

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 April 2023 -----

NEWS:

Hello everyone and welcome to April. For us here at SASC it's been a great month with lots of new people attending the Sunday services. But most of all our Healing/ Open Development classes have been hitting record numbers with more and more people reaching out to learn.

On that note some of our Open Development class did a platform demonstration of mediumship in a recent Sunday service, so a big round of congratulations to them for getting up there and showing what they have learnt by delivering evidence and wonderful messages from Spirit. It really is so good to see new Mediums coming up through the ranks and it shows just what is possible through the classes we teach.

On the 1st of April we have our Reading Day, and we are very excited for that.

We love holding these events, not just for the Mediumship, but also for the fact of being able to chat with like-minded people over a cup of tea/coffee is worth its weight in gold.

Please refer to the pamphlet at the back of the newsletter for further details

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 ♥

Change your life by changing the way you think!

There are many people in the world who know what to do to improve their life, but few actually do what they know.

Knowledge is not enough!

If it was, then we would already be fully happy, healthy, wealthy, confident, and fulfilled! But most of us are not!

Most people have a gap between where they now are and where they want to be.

"Focus closes the gap between where you are living now and the life you want."

When was the last time you thought about changing your life?

Maybe it's the first day of the new year and you decide to give up smoking, sort out the excess stuff in your house, change your career, improve a relationship or start losing weight.

"Many people lack follow through and are hoping for a magic wand to do it for them!"

Have you brought those changes you want into your life?

Why do many people not?

We often put assumptions, judgments in our way and spend time regurgitating, justifying, or making excuses for ourselves.

For example:

I am too busy!

It's too hard!

I have not got anyone to help me!

I am not clever/slim/confidence enough!

I failed last time!

It won't work for me!

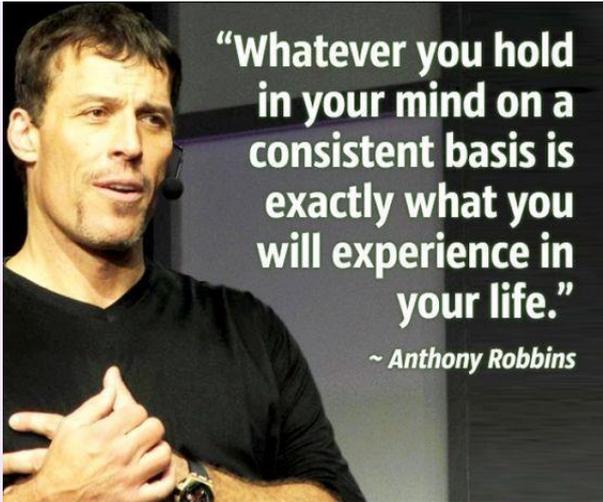
"Life is NOT a dress rehearsal!"

You need to make a strong decision:

If you want to change something in your life, first make a clear, unequivocal decision.

No matter what challenges arise, you must be mentally ready to face them and carry out that decision to the end.

"It is your decisions, not your circumstances, that determine your destiny."



**“Whatever you hold
in your mind on a
consistent basis is
exactly what you
will experience in
your life.”**

~ Anthony Robbins

Encountering failure:

Don't be discouraged if you fail the first few times as it is building a better you in the process. Think about what you can learn from your mistakes.

"The more you do it, the easier it becomes to make that goal or change a reality."

Making a strong decision:

To accomplish our goal, to bring about change, we have to really follow that decision wholeheartedly.

But even with the strongest of intentions, changing old habits can sometimes be difficult.

Why is that?

Because we experience pain or pleasure with everything we do!
Once aware of these dynamics, take advantage of them.

If you want to break an old habit, one effective way is to associate it with suffering and the wanted outcome with pleasure.

"Form new habits by associating undesirables with suffering and desires with pleasure."

Desire of pleasure or avoidance of pain:

Emotions are continually affecting our thought processes and decisions below the level of our awareness.

And the most common emotions of them all is:

The desire for pleasure.
And the avoidance of pain.

"Pleasure and pain are only aspects of the mind. Our essential nature is happiness!"

Ramana Maharshi

Your emotions take instructions from you:

Many people mistakenly perceive that we do not have the ability to control emotions, and that our emotions are completely out of control - but really it is **YOU** who create your emotions.

"To master your emotions, be clear about how you're really feeling."

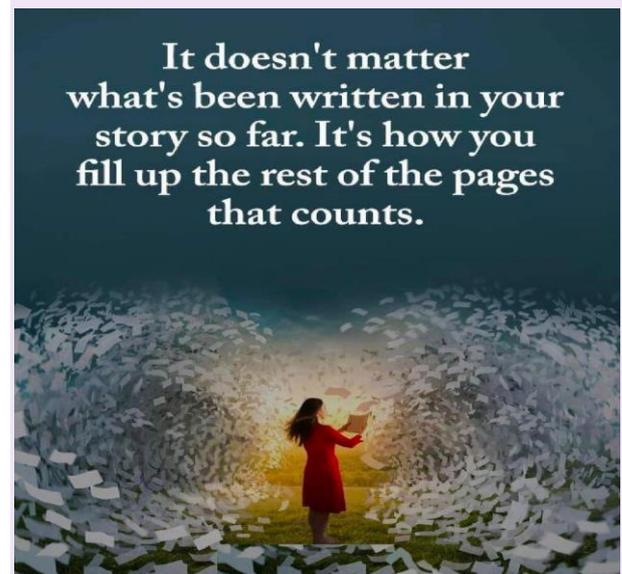
Allow your inner guidance to lead:

Strong emotions such as passion and bliss are indications that you're connected to **Spirit**, or **'inspired'**, if you will.

When you're inspired and blissful, you activate **universal God energy**, and the abundance you seek in any form comes streaming into your life.

"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."

Brian Tracy



**It doesn't matter
what's been written in your
story so far. It's how you
fill up the rest of the pages
that counts.**

Understand what lies behind emotions to gain control over them:

You can't run away from your feelings, you can't ignore them, you can't belittle or deceive yourself about what they mean.

We must learn lessons from emotions to enrich our quality of life.

Even the so-called negative emotions we need to consider them as **'signals'** of action.

"Negative emotions like anger, fear, loneliness, envy, and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change." - Gretchen Rubin

We tend to be easily overwhelmed by negative emotions:

Often because we perceive our negative emotions as our standard everyday feelings or are misinterpreting them.

For example:

You may feel angry or upset, but if you reflect on the source of this emotion, you realize that there is something else lurking behind the anger, which could be burnout, a previous disagreement, lack of confidence or resentment that you are holding on to.

"Emotions are the reporter for the soul!"

Rephrase your emotional words:

When you find the cause, use quality emotional translating words to express it:

For example:

"I think I need to recharge my energy."

Or

"I don't need to get it to completely figure it out right now."

Or

"I will spend some time focusing only on me."

This will minimize the negative impact, making it easier for you to work through your current emotions.

"The way we feel about ourselves has consequences for every aspect of our lives!"

It is our beliefs that shape our view of ourselves and of life:

What is belief?

It is a thought about something or someone that you continued thinking, practiced thinking, until it became a belief.

"Just because you think it doesn't make it true!"

Every belief starts with an assumption or judgment:

References or experiences from our life help base these assumptions and judgments into convictions.

"If you accept a limiting belief, it will become a truth for you!"

Many people hold beliefs that hinder them:

For example:

They are too old.

Not able enough.

Not clever enough.

Life is unfair.

The past equals the future.

They lack money.

Are unworthy etc.

They feel the life, relationship, health, wealth, or physical body they want is only for others.

"To bring about change in your life, you need to change your beliefs."

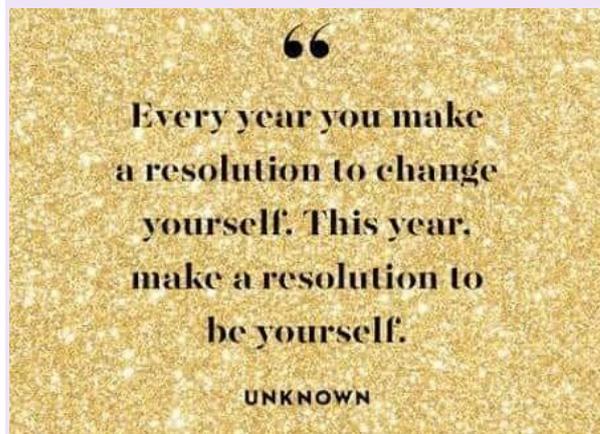
What thoughts are hindering you?

Maintaining narrow beliefs is like slowly poisoning yourself, 'dying slowly' in mediocrity.

Those beliefs, like habits, are transferable.

You can associate them with extreme misery or boundless joy.

"To change yourself, change your beliefs."



Your words have an impact upon you:

It's really important to pay more attention to how words are used in daily life because those words will shape your thoughts and perceptions.

"Changing words can lead to changes in attitudes and emotions in both the giver and receiver!"

Often, we let our emotions, assumptions and judgments choose our immediate words:

It's better to purposely choose words that describe and define the experience in a more neutral or positive way.

For example:

Imagine you are on the road and suddenly your car breaks down.

After struggling for a while, you can 'get mad' and start complaining about how 'angry' or 'annoyed' you are.

However, try saying, "Wow, isn't this inconvenient?".

Describing your experience in such neutral terms can prevent you from moving into a more negative emotional state.

"To think differently about a situation, describe it differently."

Words inflict and elicit different emotions within you and others:

So how to use words to manage emotional states better?

The trick is:

Use strong, intense words for positive emotions and softer, neutral, less stressful words for negative emotions.

For example:

When feeling down, instead of saying:

"I am so stupid!"

Think instead:

"I haven't discovered my full potential yet!"

Or even better:

"I AM on my way to betterness!"

"I AM - are two of the most powerful words. For what you put after them shapes your reality!"

Changing your life means changing the way you think:

So, what exactly is thinking?

According to the basic concept, our thoughts are a series of questions and answers.

The questions we ask shape the way we think, which means they play an important role in our lives.

"Quality questions create a quality life! If you ask a negative question, you will get a negative answer and vice versa."



Improve difficult situations:

When pushed into difficult situations, we often turn to the wrong questions like "Why me?", and then become discouraged by the answer.

"To find the best solution, ask the right questions."

One solution is:

Create an automated question list.

Get in the habit of asking better questions like:

"What are the benefits of this situation?"

Or

"How can I create interesting solutions?"

Asking such questions in the middle of a difficult situation will improve your mood, help you more quickly find the right solution, or at least deal with the outcome more easily.

"Identify your problems but give your power and energy to the solutions!"

Start asking yourself the right questions:

The questions we ask ourselves can shape our perceptions.

For example:

Who am I?

What do I love?

How do I love?

What am I capable of?

What am I willing to do to achieve my dreams?

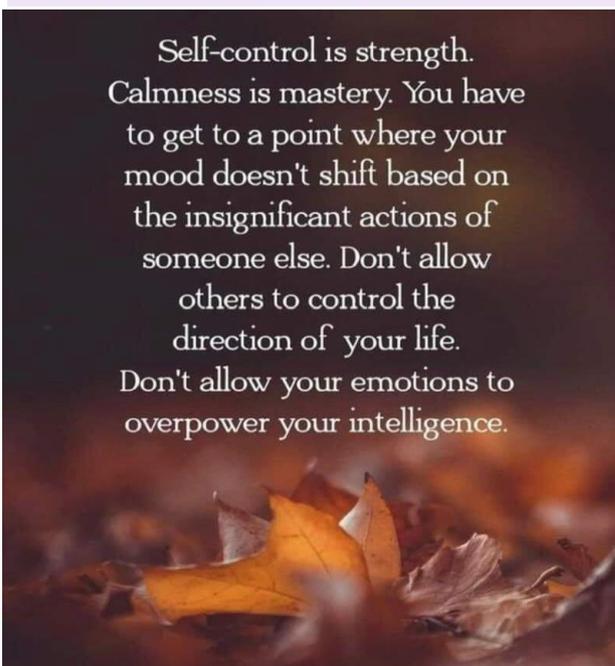
"The right questions led to the right decisions and answers!"

STOP living by default!

Make the decision to change **YOUR** life today!

"Whether you think you can or think you can't; you are right!"

By Trish Bolstad



UPCOMING EVENTS

Reading Day on 1st April 2023
Details in the attached flyer

Calendar for April 2023 Sunday Service:
5.30pm to 7.00pm Platform Mediums:

2nd Bruce Jackson
9th Matthew Tod
16th Ronald Jones
23rd Daven
30th Kay Moore

**April Open Development and Healing
Classes:**

From 7pm to 9pm Mondays:

3rd
10th No class as Easter Monday
17th
24th

**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
For confirmation and class updates or our website:
<https://www.spiritualgrowth4u.com/>

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.

Yearly Subscriptions:
\$30 to join per year.

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

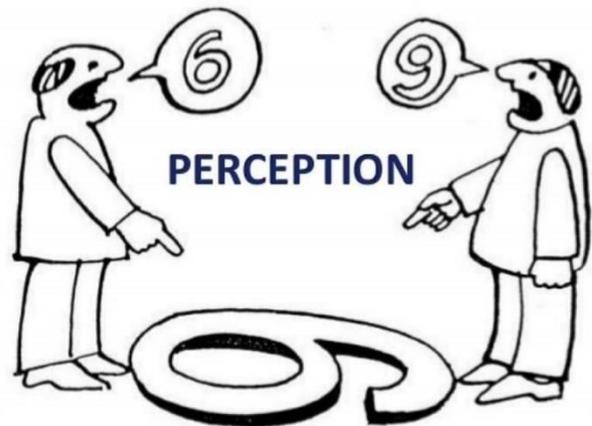
Our members are welcome to borrow from an extensive range of books from our library.

All funds raised go towards the running and upkeep of our Church.

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
Matthew Tod

Minister:



*Love and Light
to you all*



If you have any contributions you wish to have included in our newsletter, please feel free to email me at jtpl77@gmail.com

READING DAY

YES, WE ARE HOLDING OUR EVER-POPULAR READING DAY

Saturday 1st 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

Payment: All bookings must be pre-paid and email your choice to events@spiritualgrowth4u.com.

Internet banking account:

06 0197 0037869 – 00

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