

South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

WWW.SPIRITUALGROWTH4U.COM

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47 East Tamaki Road (down Simons Lane), Papatoetoe, Auckland 202

Newsletter August 2026

NEWS:

Hello everyone, and welcome to August. Another month has flown by, and it's been a busy one here at the South Auckland Spiritualist Church.

On Saturday 18 July we held our Reading Day.

While it was a little quieter than we're used to, we still had a good number of bookings throughout the day.

More importantly, we were able to provide this valuable service to our community, and that's something we're always grateful to be able to do.

A huge thank you to everyone who helped make the day a success.

To those who came along for a reading, thank you for your support.

To our wonderful mediums Matthew Tod, Trish Bolstad, Bruce Jackson, Christine Donald, Lois Hammond, and Davene, thank you for so generously giving your time and sharing your gifts.

We'd also like to thank everyone who took the time to sit at the Mediums' Development Table, along with our committee members who worked behind the scenes to keep everything running smoothly.

These days don't just happen on their own, and we really appreciate everyone who supports these events.

July also saw us hold our Annual General Meeting.

Thank you to all our members who came along, reflected on the year that's been, and took part in electing the committee for the year ahead.

Congratulations to our 2026–2027 Committee:

- **President:** John Bolstad
- **Vice President:** Shelley Hornell
- **Secretary:** John Bolstad
- **Treasurer:** Matthew Tod
- **General Committee:** Barry Hall, Jayne Anderson, Charnelle (Nelly) Hikaiti, Trish Bolstad, Lyn Revill, and Paul Edley.

Congratulations to everyone elected and thank you for putting your hand up to serve.

We look forward to another year of working together to support our church, our members, and the wider community.

Please go to our Facebook Page www.facebook.com/SpiritualistchurchNZ

or our website - <https://www.spiritualgrowth4u.com/> for Information on what is happening at SASC

❤ Till next month – The SASC team ❤

Tune Into The Frequency Of The Divine!

"The answers you are looking for are not found in thinking harder..."

They are found in thinking less!"

Unhappily Stuck!

We think we are in control, making conscious choices, solving problems, chasing goals...

But in reality, most of us are stuck in a loop, trapped in the higher beta waves of stress, overthinking, and mental exhaustion.

We are not 'receiving' anything from higher consciousness because we have forgotten how to **LISTEN!**

"You cannot hear divine guidance through the static of survival mode!"

But The Truth Is:

Your brain is not just an organ...
It is a frequency device!

Your mind is not just a processor...
It is an antenna!

And the universe...?
It is broadcasting 24/7.

*"You are always connected to something!
The question is, are you connected to chaos
or to consciousness?"*

It's funny how people
will believe in Wi-Fi,
invisible waves powering
everything, but still think

ENERGY,
FREQUENCY AND
VIBRATION are just
some mystical nonsense.

Are You Tuned In?

You can intentionally shift into a higher state where Divine inspiration, clarity, creativity, and solutions flow effortlessly to you!

*"Energy flows where attention goes!
Tune your attention, and you tune your life!"*

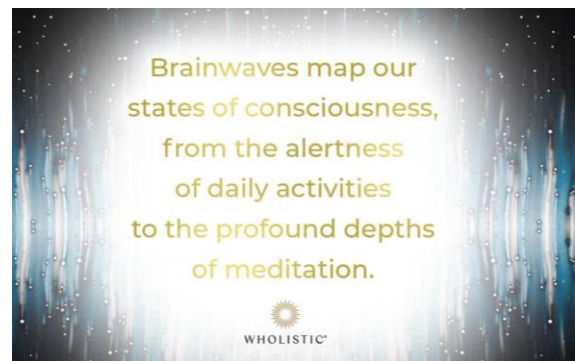
Tony Robbins

Understanding Brain Waves: Your Mental Frequencies!

Your brain operates at different speeds or frequencies, measured in Hertz (Hz), depending on what state of consciousness you are in.

Each of these frequencies is like a different radio station and each one gives you access to a different kind of energy, emotion, and intelligence.

*"Consciousness moves you through layers -
like climbing floors in a building, each level
offers a new perspective!"*



The 5 Main Brain Wave States:

No 1. Gamma - 30–100 Hz

The state of heightened consciousness and spiritual insight!

This is the fastest brain wave!

It's linked to higher perception, love, compassion, peak states, even mystical and spiritual experiences.

Gamma is often recorded in monks during deep meditation or people in flow during powerful moments of genius or connection.

No 2. Beta - 13–30 Hz

The state of alertness, focus and thinking!

This is your normal waking state of thinking, analyzing, getting things done.

It is essential for everyday tasks but also the home of stress, anxiety, and mental overload when overstimulated.

No 3. Alpha - 8–13 Hz

The state of flow, creativity, calm and focus!

This is the state of relaxed alertness, when you feel in the zone.

You are calm, centred, and open to insights.

It is the mental space where your mind suppresses everyday distractions and connects the dots.

It is the 'doorway' to your subconscious mind and spiritual connection.

No 4. Theta - 4–8 Hz

The state of meditation, intuition and healing!

Theta is where **TRUE** transformation begins.

Deep meditation, spiritual downloads, inner healing, and powerful insight all happen here.

Children live in theta much of the time as being open, imaginative, and deeply connected.

No 5. Delta - 0.5–4 Hz

The state of deep sleep and restoration!

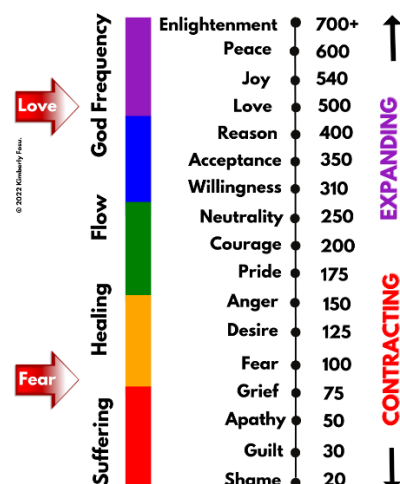
The slowest brain wave!

You enter Delta in deep, dreamless sleep.

This is the realm of physical regeneration and unconscious connection to the divine.

"Your state of mind determines your state of reality!"

Consciousness Scale (Hz)



The Flow Zone:

Alpha and theta are the doorway to the Divine!

Most people live in 'high Beta', wired and tired, constantly thinking, reacting, scrolling, worrying.
And in that state, you are cut off from the flow.

The ideas do NOT come.
The solutions feel forced.
The connection feels broken.

Why...?

Because your brain is too loud to hear the whisper of the universe!

But when you shift into Alpha, your creativity awakens.

When you move into Theta, your intuition turns on.
You begin receiving inspiration, solutions, and guidance from something **BIGGER** than your logical mind.

"Creativity is not manufactured - it is received from a higher dimension of intelligence!"
Rick Rubin

These States Are Not Random!

You can access them deliberately.

And when you do, you move from 'effort' to **ALIGNMENT**, from 'trying' to **ALLOWING**, from 'forcing' to **RECEIVING**!

"When you surrender control, you allow for connection!"

When Have You Felt It?

You have experienced these states before - you just did not know what to call them.

That moment in the shower when the perfect idea downloads into your mind.

That quiet walk in nature when suddenly everything makes sense.

Getting lost in that activity and losing all track of time.

That early morning or late night zone where you feel connected, clear, creative.

"When the mind is silent, the soul speaks!"
Ma Jaya Sati Bhagavati

These Are NOT Coincidences!

They are 'windows' into Alpha and Theta states, glimpses into the consciousness field of the universe.

And the more you practice entering these states deliberately, the more you will live flow in **ALL** aspects of your life, not just a moment!

*"In the Alpha state, you create!
In the Theta state, you receive!
Learn to dance between the two!"*

Access Higher Frequencies On Purpose!

Here is the good news:

You do **NOT** have to be a monk or guru to live in a higher state!

The tools are ancient.
The science is modern.
And the practices are available to anyone including **YOU!**

"God speaks in silence - not in noise!"
Rumi

Here Are 5 Simple Ways:

1. Breathwork!

Conscious breathing lowers brain wave frequency.

Obviously, there is a variety of opinions of this out there on the timings...

But just simply try inhaling through your nose for 4 seconds.

Hold your breath for 7 seconds.

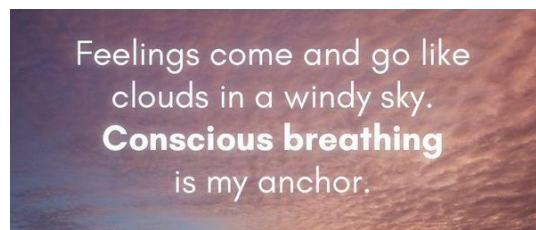
Exhale completely through your mouth for 8 seconds.

Do this for 2 minutes, and you are already shifting your state of being!

Your mind will slow.

Your heart rate will stabilize.

Your brain waves will shift toward Alpha.



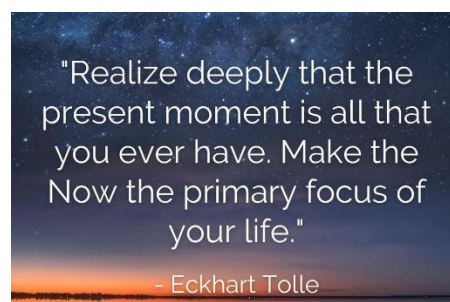
*"You do not force divine intelligence!
You receive it - by quieting the noise!"*

2. Meditation!

Daily meditation is the most effective way to train your brain into Alpha and Theta.

Even just 10 minutes of stillness a day can shift your mental baseline from chaos to clarity.

This is where you start hearing the whispers of intuition and receiving insights from your higher self.



"The quieter you become, the more you can hear!"
Ram Dass

3. Movement!

Gentle movement, especially in nature, such as walking, stretching, yoga, dancing - all activates Alpha waves.

Movement shifts emotional energy and grounds you into the present moment.

"Stillness is not the absence of motion, it is the frequency of presence!"

4. Gratitude!

Gratitude is a frequency.
It is not just a mindset - it is a brainwave shift.

A grateful heart calms the nervous system
and expands awareness.

It opens the Theta doorway, which makes you
more **RECEPTIVE** to abundance, love, and
guidance.

*"Flow is NOT magic...
It is the result of tuning your mental system
to the present moment!"*

5. Sleep!

Deep rest brings you into Delta, which heals
and regenerates your body and mind.

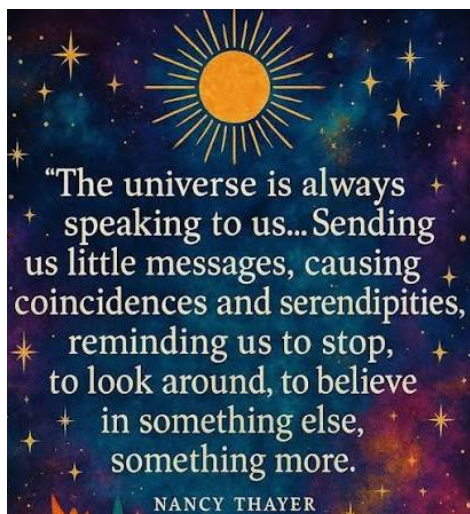
Poor sleep keeps you stuck in high Beta,
addicted to stimulation and mentally fatigued.

"Let your mind rest so your soul can work!"

The Universe is Always Speaking! Are You Listening...?

Here is what most people do not realize:
The universe is **NOT** silent!
You are just tuned into the wrong frequency!

You do NOT need to 'try harder' to solve your
life.
You need to 'listen deeper' within you!



*"The divine does not scream - it whispers!
And only the still can hear it!"*

When You Shift Your State...

When you enter Alpha or Theta...
when you quiet the ego and awaken the inner
ear...

You do not just 'find' the answer...
YOU BECOME THE ANSWER!

You begin to speak from clarity.
Act from alignment.
Create from intuition.

And people start to feel it.
Life starts to flow.
The synchronicities start showing up.
Doors open.
Ideas drop in.
Peace becomes normal - **NOT** rare!

*"When you are in alignment, you do not
chase! You attract!"*
Abraham Hicks

I don't chase.
I align.
What's meant for me
flows to me —
effortlessly.

In Conclusion:

You are **NOT** just a human being having a
spiritual experience...
You are a spiritual being navigating human
frequencies!

Your state is your **SUPERPOWER!**

Master your state!
Master your frequency!
And you **WILL** master your **DESTINY!**

Because the universe is **NOT** holding back!
The ideas, the inspiration, the next steps -
they are all here!

Tune in!
Listen deeply!
Live deliberately!
And step into the frequency of the Divine!

By Trish Bolstad

UPCOMING EVENTS

Calendar for August 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

2 nd	John Bolstad
9 th	Clinton Arnold
16 th	Matthew Tod
23 rd	Trish Bolstad
30 th	Lois Hammond

*Love and light to you
all*



For Information on what is happening at
SASC, please go to our Facebook Page
www.facebook.com/SpiritualistchurchNZ
or our website –
<https://www.spiritualgrowth4u.com/>

Yearly Subscriptions: \$30 to join per year.

Member benefits:

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.

