

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 2025

Newsletter January 2022



NEWS:

Hello everyone, happy New Year and welcome to January. I hope your New Year's Eve celebrations went well and to those that are on holiday I hope you and your family/friends are having the most wonderful time. We are looking at having our first service on the 9th January we will confirm this by the 6th January this will be posted on our website - <https://www.spiritualgrowth4u.com/> and www.facebook.com/SpiritualistchurchNZ we look forward to seeing you there.

♥ Till next month - talk soon ♥

RAW SERIES:

As this is a busy time of year for many with lots of family and friends sharing in festive activities and away on vacations, I've decided to skip this month's interview and talk on another subject of an experience I had recently and I'm going to call it –

THERE IS NO DEATH

Generally speaking, people from my observation have a few different ideas when it comes to life after death. There are those that believe as I do that we go back to spirit or home as I call it and those that believe there is no life after death and we simply die. Whatever the believe (and there are more than the ones I have given here but these are more common) people have mixed opinions of what happens to us when we die.

My brother-in-law recently past due to a 15-month battle with cancer. To cut a long story short before his passing there were relatives and friends who had mixed believes of what happens when one dies, as I had discussions in the past on this topic with many of them about their beliefs.

The interesting thing about this is during and after my brother in laws funeral service those same people (that believed that when we die, we simply just die and that is the end) had changed their views and were now saying he's in a better place or he's with his mum (who had

passed several years earlier). My point to all of this is that the whole congregation agreed that he had gone to a better place, "no mixed opinion". In their minds, he was in a place of pure love, enlightenment, peace, and harmony. Some might say that because of the flood of emotion the death of a loved one brings that as a human experience you wish them to go to a better place and that better place is nearly always with other loves ones so they may be taken care of or to the most beautiful place you could imagine, and they are able to forever look upon us. This is a far cry from any previous belief that there is no life after death.

It seems to me like when we encounter a traumatic experience, such as a death, our deep subconscious knows where we are from and it overwhelming encompasses any other belief.

My thoughts and observation,

John.



* This is the writing on the wall at the front of our Church



Living in the **MOMENT** (also called mindfulness) is a state of active, open, intentional attention on the present time.

When you become mindful you realize that you are not your thoughts; you become an observer of your thoughts from moment to moment without judging them.

By Trish Bolstad.

Being in the **MOMENT!**

True inner peace and ease can only come from being in the **PRESENT MOMENT!**

Being in the present moment, or the **“HERE and NOW”** means that we are aware and mindful of what is happening at this very moment.

We are not distracted by ruminations on the past or worries about the future but centred in the here and now.

Everything that happens, happens in the present moment.

Why do I find it hard to live in the moment?

The reason why it's so hard for us to live in the present is that our intelligent cognition simply denies its existence.

Our mind views time as a continuous and linear process. Because it is continuous, any millisecond before the present moment is already past and any millisecond later is already a future.

We often spend our time and energy being remorseful of our past experiences and/or fearful of what the future holds. This then keeps us in a repeating pattern of discontent.

What is the value of being in the moment?

There are many benefits to being present. It can boost your memory, increase your focus, reduce stress, improve your emotional fitness and more.

Learning how to be present will help you live with freedom, passion, and purpose.

But most of all, living in the moment can bring inner peace, joy, clarity and tremendous well-being.

How do I start living in the moment?

Here are 6 simple ways to live in the moment:

1. Focus on the now – there is only now.
2. Pay attention to the small things – they are important.
3. Smile – helps you feel better.
4. Perform random acts of kindness – take focus off you.
5. Give thanks – you cannot feel bad being in gratitude.
6. Don't worry – worry is wasted energy.

The present moment is the only moment available to us, and it is the door to all moments.

- Thich Nhat Hanh -



The Power of Non-resistance

Non-resistance doesn't necessarily mean doing nothing. All it means is that any "doing" becomes non-reactive. Remember the deep wisdom underlying the practice of Eastern martial arts: Don't resist the opponent's force. Yield to overcome.

Having said that, "doing nothing" when you are in a state of intense presence is a very powerful transformer and healer of situations and people.

In Taoism, there is a term called wu wei, which is usually translated as "actionless activity" or "sitting quietly doing nothing." In ancient China, this was regarded as one of the highest achievements or virtues. It is radically different from inactivity in the ordinary state of consciousness, or rather unconsciousness, which stems from fear, inertia, or indecision.

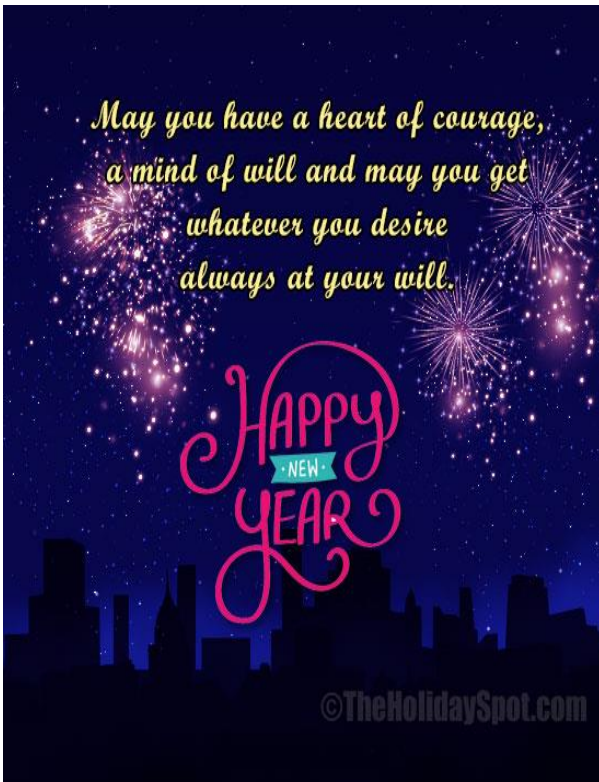
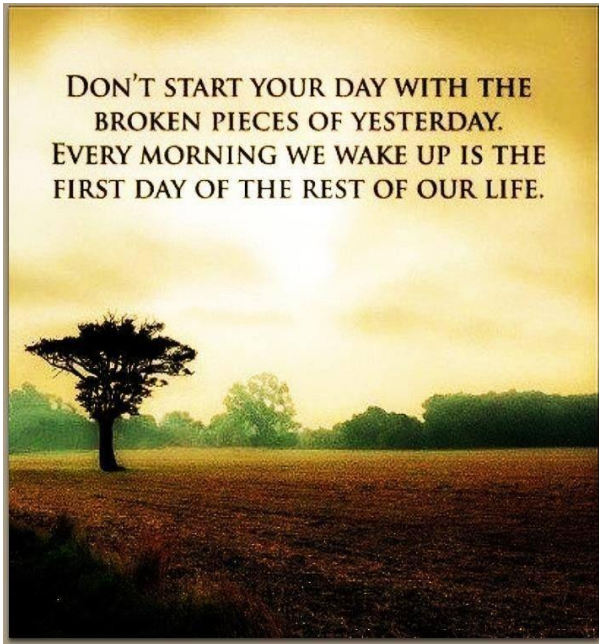
The real "doing nothing" implies inner non-resistance and intense alertness.

On the other hand, if action is required, you will no longer react from your conditioned mind, but you will respond to the situation out of your conscious presence. In that state, your mind is free of concepts, including the concept of non-violence. So, who can predict what you will do?

The ego believes that in your resistance lies your strength, whereas in truth resistance cuts you off from Being, the only place of true power. Resistance is weakness and fear masquerading as strength. What the ego sees as weakness is your Being in its purity, innocence, and power. What it sees as strength is weakness. So, the ego exists in a continuous resistance-mode and plays counterfeit roles to cover up your "weakness," which in truth is your power.

Until there is surrender, unconscious role-playing constitutes a large part of human interaction. In surrender, you no longer need ego defences and false masks. You become very simple, very real. "That's dangerous," says the ego. "You'll get hurt. You'll become vulnerable." What the ego doesn't know, of course, is that only through the letting go of resistance, through becoming "vulnerable," can you discover your true and essential invulnerability.

By Eckhart Tolle



UPCOMING EVENTS

At this stage we have pencilled in our first service this year to be

Sunday the 9th of January
5.30pm to 7pm
On platform – Matthew Tod.

Please visit our website:

<https://www.spiritualgrowth4u.com/> for confirmation and class updates.

If you have any contributions you wish to have included in our newsletter, please feel free to email me at jtp177@gmail.com

Committee Jul 2021- Jun 2022

President:	John Bolstad
Vice President:	Denise Marsden
Secretary:	Jennie Henry
Treasurer:	Matthew Tod
Committee:	Barry Hall Shelley Hornell Daniel Alisaukas Liann O'Rourke Janis Balmforth Andrew Clayton
Minister:	Matthew Tod

Have the greatest of year may you all lead a truly Blessed life in 2022 and forever more.

Love and Light to you all



Subscriptions for the coming year. \$30 to join for the year 1st July 2021 – 30 June 2022.

Receive discount at classes and reading days and access to our library. Members are welcome to borrow from an extensive range of books from our library, for just a gold coin donation. Our trade table at the back of the church next to the library is also a gold coin donation.

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

Forms are in the Perspex folders on the wall, please see a committee member to complete the process.

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.