

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 April 2026

NEWS:

Hello everyone, and welcome to April. April is an interesting month on the calendar with a few significant dates along the way. Easter and the end of Daylight Saving both fall on the 5th of April, and later in the month Anzac Day on the April 25th, a time for reflection and remembrance.

Looking back over March, the real highlight for us was definitely our **Readers Day**. What a great day it turned out to be. We had some fantastic feedback from those who came along to support the day and take the opportunity to have a reading. It was lovely to see so many people making the most of what was on offer.

A big thank you goes to the mediums who kindly gave up their Saturday for SASC Readers Day: **Fiona Goldsmith, Tracey Smith, Trish Bolstad, Bruce Jackson, Christine Donald, Davene, Matthew Tod, and Mary Newton**. Your time, generosity, and willingness to serve the Spirit world and our community is very much appreciated.

Days like this remind us how special it is when people come together. We had many familiar faces, as well as some who walked through our doors for the very first time. The opportunity to connect with loved ones and friends in the Spirit world, while also sharing time with friends here in the church, is something special.

We'd also like to say a big thank you to everyone who took the time to sit with one of the developing mediums on the day. Having the chance to work with people they've never met before is incredibly valuable for their development. It gives them the opportunity to step outside their usual group setting and put into practice everything they've been learning in a real and supportive environment.

Thank you again to everyone who supported the day and helped make it such a success.

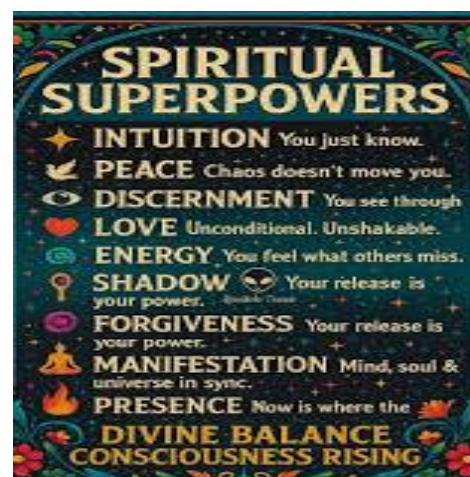
Please go to our Facebook Page www.facebook.com/SpiritualistchurchNZ or our Website - <https://www.spiritualgrowth4u.com/> for Information on what is happening at SASC

♥ Till next month – The SASC team ♥

Become Unfiltered: Own Your Spiritual Power!

Spirituality is not just about rituals, meditation, or religious practices
- it is about connection, truth, and presence.

To become unfiltered is to embrace your raw, unedited self, shedding the layers of fear, judgment, and self deception.



*"I am not my thoughts, emotions,
sense perceptions, and experiences.
I am not the content of my life.
I am Life.
I am the space in which all things happen.
I am consciousness.
I am the Now. I Am!"*
Eckhart Tolle

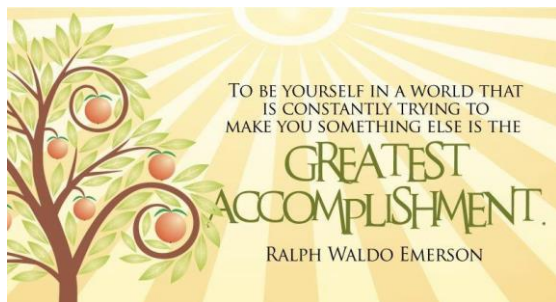
Being Unfiltered:

To be unfiltered is not about speaking recklessly or impulsively. Rather, it is about **"authentic"** unfiltered expression'.

It is about showing up in the world as you truly are, without the constant self editing or hiding behind masks.

It is the freedom to be honest - first with yourself, and then with others.

*"Awakening is not changing who you are,
but discarding who you are not!"*
Deepak Chopra



Letting Go of Restraints:

In a spiritual context, being unfiltered means living in alignment with your deepest truth, without letting societal pressures or fears shape your identity.

It is letting go of the inner critic that tells you that you are not good enough, or that you need to be someone else to fit in.

Being unfiltered is a return to your true essence
- the part of you that is pure, unafraid,
and in tune with the Divine universe.

*"To live in harmony with one's deepest, truest
self is to live in harmony with the universe!"*

Spirituality Is Important:

Spirituality connects us to a higher sense of purpose, a deeper truth, and the infinite wisdom of the universe.

When we are spiritually aligned, we begin to realize that we are part of something much bigger than ourselves.

This realization brings greater freedom and clarity, helping us let go of the fears that keep us filtered and hiding.

*"We are not human beings having a spiritual
experience.*

*We are spiritual beings having a human
experience!"*

Pierre Teilhard de Chardin

Self Awareness:

Spirituality helps us understand who we truly are, beyond the layers of conditioning and societal expectations.

It creates a space for introspection and deep self awareness.

The more we connect with our inner selves, the less we feel the need to be something we are not.

*"You and your purpose in life are the same
thing.*

Your purpose is to be you!"

George Alexiou

Acceptance:

When we embrace our true selves, unfiltered and unashamed, we experience greater acceptance of who we are.

Think of it as peeling away the layers of an onion - each layer represents a belief, a fear, or a judgment that we have assumed over time.

"Accept then act.

*Whatever the present moment contains,
accept it as if you had chosen it.*

*This will miraculously transform your whole
life!"*

Eckhart Tolle

Spiritual Practices:

Whether through meditation, prayer, or quiet reflection, spiritual practices help us get to our core, where we find our true, unfiltered nature.

The soul always knows what to do to heal itself...

The challenge is to silence the mind!

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

Carl Jung



Releasing Judgment:

The fear of judgment is one of the main reasons we keep ourselves filtered.

We worry about how others will perceive us, what they will think if we express our true selves, or if they will reject us.

However, spiritual wisdom teaches us that fear and judgment are illusions. They are temporary, surface level energies that do not touch the essence of who we truly are.

"You will never be judged by anyone's divine truth, because judgment does not exist in divine truth!"

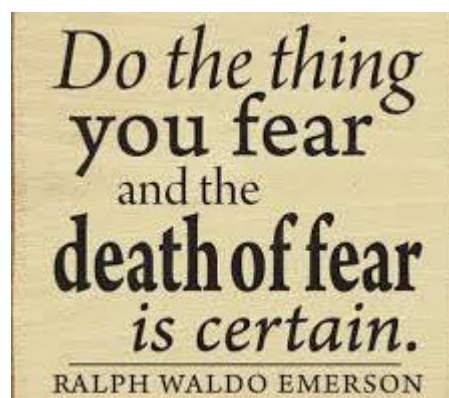
Transcend Fear:

Spirituality empowers us to transcend fear by helping us understand that our true value is not defined by external validation, but by our own inner connection to the Divine.

When we deeply realize this truth, we naturally become more unfiltered because we no longer feel the need to conform to others' expectations.

"The spiritual journey is the unlearning of fear and the acceptance of love!"

Marianne Williamson



Living in the Present Moment:

Another spiritual principle that is important in becoming unfiltered is "**presence**".

When we are truly present in the moment, we do NOT have to overthink or second guess our words and actions.

We simply "**ARE**"!

Our words become more authentic because they flow from a space of openness, rather than from a place of worry about how we will be received.

"Accept then act.

Whatever the present moment contains, accept it as if you had chosen it.

This will miraculously transform your whole life!"

Eckhart Tolle

Practice Mindfulness:

In spiritual practice, especially through "**mindfulness**", we are taught to let go of the past and future.

The more we practice staying grounded in the present moment, the more we can speak and act without hesitation, without filters.

We become empowered to just "**BE**", and in doing so, we discover a deeper connection to our true self.

"The present moment is filled with joy and happiness!

If you are attentive, you will see it!"

Thich Nhat Hanh

Unfiltered = Empowerment:

Being unfiltered is not about being reckless or blunt.

It is about living in alignment with your soul's deepest desires and truths, and expressing that truth freely and authentically.

When we release the need to be perfect or accepted, we open ourselves up to real, raw connections with others, the world and universe around us.

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is!"
Albert Einstein

Stronger Connection:

When you show up as your true, unfiltered self, you allow others to do the same.

Authenticity breeds authenticity.

It is in these moments of pure expression where vulnerability and honesty meet that true lasting connections are formed.

Spirituality teaches us that we are all interconnected, and by embracing our true selves, we create space for others to do the same.

"Feeling the oneness of yourself with all things is true love!"
Eckhart Tolle

It Unlocks Inner Power:

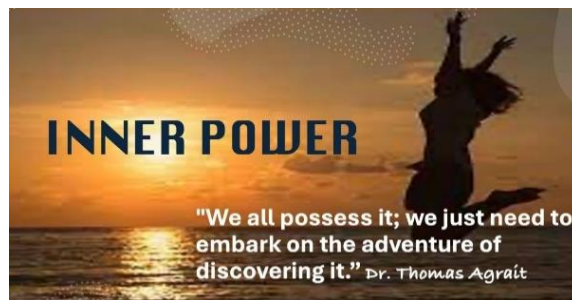
There is an undeniable power that comes with living unfiltered.

When you stop pretending and begin showing up as your true self, you unlock a deep well of strength and intuition that has always been within you.

This power is not born from arrogance or pride, but from alignment with your soul's purpose.

It is the kind of power that comes from living truthfully, in harmony with the universe.

"The person, who is in tune with the universe, becomes like a radio receiver through which the Voice of the universe is transmitted!"
Hazrat Inayat Khan



It Brings Inner Peace:

When we release the fear of judgment and discard the limiting beliefs filters that constrain our expression, we begin to experience true inner peace.

No longer do we need to spend energy trying to please others or meet impossible standards.

Instead, we can live in a state of acceptance and peace, knowing that we are enough just as we are.

Spirituality, when practiced authentically, gives us the tools to cultivate this peace.

"Your sacred space is where you can find yourself over and over again!"
Joseph Campbell

Practical Ways to Become Unfiltered:

1. Practice Self Inquiry!

Regularly ask yourself;
"Who am I really?"
"What do I truly want?"

Reflect deeply on these questions, and more, through journaling, meditation, or quiet mindful contemplation.

The more you understand yourself, the more you can express your unfiltered authentic self in the world.

"The unexamined life is not worth living!"
Socrates

2. Let Go of Judgment!

When you feel the urge to hold back, judge others or act out of fear of others opinions, pause and take a deep breath.

Ask yourself if you are living according to your truth or if you are conforming to an external expectation.

Trust that your voice, your feelings, your intuition, and your desires matter.

"Everytime you judge someone, you reveal a part of yourself that needs healing!"

3. Meditate!

Meditation is one of the most powerful ways to connect with your true unfiltered self.

With consistent practice, you can quiet the noise of the outside world and tune in to your inner wisdom.

In these quiet moments, ask for guidance on how to be more authentic and unfiltered in your life.

"Meditation quiets conscious thought and the physical realm, making a doorway to spiritual awareness!"

4. Speak Your Truth!

Whether it is in your relationships or your work, start practicing speaking your truth.

This does not mean being harsh or aggressive, but simply expressing yourself honestly, from the heart.

Start small, perhaps with a trusted friend or in a journal, and gradually expand to other areas of your life.

*"Fear grows in silence!
Speak your truth and it shrinks!"*

5. Embrace Vulnerability!

It is okay to be imperfect.
In fact, your imperfections are part of what make you beautiful.

Do not be afraid to show your vulnerability, to express your feelings, or to admit when you do not have all the answers.

Embracing vulnerability allows you to experience life fully.

"Vulnerability is the catalyst for personal and spiritual growth!"

Eckhart Tolle

Unfiltered Freedom:

Unfiltered freedom is the raw, exhilarating power to live, speak, and create without restraint, even when it defies comfort or convention.

Becoming unfiltered is a courageous act of self love and self acceptance.

It is a willingness to let go of all the masks and pretenses that keep you disconnected from your true spiritual essence.

"At any moment, you have a choice, that either leads you closer to your spirit or further away from it!"

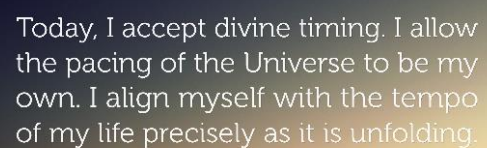
Thich Nhat Hanh

Divine Alignment:

By embracing your unfiltered self, you align with the Divine universal energy that flows within you and around you.

You connect to your purpose, unlock your inner empowerment, and create deep, authentic relationships with others.

"When your soul aligns with divine energy, every step becomes guided, every breath sacred, and every moment a reflection of higher truth!"



Today, I accept divine timing. I allow the pacing of the Universe to be my own. I align myself with the tempo of my life precisely as it is unfolding.

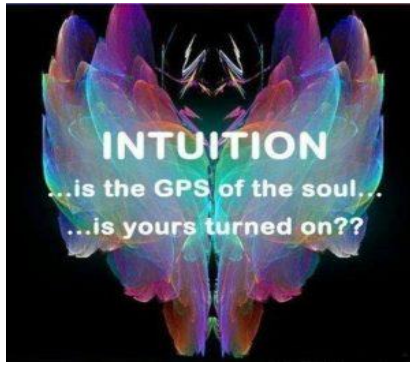
Julia Cameron

Unfiltered Intuition:

Unfiltered intuition is truth in its purest form - felt before it is understood, known before it is seen.

**Listen to your intuition!
It will tell you everything you need to know.**

"Intuition is the soul's unfiltered sight!"



In a world that constantly demands conformity, choosing to be real and unfiltered is a bold act of freedom!

So...

Become unfiltered in spirit, and release the infinite power that lives within you!

Because...

This the greatest gift you can give yourself and others!

By Trish Bolstad

UPCOMING EVENTS

Calendar for April 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

5 th	Cameron Phillips
12 th	Lois Hammond
19 th	Trish Bolstad
26 th	Matthew Tod

Mix of Open Development and Healing

Classes:

Attention:

Expressions of interest being taken

For all enquires contact -

Matthew Tod Ph 021 1736344

Love and light to you all



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.

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/>