

Discussion Groups

Discussion groups can be run as an introduction to Spiritualism. They are often two hours long, and provide an opportunity to gain knowledge and ask questions. Sessions can include the following points.

- What is Spiritualism
- Meditation
- Spiritual healing
- The history of modern Spiritualism
- What are guides and helpers
- Different forms of clairvoyance
- Ascension
- Changing energy vibrations
- The Seven Principles of Spiritualism
- Spiritualist circles.

If the discussion group is a pre-requisite to moving into a development circle, you may end the series with an open circle night. The sessions may be led by one or two people or invited speakers delivering each topic.

Circles

Development circles are designed to help people connect with spirit and to learn to allow spirit to communicate through them, in order to help both themselves and others. Circles are the primary means by which a church can help individuals develop mediumistic skills and prepare them for future platform work. They generally have one leader who will run the circle on a weekly or fortnightly basis, each session is usually two hours, and circles generally include the topics in the list below.

- Meditations that are led by the circle leader or a member of the group, with the purpose of teaching focus and discipline as people learn to let go of their everyday thoughts.
- Tools to connect with spirit entities that are there to help and guide each person.
- Access to spiritual knowledge and guidance.

- Ability to say prayers.
- Exercises to help strengthen the connection with the spirit entities that are working with each person. These exercises will lead to each person being able to channel, or communicate more deeply, with their spirit entity or guide. (Some people go on to be able to step aside and allow the guide to speak through them without interruption).
- Exercises to allow the group members to bring through messages from spirit for other people. As they learn to do this, they will also learn to identify who the message is coming from and be able to describe that person. In Spiritualism this is known as providing evidence or proof of the person who is communicating from the spirit realm. This thereby proves the continuation of the soul after death.
- Opportunity for each member of the group to develop in their own way and at their own pace. Circles promote each member's personal journey, with no comparisons between members being made.
- Allowance for members to develop their public speaking skills.

Meditation Groups

Meditation groups are for those who wish to experience the benefits of bringing some stillness into their lives. Meditation can:

- help to relieve stress and anxiety
- improve physical health
- help to reduce pain and fatigue
- increase energy levels
- promote spiritual growth
- improve concentration.

Meditations have a leader/facilitator. They may be spoken or accessed from appropriate online sources. It can be helpful to have a focus such as a candle or a plant, with music playing. Meditation lengths can vary thereby allowing participants to develop their ability to remain disciplined and focused within the meditation. A meditation can also be based around a question or topic.

At the end of the meditation, each person is encouraged to talk about what they felt, heard, saw or experienced. Each will gain their knowledge in a different way and it is important to emphasise that each person's experience is perfect for them. Some people see very clear pictures while others never see anything, but each will gain benefits.

While the purpose of meditating is to switch the mind off and work from the heart, it is important to make those attending understand that everyday thoughts will still intrude, and these should be acknowledged and then let go, and the focus brought back to the meditation. While the mind is not involved in the meditation, it is important to allow the imagination to be involved as this is the part of you that allows the knowledge to be brought through in whatever form is appropriate.

Workshops

Workshops are a valuable tool to spread knowledge about spiritual subjects. In addition, workshops can raise funds for your organisation. Length can vary from hours to a full day, weekend, or evening. When planning your workshop, there are useful steps and formats to use.

1. Choose your topic then consider the appropriate format: presentation/lecture-style, interactive, allowing questions that lead onto other topics, and the inclusion of exercises and meditations. Decide if your workshop is a one-off or a series of sessions.
2. Your venue may be online (e.g., zoom, skype), or a physical venue. Handouts and resources are important to consider, as are refreshments.
3. The workshop advertising needs to include an explanation of your topic, the presenter's background, and of course venue, dates, times, and booking details.
4. If you are using flyers, they can be placed on your organisation's notice board, or the noticeboards of local community centres, libraries, shops. If you convert your flyer to jpeg form, you can place it on suitable facebook pages. There are some national sites that are worth considering:
 - a. Lightworkers of New Zealand
 - b. Mind Body Spirit Workshops
 - c. NZ Psychic and Spiritual Free Listings
 - d. Spiritual Events and Retreats

Once you have joined these sites, you can place your flyer on them.

5. When planning your workshop, a connection with your spirit guides is useful as you will find they will be with you on the day and enhance the energy of the workshop.

Fundraising Ideas

- Spiritual workshops or seminars.
- Mediumship readings through a public demonstration of clairvoyance and charging an entrance fee.
- Running a spiritual fair/expo with stalls.
- Raffles.