

# South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

[WWW.SPIRITUALGROWTH4U.COM](http://WWW.SPIRITUALGROWTH4U.COM)

info@spiritualgrowth4U.com

47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 2025

----- Newsletter May 2023 -----

## NEWS:

Hello everyone and welcome to May. The past month has been flowing nicely with our Sunday services which has seen some great demonstrations of Mediumship from the platform Mediums and eye-opening Addresses that really communicate to everyone. The services are continually attracting new people and many of them attending the classes on offer, reaching out to see what can be possible with a little direction and learning. From our point of view, this is exactly why we are here, to provide the possibility for further expansion and that pathway to enlightenment, which could be from the Sunday Services, through to the Open Development and Healing classes, or to just being with likeminded people.

Please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ) for updates or our Website - <https://www.spiritualgrowth4u.com/> for membership forms or alternatively you can fill out a form at the Church.

♥ Till next month - talk soon ♥

**There is no path to happiness!  
Happiness IS the path!**

*"Whether you think you can or can't,  
either way, you are right."  
Henry Ford*

**Your mind is the forerunner of all things in  
your life!**

*"Let go and let God."*

**People pray and ask for help...**

But many continuously wrestle it back by putting their awareness, their attention, their emotions, their energy, on the problem.

*"You manifest what you believe, not what you want."  
Sonia Ricott*

Years ago, I used to put the 'universe' on to something I was wanting.  
Then shortly after, I would look at the request and see it as not done!

I would give so much attention to  
*"It hasn't happened yet", 'It's not how I want it'.*

This is like planting a seed and then continuously digging it up and moaning about why it hasn't grown yet!

*"Seeds of:  
Happiness, Success, Wellbeing, Abundance,  
Love can be planted anywhere, anytime!"*

**If you plant seeds and keep digging them  
up to check on why they haven't grown  
yet...**

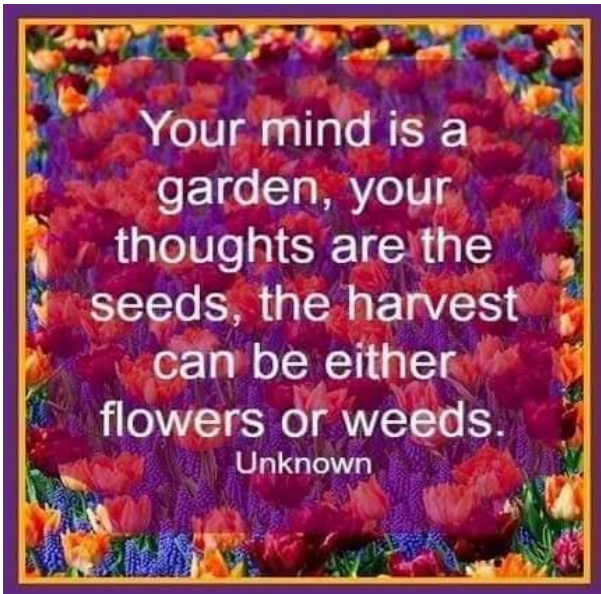
- They will not grow.

**If you plant seeds and leave them alone...**  
- Some will grow depending on the soil.

**If you plant seeds and water them, feed  
them, weed them, nurture them...**

- They would grow strong and give you a great harvest!

It takes time and patience to plant a seed and wait for the plant to rise and become full in its expression.



*"As you sow; so, shall you reap!"*

### **What we put out in life comes back!**

If you constantly think negative thoughts, then you can't expect to get back positive outcomes.

You cannot plant corn and expect to receive a harvest of tomatoes.

*"Reality is merely an illusion, albeit a very persistent one!"*  
Albert Einstein

### **'True for you' in your experience!**

Anything you believe about yourself is true for YOU!

Anything you believe about someone else or about things happening around you is also true - true for YOU!

Everything you see, hear, feel and experience is true for YOU, but not necessarily true for anyone else.

*"You experience the things that happen to you in a different way than anyone else."*

**PERCEPTION is powerful because it literally dictates what reality you see and live in.**

Each of us live in a different reality, quite literally because of the different forms of perception that we engage the world with.

"It is our perception of an experience that creates our feelings about it, not the event itself!"

Our genetic predispositions, previous experiences, prior knowledge, emotions, preconceived beliefs, self-interest, and cognitive biases which often skew the lens through which we observe.

### **We have a unique and distinct way of seeing and experiencing life!**

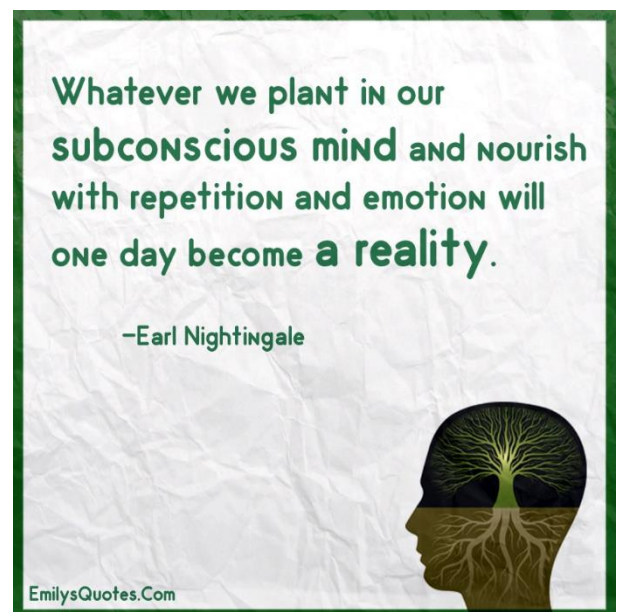
This is why there are so many disagreements in the world.

*"Everything you want is because you think you will feel better in the having it!"*  
Abraham Hicks

Many people spend their time running after superficial stuff to try to fulfil themselves, to be happy.

Many are chasing that perfect relationship, career, material item in the hope that it will be the source of their happiness.

*"Stop looking outside for scraps of pleasure or fulfillment, for validation, security, or love! You have a treasure within that is infinitely greater than anything the world can offer."*  
Eckhart Tolle



## **YOU are the source of your happiness!**

Yes, other people, and other things can enhance your experience.

But those feelings of happiness, as well as the negative feelings that someone or something elicits from you, are already INSIDE of YOU.

*"Whatever we plant in our subconscious mind, and nourish in our conscious mind with repetition, and emotion, will one day become a reality."*

Earl Nightingale

## **EVERYTHING is energy!**

All energy must have somewhere to connect to.

So, if you are wanting to:

Bring **love energy** into your life, then you need **love energy** within yourself for it to connect to.

- You can't attract love if you are feeling unlovable.

If you are wanting to:

Bring **prosperity energy** into your life, then you need **prosperity energy** within yourself for it to connect to.

- You can't attract prosperity if you are thinking poor thoughts.

If you are wanting to:

Bring **abundance energy** into your life, then you need **abundance energy** within yourself for it to connect to.

- You can't attract abundance if you have your attention on lack.

*"Enthusiasm is the energy and force that builds literal momentum of the human soul and mind."*

Bryant H. McGill

## **Our mind, our thoughts are our ENERGY creator!**

The more dominant a thought is; the more power it has!

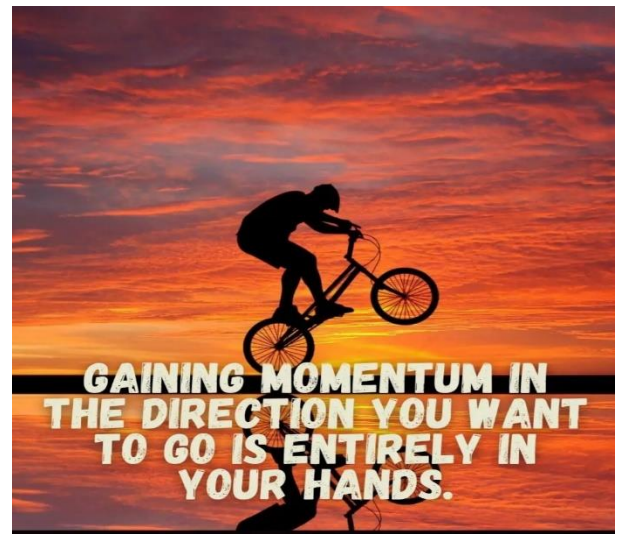
Our more dominant thoughts become more powerful and pick up momentum with the amount of airtime and attention we give them.

The more airtime and attention you give a thought, a concept, an idea, the more likely it will become a real manifestation in your life experience.

*"If you think your life is wonderful. you are right!*

*If you think your life sucks. you are also right!"*

Creating positive momentum in your life means doing a little more of the things that move you forward to what you are wanting, and a little less of the things that hold you back.



*"Change your thoughts; change your life!"*  
Wayne Dyer

## **Appreciate the good in your life!**

There are always things to appreciate around you, but many people are giving their attention to what they are not liking.

People are always trying to get more, do more, achieve more, be more.

*"A belief is only a thought you kept practicing!"*  
Abraham Hicks

Many people are dragged along by a routine that they have no idea how to get out of.

They are trapped in ways of behaving that don't deliver results they want or in argumentative relationships with themselves and others that don't satisfy them.

*"Live life as though nobody is watching and express yourself as though everyone is listening."*

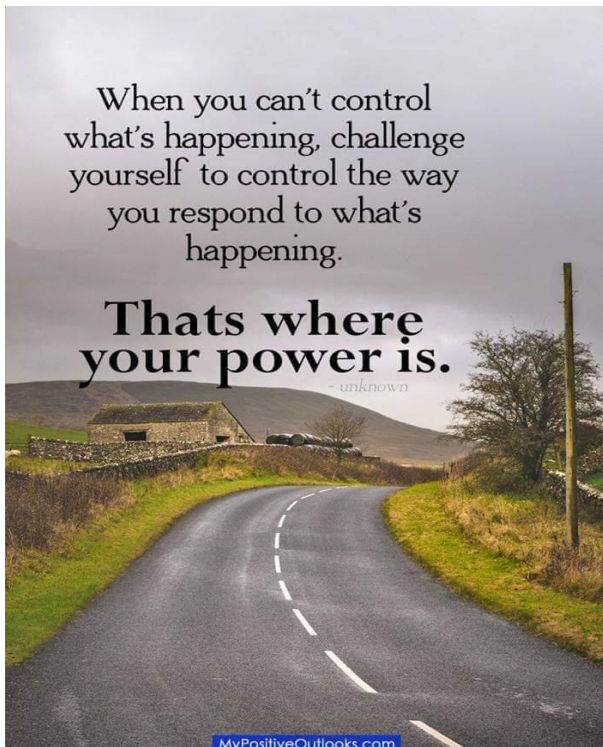
Nelson Mandela

Realize how much you already HAVE,  
how much you already ARE.

*"Ultimately you and only you are responsible for your happiness!"*

Rachel Hollis

**Not everything in life must be satisfying for you to be happy!**



But if you just put your attention on the things that are already satisfying.  
you will then discover the satisfaction in ALL things!

*"Happiness is when what you think, what you say, and what you do are in harmony."*

Mohandas Gandhi

If you put your attention, your emotions, your energy on what isn't to your liking, on what is missing, then you will keep getting more of it.

*"Most people are thinking about what they don't want, and they're wondering why it shows up over and over again."*

John Assaraf

If there are areas in your life that you feel are not working, leave them alone.

Divert your attention from what's you are not wanting to something you ARE wanting, and your life will change!

*"Success is not the key to happiness, happiness is the key to success."*

Herman Cain

**There is no path to happiness!  
Happiness IS the path!**

Put your attention and energy on to something that is working in your life, something that makes you feel good NOW.

"Activate what you are wanting and leave alone that which is not to your liking!"

Basically, stop feeding the negative and start feeding the positives and the great possibilities.

*"Being happy is a choice!"*

**Choose to see good!  
Choose to feel good!  
Choose to focus on the good!**

You can continue to beat the same drum of despair, of focusing on the things that aren't to your liking.

Or...

**You can choose to be happy right now!**

*"Whatever you hold in your mind on a consistent basis is exactly what you will experience in your life".*

Tony Robbins

You cannot control all of what happens to you or around you, but you can control your ATTITUDE and your PRECEPTION toward it!

*"If you judge people, you have no time to love them!"*

Mother Teresa

Life is about LOVE, about our connection with ourselves and others;  
not about who is wrong or who is right.

*"When you change the way, you look at things.  
the things you look at change!"*  
Wayne Dyer

### Be the conductor of your life!

Be the channeler of the love and joy you are wanting in your life by noticing, and focusing on the good, the joy, the love!

This will bring you more and more love and joy which connects to the SAME matching energy within you in ways that will surprise and delight you!

*"Be the love you are wanting in your life!"*

**What am I capable of?  
What am I willing to do to achieve my dreams?**

*"The right questions led to the right decisions and answers!"*

**STOP living by default!**  
Make the decision to change **YOUR** life today!

*"Whether you think you can or think you can't; you are right!"*

By Trish Bolstad

If you have any contributions you wish to have included in our newsletter, please feel free to email me at [itpl77@gmail.com](mailto:itpl77@gmail.com)

### Yearly Subscriptions:

\$30 to join per year.

Member benefits: **Receive 50% off classes and heavily discounted Reading days and access to our library.**

Our members are welcome to borrow from an extensive range of books from our library.

All funds raised go towards the running and upkeep of our Church.

### Committee July 2022- June 2023

|                 |  |
|-----------------|--|
| President:      | John Bolstad   |
| Vice President: | Jennie Henry   |
| Secretary:      | Denise Marsden   |
| Treasurer:      | Matthew Tod  |
| Committee:      | Barry Hall<br>Shelley Hornell<br>Paula Vincent<br>Andrew Clayton |
| Minister:       | Matthew Tod  |



### Calendar for May 2023 Sunday Service: 5.30pm to 7.00pm Platform Mediums:

7th Sally Heath & Lois Hammond  
14th Fiona Goldsmith  
21st Zane Smith  
28th Open Development Group

### May- Mix of Open Development and Healing Classes:

From 7pm to 9pm Mondays:

1st  
8th  
15th  
22nd  
29th

### Cost per class:

\$5 for members

\$10 for non-members

**All welcome!**

For all enquires contact:  
Matthew Tod Ph: 021 1736344

Please visit our Facebook:

[www.facebook.com/SpiritualistchurchNZ](https://www.facebook.com/SpiritualistchurchNZ)

For confirmation and class updates or our website:

<https://www.spiritualgrowth4u.com/>

*Love and Light to  
you all*



### PARKING NOTICE FOR ALL CLASSES, SERVICES, EVENTS

You may park in the parking spaces alongside the front section of the church. Please **do not park** in any of the parking spaces **across from** the front entrance of the church as your cars may be towed away. Additional free parking is available in the parking lot at the rear of the centre on Charles St.