

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 September 2025

NEWS:

Hello everyone and welcome to September. With the arrival of September comes the gift of spring, a season of new beginnings, growth, and renewal. The world around us awakens with colour and light, inviting us to pause, breathe, and take in the beauty of change.

This season also brings longer days, encouraging us to step out, connect, and share in uplifting experiences together. Our Sunday services are a wonderful way to do this, offering inspiration, hands on healing, and a chance to recharge your soul. It's also a great place to meet and connect with likeminded people, enjoy a cuppa, and share conversation in a welcoming environment.

We're also excited to announce our **Reading Day on Saturday, 20th September, from 10:30am to 3:30pm**. Our last Reading Day was so popular it sold out completely, with no spots left available on the day. If you'd like to get a Reading, we encourage you to book in early to avoid missing out. All the details and pricing can be found at the back of this newsletter.

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 ♥

Enlightenment: A Journey of Consciousness and Connection!

In a world that moves at an unrelenting pace, the quest for knowledge and deeper understanding remains a constant force, continuously linking us to something larger than ourselves.

"The key to growth is the introduction of higher dimensions of consciousness into our awareness!"

Lao Tzu

The Eternal Quest:

From the dawn of civilization, humanity has continually pursued knowledge, wisdom and enlightenment.

Our ancestors gazed at the stars, pondering the universe's mysteries.

They advocated for liberty, reason, and equality, transforming societies and driving progress forward.

Their work redefined these ideals, igniting movements that have elevated humanity's collective consciousness.

"Throughout history, every period of enlightenment has been accompanied by darkness, pushing in opposition. Such are laws of nature and balance!"

Dan Brown

The ego tries to convince us
that we must do things to
achieve enlightenment.

The spirit knows that
enlightenment is not a matter
of doing, but a magnificent
consequence of being.

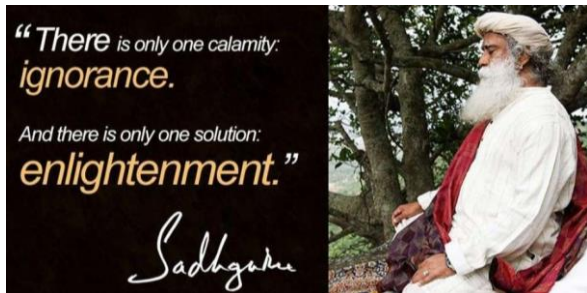
Meaning Of Enlightenment:

Google defines enlightenment as the action of enlightening or the state of being enlightened.

But what does this mean, especially when we speak of spiritual enlightenment?

"Enlightenment is when a wave realizes it is the ocean!"

Thich Nhat Hanh



Spiritual Enlightenment:

Enlightenment, in the spiritual sense, is a shift into Divine consciousness, where one transcends the limitations of the ego and perceives reality from a higher, interconnected perspective.

It is the awakening to the truth that all existence is interwoven, and that our deepest nature is infinite and pure.

"Enlightenment is the recognition of the divine spark within you!"

A shift in Consciousness:

It is not a destination to reach or a prize to win but a state of being - a shift towards pure Divine consciousness.

It is not just a concept but an experience that can be lived through conscious effort and spiritual practices.

It is a journey of self discovery and connection with something greater than oneself, leading to a more fulfilling and meaningful life.

"Enlightenment is tuning our consciousness to the music of the universe!"

Enlightenment Is Allowing:

It is NOT an attainment.
It is an ALLOWING!

Imagine becoming transparent, allowing Divine consciousness to flow through you freely.

This shift occurs when the density of mental identities dissolves, enabling the flow of consciousness to move freely within and around us.

Discomfort is often an unavoidable part on the path to enlightenment.

"Enlightenment is the complete awareness of life without mental modifications!"

Fredrick Lenz

In simpler terms:

Consciousness is always flowing to you, but you are NOT always aware of it!

The quieter your mind is, the more room for consciousness to flow in and be received by you.

"To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment!"

Eckhart Tolle

Awaken:

Enlightenment, then, is not about attaining something new;
it is about allowing yourself to AWAKEN to what already is!

"Not creating delusions is enlightenment!"

Bodhidharma

A Consciousness Shift:

Transcending Limitations!

There can come a moment in our lives where the mind transcends its limitations.

This is the awakening of the soul, where consciousness expands, and we begin to see the interconnectedness of all things.

Enlightenment allows us to shift from seeing the world as a collection of separate events to recognizing it as a harmonious, interconnected whole.



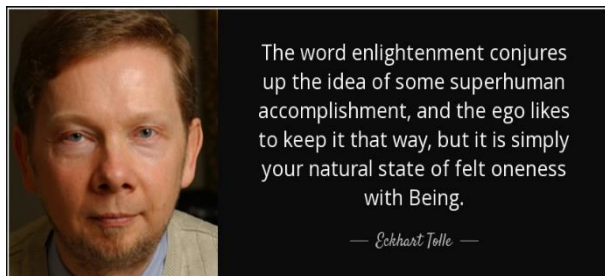
We understand that we are all threads in a vast, cosmic tapestry, each contributing uniquely to the grand story of life.

"The real meaning of enlightenment is to gaze with undimmed eyes on all darkness!"
Nikolai Kazantzakis

A Personal Journey:

Becoming spiritually enlightened is a deeply personal and transformative journey.

It is not necessarily about achieving a specific goal but more about the unfolding of awareness, wisdom, and a deeper connection to yourself, others, and the universal consciousness.



"Knowing others is wisdom, knowing yourself is Enlightenment!"
Lao Tzu

Here are a few steps that can guide you on the path:

1. Mindfulness and Reflection:

Develop a habit of being present. This means observing your thoughts, emotions, and actions without judgment.

Mindfulness helps you recognize the patterns that shape your experience and awareness of the world.

Journaling:

Regularly reflect on your experiences, challenges, and moments of growth. Journaling can help you understand where you are and where you might be headed spiritually.

2. Meditation and Silence:

*Meditation is one of the most powerful tools for spiritual growth.

It helps quiet the mind, centre your thoughts, and connect with a higher level of consciousness.

3. Surrender to the Present Moment:

Enlightenment is about fully surrendering to the present moment, where all things are in their most perfect infinite form.

The past is gone, and the future is uncertain. All that exists is NOW!

Practicing acceptance of "WHAT IS", without resistance, can bring immense peace and insight.

4. Practice Gratitude:

Gratitude is a powerful spiritual practice.

Regularly acknowledging what you are thankful for helps shift your mindset from scarcity to abundance and connects you to a deeper sense of appreciation for life.

Being grateful even for small things can increase your awareness of the richness of existence.

5. Activate Learning:

Enlightenment is not a singular achievement; it is an ongoing journey, continuously evolving.

Read books or listen to podcasts, videos by teachers like Eckhart Tolle, Wayne Dyer, Caroline Myss, Thich Nhat Hanh, Deepak Chopra, or the Dalai Lama who offer valuable insights on spirituality and enlightenment.

The more we learn, the more we realize how much there is yet to be discovered.

Stay open minded and absorb teachings and practices that resonate with you while allowing your own experiences to shape your understanding.



6. Compassion and Love:

Practicing compassion and kindness toward others, including yourself, is a key element of spiritual growth.

Try to include love, forgiveness, and empathy in your daily interactions.

This includes extending compassion to difficult people or situations and understanding that everyone is on their own journey.

7. Detachment and Letting Go:

Spiritual enlightenment involves detaching from ego based thinking, and the need for external validation.

Start by identifying attachments or unhealthy behaviours and consciously work to let them go.

This is not about rejecting the world but instead finding balance and inner peace regardless of external circumstances.

8. Connecting with Nature:

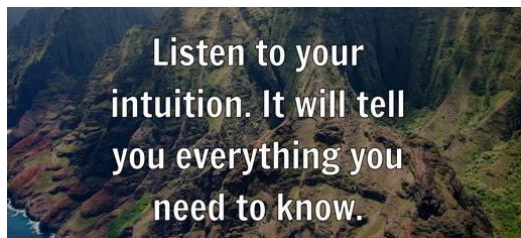
Nature is often seen as a reflection of the divine, a place to reconnect with the purest aspects of existence.

Spend time outdoors, and allow nature to remind you of the interconnectedness of all life.

Whether it is a forest, a mountain, or a quiet park, nature can help ground you and inspire a deeper sense of peace.

9. Follow Your Intuition:

Enlightenment and intuition are deeply interwoven, as true enlightenment often arises from the quieting of the mind, allowing intuition to guide you toward deeper truths.

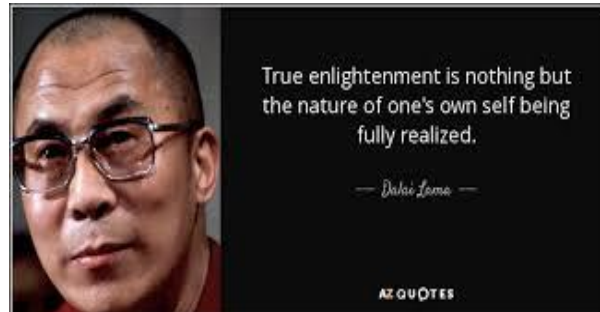


Intuition, when trusted and refined, becomes a direct channel to the wisdom and clarity that characterize an enlightened state, revealing insights beyond the limits of intellectual understanding.

*"You are not a drop in the ocean.
You are the entire ocean in a drop!"*
Rumi

A Journey For All:

Enlightenment is not reserved for a select few - it is the birthright of EVERY individual!



Regardless of background, ethnicity, or circumstances, every one of us carries the potential to awaken and contribute to the collective progress of humanity.

"The soul always knows what to do to heal itself! The challenge is to silence the mind!"
Caroline Myss

Divine Consciousness Awaits:

The light of consciousness is always there, waiting to shine through.

We need only allow it to flow by shedding the constraints of our minds and embracing the interconnectedness of all life.

"Realize deeply that the present moment is all you have. Make the NOW the primary focus of your life!"
Eckhart Tolle

Universal and Infinite:

Enlightenment is infinite; it transcends realms and boundaries.

Whether through science, art, literature, or humanitarian efforts, each pursuit contributes to our collective awakening.

As we continue to explore, learn, and grow, we are not only enriching our own lives but also uplifting those around us.

"If the doors of perception were cleansed everything would appear to man as it is, INFINITE!"
William Blake

Transcending:

The true power of enlightenment lies in its ability to elevate the collective consciousness of humanity.

It empowers us to transform our own realities while empowering others to do the same.

"The more light you allow within you, the brighter the world you live in will be!"
Shakti Gawain

Immeasurable Rewards:

The pursuit of enlightenment brings personal growth, progress, and a better world.

Through understanding comes growth, and through growth comes progress.

And with progress, we create a better world for ourselves and for future generations.

"You can avoid carrying a heavy heart when you hold an enlightenment mind!"
Robert Clancy

In Conclusion:

We must remain open to new ideas and perspectives, for it is only by dropping the restraint of ignorance that we can truly embrace the fullness of life.

"Enlightenment is the light that guides us out of darkness and ignorance!"

Enlightenment Is Empowerment:

It empowers us to overcome adversity and to shape our destiny into one of purpose, peace, happiness and fulfillment.

True enlightenment empowers us not only to improve our own lives but also to uplift those around us!

"In the light of self realization, all darkness vanishes!"

Enlightenment is not changing who you are, but discarding who you are not!

Inspirational writings By Trish Bolstad



Calendar for September 2025

Sunday Service:

5.30pm to 7.00pm Platform Mediums:

7th	John Bolstad
14th	Clinton Arnold
20th	Reading Day 10:30am to 3:30pm
21st	Matthew Tod
28th	Christine Donald

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/>

South Auckland Spiritualist Church

READING DAY

- Saturday 20th September from 10:30am to 3:30pm
- 47 East Tamaki Rd (down Simons lane), Papatoetoe, Ak

*We invite you to a special day of spirit connection,
messages, upliftment and Healing.*

Our last Reading Day was a complete sell-out.

So be sure to book early and secure your place.

Ticket Options : All Readings are 20minutes

- 1 Reading (1 session)\$20 for members.
\$30 for non-members.
- 2 Readings (2 sessions)\$30 for members.
\$40 for non-members.
- 3 Readings (3 sessions)\$50 for members.
\$60 for non-members.



How To Book:

Door sales dependant on spots available and cash only
on a first come first served basis.

Pre booking is not required, but highly recommended if you
want to choose your time slots and secure a place.

- Email your booking request to
events@spiritualgrowth4u.com
- Reference: Your name + Option (1, 2, or 3 Readings)
- Pay via Internet Banking: 06 0197 0037869 - 00
- Membership forms available at the church or website -
www.spiritualgrowth4u.com

Free Readings : Available with an up and coming Medium in
development.