

# ~ South Auckland Spiritualist Church ~

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 May 2009

Love and light to everyone. We have a busy month of events for May, with something for everyone! The first Saturday of the month sees another of our popular Reading Days to be held on Saturday 2nd May commencing at 10.30 am. As usual this will be a day of one-to-one readings with our experienced mediums. Spiritual healing will be freely available on the day. Come along and enjoy a reading or two and join us for a cuppa and a chat before or after your reading. Our first Wednesday night event is a Psychometry & Clairvoyance Night on the 6<sup>th</sup>, and on the 20<sup>th</sup> we are having a Questions & Answers Night. This gives you the opportunity to ask questions in a friendly non-judgemental setting. We do ask that you submit your questions (by leaving at the church or sending by email) at least a week before so we can have the relevant information available. Keep those contributions coming for the newsletter! Sharing is an important part of growth and learning – it doesn't matter how small it is, your contribution would be very much appreciated.



### Phases of the Moon during May

First Quarter : Saturday 2<sup>nd</sup> May 8:44 a.m.

Full Moon : Saturday 9<sup>th</sup> May 4:02 p.m.

Last Quarter : Sunday 17<sup>th</sup> May 7:26 p.m.

New Moon : Monday 25<sup>th</sup> May 12:11 a.m.

First Quarter : Sunday 31<sup>st</sup> May 3:22 p.m.

SUN INTO GEMINI : Friday 22<sup>nd</sup> May

~ The Seven Principles of Spiritualism ~

### 3. The Communion of Spirits and the Ministry of Angels

This is the KEY Principle of our religion.

All religions believe in life after death but only Spiritualism shows that it is true by demonstrating that communication with departed spirits can and does take place. Spiritualist Churches provide one of the venues where communication, through mediumship, is possible and many loved relatives and friends take advantage of this opportunity to continue to take an interest in our welfare.

There are also spirit people who are dedicated to the welfare and service of mankind. Some (for example Silver Birch) bring inspiration and teachings whilst others other within the healing ministry.

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

Thought for the month . . .

*"Your joy is divine, and so is your suffering.*

*There's so much to be learned from them both"*

From Staying on the Path by Dr Wayne Dyer

### What's on in May ?

Reading Day Saturday 2<sup>nd</sup> May 10.30am to 2.30 pm

Psychometry & Clairvoyance Night Wed 6<sup>th</sup> May 7pm

Come along and support your local mediums & trainees

Please bring a flower, or personal item for a reading.

Awareness Class Saturday 9<sup>th</sup> May 10am to 2pm

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

Beginner's Circle Sunday 17<sup>th</sup> May 12pm to 3pm

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

Questions & Answers Night Wed 20<sup>th</sup> May 7pm

An opportunity to ask questions and hopefully receive some further understanding of Spiritualism. Please submit your questions in writing at least a week prior, so we can ensure we have the relevant information available.

### Regular Weekly Events

Healing Class - \$5 donation per class

Tuesdays 7pm-9pm : 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> May

Healing & Fellowship Group - \$5 donation

Fridays 11am-12.30pm :

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

Fridays 6.45pm-9pm : 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> May

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

Sunday 3rd Kay Moore

Sunday 10th (Mother's Day) Karena Dixon

Sunday 17<sup>th</sup> Philippa de la Cour & Kevin Thomson

Sunday 24<sup>th</sup> Lyn & Heather McKelvie

Sunday 31<sup>st</sup> (Queen's Birthday W/E) Melanie Ratu

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

### Sneak Preview for June and July . . .

Sunday 21<sup>st</sup> June - Shortest Day / Winter Solstice

Saturday 4<sup>th</sup> July - Our next Mediums' Reading Day

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 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 Gemini's are supremely interested in developing their relationships. Dalliances with these folks are always enjoyable, since Gemini's are bright, quick-witted and the proverbial life of the party. Even though their intellectual minds can rationalize forever and a day, Gemini's also have a surplus of imagination waiting to be tapped. Can a Gemini be boring? Never!

Since Gemini's 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! Gemini's may not know who's showing up either, which can prompt others to consider them fickle and restless. They can be wishy-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. ennis – 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, Gemini's are always ready to play. A book club would certainly stimulate their literary minds. In the game of love, Gemini's are playful, flirtatious and endless fun. Physically speaking, Gemini rules the nervous system. 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, Gemini's would seem a natural for doubles tennis, 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 their ability to communicate effectively and to think clearly. Adventures of the mind are what the Twins are all about. They also love to share themselves with their friends.

**Next month : Cancer**

**PSYCHOMETRY** is one of the few psychic faculties which it is quite safe to practice alone, or in the company of a friend or two. Try it with your friends! Ask one of them for a ring, or watch, or bracelet which they customarily wear, and let you hold it . . . sit quietly for a few moments; close your eyes if you wish to. It is not necessary, but it does allow you to cut out any distinctions. So relax and 'feel' the article. Then try and see if you become aware of any 'difference' in yourself and the way you feel.

Look for any odd thoughts, or pictures or imagined sounds which seem to float through your mind. Then mention them to your friend, and you will be surprised to find how many of them 'belong' to the owner of the article.

*From "Your Psychic Faculties – How they Operate" by Ron W. Gibbs*

**AUTOMATIC WRITING:**

This is a term which is much misused. Such writing can only be recognized as such when it contains indications of an external mind acting upon the sensitive or medium; in other words, it is writing executed by a force controlling the medium's hand. It cannot be classed as automatic if the mind receives the impression or creates the thought and transmits it to the hand. All alleged automatic writing should be invariably be critically examined. The sensitive with the gift is called a auto-matist.

**CLAIRAUDIENCE:**

A psychic faculty in the mental field, being that of hearing voices, and/or sounds, independent of the physical ear.

**CLAIRVOYANCE:**

Is the discerning of spirits and is the most common of the psychic gifts. The term means "clear seeing". Also in the mental field.

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

**LOOK UP INTO THE SUN**

Take little notice of passing difficulties and obstacles. Keep on keeping on steadily. There are forces which would buffet and confuse you, but you will overcome these forces by steadily looking up towards the Christ. Look up into the Sun, to the point of light in the heart of the Sun.

Surrender to divine wisdom, knowing that what is happening to you is an opportunity to grow in love, to draw closer to divine love. Do not think of life in the physical body as being the only life. Think of life as being eternal, and of yourself as a tiny spark of that divine life, one day to return to the heart of the Sun. You, the child of God, are learning to walk a path which is leading you back to your heavenly parents. This is the goal of your life – conscious union with God, divine love and wisdom, peace and joy.

The secret, when you are feeling hurt and disappointed with yourself, or with circumstances, or with your brother man, is to learn to rise in thought to God, and say: "Thou art all wisdom and love. Thou knowest my soul's need. I resign my life to Thee."

**MEDITATION:**

*Now, we would draw you all into the great Heart; you are children of God and all good flows from God.*

*For one quiet moment, try to use the power of thought and imagination to visualise the form of Christ, the Son, the Golden One, all love. See Him robed in the light of the Sun, radiating love for all mankind. Be still . . . you are in Him . . . He is in you. You are nothing, yet everything.*

*Peace be with you. All is well when you dwell at peace within God's heart, and feel God within your own heart as a quickening presence, as living warmth and comfort.*

From "The Still Voice", The White Eagle Publishing Trust

**After Note from Lesley:**

Many of us, including myself, have difficulty in accepting "God" as a masculine force. White Eagle's teachings often refer to the Father or His wisdom etc, but replace these terms with whatever makes you comfortable eg. The Great Spirit, Divine Wisdom, Mother Goddess. We all have our own pathway to the Divine, and none is "right" or "wrong" if travelled with love and understanding.

## MEMBERS CONTRIBUTIONS & INSPIRATIONAL WRITINGS

### ~ FACTS ABOUT HONEY AND CINNAMON ~

It is found that a mixture of honey and cinnamon cures most diseases. Honey is produced in most of the countries of the world. Scientists of today also accept honey as a 'Ram Ban' (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. 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:

#### HEART DISEASES:

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

#### ARTHRITIS:

Arthritis patients may take daily, morning, and night, one cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis can be cured. In a recent research conducted at the Copenhagen University, it was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon Cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who could not walk or move around because of arthritis started walking without pain.

#### BLADDER INFECTIONS:

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

#### TOOTHACHE:

Make a paste of one teaspoon of cinnamon powder and five teaspoons of honey and apply on the aching tooth. This may be applied three times a day until the tooth stops aching.

#### CHOLESTEROL:

Two tablespoons of honey and three teaspoons of Cinnamon Powder mixed in 16 ounces of tea water, given to a cholesterol patient, was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said journal, pure honey taken with food daily relieves complaints of cholesterol.

#### CANCER:

Recent research in Japan and Australia has revealed that advanced cancer of the stomach and bones have been cured successfully. Patients suffering from these kinds of cancer should daily take one tablespoon of honey with one teaspoon of cinnamon powder for one month 3 times a day.

Note: MORE DISEASES & CURES TO FOLLOW NEXT MONTH

### The Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two 'wolves' inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.'

The grand son thought about it for a minute and then asked his grandfather: 'Which wolf wins?'

The old Cherokee simply replied, 'The one you feed.'

*(Thanks to Anne for this)*

### ~ The Emotion of Joy ~

*Many on the earth plane are seeking inner peace and contentment.*

*We in spirit are more in touch with our feelings but we know the struggles you face.*

*Many are searching in the wrong places for happiness and find themselves dependant on drugs, or alcohol, or needing to control others to make themselves happy.*

*True joy comes from knowing that you are on the right path for the current time,*

*That your choices are goods ones,*

*And that your spirit friends are always there to support you. How can you know these things?*

*By trusting in spirit and believing in yourselves.*

Lesley (June 2003)

*Life is too short to wake up with regrets.*

*So love the people who treat you right.*

*Believe everything happens for a reason.*

*If you get a second chance,  
grab it with both hands.*

*If it changes your life, let it.*

*Nobody said life would be easy,  
they just promised it would be worth it.*

## Creation and Creation Goddesses

The goddess similarities as creators of all life and their form combined with their widespread geographies are interesting and indicative. Interesting too, is their transformation under patriarchy from benevolent life symbols to the downfall of Eve and the embattled sea monsters and dragons of Western literature and film. The goddess of the moon and sea who birthed all life became a monster to be slain by men, an idea historically consistent. Snakes, long known as goddess symbols for their self-renewing shedding of old skin, are loathed and feared. They – goddess worship – tempted Eve. Saint George slew the dragon, the forces of matriarchy and goddess religion in Christianizing Europe. The fear of the lunar night and sea.

Yet scientists agree the evolution is marine, and that human gestation in the sea of the womb reflects the symbols and changes of evolving life. The sea is the universal female abyss, the lunar chaos from which life began, and that was sorted out and brought to land by the goddess. Seashells from this abyss are female symbols, symbols of wombs and birth, fertility and emergence from the sea. The cowrie, used as currency and worth by island cultures and Native American peoples, as well as in Egypt and Asia, is a clitoral female birth symbol – all life emerges from the ocean of the female womb. Aphrodite, a powerful fertility aspect of the great goddess in pre-patriarchal Greece, is described as sea-born, and often pictured standing on a flat shell. Teteu Innan, an Aztec goddess, wears a seashell skirt, and the Navaho White Shell Woman is a saviour of her people. Shells, pearls and fishes are associated with the Chinese Kwan Yin, and the conch that sounds of the sea is in India the sound that made the universe. Many shells are rounded and hollowed womb or moon symbols and some are spirals – the shape of DNA and the labyrinth mystery symbol of the unfolding universe, the birth canal and the creative goddess.

Eggs are also universal symbols of creation, birth, rebirth, the moon and the goddess. They are often seen in conjunction with the serpent or snake, and egg imagery is still accepted positively in the West where the serpent is not. Judy Chicago in her *Birth Project* art depicts the story of the snake and the egg. The goddess birthed both from her body and they floating on the waters of chaos. By wrapping herself around the egg, the snake broke it open, and from it hatched all the forms of the universe. In Hindu, the cosmic egg is laid by a golden bird, and the halves of its cracking form the earth and sky. Egg and bird symbols are goddess symbols as well, with several cultures depicting goddesses in bird form.

NEXT MONTH: More on egg and circle symbols.

From Diane Stein's "Guide to Goddess Craft"

### DON'T FORGET. . .

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- Awareness Class Saturday 9<sup>th</sup> May 10am – 2pm
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## Choosing our Parents

*I agree with the theory that we choose our parents. The lessons we learn seem perfectly matched to the "weaknesses" of the parents we have.*

*I believe we are all on an endless journey through eternity. We come to this planet to learn particular lessons that are necessary for our spiritual evolution. We choose our sex, our colour, our country, and then we look around for the perfect set of parents who will "mirror" our patterns.*

*Our visits to this planet are like going to school. If you want to become a beautician, you go to beauty school. If you want to become a mechanic, you go to mechanics school. If you want to become a lawyer, you go to law school. The parents you picked this time around are the perfect couple who are "experts" in what you have chosen to learn.*

*When we grow up, we have a tendency to point our fingers accusingly at our parents and say "You did it to me!" But I believe we choose them.*

We are all here to transcend our early limitations, whatever they were. We're here to recognize our own magnificence and divinity no matter what they told us. You have your negative beliefs to overcome, and I have my negative beliefs to overcome.

From "You Can Heal Your Life" by Louise Hay

When you live on a round planet,  
there's no choosing sides.

## Spiritual Laws pertaining to Beauty

- We must set a good example.
- We should promote ennobling ideals.
- We should try to preserve a sense of proportion in all things.
- We should strive to recognise those things which draw people together in happiness and widen their appreciation of the spiritual qualities of the Universe.

## YOUR COMMITTEE IS . . .

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