

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 202

Newsletter February 2026

NEWS:

Hello everyone, and welcome to February.

We'd like to begin by saying what a wonderful start to the year January has been.

We've seen some really encouraging numbers coming through our doors, with a strong presence from our regular attendees and, best of all, many new faces, including people visiting a Spiritualist church for the very first time.

It's always interesting talking with those who have never attended a service before and hearing what brought them along. For some it's simple curiosity, for others a quiet inner nudge or a feeling of need. Many have shared that they've wanted to come for a while but hesitated, unsure whether they would be expected to commit to a belief system, a religion, or have ideas forced upon them.

This response isn't new to us, which is why you'll often see the words "**All Welcome**" on our Facebook posts advertising guest speakers and Sunday services. To us, those words truly matter! They mean there is no attachment and no obligation. no expectation to believe, join, or commit to anything. Everyone who walks through our doors is here simply for the experience and the possibilities, nothing more and nothing less.

If you decide it's not for you, that's perfectly okay. We're still grateful that you took the time to explore, and our doors will always remain open to you. We don't ask you to meet us where "we" are at, we meet you exactly where "you" are in life.

As we move into February, we look forward to continuing to share, explore, and grow together, and to welcoming whoever feels called to step through our doors next.

Coming up on the **Saturday 15th March** we are having a Reading Day, more details will be posted in the next few weeks so keep a look out for that.

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

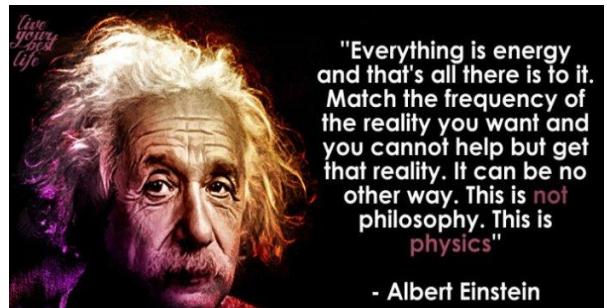
♥ Till next month – The SASC team ♥

Your Vibrational Frequency Matters!

Did you know that every thought and emotion you have sends out an energy frequency into the world?

It might sound a bit "out there," but this simple truth is incredibly powerful.

"Your energy introduces you before you even speak!"

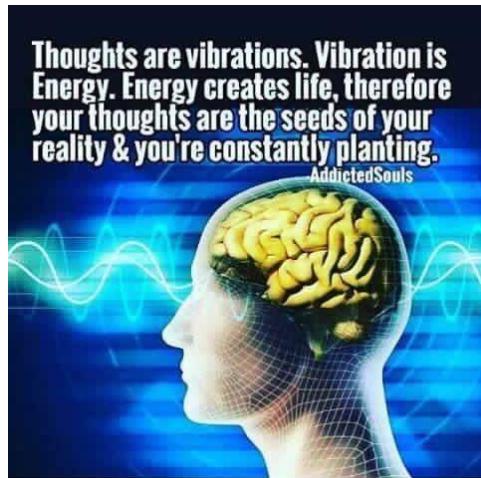


You Are Both The Receiver and The Broadcaster of Energy:

You are always receiving a matching energy frequency back to the energy frequency you are emitting.

"How you vibrate is what the universe echoes back to you in every moment!"

Panache



Your Vibrational Frequency Matters:

Understanding the energy you are putting out can help you create a life that feels more fulfilling, peaceful, and aligned with your goals.

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration!"

Nikola Tesla

What is Vibrational Frequency?

At its core, vibrational frequency refers to the energy your thoughts and emotions emit.

Everything around us, including you, is made of energy.

"Your energy speaks louder than words! You can't fake the frequency!"

You Are Constantly Emitting Energy:

And like waves in the ocean, those energies have peaks and valleys.

Quantum mechanics has shown that you can change the frequency of any energy wave - including your thoughts!

Imagine a wave of stress or anxiety.

If you overlay it with a wave of relaxation or calm, you cancel out the stress.

You literally shift the energy!

"What you think about activates a vibration frequency within you!"

Abraham Hicks

Thoughts Are Like Sound Waves:

Sound waves are a great way to understand this.

Have you heard of noise cancelling headphones?

They work by using active noise cancellation (ANC) technology, which uses microphones to detect unwanted ambient sounds, then creates an 'anti noise' soundwave that is the opposite of the original sound.

These opposing soundwaves then cancel each other out, significantly reducing the perceived noise while allowing users to enjoy their audio.

Well, your mind works the same way.

If you can introduce **'positive thoughts'** into your mind, they can 'cancel out' the negative ones.

For example:

think of the word 'stress'.

Now think of 'relax'.

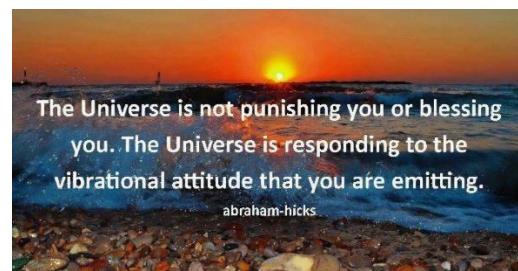
Which one makes you feel lighter?

By consciously shifting your thoughts and focusing on 'calm, joy, and peace', you can change your energy and feel better.

"As you think, you vibrate!"

"As you vibrate, you attract!"

Abraham Hicks



You control two things in life:

1. Perception:

How you view a situation can either make you feel stressed or excited, fearful or confident, etc.

For example:

A challenge at work can be seen as a 'problem' or an 'opportunity' to grow. The choice is **YOURS!**

"Your perception of the world is a reflection of your state of mind!"

2. Response:

While you cannot always control what happens, you **CAN** control how you respond.

Your response shapes how you experience any situation, whether it is a challenge or a success.

The key is choosing 'calm' and 'clarity' over 'panic' or 'stress'.

"Life is 10% what happens to you and 90% how you react to it!"

Charles R. Swindoll

Your inner thoughts aren't truly hidden. Their essence reflects in your energy. Energy speaks what you don't.
— Drishti Bablani

The Power of Emotion:

Emotions are energy in motion

- that is what the word "emotion" literally means.

The phrase **'emotion is energy in motion'** means that emotions are not static feelings but rather dynamic forces that influence our thoughts, actions, and experiences.

The "in motion" part emphasizes that emotions are not fixed; they are dynamic, are constantly moving, and change over time.

Emotions can build up, subside, shift, or even be suppressed.

"Emotions are energy in motion trying to run the show!"

The Body Mind Connection:

Your emotions can be felt as physical sensations, and your body can influence how you experience and express emotions.

When you feel something, your body is vibrating at that frequency.

'Happiness', 'fear', 'anger', and 'excitement' all have their own energetic signatures.

"The mind and body are like parallel universes."

"Anything that happens in the mental universe must leave tracks in the physical one!"

Deepak Chopra

YOU Hold The Power:

Mastering the meltdown is a power move!

Understanding that 'emotions' are just energy helps you realize you have the power to manage them.

When you can identify your emotions and release the energy behind them, you step into greater control of your mind and body.

"Feelings are something you have; not something you are!"

Your Body Mind Connection:

Your body has more than 30 trillion cells, each emitting its own energy frequency and attracting the same matching frequencies back.

There is scientific evidence that your cells are listening to your **'thoughts'**.

Research has proven that our nervous system takes cues from our thoughts, emotions, and mental states, which in turn impacts our physiological conditions.

"The mind and body are always in conversation. The more you listen, the better you understand yourself!"

Your Thoughts Affect Your Body:

When you are stressed or negative, those cells vibrate that frequency, affecting your health and wellbeing.

But when you shift to more positive, empowering thoughts, your cells begin to respond and vibrate in a healthier way. This is why mindset plays such a huge role in your overall wellbeing.

"Nothing can change unless your body and mind are playing on the same team!"

IT'S AN INSIDE JOB

You can decide to

*Bring the Joy,
Feel the Love,
and
Be Grateful!*

How to Apply This to Your Life:

1. Choose Positive Thoughts:

Replace stress and fear with relaxation and safety.

You can cancel out negative energy by consciously focusing on more uplifting thoughts and gratitude.

"Change your inner thoughts to the higher frequencies of love, harmony, kindness, peace, and joy, and you'll attract more of the same!"

Wayne Dyer

2. Shift Your Perception:

When something happens, ask yourself: "What is really happening here?"

Separate the facts and assumptions from your interpretations and emotions.

This gives you more power to **'CHOOSE'** how you feel.

"The greatest discovery of all time is that a person can change his future by merely changing his attitude!"

Oprah Winfrey

3. Take Control of your Response:

You can't always control the situation, but you **CAN** control how you react.

By staying calm and focused, you are taking charge of your internal world.

"Vibrate so high that toxic people and circumstances will fall out of your frequency!"

4. Understand Your Emotions:

Emotions are just energy moving through your body.

You have the power to release negative energy and shift into a more peaceful, positive state.

"Your thoughts determine your frequency, and your feelings tell you immediately what frequency you are on!"

Rhonda Byrne

5. Look For Evidence of Your Wellbeing:

Focusing on evidence of your wellbeing helps you to acknowledge your accomplishments, both big and small, and appreciate the positive aspects of your life.

This positive reinforcement can create a feedback loop, leading to a more positive outlook and increased self confidence.

By paying attention to what makes you feel good, you can identify patterns and habits that contribute to your wellbeing.

This self awareness can help you to make more informed choices about how you spend your time and energy, allowing you to prioritize activities that bring you joy and fulfilment.

"Make it your intention to look for evidence of wellbeing, thriving, success, and happiness and you will tune to that vibration!"

6. Focus on What You Want, Not What You Don't Want:

As previously said...

You are always receiving a matching energy frequency back to the energy frequency you are emitting.

Think about your goals and start living as if you have already achieved them.

You will be amazed at how people, circumstances, and opportunities begin to align with your desires.

"Like attracts like!"

"Your world is a mirror reflecting back to you your inner world of thoughts, feelings, beliefs, and inner conversations!"

Joseph Murphy



Whatever is active in your vibration, the universe will find a way to deliver it to you, right down to the last detail.

-Esther Hicks

In Conclusion:

Your thoughts, emotions, and perceptions create your reality.

*"You don't have to control your thoughts.
You just have to stop letting them control you!"*

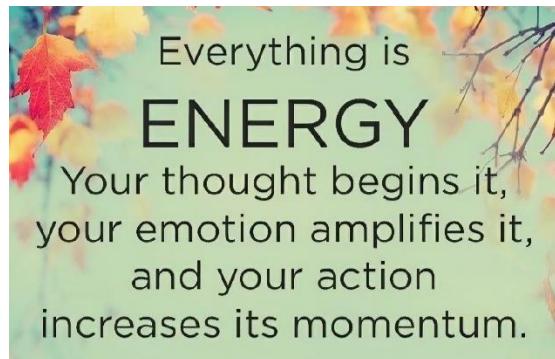
Dan Millman

By learning to consciously CHOOSE your energy frequency, you can transform how you experience life, reduce stress, and increase happiness.

It takes practice, but isn't **YOUR** life worth it?

"What you do frequently becomes your frequency!"

Devon Graham



Remember...

To manifest what you want, you must match the vibrational frequency of what you want!

Negativity can only affect you if you are on the same frequency...

So vibrate HIGHER!

By Trish Bolstad

UPCOMING EVENTS

Calendar for February 2026

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

1 st	Christine Donald
8 th	Trish Bolstad
15 th	Fiona Goldsmiths Mediumship Development Group
22 nd	Margaret Edmonds and Eric King

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.

**Coming up on the Saturday
15th March we are having a
Reading Day.**

**More details will be posted in
the next few weeks so keep a
look out for that.**

Love and light to you all.



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