

South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

WWW.SPIRITUALGROWTH4U.COM

info@spiritualgrowth4U.com

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

----- Newsletter September 2024 -----

NEWS:

Hello everyone, and welcome to September.

The time is nearly upon us when we will welcome renowned Psychic Medium Sarah Jeffery from Australia on the 6th of September.

Sarah will kick off her visit with a special evening of mediumship demonstration 'An Evening with Spirit' where she will demonstrate her incredible connection to the spirit world.

Following this, on September 7th - 8th, Sarah will lead the first of her two weekend workshops, designed for all levels of mediumship development. The second workshop, scheduled for the following weekend on September 14th - 15th, will focus on intermediate to advanced mediumship.

We are incredibly fortunate to host Sarah Jeffery, offering you the rare opportunity to experience her mediumship demonstration and participate in one or both of her workshops. Not only is Sarah an exceptional medium, but she is also a highly successful teacher of the craft. Her workshops are intentionally kept small, so you get the full emersion of Sarah's extensive experience and expertise.

Sarah's dedication to her students is evident in her careful planning of these workshops, catering to all levels of ability. Whether you are a beginner or advanced, Sarah's workshops are designed to meet you where you are and help you grow.

Don't miss out on this incredible opportunity. There is simply so much value to be had here. Take up the opportunity, bookings are still being taken but beware as spaces are limited.

On the 22nd of September is the National Spiritual Day, and in celebration of this we will be serving a lite supper after the Service.

For more information and bookings go to <https://www.sarahjeffery.com.au/events>
Mediumship Demonstration bookings email - events@spiritualgrowth4u.com

Please refer to the end of newsletter for more information on coming events.

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 - talk soon ♥

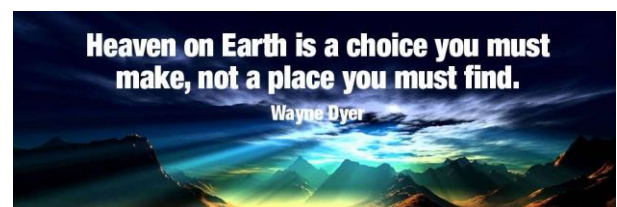
Heaven On Earth!

Heaven is traditionally assigned to the afterlife or distant realms beyond our grasp.

But...

What if heaven isn't a distant destination, but rather a state of mind?

What if it is a state we can cultivate right here, right now, on earth?



Heaven is Within:

Heaven is a state on earth,
a state of being,
an attitude of mind,
a state of higher consciousness.

What Does This Mean?

Heaven is not merely a destination reserved for the afterlife. It is a state of mind, a state of being, accessible to us here and now.

Heaven Can Be Yours:

It's not a physical location, but a mental and emotional state that transcends circumstances and arises from within us.

The Bottom Line:

Heaven is not a destination but a journey of self discovery self mastery and self transcendence.

Heaven is an Alignment:

Heaven is a state of alignment with our true selves, alignment with the flow of life, and alignment with the infinite universe.

When you align with the abundance and beauty that surround you, you elevate your vibrational frequency and attract more positivity into your life.

The Bottom Line:

Only when you are in alignment with your soul do you find true joy and inner peace.

**Create Your State of Heaven:**

You CAN become the master of your own emotional journey, the architect of your own heaven on earth, RIGHT HERE, RIGHT NOW, in every breath!

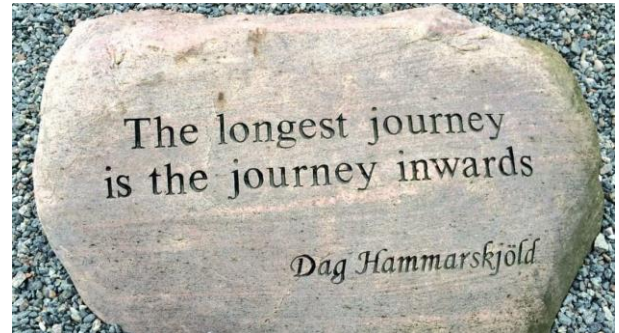
Firstly, Attune Within:

Attune your thoughts, emotions, and actions to the frequencies of love, joy, and fulfilment.

Heaven is the ability to attune to peace, abundance, and wellbeing, without any of it being contingent upon external circumstances.

The Bottom Line:

True freedom lies not in controlling external factors but in mastering your internal world.

**Create a Positive Perspective:**

Creating heaven on earth begins with a shift in perspective!

A shift from seeking validation from others to cultivating self love and acceptance.

Moving from victimhood to empowerment, from scarcity to abundance, from separation to unity.

You have the power to shape your reality through the lenses of your perception and the choices you make.

The Bottom Line:

If you change the way you look at things, the things you look at change.

Look at Your Beliefs:

It is important to recognize that you assign meanings to all your interactions and experiences and then carry these meanings forward into your current situations.

Every individual harbors a belief system, a lens through which they perceive the world.

It is this belief system that colours every interaction, every circumstance, every moment of your life, which shapes your attitude and ultimately determine your reality.

The Bottom Line:

You are the composers of your beliefs, and therefore, the architects of your own heaven or hell.

Make Conscious Choices:

In every moment, you have the power to choose how you feel, how you perceive, and how you respond.

It is a conscious choice whether to perceive through the lens of love or fear, to respond with kindness or hostility, to embrace gratitude or resentment.

The Bottom Line:

Your life is the sum result of all the choices you make, both consciously and unconsciously.

If you can control the process of choosing, you can take control of all aspects of your life.



Create a Powerful Mindset:

You are in charge of your mind, your emotions and actions.

Recognize that you always have the power to choose your response to external circumstances no matter what.

Grow your own heaven by developing a mindset of positivity and possibilities.

The Bottom Line:

A positive mindset finds joy and meaning in the present moment, regardless of what the future may hold.

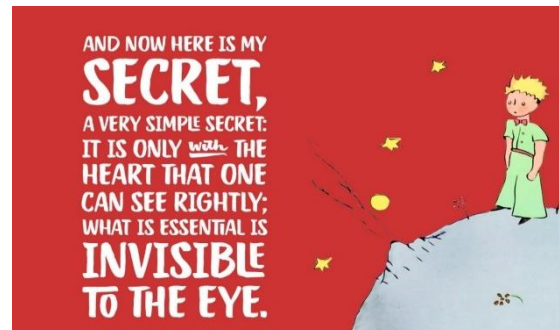
Practice Awareness:

Cultivate mindfulness to observe your thoughts and emotions without judgment.

Daily practices such as meditation, gratitude journaling, and conscious breathing can help anchor you in the present moment and cultivate a sense of inner peace.

The Bottom Line:

Self awareness allows you to self correct.



Take Responsibility:

Taking full responsibility empowers you to take ownership of your thoughts, emotions, and actions.

Instead of blaming external circumstances or individuals for your discontent, recognize that your reality is a reflection of your internal state.

The Bottom Line:

It is your response, your interpretation, your judgment of your interactions and experiences that holds the real power of happiness and fulfillment.

Own Your Narratives:

It begins with a conscious decision to take control of your thoughts and emotions.

Instead of reacting impulsively to external noise - pause, reflect, and choose your response.

Change the judgments you give your interactions and experiences with positive meaning narratives.

The Bottom Line:

Transform your external reality into one of joy, abundance and wellbeing by shifting your internal narratives and stories.

Focus on Gratitude:

Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings.

Gratitude unlocks the fullness of life by shifting your focus from what is lacking or undesirable, to what is abundant and beautiful in your life.

The Bottom Line:

You cannot feel thankful and unhappy at the same time!

Be Intentional:

Holding a heavenly state requires practice and intentionality.

It means acknowledging and releasing the limiting beliefs and negative thought patterns that hold you back.

It's a conscious act of aligning your thoughts, beliefs and actions with the highest expression of yourself.

The Bottom Line:

It's about choosing love over fear, compassion over judgment, forgiveness over criticism, acceptance over resistance, and gratitude over entitlement.

The Universe is abundant with everything that you want. It's not testing you. It's benevolently providing for you. But you are the orchestrator. You are the definer, and you do it through your joyous anticipation. If there is an emotion that you are wanting to foster, that would serve you very, very well, it is positive expectation. It is excited anticipation.

Abraham-Hicks

Amplify Oneness:

Extend a hand to those around you, offering support, compassion, and understanding.

Kindness is igniting a light in some else, enabling them to feel a part of heaven.

The Bottom Line:

In lifting others, you lift yourself, and in spreading joy, you amplify your own.

Connect to Source Energy:

Attuned to Divine Energy, to the source of joy, love and abundance, that flows continuously within you.

The Bottom Line:

Have your destination no longer a place, but a new way of seeing, a new way of being!

"Every sunset is an opportunity to reset. Every sunrise begins with new eyes."

RICHIE NORTON

Remember...

Heaven is not a distant dream, but a present reality.

Heaven is an attitude of mind, a state of being, a higher conscious to attune to, and ultimately, ALWAYS a choice!

Ask yourself:

"What reality am I choosing to create?"

"What beliefs do I choose to cultivate?"

"How can I encompass the essence of heaven into my daily life?"

You CAN experience a deep sense of fulfilment and inner peace to the point where you will NO longer have to be at the mercy of external forces, people, events, or circumstances.

Heaven on earth is something that you co create with the universe in each moment.

We all know that two people can face identical circumstances and have vastly different experiences based on their perceptions and beliefs.

Everyone dies, but not everyone lives!

So, why wait for the afterlife?

Create your HEAVEN ON EARTH now!

By Trish Bolstad

UPCOMING EVENTS

Calendar for September 2024

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

1 st	Clinton Arnold
8 th	Matthew Tod
15 th	TBC
22 nd	National Spiritual Day - Lite supper after service
29 th	Zane Smith & Tracey Jones

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.



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 classes 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.

Sarah Jeffery's Evidential Mediumship 2x2 workshop "In the next room"

7th - 8th September 2024,
Open all levels

14th - 15th September
2024, Intermediate

<https://www.sarahjeffery.com.au/events>

'An evening with Spirit' Demonstration event with Sarah Jeffery

6th September 7pm. For
bookings email -

events@spiritualgrowth4u

An Evening with Spirit

South Auckland Spiritualist Church

7pm Fundraiser



**With Guest
Australian
Medium
*Sarah Jeffery***

6 September 2024

47 East Tamaki Rd, Papatoetoe, Auckland.

**\$20 per person to book email
events@spiritualgrowth4u.com**

Door sales also available

EVIDENTIAL MEDIUMSHIP 2 X 2 DAY WORKSHOP

IN THE NEXT ROOM

Opening the door, the messenger's journey

9am-4pm Private Sitzings
(All levels)
7-8 September 24

9am-4pm Demonstrating Mediumship
(Intermediate)
14-15 September 24

South Auckland Spiritualist Church of
New Zealand

To book visit
www.sarahjeffery.com.au



Sarah Jeffery
Psychic/Medium

