

# South Auckland Spiritualist Church SCNZ™



SPIRITUAL CONNECTION & HEALING

All Welcome

Sunday Service 5:30pm

[WWW.SPIRITUALGROWTH4U.COM](http://WWW.SPIRITUALGROWTH4U.COM)

[info@spiritualgrowth4u.com](mailto:info@spiritualgrowth4u.com)

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

----- Newsletter March 2023 -----

## NEWS:

Hello everyone and welcome to March. We have just witnessed some of the worst weather our country has ever seen, causing major devastation to parts of the country. We here at SASC wish to send out prayers of Healing to all those affected and blessings to all that have committed time and resources to aid in the recovery. We ask for Spirits help and give guidance to those in need, and may there be positive outcomes for all.

We have a Reading Day coming up on the 1<sup>st</sup> of April, (Details are in flyer at the end of newsletter.) These are a hugely popular event so if you have missed out on past Reading Days I would suggest booking early as spots fill up fast. We will also be having an Open Development table for our up and coming Mediums and these Readings are offered free of charge, so great value to be had here.

Our Open Development and Healing classes started back on the 13<sup>th</sup> of February with a large number coming along. This is great to see as many sit on the fence of whether they will be capable, or what its even about. Our best answer is just come for a look for yourself as we take the time to give you a full understanding of what its all about and if you decide you want to continue we will support that process without any pressure.

Please go to our Facebook Page [www.facebook.com/SpiritualistChurchNZ](https://www.facebook.com/SpiritualistChurchNZ) for updates or our Website - <https://www.spiritualgrowth4u.com/> for membership forms or alternatively you can fill out a form at the Church.

♥ Till next month - talk soon ♥

## Your Vibration State of Being is MOST Important!

### String Theory:

According to String Theory, what appears to be empty space is actually a tumultuous ocean of strings vibrating at the precise frequencies that create the 4 dimensions you and I call height, width, depth and time.

*"String theory is the idea in theoretical physics that reality is made up of infinitesimal vibrating strings, smaller than atoms, electrons or quarks."*

### Before we make music, music makes us:

At the root of all power and motion, there is music and rhythm, the play of patterned frequencies against the matrix of time.

*"Every particle in the physical universe takes its characteristics from the pitch and pattern and overtones of its particular frequencies, it is singing."*

### Inner Vibration:

A vibration is a state of being, the atmosphere, or

the energetic quality of a person, place, thought, or thing.

### Vibes:

Much of reading “vibes” is intuitive—you can tell a person’s energy when they walk into a room. While some people draw you closer, others make you want to keep your distance.

### For example:

You see a depressing and violent news story, you get a heavy feeling in your gut.  
You witness a puppy cuddling with an infant, and you feel a warmth inside.

*"The word 'war' carries a whole different vibration than the word 'peace'."*

### Law of Attraction:

You have heard time and again that whatever you offer out into the world will return back to you, as dictated by the Law of Attraction (momentum). This law of the universe says that you are responsible for your life, and can manifest change according to how you direct (focus) your thoughts and emotions.

*"As you think, you vibrate. As you vibrate, you attract."*

Abraham-Hicks

#### **Molecules:**

Everything in the universe is made up of molecules vibrating at different speeds.

This includes our bodies, trees, rocks, animals, thoughts, and emotions.

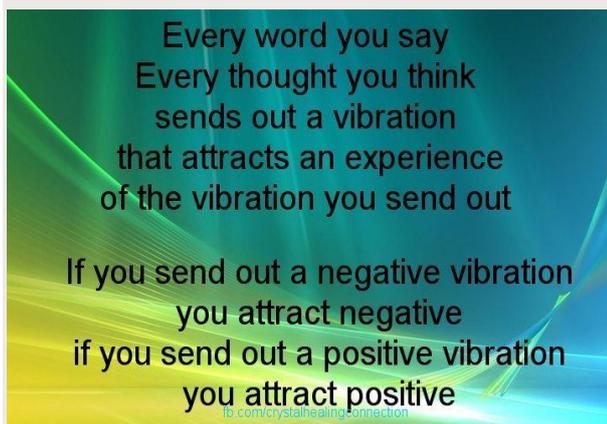
*"Human vibrations are composed of everything from physical matter to the way you communicate and the thoughts you think."*

#### **In simple terms:**

Some molecules vibrate faster and some vibrate slower; there are higher vibrations and lower vibrations.

When you are vibrating at a higher level, you feel lighter, happier, and more at ease. Whereas lower vibrations feel heavy, dark, and confused.

*"Everything in life is vibration." – Albert Einstein*



#### **All objects have a natural frequency or set of frequencies at which they vibrate:**

The quality or timbre of the sound produced by a vibrating object is dependent upon the natural frequencies of the sound waves produced by the objects.

*"Energy is in proportion to the resistance it meets."*

#### **All things in our universe are constantly in motion, vibrating:**

Even objects that appear to be stationary are in fact vibrating, oscillating, resonating, at various frequencies.

*"Resonance is a type of motion, characterized by oscillation between two states."*

#### **Higher realms of consciousness:**

Almost all spiritual traditions point the way toward higher realms of consciousness, and scientific studies (like that of consciousness research and spirituality author Dr. David Hawkins) have even quantified the vibrations of different states of being to create a scale of consciousness.

*"Like attracts like."*

#### **Higher frequency:**

The higher the frequency of your energy or vibration, the lighter you feel in your physical, emotional, and mental bodies.

You experience greater personal power, clarity, peace, love, joy, and delight.

You have little, if any, discomfort or pain in your physical body, and your emotions are easily understood and dealt with.

*"Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality."*

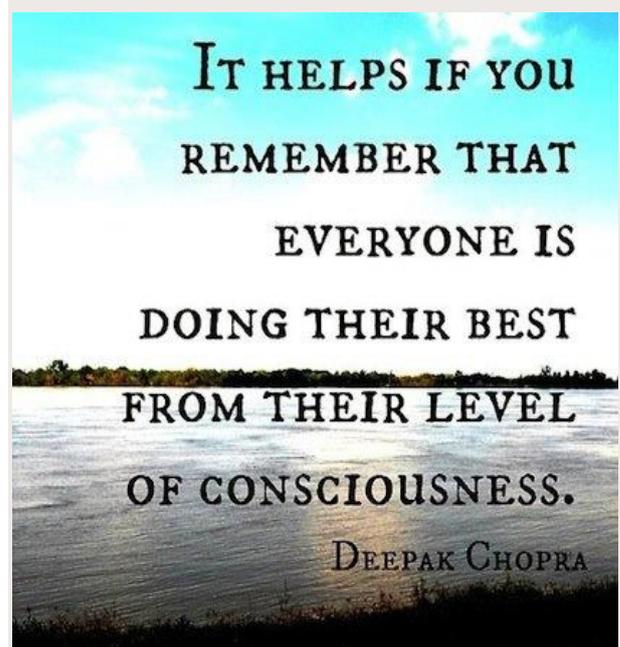
- Albert Einstein

#### **Emotions vibrate at different frequencies:**

What we think of as emotion is the experience of energy moving through the body.

This is generally felt as sensations of contraction such as tension or expansion such as calm.

*"The Latin derivative for the word emotion, 'emotere', literally means energy in motion. In itself, emotional energy is neutral."*



### Outer mirror:

The energy you give off is based on your beliefs, your emotions, your behaviour. The vibrational frequency you give off is what determines the kind of reality experience you have because physical reality doesn't exist except as a **reflection** of what you most strongly believe is true for you. That is all that physical reality is. It is literally like a mirror.

*"There are no accidents or coincidences in life. Everything is synchronicity because everything has a frequency. It's simply the physics of life and the universe in action."*

### Our minds generate vibration that is constantly at work:

Our thoughts and feelings all have frequency, just like sound and light, radio or ultraviolet waves. A thought vibrates through the mind and whether we're aware of it or not, our thinking manifests into reality.

*"Emotions are the language of vibration!"*

**WHAT YOU THINK,  
YOU BECOME.  
WHAT YOU FEEL,  
YOU ATTRACT.  
WHAT YOU IMAGINE,  
YOU CREATE.**

### Gratitude:

Gratitude is one of the quickest ways to ramp up your vibration. Try it right now; stop reading and look around the room. Turn your attention to what you are thankful for in this moment (there is always something).

It might be your purring cat, the beautiful weather, or the fact that you were blessed with another day on this earth.

*"You can't feel fear or anger while feeling gratitude at the same time" - Tony Robbins*

### Gratitude is so powerful:

We normally give thanks when we receive something, but if you feel gratitude out of choice, your body shifts into receptive mode as the emotional signature of gratitude is positive.

*"Gratitude is by far the most powerful emotion to measure a vibrational shift."*

### Shift your attention:

Therefore, when you feel yourself experiencing a low energy emotion, see if you can shift your attention to gratitude. Make gratitude a habit, and it will transform your outlook on life as you start to experience a spiritual awareness and appreciation for the little things.

*"Gratitude is when memory is stored in the heart and not in the mind."*

### Imprint your intent:

Everything changes when you start to intentionally emit your own frequency rather than absorbing the frequencies around you.

Start imprinting your intent on the universe rather than receiving an imprint from existence.

*"Everything has a frequency. And whatever you're feeling is bringing everything into your life that's on a similar frequency to you. "*

— Ralph Smart

### Spiritual Algorithm



The universe functions much like social media, in that it has its own energy based algorithm. Wherever you put the most focus, you will continue to see similar content. Focus on fear, and you will see more and more things to be afraid of. Focus on love, and you will have more reasons to be happy. Energy flows where attention goes.

**There is no limit to our expansion:**

Alpha waves in the human brain are between 6 and 8 hertz.

The wave frequency of the human cavity resonates between 6 and 8 hertz.

All biological systems operate in the same frequency range.

The human brain's alpha waves function in this range and the electrical resonance of the earth is between 6 and 8 hertz.

This means our entire biological system, the brain and the earth itself, work on the same frequencies.

**If we can control that resonate system electronically, we can directly control the entire mental system of humankind.**

*"Not until you surrender does the spiritual dimension become a living reality in your life. When you do, this easy non-resistant energy you will be emanating will run your life in a much higher vibrational frequency than the mind energy that still runs the world."*

- Eckhart Toll.

By Trish Bolstad  
(Member SASC)



**Reading Day on 1<sup>st</sup> April 2023  
Details in the attached flyer**

**Calendar for March 2023 Sunday Service**

5.30pm to 7.00pm Platform Mediums -

|                  |                        |
|------------------|------------------------|
| 5th              | Matthew Tod            |
| 12 <sup>th</sup> | Paul Edghill           |
| 19 <sup>th</sup> | Matthew Tod            |
| 26 <sup>th</sup> | Open Development Group |

**Classes for March Open Development and Healing**

**From 7pm to 9pm Mondays - 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>.**

**Classes are a mix of Open Development and Healing.**

**Cost per class:**

**\$5 for members**

**\$10 for non-members**

**All welcome**

**For all enquires contact –**

**Matthew Tod Ph: 021 1736344**

**Please visit our Facebook-**

[www.facebook.com/SpiritualistchurchNZ](http://www.facebook.com/SpiritualistchurchNZ)

for confirmation and class updates or our website-

<https://www.spiritualgrowth4u.com/>

If you have any contributions you wish to have included in our newsletter, please feel free to email me at [tpl77@gmail.com](mailto:tpl77@gmail.com)

**Subscriptions for the coming year. \$30 to join for the year 1<sup>st</sup> July 2022 – 30 June 2023**

**Member benefits: - Receive 50% off classes and heavily discounted Reading days and access to our library** 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.**

**Committee July 2022- June 2023**

|                  |                 |
|------------------|-----------------|
| President:       | John Bolstad    |
| Vice President:  | Jennie Henry    |
| Secretary:       | Denise Marsden  |
| Treasurer:       | Matthew Tod     |
| Committee:       | Barry Hall      |
|                  | Shelley Hornell |
|                  | Paula Vincent   |
|                  | Andrew Clayton  |
| <b>Minister:</b> | Matthew Tod     |

*Love and Light  
to you all*



**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.

# READING DAY

**YES, WE ARE HOLDING OUR EVER-POPULAR READING DAY**

**Saturday 1<sup>st</sup> April 2023 from 10:30am to 3:30pm**

**South Auckland Spiritualist Church, 47 East Tamaki Road (down  
Simons Lane), Papatoetoe, Auckland**

**Are you looking for clarity or direction in your life? Or the  
opportunity to connect with family, loved ones and friends in Spirit?  
Or simply just want to experience a Reading? Here is your  
opportunity to come along.**

**DON'T MISS OUT BOOK EARLY! SPACES ARE LIMITED**

**We also have an open Development table of our up and coming  
Mediums available for free Readings.**

Pre booking is not required; however, this will give you some choice of time. You can turn up on the day and put your name down for a reading - first come first served basis.

**Door tickets are cash sales only.**

(If you would like consecutive sessions, we recommend you book)

**Ticket options** (all sessions are 20 minutes)

**One Reading** (Any 1 session) – members \$20, non-members \$30

**Two Readings** (Any 2 sessions) – members \$30, non-members \$40

**Three Readings** (Any 3 sessions) – members \$50, non-members \$60

**Membership forms are available on our website, or at Church [www.spiritualgrowth4u.com](http://www.spiritualgrowth4u.com)**

**Payment:** All bookings must be pre-paid and email your choice to [events@spiritualgrowth4U.com](mailto:events@spiritualgrowth4U.com).

**Internet banking account:**

06 0197 0037869 – 00

**Reference** your name and option 1, 2, or 3 Readings