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Newsletter January 2026

NEWS:

Hello everyone, and a warm welcome to 2026. A new year always arrives carrying fresh energy, new possibilities, and an invitation to begin again with hope and intention.

For those interested in numerology, 2026 is known as Universal Year 1. This is found by adding the digits of the year together: $2 + 0 + 2 + 6 = 10$, and then reducing it to a single number, $1 + 0 = 1$. A Universal Year 1 is often seen as a time of fresh starts and new beginnings, a year of clarity and stepping forward with purpose.

Spiritually, this year encourages us to trust our inner guidance, to plant new seeds for the future, and to walk our path with kindness, trust, and presence toward one another. It is a time to move forward with confidence, allowing our spiritual growth to be expressed in our everyday lives.

As we move into 2026 together, SASC look forward to reconnecting with all who walk through our doors, sharing the warmth, healing, and inspiration that our church offers. Our first Sunday service for the year will be held on **18 January 2026**, and we warmly welcome everyone back to join us as we begin another year of experiences, connection, and spiritual unfolding together.

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 ♥

Is Your Perspective Holding You Back?

Few people are living their dream life!

Instead, many are unconsciously going about their lives feeling unfulfilled, wishing, hoping, for more.

"Until you make the unconscious conscious, it will rule your life, and you will call it fate!"

Carl Jung

Are You Happy?

We all know people who are unhappy with their lives...

Are you one of them?

How would you describe your life at this time?

Good?

Bad?

Is yours a fulfilled life?

Or do you feel somewhat empty?

Are you often joyful and excited?

Or does your life feel dull and boring?

Or maybe you find life difficult or exhausting?

"Most folks are about as happy as they make up their minds to be!"

Abraham Lincoln

**Your life is YOUR perspective!
And your perspective is YOUR life!**

I will say that again...

Your life is your perspective!

In other words,

Your life is whatever you think your life is!

And...

Your perspective is your life!

In other words,

Your perspective is the filter that dictates, and creates the life you are experiencing!

"What we see depends mainly on what we look for!"

John Lubbock



You Are Your Perspective:

By perspective I am meaning your attitude, your biases, and your beliefs, which become the filters through which you see others and experience the world around you.

"We don't see things as they are; we see them as we are!"

Anais Nin

Do you know what the GREAT thing about your perspective is?

YOU CAN CHANGE IT ANYTIME!

Our perspective is bias and is often self sabotaging us!

Because:

Our perspective is just a gathered accumulation of past experiences, thoughts and beliefs, the stories we tell ourselves, along with our future concerns and worries thrown in!

"There are no facts, only interpretations!"

Friedrich Nietzsche

The Dictionary Meaning is:

A particular attitude towards something or way of regarding something, a point of view.

So Basically:

Your perspective is just your opinion!

Yes...

you CAN strongly justify your opinion with your past experiences, future concerns, and existing circumstances and emotions... But is it helping you?

"You can't change your world, if you cannot change your perception of it!"

Your Perspective, Your Life:

Does your perspective, your opinion make YOU feel good?

Is it creating you the life you want?

If not, then YOU need to change it!

"To change ourselves effectively, we first had to change our perceptions!"

Stephen R. Covey

Perspective = Experience:

Changing your perspective changes your experience!

And even if you do feel generally good under the regime of your NOW perspective, do you think that maybe... just maybe... there is more exciting, joyful, blissful experiences to be had?

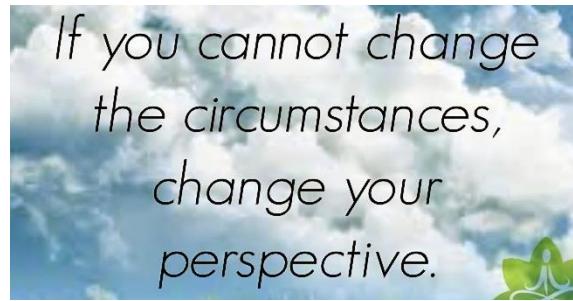
"Life is about perspective and how you look at something... ultimately, you have to zoom out!"

Whitney Wolfe Herd

So, in a nutshell:

I am saying you are as happy or as miserable as your perspective decides to be!

"The only way to change your perspective is to change your thoughts!"



Perspective Barriers:

Here are the most common perspective barriers holding people back from achieving, enjoying, and living their best life!

Have a think about which of them apply to you!

Because...
by changing your perspective, you change your life!

No 1: Living In The Past!

This is a common one for many people.

The past is over and cannot be changed, only your perception of it can be changed.

Reflecting on past experiences is valuable for learning, but long standing attachments to past experiences can hold you back.

It is like continuously painting your future with the same old emotional energy.

Releasing past attachments will allow you to live in the present, make better decisions, and embrace new opportunities for a brighter future.

"Always focus on the front windshield and not the review mirror!"

Colin Powell

No 2: Being Fearful Of The Future!

Fear of the unknown future can paralyze you from moving forward or trying new things. This can take the joy right out of your daily life.

Trust in your abilities to handle whatever comes your way.

Focus on making the best out of the present moment and adopt an attitude of gratitude.

"If you look at what you have in life, you will always have more! If you look at what you don't have in life, you will never have enough!"

Oprah Winfrey

No 3: Over Attachment to Future Outcomes!

When we cling too tightly to a specific outcome, fear and rigidity take hold.

Instead of flowing with life, we become consumed by stress trying to control, predict, and force things into place.

Letting go frees you to experience life more fully in the present moment which allows you to see and hook up with new possibilities that will take you to your desired outcome.

"The real voyage of discovery consists not in seeking new lands but in seeing with new eyes!"

Marcel Proust

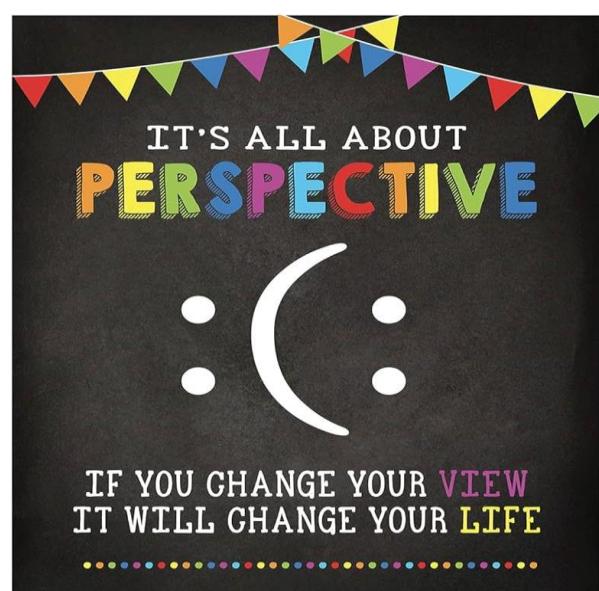
No 4: The Need to Control Everything!

The need to control can create anxiety and stress.

Trying to control every aspect of life can be exhausting and ultimately futile.

There is much freedom and ease to be had when you let go!

Recognize that you can NOT control external circumstances, only your responses to them.



"The only thing you sometimes have control over is your perspective. You don't have control over your situation. But you have a choice about how you view it!"

Chris Pine

No 5 is: Needing to Be Right!

The need to always be right can strain relationships and close you off to new perspectives.

**Pride is concerned with WHO is right.
Compassion is concerned with WHAT is right!**

Confidence comes from not always being right, but from not fearing to be wrong.

By letting go of the ego's need to always be right you open your mind up to new perspectives and learning opportunities and allow peace and happiness to take its place.

"Your perspective is always limited by how much you know. Expand your knowledge, and you will transform your mind!"

Bruce H. Lipton

No 6: Seeking perfection!

Holding on to perfection can create pressure and prevent you from accepting your true self.

Perfection is an unattainable goal.

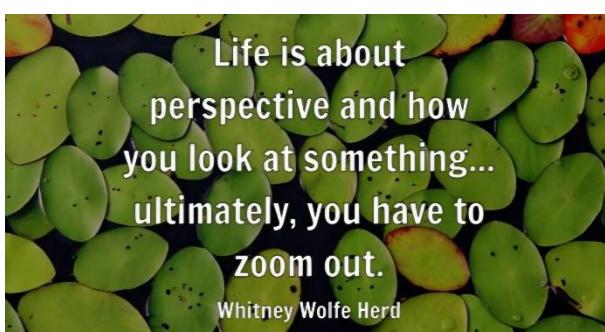
Striving for it can lead to burnout and dissatisfaction.

Perfection is just a perspective.
Imperfection is a form of freedom.

Aim for growth and progress instead.

"Every moment is a fresh beginning!"

T.S. Eliot



No 7: Judging Others!

Everyone is navigating their own unique journey with different challenges and experiences.

Judging others stems from your own personal insecurities and biases, which prevents you from truly understanding them and yourself.

You cannot judge someone and love them at the same time.

Focus on your own path and let others walk theirs.

"It is a narrow mind which cannot look at a subject from various points of view!"

George Eliot

No 8: Material Attachments!

Material attachments can lead to a never ending pursuit of external validation.

True happiness is within us!

So, focus on meaningful, uplifting experiences and relationships because the best things in life aren't things!

"Attachment constrains our vision so that we are not able to see things from a wider perspective!"

Dalai Lama

No 9: Needing to Be Well Perceived!

Seeking validation from others can be a never ending pursuit.

People view you through their perspective lenses influenced by their own beliefs and experiences.

Inner peace begins the moment you choose NOT to allow another person or event to control your emotions.

"There is a huge amount of freedom that comes to you when you take nothing personally!"

Don Miguel Ruiz

No 10: Resentment and Grudges!

Resentment and grudges trap you in a cycle of negativity and prevent emotional healing.

Holding onto these negative emotions can cause stress, anxiety, and even physical health issues.

Forgiveness and letting go allows you to free up emotional space, making room for healing, positive experiences, peace and growth.

"Often it isn't the mountains ahead that wear you out, it's the little pebble in your shoe!"

Muhammad Ali

The way you talk to yourself MATTERS

No 11: Negative Self Talk!

Negative self talk undermines your self confidence and creates a continuous cycle of self doubt and fear, which makes it difficult to move forward.

The way you choose to think and speak about yourself, to yourself and others is a CHOICE!

Pay attention to the way you talk to yourself and challenge any negative or limiting beliefs you hold.

Replace self criticism with positive affirmations and focus on your strengths and achievements.

"Life can show up no other way than the way in which you perceive it!"

Neale Donald Walsch

No 12: Comparing!

Constantly comparing yourself to others can lead to feelings of inadequacy, jealousy, and dissatisfaction, as you often compare your worst to their best.

Everyone's journey is unique, and comparing your path to someone else's is unfair to both of you.

Focus on your growth and celebrate your milestones, no matter how small they may seem, as this creates a sense of fulfillment and self worth.

This shift can move you away from external validation and towards internal fulfillment.

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending!"

Carl Bard

No 13: Unhealthy Relationships!

Evaluate your relationships and distance yourself from those that are harmful or unsupportive.

Surrounding yourself with positive influences helps you maintain a healthier emotional state and encourages personal growth.

Healthy relationships provide support, inspiration and constructive feedback.

"Remember: despite how open, peaceful, and loving you attempt to be, people can only meet you as deeply as they've met themselves!"

Matt Kahn

No 14: Unproductive Habits!

Unproductive habits like indecisiveness, worry, overcommitting, or excessive screen time prevent you from using your time and energy effectively.

Identify these habits and replace them with more constructive, uplifting activities.

"Accept responsibility for your life. Know that it is you who will get you where you want to go - no one else!"

No 15: Limiting Beliefs!

Limiting beliefs are often deeply ingrained and can hold you back from reaching your full potential.

Challenge these beliefs and reframe them in a more positive and empowering way.

For you are who YOU believe you are!

So choose beliefs that feel good and move you forward towards the life you are wanting.

"Your perspective will either become your prison or your passport!"

Steven Furtick

JOHN MOORE

Your opinion is your opinion,
your perception is your perception
do not confuse them with 'facts' or 'truth.'
Wars have been fought and millions have been
killed because of the inability of men
to understand the idea that everybody
has a different viewpoint.

In Conclusion:

By looking more deeply into the limiting perspectives that are holding you back, you will allow more peace, happiness, positive fulfillment, and joy to flow into your life.

You will gain: Emotional Freedom!

Because letting go of negativity, whether through resentment or negative self talk, frees up emotional energy.

You will get more: Personal Growth!

Because letting go of limiting beliefs and unhealthy habits, brings personal development and continuous life improvement.

You will have: Improved Focus!

Because prioritizing commitments and releasing the need for control helps you focus on what truly matters.

You will create: Better Relationships!

Because surrounding yourself with positive influences and letting go of toxic interactions improves your overall wellbeing.

You will become: Resilience!

Because overcoming the fear of failure and perfection builds resilience, ease, and long term success.

Basically...

When you shift your perspective to a better one, you get better life experiences!

*"It's not what you look at that matters,
it's what you see!"*

Henry David Thoreau

So,

Make a pack with yourself to no longer live unconsciously!

Instead,
consciously choose a perspective that helps you live your best life!

"The difference between misery and happiness depends on what we do with our attention!"

Sharon Salzberg

Remember:

When you change the way you look at things, the things you look at change!

Because...

**Your life does not get better by chance.
It gets better by change!**

By Trish Bolstad

UPCOMING EVENTS

Calendar for January 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

4th Closed
11th Closed
18th Matthew Tod
25th Kay Moore

Mix of Open Development and Healing

Classes:

Attention:

Expressions of interest being taken

For all enquiries contact -

Matthew Tod Ph 021 1736344

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.

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/>