voice being heard other than that of those physically present, and provides the most convincing evidence of an after-life. The voices are produced through a trumpet (or megaphone) chiefly for purposes of direction and personalizing a message. A trumpet is not necessary. Although darkness or a ruby light is usual for this type of phenomenon, spirit voices can sometimes be produced in ordinary light.

### **DIRECT WRITING:**

Writing executed by spirit power without any human agency.

### **DISCARNATE:**

As opposed to incarnate i.e. disembodied. Used to signify that part of man which survives physical death. A discarnate entity would therefore be the conscious intelligence originated in and sustained by the physical body from which it is separated by death in order to go forward and continue existence in finer vibrations.

### **ECTOPLASM:**

The word is derived from the Greek "ektos" and "plasma" meaning exteriorised substance. It is capable of being moulded to "manufacture" the equivalent of the human body. It has been chemically analysed as will be explained further under "MATERIALISATION" in a future newsletter.

From "A Guide to Modern Spiritualism" by Harold S. Sell

**Cancer** the fourth Sign of the Zodiac, is all about home. Those born under this sign are "roots" finds 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 these folks get emotional about things. Those born under this sign wear their heart on their sleeve, which is just fine 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 quite 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. When 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 loves 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 affections. 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, 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

If you practice maintaining your composure,  
and remember that someone else's behaviour  
belongs to that person  
and cannot upset you unless you allow it  
to do so,  
then you will not become an unwilling target.

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

~ MORE FACTS ABOUT HONEY AND CINNAMON ~

Honey is produced in most of the countries of the world and can be used without any side effects for any kind of diseases. Weekly World News, a magazine in Canada, in its issue dated 17 January, 1995 has given the following list of diseases that can be cured by honey and cinnamon as researched by western scientists:

**COLDS:**

Those suffering from common or severe colds should take one tablespoon lukewarm honey with ¼ spoon cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

**UPSET STOMACH:**

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

**IMMUNE SYSTEM:**

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have found that honey has various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

**INDIGESTION:**

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals.

**INFLUENZA:**

A scientist in Spain has proved that honey contains a natural Ingredient which kills the influenza germs and saves the patient from flu.

**SKIN INFECTIONS:**

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

Note: MORE DISEASES & CURES TO FOLLOW NEXT MONTH

**NOW**

*“Now” to me is being present in the moment.*

*If we weren't present to this moment we would never have a past or future.*

*For in that moment of time, or now, is when many a thought has been brought to life or created, whether it benefits mankind or not.*

*For example when Einstein split the atom he had his moment of being in the now which was created in our past and now carries on into our future.*

*So for me I've come to my own conclusion that thoughts are always created in the now. “That now” are the thoughts which we manifest in our minds.*

*If we discipline ourselves each and every day to be positive in our thoughts then that moment of now will create a happy and everlasting future for us all, and when we look back, that moment of now was created in our past.*

Thank you Peter for sharing this with us.

**WORK**

Work plays an important aspect in our daily lives, such as family, leisure, religion, and community life.

“Work” has several definitions, but they all share the same idea of doing something actively.

Sometimes it does not mean in the context of a job.

Work can be just getting out of bed. The brain has to process thought patterns in order for your legs and body to work at getting out of bed.

But if we were able to use it in a spiritual context along with our spiritual guides and helpers, we would probably be able to bring balance, peace and harmony into our lives, in which many of us still struggle to achieve.

This is where we need to develop ourselves spiritually so that we are able to attune ourselves to our guides and helpers.

This is where I feel that the word “Work” plays a significant part in our lives.

(Thank you Mel for sharing this from your Class)

**RULES OF THE UNIVERSE**

1. Never, under any circumstances, take a sleeping pill and a laxative on the same night.
2. Don't worry about what people think; they don't do it very often.
3. Going to church doesn't make you a Christian anymore than standing in a garage makes you a car.
4. Artificial intelligence is no match for natural stupidity.
5. Not one shred of evidence supports the notion that life is serious.
6. A person, who is nice to you, but rude to the waiter, not a nice person. (This is very important. Pay attention! It never fails.)
7. For every action, there is an equal and opposite government program.
8. If you look like your passport picture, you probably need the trip.
9. Bills travel through the mail at twice the speed of cheques.
10. A conscience is what hurts when all of your other parts feel so good.
11. Eat well, stay fit, die anyway.
12. Men are from earth. Women are from earth. Deal with it! Embrace your differences. Love each other.

(Thanks to Ngaire L for forwarding this to me – more next time)

## Contacting your Higher Self

One of the most important steps in making your creative visualization work effectively and successfully is to have to experience of coming from "source".

Source means the supply of infinite love, wisdom, and energy from the universe. For you, source may mean God, or the Universal Mind, or the Oneness of All, or your True Essence. However we conceptualize it, it can be found here and now within each of us, in our inner being.

I like to think of contacting source as connecting with your higher self, the God-like being who dwells within you. Being in contact with your higher self is characterized by a deep sense of knowingness and certainty, of power, love and wisdom. You know that you are creating your own world and that you have infinite power to create it perfectly.

We have all had experiences of being connected with our higher selves, although we may not have conceptualized in that way. Feeling exceptionally high, clear, strong, "on top of the world", or "able to move mountains", are indications of being connected with your higher self; so is the experience of "falling in love" . . . when you feel wonderful about yourself and the world because your love for another human being is causing you to manifest as your highest self.

When you first become consciously aware of the experience of your higher self, you will find that it seems to come and go rather sporadically. At one moment you may be feeling strong, clear and creative, the next moment you may be thrown back into confusion and insecurity. This seems to be a natural part of the process. Once you are aware of your higher self, you can call on it whenever you need it, and gradually you will find that it is with you more and more of the time.

*From "Creative Visualization" by Shakti Gawain*

## **Spiritual Laws Pertaining to Justice**

1. Our inner desires and qualities attract spirits of similar inclinations, thus forming groups of like-minded people who tend to share ideas and influence each other by mention impression (Often called the "Law of Attraction")
2. At death, each individual continues to function in a state conditioned by his/her past attitudes and desires.
3. Mistakes made on Earth must be realized and corrected before spiritual progress is possible; the terms "Heaven" and "Hell" are mental states indicating spiritual upliftment and happiness, or mental anguish.
4. The option of unselfish service is always available and lessens mental suffering and hastens spiritual progress by allowing Love to enter and act.
5. As we have evidence of animals surviving, our obligations to them should be bound by those already stated (pertaining to Goodness)

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

**WE HAVE SEVERAL COPIES OF THIS PUBLICATION FOR SALE  
AT THE CHURCH – JUST ASK A COMMITTEE MEMBER.**

~ The Seven Principles of Spiritualism ~

## 4. The Continuous Existence of the Human Spirit

It is scientifically proven that matter (being part of the creative force, or energy) cannot be destroyed; it merely changes its form. Spirit, as part of the Creative Force, is therefore indestructible. One the death of the physical body, the spirit continues as an integral part of a world which interpenetrates our world in a different dimension. This world is referred to as the Spirit World.

In spirit life we have a spirit which, until we progress far enough, is a replica of our earthly body. We are the same individuals in every way with the same personalities and characteristics and we change only by progression, or otherwise, as a result of our own efforts. Our personal responsibilities do not stop at death.

*From "Gateway to the Inner Self"  
Australian College of Spiritualism Inc.*

## ~ Herbal Formulas for Happiness ~

*Yarrow (happiness and love)*

*Sunflower petals (ruled by the sun)*

*Calendula petals (ruled by the sun)*

*A pinch of brown sugar (just to sweeten  
things up!)*

*Vanilla pod (for all rites of love)*

*From Rainbow News June/July 2002*

## **YOUR COMMITTEE IS . . .**

President : John Reid ph 263 8899  
Vice President : Richard McAdams  
Secretary : Reg Litherland ph 278 3715  
Treasurer/Newsletter : Lesley Haslip ph 296 5489  
Website : Linda Reid ph 277-7662  
Other Committee Members :  
Sandy Wickman, Doug Anderson, Matt Tod,  
Linda Gardner and Joan Simpson

## **DON'T FORGET. . .**

- ✓ Reading Evening Wednesday 3<sup>rd</sup> June 6 – 9 pm
- ✓ Awareness Class Saturday 13<sup>th</sup> June 10am – 3pm
- ✓ Wednesday Movie Night 17<sup>th</sup> June 7pm  
(more details to follow once finalized)
- ✓ Beginner's Circle Sunday 21<sup>st</sup> June 11.45am – 3pm  
(Also WINTER SOLSTICE)
- ✓ Reading Day Saturday 4<sup>th</sup> July 10.30am – 2.30pm