

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 October 2025

NEWS:

Hello everyone and welcome to October. It's hard to believe we've arrived at this month already. I always feel that once October comes, the rest of the year seems to fly by and before we know it, Christmas is upon us. Perhaps that feeling is helped along by the fact that some shops are already putting up Christmas displays.

Looking back, one of the true highlights of last month was our Reading Day on the 20th of September. It is always so humbling to hear the wonderful feedback from those who attend, whether it be receiving a connection with loved ones or friends in the Spirit world, or finding guidance and clarity for their life's path. Knowing that our Reading Days bring such comfort and direction makes all the effort so worthwhile.

A heartfelt thank you goes to all the mediums who generously gave their time and shared their gifts to make the day possible. Your dedication is deeply appreciated.

We would also like to extend our gratitude to those of you who choose to sit with our developing mediums. Your patience, openness, and encouragement provide them with the opportunity to grow in their abilities and confidence. Thank you for supporting them on their journey - it is truly much appreciated.

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 ♥

Mind Power!

The state of your life is nothing more than a reflection of your state of mind!

*"The mind is everything!
What you think you become!"*
Buddha

Your relationship with your mind is perhaps the most crucial relationship you will ever have.

It is the very foundation upon which your perceptions, actions, and decisions are built.

"The power of the conscious mind is unimaginable!"
Zac Bagan

Ask Yourself:

Are you the master of your mind...?
Or does it wield control over you?

*"You either control your mind,
or it controls you!"*
Napoleon Hill

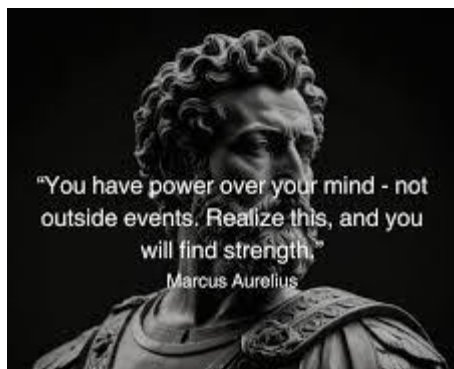


Mind Content:

The content of your mind is a reflection of what you have consciously and unconsciously allowed into it.

"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality!"

Earl Nightingale



Mind Programs:

Like a computer processor, your mind operates based on the programming it has received.

Each thought, belief, and emotion, contributes to the programming of your mental mind.

"You are essentially who you create yourself to be and all that occurs in your life is the result of your own making!"

Stephen Richards

Mind Lenses:

Your upbringing, social influences, cultural background, gender, financial status, and personal experiences ALL shape the lenses through which you perceive the world.

Your mind identifies with these past elements, forming the basis of your identity and influencing your thoughts and behaviours.

"Our life is the creation of our mind!"
Buddha

Your Mind is Yours:

By becoming aware of the beliefs and biases that dictate your thinking, you can begin to transcend their limitations.

Changing your relationship with your mind requires a conscious effort to understand and reprogram your thought patterns.

"The only real problem in your life is how you are using your mind!"

Here are some steps you can take towards mastering your mind:

1. Awareness:

Recognize that your mind is NOT you; It is a tool you possess.

Become aware of the thoughts, beliefs, and patterns that dominate your mind.

Are your thoughts primarily negative or positive?

Are they helping or hindering your growth and wellbeing?

Identify patterns that no longer serve you.

Developing your awareness can help you separate your true self from societal expectations.

"Every cell in your body is eavesdropping on your thoughts!"
Deepak Chopra

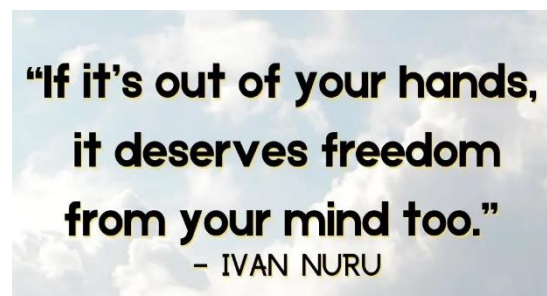
2. Mindfulness:

Start by observing your thoughts without judgment.

Mindfulness meditation can help you become aware of your thought patterns and recognize when your mind is controlling you.

This can help you detach from negative thoughts and emotions, allowing you to respond more skilfully and purposefully to challenges.

"Meditation applies the brakes to the mind!"
Ramana Maharshi

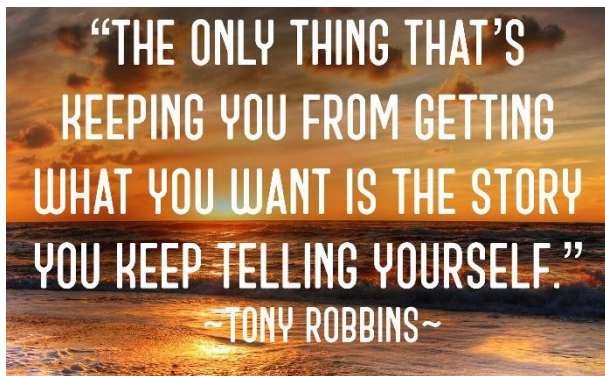


3. Challenge Negative Beliefs:

Question the validity of negative beliefs and assumptions.

Ask yourself if there is evidence to support these beliefs, and consider alternative perspectives.

*"The mind is a powerful force...
It can enslave us or empower us!
It can plunge us into the depths of misery
or take us to the heights of ecstasy!
Learn to use it wisely!"*



4. Ownership:

Take responsibility for what you allow into your mind.

Just as you would not fill your computer with harmful software, be discerning about the information, media, and conversations you engage with.

Choose inputs that nourish your mind and spirit.

"If you argue for your limitations, you get to keep them!"
Jim Kwik

5. Reframe:

Reframe negative thoughts into more positive or constructive ones.

Instead of dwelling on what is wrong, focus on solutions and opportunities for growth.

*"You mind is a powerful thing!
When you fill it with positive thoughts,
your life will begin to change!"*
Jim Rohn

6. Release:

Let go of the sharp cutting things in your mind, the negative thoughts, limiting beliefs, and past traumas.

Holding onto them only perpetuates suffering.

Practice forgiveness, self compassion, and emotional release to free yourself from their grip.

"An empty mind is easy to feed!"
Stephen Richards

7. Reprogramming:

Like a computer, your mind can be reprogrammed.

Intentionally introduce new beliefs, perspectives, and habits that align with your goals and values.

Affirmations, visualization, podcasts, books and cognitive behavioural techniques can aid in this process.

"All behaviour is belief driven!"
Jim Kwik

8. Self Compassion:

Treat yourself with kindness and compassion.

Understand that your mind is a product of your experiences and conditioning.

*"You have power over your mind
- not outside events!
Realize this and you will find strength!"*
Marcus Aurelius



9. Seek Growth:

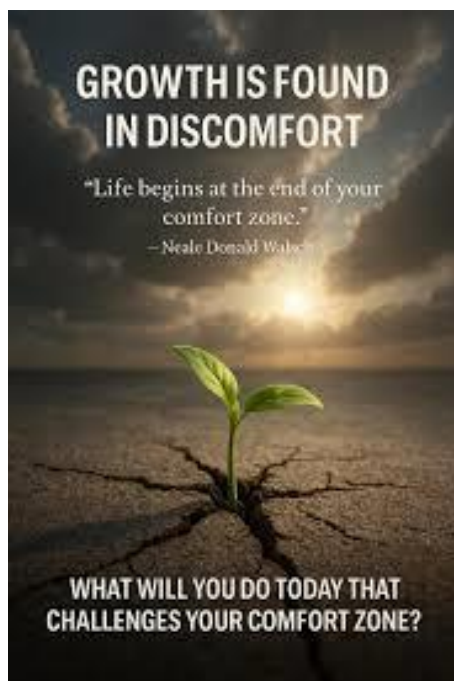
The best way to overcome undesirable or negative thoughts and feelings is to cultivate the positive ones!

Continuously seek opportunities for personal and intellectual growth.

Immerse yourself in uplifting content, and surround yourself with positive influences.

Challenge yourself to learn new things and step outside of your comfort zone.

*"Mastering others is strength!
Mastering yourself is true power!"*
Lao Tzu



10. Limit Negative Inputs:

If you realized how powerful your thoughts are, you would never think a negative thought!

Be mindful of the media you consume and the people you surround yourself with.

Limit exposure to negative influences that reinforce unhelpful thought patterns.

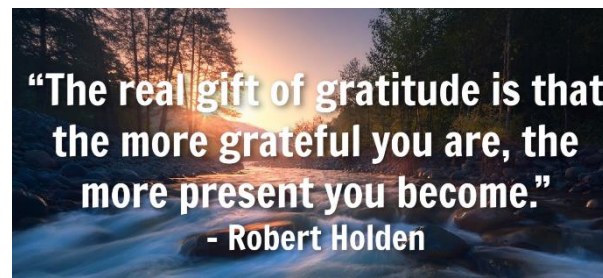
*"The best use of imagination is creativity!
The worst use of imagination is anxiety!"*
Deepak Chopra

11. Practice Gratitude:

Gratitude shifts your focus from lack to abundance, promoting a more positive mindset.

Focus on what you have rather than what you lack.

Appreciate the small joys and blessings each day.



Your mind is a magnet!

If you think of blessings,
you will attract blessings!

And if you think of problems,
you will attract problems!

Always cultivate good thoughts and always remain positive and optimistic!

*"This is a wonderful day!
I have never seen it before!"*
Maya Angelou

12. Seek Support:

Do not hesitate to seek support from friends, family, or a mental health professional if you are struggling to change your relationship with your mind.

Sometimes, an outside perspective can provide valuable insight and guidance.

"Mind is a flexible mirror, adjust it to see a better world!"
Amit Ray

Take Action:

By actively engaging in these steps, you can transform your relationship with your mind from one of control to one of collaboration and empowerment.

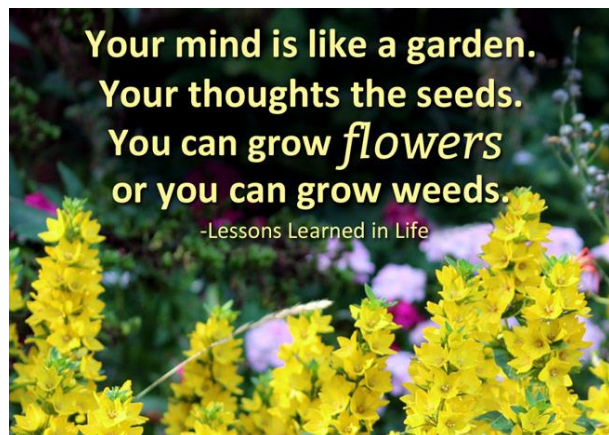
*"The mind is just like a muscle...
the more you exercise it, the stronger it gets
and the more it can expand!"*

Own Your Mind:

Your mind is your most precious asset, so nurture it, cultivate it.

"Act with purpose, courage, confidence, competence and intelligence until these qualities are locked into your subconscious mind!"

Brian Tracy



In The End:

It is not the circumstances of our lives that define us but the choices we make and the thoughts we nurture within the sanctuary of our own minds.

Give your subconscious mind strong *"what"* and *"why"*, and it will come back with *"how"* in due course!

Remember:

your mind is not merely a product of your past, it is a canvas which you can paint the masterpiece of your future upon!

To the mind that is still, the whole universe surrenders!

Inspired writings by Trish Bolstad



Calendar for October 2025

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

5th	Kay Moore
12th	Zane & Tracey Smith
19th	Matthew Tod
26th	Trish Bolstad

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 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.

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/>