

# 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 November 2023

#### NEWS:

Hello everyone and welcome to November. It's been a fairly quiet month for us, but in saying that, it is good to see some new faces coming along to their first Sunday Service. It's fascinating to consider the multitude of reasons that bring people through our doors, as there is no one size fits all explanation. However, I can confidently say that one common thread that unites most is timing. What's often shared is a longstanding interest in attending a service, coupled with a sense that the moment has finally arrived, compelling them to take action. This my friends, is a testament to divine timing at its finest, a deep connection to spiritual guidance, and the willingness to align oneself with it. Even if they have not understood these reasons, one thing they've all grasped is the importance of following that inner guidance.

Please be sure to check out all our up and coming events at the back of the newsletter or from the links below.

The Auckland Experience Intensive - Deepening Your Connection 5-day workshop with Kerry McLeod and Philip Dykes.

For more event information and booking details please go to:

<https://www.spiritualgrowth4u.com/visting-international-mediums-workshops>

Please go to our Facebook Page [www.facebook.com/SpiritualistchurchNZ](http://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 ♥

#### Perception Glasses: How We Perceive Life Becomes Our Reality!

We view all experiences, interactions, and conflicts through the lens of our own individual unique perception glasses.

#### Perception Glasses:

I am not meaning the eye glasses for our physical sight...

I am speaking about the metaphorical perception glasses through which we each individually view our lives and perceive the world around us.

#### Meaning of Perception:

The way in which something is regarded, understood, believed, or interpreted.

Perception is the conscious reception, selection, processing, and interpretation of information by our brain via our senses.

*"The optimist sees the donut; the pessimist sees the hole!"*

Oscar Wilde

#### Perception isn't something we often think about...

But our perception has a huge impact on our emotional state, our behaviour, our interactions and understanding of others, and also influences how we make decisions.

*"Our attitudes, motivations, expectations, behaviour and interests are some of the factors affecting perception!"*

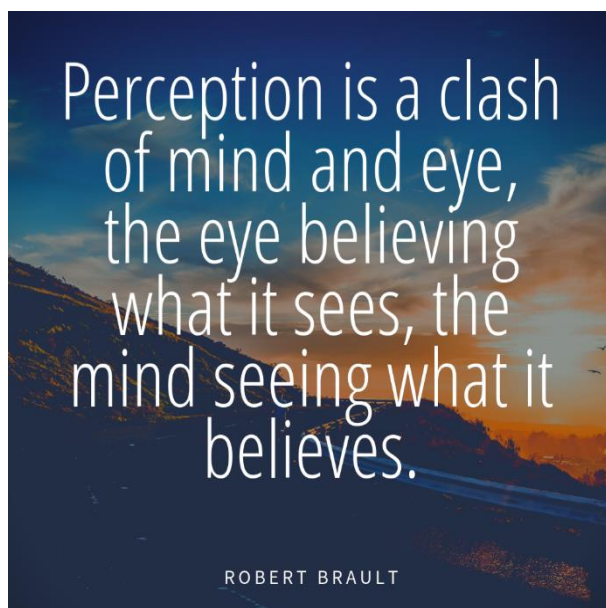
### **Our perception acts as a lens through which we view reality:**

Our perceptions influence what we focus on, process, remember, interpret, understand, synthesize, decide about, and act on, which ultimately determines our reality.

In doing so, our tendency is to falsely assume that how we perceive reality is an accurate representation of what reality truly is.

*"Perception is a mirror not a fact! And what I look on is my state of mind, reflected outward!"*

Ralph Waldo Emerson



### **Biases:**

Perception bias is a type of unconscious bias that occurs when our perception is skewed based on inaccurate and overly simplistic assumptions.

### **For example:**

Biases, judgments, and assumptions about categories a person 'belongs' to... These biases may include culture, race or stereotypes about age, gender, occupation, or appearance.

*"Heredity, needs, peer group, upbringing, self worth, environment, interests, and expectations all influence our perception!"*

### **Rashomon Effect:**

Two people may witness the same event but have different perceptions based on their experiences, beliefs, expectations, and biases.

The term '**Rashomon Effect**' represents the idea that individuals have conflicting interpretations of the same event or situation due to the influence of various factors such as cognitive biases, emotions, personal experiences, cultural backgrounds, and social norms.

*"Nobody has an objective experience of reality as it's all through our own individual prisms!"*

### **Crafting Unique Perspectives:**

Imagine for a moment that we each wear a unique pair of glasses, crafted by our individual experiences, beliefs, attitudes, and biases.

These perception glasses act as filters, colouring our experiences, our interactions, and shaping the way we interpret and respond to the world.

*"It's our perspective that determines how we interpret information, make judgments and take action!"*



### **Embracing Diverse Perspectives:**

Our lenses of perception construct our understanding of the world around us, resulting in a diverse array of perspectives that enrich the tapestry of humanity.

*"The diversity of perspectives, stemming from our backgrounds, cultures, and belief systems, makes our world rich and vibrant!"*

### **Unlimited Variety of Perception Glasses:**

Every individual wear a unique pair of perception glasses...

Some have rose tinted glasses, seeing the positive side in everything, even amidst challenges.

Others wear sceptical glasses, seeking the truth, and viewing the world as an intriguing puzzle.

Some have kaleidoscope glasses, finding beauty in the ordinary and transforming the mundane into a magical vivid tapestry of colours.

A lot of people have glasses that magnified their difficulties, the injustice, or unsatisfactory conditions around them.

There are people wearing humour glasses, seeing the funny, lighter side of life.

Some wear polarized glasses, which divide their perceptions into binary oppositions. They create a world of black and white, right, and wrong, us and them.

Others have glasses of curiosity that embrace life as an opportunity for growth and self discovery.

Many are viewing the world through glasses of scarcity and limitation.

Our perception glasses also influence how we view life's purpose, whether as a divine masterpiece or a series of random events.

**But no one's glasses of perception are the absolute truth!**

#### **Clouded Vision:**

Just like foggy lenses hinder our vision, our perceptions can cloud our understanding, leading to difficulties, miscommunications, misunderstandings, conflicts, and division.



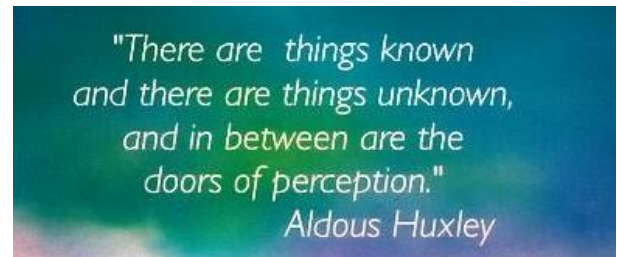
#### **Expanding Your Perspective:**

It's essential to question and challenge the assumptions embedded in your glasses of perception.

#### **Are your glasses serving you well?**

- Or limiting your potential?

- Or maybe preventing you from being open to new experiences and horizons?



#### **Seek Expansion:**

By actively seeking expansion, we can adjust, refine, or even discard our mental lenses to see beyond preconceived beliefs.

*"Life is about perspective and how you look at something! Ultimately, you must zoom out!"*

Whitney Wolfe Herd

#### **Clean and Connect:**

Cleansing our mental lenses from biases and stereotypes allows us to appreciate the wonders of life and connect more deeply within ourselves, others, and the world.

*"If the doors of perception were cleansed everything would appear to man as it is, infinite!"*

#### **Engaging All Our Senses:**

By encompassing our other senses and intuition, we can extend our perception beyond what we see with our eyes or hear with our ears.

*"Engaging all our senses grants us a more comprehensive perception of our inner spirit, fostering empathy, wisdom, and connection!"*

#### **Interconnectedness:**

By acknowledging the power of different perspectives, we can create an inclusive society where everyone's voice is heard and respected which can lead to us recognizing our interconnectedness.

*"Just as a prism refracts light into a spectrum of colours, diverse perceptions enrich our understanding of the world!"*

### **Creates a Positive Ripple Effect:**

By consciously choosing perception glasses that see the inherent beauty and potential in ourselves and others, we can create a positive ripple effect that transforms the world around us.

*"A positive mindset can illuminate even the darkest corner!"*

### **Our Perception Is Powerful:**

The perception glasses we wear have the power to profoundly shape our lives.

### **Our perception glasses can either:**

Construct barriers or bridges,  
foster unity or division,  
inspire compassion or fuel hatred,  
bring about abundance or lack!

*"The greatest tragedy for any human being is going through their entire lives believing the only perspective that matters are their own!"*  
Doug Baldwin

### **So, take a moment:**

#### **Consider the glasses YOU currently wear...**

*Do they empower and uplift you to see the joy and beauty that surrounds you?  
Or are your lens focused on that which is not to your liking?*

By cultivating an empowering, uplifting view of life, we can receive and bathe in the joy and beauty that surrounds us, paving the way for a fulfilling and interconnected life.

*"You must look within for value but must look beyond for perspective!"*  
Denis Waitley

### **Remember:**

Our perception defines how we perceive and interpret the world, influencing our thoughts, emotions, understanding, leading to our actions and ultimately our experiences and outcomes!

*"The greatest discovery of any generation is that a human can alter his life by altering his attitude."*  
William James

Seeing through wellbeing perceptual glasses is most important in life!

*By Trish Bolstad*



### **Calendar for November 2023**

#### **Sunday Service:**

**5.30pm to 7.00pm Platform Mediums:**

5 <sup>th</sup>	Kay Moore
12 <sup>th</sup>	Clinton Arnold
19 <sup>th</sup>	Zane Smith
26 <sup>th</sup>	Matthew Tod

### **November Classes -**

#### **Mix of 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>**

#### **Cost per Open Development/Healing class:**

**\$5 for members**

**\$10 for non-members**

**All welcome!**

**For all enquires contact:**

**Matthew Tod Ph: 021 1736344**

### **Visiting International Mediums:**

***Kerry McLeod and Philip Dykes***

#### **Mediumship Demonstration:**

**22<sup>nd</sup> March 2024**

#### **5 Day Workshop:**

**20<sup>th</sup> to 24<sup>th</sup> March 2024**

<https://www.spiritualgrowth4u.com/visiting-international-mediums-works>

*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.



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# The Auckland Experience

## The Workshop

Wed 20th, Thurs 21st, Fri 22nd, Sat 23rd & Sun 24th March 2024

Be part of a five-day experience with Phil Dykes and Kerry McLeod which is designed to provide you with a focused and immersive experience in developing your mediumistic abilities. Through a combination of theory, practical exercises, and group activities, you will explore the fundamental training of mediumship, whilst enhancing your naturalness too.

Both international mediums, they will share their wealth of knowledge and experience, to allow you to further develop your ability to deliver private readings and present professionally a demonstration of mediumship on platform.

This will be an intensive three days with plenty of time to practice with one-on-one feedback, personal guidance, individual tutoring, and support.

Fresh from extensive training and demonstrations throughout USA, Canada, Europe, and the UK, they now really want to come to see their friends in New Zealand.

### What You Will Gain

- Understand your mediumship and what is needed to take it to the next level.
- Looking behind and beneath the evidence to deepen it, to tell the story of life.
- Mastering the private reading.
- Improving your presentation and demonstration skills.
- Understand how who you are is shaping your mediumship..

### **Demonstration of Mediumship**

**Demonstration of Mediumship - Friday 22nd March 2024**

**cost \$20 Per Person, Organised by the Church.**

**To Book please email: [events@spiritualgrowth4u.com](mailto:events@spiritualgrowth4u.com)**



**Course cost - \$800 Per person**

**5 full Days - 10am - 5pm**

**To Book go to the website: [www.mymediumship.com](http://www.mymediumship.com)**

**For More Info Contact: Shirley Anne Sharp 0274826000**