



Spirituality

An introduction

The Phoenix Group



Introduction

This booklet was produced by The Phoenix Group for those who are curious about spirituality. It provides a brief introduction, options for incorporating it into your life, and people's stories of their journey into spirituality.

The group is based in New Zealand and comprises nine women who meet on a regular basis for spiritual development and mutual support. All have been involved in spirituality for many years.



What is spirituality?

Spirituality is a philosophy, not a religion. There is no dogma within spirituality; everyone can have their own beliefs and can change them at any time as they learn and grow.

Spirituality can give you the feeling of 'coming home', allowing you to consider there is more than this one life; that there is life after death.

It involves learning that you are more than a physical body, that you are spirit in a physical body, and that you have the ability to connect with all around you – with nature, the spiritual realm (spirit guides and helpers), the community, and with Mother Earth.

Being involved in spirituality is going within. It's learning to ground yourself, live in the now, and finding peace and calm within yourself. It's a journey of self-discovery where you learn to be your true self, to accept yourself and others, and accept all parts of you as part of the whole.

It is an acceptance of all that is, that everything is as it should be.

It is being non-judgmental, letting go of blaming others by accepting personal responsibility for all that you say, do and think.



Spiritual options

There are many aspects of spirituality you can learn about and incorporate into your life in various ways.

In simple terms, you can a) increase your knowledge and skills in spiritual aspects for your own development, and b) use these abilities to help others.

Use your intuition to follow those which feel right for you. Below we have listed a few options.

A simple way to gain an understanding of the wide range of spiritual options is to take out a short subscription to the website www.gaia.com. This is a large online spiritual video resource which covers many aspects of spiritual learning.

a) For your own development, you can increase your knowledge and skills, and develop your abilities in:

- Meditation / grounding
- Tapping into your intuition
- Channelling information
- Connecting with your spirit guides / elementals / angels / people who have passed over / trees, plants, rocks, minerals
- Spiritual art / automatic writing / using a pendulum / dowsing / water witching / psychometry
- Astrology / numerology / tarot and oracle cards / runes / sacred geometry / crystals / dreams
- Clairaudience (hearing voices), clairvoyance (seeing images), clairsentience (recognising feelings), and claircognisance (knowing)
- Spiritual healing
- Complementary modalities such as aromatherapy / flower essences / crystal healing / tinctures and herbals / kinesiology
- Past lives / death / life between lives / life after death / near death experiences / out of body experiences
- Yoga

You will then have the option of later using them to provide service to others if you desire.

b) Provide services to others

- Become a medium / give readings or messages
- Become a healer; offer in-person or distance healing
- Become an animal communicator / healer
- Work to support the earth / Mother Earth



Next steps

If you decide to start on the spiritual path, note that the journey is yours. It is a different journey for everyone, so follow your own integrity, and be guided by your intuition. If something doesn't sit right with you, trust your instinct. You have free will and choice, and you have the option to change your mind, as you will see things differently as you progress on your path. It is an ongoing journey of discovery and growth. Note that you won't learn it all this lifetime!

There are two main options, if you would like to take things further:

1. Connect with others who are on a similar path.

Find like-minded people; this can be done in person and/or online.

For example, go along to a spiritual development group or circle; a spiritualist church or centre; a meditation circle; a course or workshop; a spiritual fair.

It's important to find people and sources that are reputable.

2. Develop yourself.

Gain an understanding of the spiritual philosophy and learn to incorporate it into your life so you can live spiritually.

Focus on the now – live in the moment, and bring spiritual understandings into your 'now' life. For example, take small amounts of time out during the day – a time for you only – to give gratitude for aspects of your life, or to reflect on a situation; perhaps how you may do it differently, without any blame or shame.

Take time to be in the quiet; use mindfulness or meditation to renew yourself and be in the stillness. Breathe.

As you develop this way of living, you will learn to connect with Spirit (the spiritual realm) and unconditional love, the highest of all energies.

Develop your intuition. You can start by trying something simple, for example, making a car park space appear where you want one. This is an easy way to start connecting to Spirit.

Keep living your true, authentic life – not one that others live, nor one you think you should be living – but *your* life.



People's stories

The members of The Phoenix Group have been involved in spirituality for many years in a variety of ways. Here they share their stories of how they came to be involved, and what their spiritual interests are.

Annette

I came to spirituality from the depths of despair. I felt no longer alive, I was just existing.

I found my way to the local spiritualist church/centre. I remember walking up the steps and into the building. The people were having a service; there was singing, an address from Spirit, conversation, readings and also humour.

I immediately felt at home.

I now know it was the energy of the unconditional love that was enfolding me.

I understood that this was something that I didn't need to think about, I just needed to feel it. It was like finding an oasis in my bleak life.

My inner light was rekindled—my life, after all, did have meaning.

Gradually I gained the strength to learn and practise non-judgment; I learned I could make my very own choices - along with accepting Self Responsibility for these choices. I came to realise that I 'counted' in the grand scheme of things; and that I was worthy.

My passion now is service to Spirit, sharing my experiences and understandings with others in groups and individually.

This is a pathway that never ends; it is one of constant, ongoing development. My life has meaning.

Barbara

For many years I kept thinking that here had to be more to life than just being born, living your life and then dying. What was the point? Why bother to move through all of life's difficulties just to die at the end of it?

When I was nearly 50, I decided to go for a reading with a wonderful medium, Denise Bird. In one hour she totally changed my perspective on life.

My father, who had died nearly 30 years earlier, came through her and talked to me about how much more I was than this physical body, and how many spiritual gifts I had, just waiting to be opened up.

Denise strongly suggested that I attend the local spiritualist church at Petone which I did the following Sunday. This was the start of my spiritual journey, as through the church I learned to communicate with Spirit and develop my spiritual gifts.

Since that time my life's journey has continued to evolve around my connection with Spirit. I have learned to allow them to write messages through me, speak through me, help people by way of personal readings, workshops, retreats and many other different ways.

I have learnt to stay grounded in the physical world while maintaining my connection with the spiritual realm. I have learnt that it is me who is in control at all times and that I am totally responsible for all that I say and do.

But most of all I have learnt that I am a spiritual being in a physical body and that my connection with the spiritual realm and my soul enable me to communicate with others through personal readings, workshops, retreats and interactions with others in a way that enriches both their lives and my own.

Diane

As a star child I was born with memory of my gifts and talents, and I used them from birth. I was determined to be here on earth – and so was born six weeks premature, weighing only 4lbs. This meant I had a few health issues and was in Karitane hospital for three months.

My maiden aunts' garden was where I interacted with the elementals and a spirit friend, and my two aunts were my saviours when I recounted spiritual happenings that were not understood by others.

My intuition always got me into trouble – or out of trouble!

At around age five I said, "That lady has no colours", to which my mother responded, "Don't be stupid, she has a blue skirt and a red cardigan on".

I, of course, meant her aura, and it took me to about age 35 to realise the reason for people having no colour in their aura is that they would pass away soon.

I blamed my intuitive leaps on "women's intuition" in many a difficult situation, and so did not shut it down as a teenager and young adult.

I started to develop spiritually in an unconscious way in my late 20's, and things would always happen at the right time – for example, the money to pay for a course appeared when I needed it.

My whole career was built around helping others and this is what I continue to do, but in a spiritual way rather than a physical way. I am being led to bring in help via my galactic/cosmic life.

Jan

I came to spirituality (at least in a conscious or deliberate way) via:

a) John Kehoe's set of lectures in Wellington in the 1980's. These were essentially about how to manifest what you wanted, how the flow of energy works, and how thoughts have actual properties. I was diligent; I learned and applied this to ordinary life – running a home, bringing up the family, managing.

b) A paradigm shift. I had always been close to the natural world – gardening, caring for animals, and fishing according to the weather. Somewhere I came across co-creative gardening in the Perelandra publications. This was practical stuff, and I went from talking to my plants to talking to the devic world (the realm of non-physical beings).

The paradigm shift occurred when I found that - from nature's point of view - anything mankind nurtures is a garden. So, using kinesiology, I applied this ability to communicate with the energies behind the obvious 3D physical world, to my work.

c) My interest in teaching children with learning difficulties. Working in the field of SPELD (dyslexia) and Educational Kinesiology taught me how to deal with the underlying reasons for non-success in education.

My particular spiritual interests centre around sitting in a circle with a group for meditation. I enjoy painting spiritual art. I still talk to the plants, and also talk psychically to pets – it is helpful to be able to sort out confusions for both pets and their owners.

Offering healing is a special joy for me. I work with several modalities, mainly kinesiology supported by flower essences.

Jen

I had experiences as a child and teenager, that on reflection were indicative of being different.

My husband died when I was 45 and that was the start of my spiritual journey - looking for the meaning of life.

My search began in the UK, where I had a spiritual mentor. It started with workshops, reiki, meditation groups, crystals etc.

My adventure trips turned to spiritual journeys and it was on a trip to India, staying for two months on an Ashram, when I finally realised that what I was seeking was all within me.

This led to deepening my relationship with self, working on raising my vibration, and discovering what truly resonated with me here in NZ and abroad.

I am of service to humanity, the galaxies and Mother Gaia, incorporating sound, light language, and a variety of healing modalities.

Jennifer

I always wanted to know "Who am I, and how do I get the best out of life?"

I started with healthy eating. To know myself on a deeper level I attended all the spiritual classes that the local crystal shop offered.

Then I looked into healing options, such as holistic pulsing, reiki, reconnective healing, Indian head and shoulder massage, sacred hot stone massage, plus the Scenar and Healy devices.

The teacher who currently has the biggest influence on me is Judy Satori. We are working on becoming the New Human. With the energy of galactic beings from beyond The Beyond, we work on upgrading our physical bodies into a higher dimension. I feel that my communication, awareness and coherence is becoming one of a galactic being. I believe that I am supporting Gaia (Mother Earth) who has also moved into higher frequencies.

In turn I help future generations to move into a positive new world.

Kate

I was looking for something more, knowing that there *is* more.

I experienced connections, coincidences and synchronicities and looked for reasons why they were occurring at that time.

I visited psychics and mediums, looking for answers. The messages I received from Mum, Dad and others confirmed my belief, and let me know that I was on the right path. Their messages from Spirit continue to help me.

Then I discovered Spirit Wings, a local spiritual development group, and things really took off.

I also have a strong connection with raptors. They seek me out often, fly over me while I'm driving, circle above me, fly close by and look me in the eye. And a hawk or a falcon will appear significantly during a life-changing event - when my daughter was falling into a bottomless pit of drugs and alcohol, and when my son was diagnosed with terminal brain cancer.

In both cases, the appearance of these beautiful raptors has proven to be confirmation that everything will be okay.

My spiritual interests include:

- a) Healing. Sending love and healing daily to family, friends, Mother Earth, and anyone or anything that needs it on this day.
- b) Spiritual writing, for myself or to share with others.
- c) Painting - whatever comes from Spirit. I practise this, with no thought, just trusting the action of the brush and the flow of the paint onto canvas.

I'm looking forward to helping others with my writing and painting, maybe eventually combining the two.

Kim

I had a range of experiences when I was younger that made me feel there was 'more', and I was fascinated.

I saw a picture appear on my wall; I watched a door opening and closing of its own accord; I shared a house with the ghost of a Quaker; I discovered at age 13 that I could 'know' things, all of which later came true; my great aunt was the seventh child of a seventh child and used to tell us things she learnt from her dreams and her spirit guide; my Nan told me she was the reincarnation of the Scottish historical figure, Flora MacDonald. So I avidly read the publications 'Man, Myth and Magic' to immerse myself in this world.

In 1989 I went on my first spiritual course, a two-month night class in Parapsychology in the UK, which made that other world seem 'real'.

A few years later I emigrated to New Zealand and attended a spiritual fair where a woman gave a talk on angels, explaining that she also ran a spiritual development group. I joined her group, and realised I had found my people, and the path I wanted to follow.

I'm involved in spirituality for three reasons:

- a) For the wonderful things I can learn, in order to be able to grow and develop, and make sense of my life and this world.
- b) For how I can feel – peaceful, connected to Spirit, with a sense of being with like-minded people who 'get' me, and that I can talk about it openly and be who I am.
- c) To use the abilities I have been given to be of help to others – via giving readings, and producing channelled information in my books, meditations, rune stones and intuition cards.

Shona

I had always been aware that my everyday life was missing something, but the subtle search did not connect fully until I met a couple who were spiritualists. In speaking with them, I felt drawn to investigate further.

This was confirmed when I had an amazing experience and felt for the first time the presence of a spiritual being one evening. From there the steps fell into place, with the attendance at a spiritual development circle and by working as a medium within the community.

The learning, the connections, the desire to live moment by moment with the spiritual realm is my path.

It has taken some years of observation of the changes within me, that spiritual work has wrought to understand the limitless possibilities of that way of living.

In the beginning, healing was a major attraction, followed by mediumship. Over time these have merged into a path that indicates a role of helping others by bringing the ancient wisdom of living to the present day.

The desire exists to allow others to experience the drawing back of the veil between the physical and non-physical to help them live with a quiet acceptance of their own strength and connectedness with the spiritual aspects of life.

At the same time, earth healing has risen in importance, and those connections work seamlessly with the rest of my life.



If you are interested in spirituality and would like to connect with someone to find out more, please contact:

Barbara and Diane at Spirit Wings: info@spiritwings.co.nz

Jan: nalder@top.net.nz

Shona: soulessence127@gmail.com

Kate: Facebook 'LightUpOurWorld' & ribbonwoodbarn.com