



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 2025

----- Newsletter February 2023 -----

NEWS:

Hello everyone and welcome to February. My first observation is where did January go? It's hard to believe a month has already passed into 2023! Which, on that note, highlights the importance of time as it is something you never get back - so make the most of every moment and live it to its fullest.

Our Sunday Services are slowly building momentum as people are getting back into a routine with holidays being over and their work commitments back into full swing.

Our intent for our Services is for the awareness and acknowledgement of Spirit. We have a variety of Mediums who shares a Reading and an Address plus a Demonstration of Spirit connection. A Sunday service provides like-minded people with a place they can connect and share experiences if they wish. We also have members who have a good understanding between the Journey of life and Spirit and are usually on hand to talk to.

So, if you have never attended a Sunday Service or on the fence about it, 'give it a go', we don't bite and we don't push, as the saying goes 'nothing ventured nothing gained'.

Please go to our Facebook Page 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 ♥

START YOUR YEAR OFF ON THE RIGHT FOOT:

How do you do that?

By looking at what you are putting your attention on, what you are saying, what you are thinking, what you are regurgitating.

Because...

*Where your attention goes - **GROWS!***

In other words:

You get what you think about!

The universe works like Facebook ads...

If you look at something on Facebook long enough; then Facebook gives you more of that same type of content.

Changing your beliefs and thoughts will change your emotions, which will change your experiences and outcomes and give you more of the life you are wanting!

Scientists have proven that nothing in this world is solid!

We consist of cells, atoms and small molecules and particles that are vibrating at a high energy frequency!

You are also energy and as such are always emitting a vibrational frequency though your thoughts and emotions.

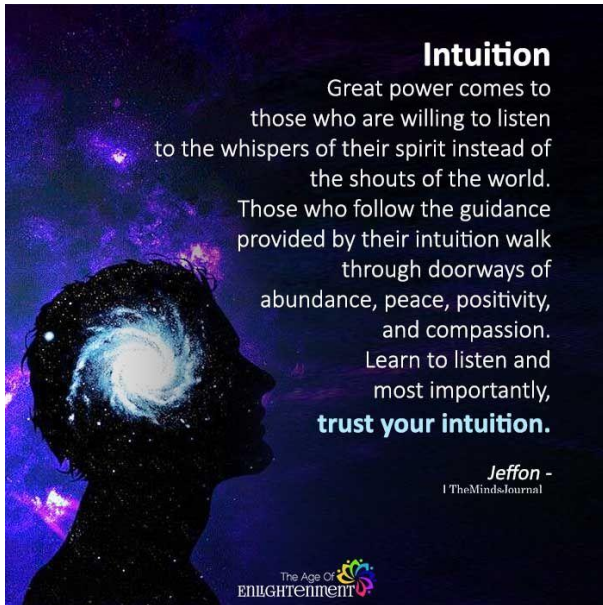
People and experiences match us at the energy frequencies we are vibrating!

When we give our attention to something, we energize it!

So, if you give your attention to a 'problem', you energize the 'problem' and it gets bigger!

If you give your attention to 'unfairness', you energize the 'unfairness' and get more 'unfairness' back!

If you give your attention to 'not having enough' or 'not being enough', you are then energizing the 'not having enough' or 'not being enough' and you get more experiences of that.



Intuition

Great power comes to those who are willing to listen to the whispers of their spirit instead of the shouts of the world. Those who follow the guidance provided by their intuition walk through doorways of abundance, peace, positivity, and compassion. Learn to listen and most importantly, **trust your intuition.**

Jeffon -
| TheMindsJournal

The Age of
ENLIGHTENMENT

You are getting back that which you put your attention on!

*Einstein said you can't solve your problems with the same level of thinking that created them. Trying to fix a problem, trying to solve it, control it, eradicate it, means we are giving our attention to the problem!
When we shift our attention away from the problem, the problem disappears because all the energy has been removed from it!
It has collapsed; like taking oxygen out of a fire - the fire will go out!*

Your emotions are the indicator of what vibrational frequency you are broadcasting and receiving at any given time!

When you want something, and you feel you can't get it, it causes a conflict of emotions within your body!

You cannot receive something you want if you have conflicting emotions and beliefs towards it.

Negative emotion is an indicator that is showing you that you have contradictions in your vibration towards what you are wanting!

Every single emotion in your life is an indicator of where your most dominant vibration is on each and every subject!

You can't hear outside your beliefs!
Beliefs are just old thoughts that you continue to think!

Feelings like anger, sadness or fear exist only to alert you to the fact that you are believing your own stories!

The truth is:

Your emotions and thoughts are taking instructions from you!

*Love in your mind produces love in your life.
Fear in your mind produces fear in your life.*

Being happy, being of love is an inner feeling and always YOUR choice!

You can't control the conditions around, but you can control what you focus on!

So purposely choose what you want and focus on that, look for that, feel that.

The more you tune into the frequencies, the energy, of what you are wanting, the more momentum you will build towards bringing it into your reality.

If you want love; you must choose and focus on love!

If you want happiness; you must choose by focusing on happiness!

If you want abundance; you must choose by focusing on abundant thinking and feelings!



Everything that you see, touch, hear, feel is being felt and heard inside of you - not outside of you!

Don't spend time on excuses and justifications of why your life isn't how you want it to be!

You can collect the statistics and evidence of anything; so why choose to collect statistics and evidence on what you don't want?

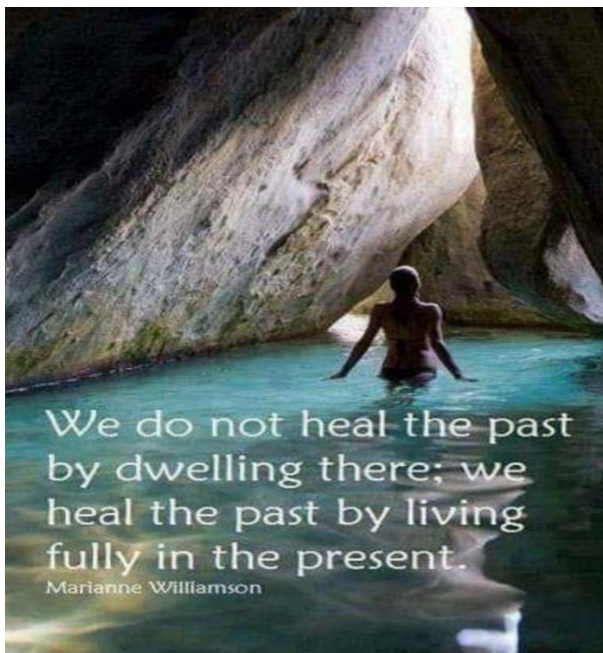
Many people I am doing readings for have a big emotional ball of energy going on within themselves, an energy ball that consists of negative, bad feeling thoughts and beliefs which is in their way of happiness and wellbeing.

It's like a forest - a loud negative forest in their mind, which continues to grow because they keep watering and fertilizing it with their emotions, thoughts and attention, to the negative aspects and fears, rather than the positive aspects and possibilities.

Many people have been practicing their negative thought and emotional forest for so long that they believe and act like the trees in it are protected and can't be cut down. They don't know how to cut it down – so instead stay stuck!
But it doesn't need cut down....

Connection with spirit, clarity, ease, and wellbeing is on the opposite side of their negative noisy mind forest.

They just need to turn around in the opposite direction and sit in the field of clearer space and allow wellbeing to come in.



This can be done through:

Letting go.

Meditation.

By positive self-talk.

By being an observer rather than the reactor.

Being an OBSERVER means being conscious; not judging, not assuming - just sitting in the space of unconditional love and being!

Being an observer makes everything that you observe irrelevant!

Because everything has NO meaning unless you put meaning to it!

So, stop labelling and start highlighting!

CHANGE your mind Channel to a better feeling one.

You can make your mind into a miracle.
Or you can make your mind into a misery manufacturing machine!
It's up to you!

In any given experience we have – our thinking tends to go along like this:

- We first think about it, we judge it and label it into good or bad, right, or wrong, wanted or not wanted type categories.

- This creates an energy frequency.

- Then we feel the emotions of it.

- If fed, these emotions then power up the energy of that frequency.

- And then, if enough momentum is going, it will become a reality!

You have a choice in any given moment, in any given experience, a choice of whether you are going to think and feel good or whether you are going to think and feel bad.

Positive and good feelings occur naturally in the absence of negative feelings.

You don't have to make any effort to have positive feelings.

All you have to do is let go of the bad feelings, and then you'll naturally move towards happy and good feelings!

Beliefs and memories both consist of thought, and they are stored in our subconscious mind.

So, if a belief is erased, all the thoughts attached to the belief will also be gone, including the thoughts making up the memory of it!

Meditation is also beneficial.

Because, silence is not the absence of sound, but the absence of self!

And finally:

Look at what you are presenting; not what is being presenting to you!

You are always going to have some gap between here and there.... but it's the way you feel about the gap that is important!

For how can you see your own light if it was not for the darkness?

And remember:

Your mind tells you stories!

*A thought is harmless until we believe it!
Just because you think it - doesn't mean it's true!*

*You are here to write your own story!
We form our story around people, things,
and labels we identify with.*

*All your beliefs, thoughts and emotions
write the script to all your experiences and
outcomes.*

*You are the main character in your story.
And you can change your story anytime.*

*Yes, it's easier said than done.
It takes time, practice, and focus.
For if it was that easy, then we would all
be like Jesus and have a book written
about us!*

You are a story in motion!

*Your thinking decides whether you are happy!
If what you are thinking is not making you feel
happy - then change it!*

*Love and bliss is an energy frequency!
So be like a camera, look for and focus only what
you like, what you love, what you want more of!*

*Tune in to the love of source energy!
Look through the eyes of source energy!*

*We can either find fault in our world or we
can find value!*

*Your perceptions, your thoughts are your
coordinates to where you are heading!*

*So, no matter what the question is; make love the
answer!*

*Make LOVE your dominant vibration!
Because what is not LOVE is an illusion!*

By Trish Bolstad
(Member SASC)

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
Minister:	Matthew Tod



Calendar for February 2023 Sunday Service

5.30pm to 7.00pm Platform Mediums -

5th Matthew Tod
12th TBC
19th Fiona Goldsmith
26th Mary Newton

**Classes start back up on the 13th
February 2023 from 7pm to 9pm**

**Classes will be a mix of Open
Development and Healing.**

All welcome
For all enquires contact –
Matthew Tod Ph: 021 1736344

**Please visit our Facebook for confirmation
and class updates**

www.facebook.com/SpiritualistchurchNZ

Love and Light to you all



Subscriptions for the coming year.

**\$30 to join for the year 1st 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.**

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