

Spiritualism New Zealand

Becoming Spiritual



Background

People who are becoming spiritual often have many questions, seeking to understand the new world they are discovering.

I invited people who have been involved in spirituality for a while to share their journey, as a way to help those new to spirituality gain an understanding of what the journey may be like.

Their responses are below, in no particular order. They are mainly from NZ, but also overseas. Some people chose to remain anonymous.

You may resonate with one or more of the responses, or you may not identify with any. That's OK. Your way is your way.

If, as you go along your path and have questions and would like to connect with someone, please reach out to those who have shared their contact details in their response. There is a lot of knowledge and support available to you.

With all best wishes as you tread your spiritual path,

Kim Chamberlain
SNZ board member
spiritualism.org.nz

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Michael Alperstein

What does spirituality mean to you?

Spirituality is deeply felt authentic love for self, others, and a reverence for life. It's a recognition that there's much more than meets the eye. There's an invisible unknown realm, everywhere. This realm could be called energy or consciousness. The words are not it, but the recognition of it is available inside you. Spirituality is recognizing this invisible realm inside you and making this knowing the priority of your life, rather than prioritizing the outer realm of humanity. And then ultimately bringing more spirituality into you your human life.

How did you know you were opening up to spirituality?

Seeming magical things started to happen. I would ask a question in my mind, and the answer would come through song lyrics on the radio, or a psychic would tell me something about me. Early on I had an instantaneous healing of a hurt leg in the presence of healer. This made me aware there was more to the body than meets the eyes. Little by little I started to get glimpses of an invisible realm.

What happened when you opened up?

I started to realize that there was a deeper purpose to life. Life was not just about getting a job, a white picket fence, or just getting by. It dawned on me we are all on a "soul journey" to learn self-love and to realize our power in this life.

What were your thoughts and feelings as you were going through this period?

Lots of doubts at first. I definitely felt different from my parents and family of origin. I would think: "All the things they told me are not really what matters." I also felt this way about what I learned in school and psychology courses.

I began to question everything: How come so few people are talking about the real meaning of life? I began seeking: Where can I find people who are talking about the spiritual meaning of life?

Did you have a 'spiritual awakening'? If so, what was it like?

I had gradual ones, with some big leaps along the way. The gradual awakening feels like a shift in who I am and a stronger sense of self. It's a feeling that "bad things" don't get me down as much as they did before. Sure, I have moods. But I don't attach as much meaning to the negativity of it all. What I thought was bad, may not be as bad as I thought. I began to see there are gifts in all challenges.

I also had some big leaps in awakening. When my sister passed away suddenly, this experience turned into a total transformation. I felt a sense of surrender and heart opening. A sense of feeling the vastness of life.

What did you do to move yourself along the spiritual path?

In the early years I read channeled books, I did meditations, and called upon spirit guides. In later years, it became more about sharing kindness to others and being of service. I found more balance and letting go of trying too hard.

I usually move along the path faster when I do something spontaneous or out of my usual habits. If something I am doing is clearly not working, I do something really different. Some examples: If asking an angel for help is not working so well, I will offer help. If communicating to someone is not helping, I will take a break from communicating. If doing sitting meditation is not working for me, I will try movement meditation. There are hundreds of options. It comes down to

opening up to the invisible realm, and then new doors open. It's not a doing that moves me along, but more a stripping away of what is not working.

In what ways are you spiritual now?

I see every experience as a spiritual moment. We can either fight what we don't want or embrace what we do want. Each experience is set up to help us rediscover our true power and gain self-awareness. The invisible realm is a constant and is within the visible physical realm.

What do you wish you had known?

That there is no precise set of steps to produce a result, such as inner peace. Letting go of steps, methods, seeking and procedures, and experiencing ease, brings more joy and genuine spirituality to each day. Without worrying about a method or technique, the spirituality of the moment resurfaces and reveals itself.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

Go to in-person events and workshops if you can. If not, look for communities and events online.

Read, learn, and absorb new material. But at the same time, be willing to take breaks from seeking.

Anything else you would like to mention?

Be willing to give what you want to receive.

Teach by example.

Keep it simple. Do what you can. Take a deep breath and take one step at a time.

If you are going through a hard time, remember these words my mother used to say: "Bad weather is just bad weather. It's not a climate."

Come back to your heart. Be childlike. Do something playful or creative. This will connect you to your inner spirit and your heart. Spirituality is within you and is available now.

You are spiritual.

Don't seek to become spiritual. Recognize you already are.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Visit MichaelAlperstein.com

Deb Hallam

What does spirituality mean to you?

The knowing and acknowledgement of my essence and all around me being made of fractals of light that are representations of co-creation with the divine and the limitlessness and timelessness of the seen, unseen, felt, unfelt, heard and unheard that that encompasses.

How did you know you were opening up to spirituality?

When the book 'Jonathon Livingstone Seagull written by Richard Bach' landed in my lap as a 9-year-old.

What happened when you opened up?

I became a sponge to what was available. Initially I had little to go on as there was no internet and not much in print that I had access to. I questioned everything and many of my actions in my early teens were to ensure that I avoided any feeling of containment or enslavement so I could be free to explore what had meaning to me. I have enjoyed many deep one-on-one conversations since being an early teen exploring what, who, how, regarding why we are here as the beings we are with people in all ages and stages of life.

What were your thoughts and feelings as you were going through this period?

I often had many, many, many more questions than answers and it felt like I had very few people or places to turn to in order to ask the questions that would lead me to any answers. There were periods of frustration, particularly when I experienced the challenges of life and I felt I didn't have the tools to even begin to understand why and what I could do to feel like I was a lot less susceptible to what felt like the 'uncontrollable whims of life'. I was curious then and that has not abated over time, just grown! My sense of wonder has never left, just expanded!

Did you have a 'spiritual awakening'? If so, what was it like?

My journey has been a beautiful unfurling over most of my life.

What did you do to move yourself along the spiritual path?

I feel lucky that I have been aware of certain intuitive hits during my life, and these have kept me on a path of discovery. During the past decade those nudges and knowings led to some sweeping changes and those changes enabled the space to dive deeply into my spiritual path and seek out answers, learn and heal more than ever before in my life. My desire for learning is what moves me along the spiritual path the most, and in recent years also the joy of giving from a place where I feel confident in my truth. I enjoy being a student of the divine, having aha moments, meeting people like me and continually expanding and growing a deeper understanding of self.

In what ways are you spiritual now?

That is an interesting question as I consider us all to be spiritual all of the time. It is simply our awareness and experience of the magic of our being that differs.

What has changed over time, and I thank the advancement of technology for this, is that most days I listen to something inspirational from a spiritual teacher, I use my pendulum almost daily, I use oracle cards almost daily, I write in journals, I am more of an active meditator, I cry in nature because I feel its beauty and essence, I am surrounded by many more crystals than I have been ever before and I now own a singing bowl. Because the life I have co-created is a lot more reflective of the magic of the divine in myself, I meet amazing people and have had opportunities to learn or participate in things I have never had before. So when I compare my

life as a 9-year-old to now, the ratios have swapped around. Back then I would say 5% of my life was exploring my inner light, and I feel as though it would be only 5% of the time now that I am not exploring what it means to be and live as a fractal of light in this human embodiment.

What do you wish you had known?

I don't. I am at peace with divine timing (for the most part!!!) as I realise I have gained awareness of things at the time when my soul was ready to receive them and to understand.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

Take a childlike approach to your discovery, that is, hold joy in one hand and a sense of wonder in the other.

The con of technology is we can become easily overwhelmed by information or get a case of comparison-itis. Hold yourself gently, feel what is resonant to you at any time, and feel free to change your mind too!

Maybe just focus on the biggest question you are drawn to explore and perhaps just focus on one or two teachers as you find your feet and your own inner compass. If you are open to teachers who channel, the wisdom of Kryon channelled by Lee Carroll is beautiful to listen to. Kryon is kind and compassionate and their energy will always remind you of your divinity and your magnificence which is the kind of foundation to build your experiences upon in my view. Hold an intention to find your tribe so that you can enjoy the exchange of experiences, thoughts and ideas and be divinely led to the next person, place, or experience for help. At the right time for you, wondrous things will cross your path and you will know what to explore next.

I believe that because we are co-creators and that we chose this life, the reminder to just breathe it in and enjoy the journey is vital! This is not a race; we exist eternally so your conscious exploration is one infinite party of playing in your divinity!

Anything else you would like to mention?

Please, please, please remember your uniqueness, your expression of the divine is Incredible You, which is something to celebrate each and every day! Tread lightly, look up and feel the love of the divine in you, and holding you. Many blessings, fellow being of light.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Very happy to have people make contact, hallamdeb@gmail.com

Eunice Stott

What does spirituality mean to you?

A sense of Unity with All. Seen and Unseen.

How did you know you were opening up to spirituality?

I was alone and in a state of despair in N.Z. For some unknown reason through my tears I said aloud " I don't know what to do. I've tried it my way and it hasn't worked. I'm ready to try it your way now. Please help me" and in that moment I felt as though an invisible arm was placed around my shoulders, warmth and a sense of calm flooded through me. I was able to regain control of my emotions and for the first time I felt a sense of Hope.

What happened when you opened up?

I had the strength to change my life. I've never looked back.

What were your thoughts and feelings as you were going through this period?

This is different! I felt an internal strength and an unwavering belief that I was being helped to find my purpose and happiness.

Did you have a 'spiritual awakening'? If so, what was it like?

Yes. 3 years after I had turned my life around, I'd pretty much forgotten about my initial spiritual experience.

Out of the blue a friend told me that she could see a guy in motorcycle leathers. He had died in an accident when we were 18. He told her that he had been trying to get my attention for 15 years. I almost fainted. There was no way she would have known this. I had never discussed my younger years in the U.K. with her. He was very special to me, and I had been devastated by his death. As she talked - passing messages from him to me - the whole experience was amazing. My curiosity was ignited. This was the turning point in my spiritual awakening. I needed to know more. I needed to learn how to communicate with Spirit directly.

What did you do to move yourself along the spiritual path?

I first learned from my friend. Then I went to a Spiritualist Church class for a couple of years.

After that guides were talking to me directly and gave me instruction on how to connect with them directly. My guides then taught me how to teach clairvoyance and mediumship.

I read lots spiritual books. Deepak Chopra was a favourite.

I've studied Shamanism, Reiki, Bach Flowers, Essential Oils, Crystals and the Akashic Records.

Again, my guides stepped in to accelerate my learning. I did some platform work at Spiritual churches and private readings. Now I tend to focus on teaching, but I do give readings (clairvoyance, mediumship and Akashic Records) when asked.

In what ways are you spiritual now?

I'm privileged to work every day as a teacher, so I start the day with the knowledge that my Spiritual team are with me. I have a private conversation with my Spiritual team after breakfast and am constantly connected to them throughout the day. Should information be needed to come through I have the awareness to "hear" it. Should I be called to help another be friend, student, or stranger I do so to the best of my ability. My dogs are constant reminders of love, loyalty, kindness, and joy to me.

I belong to various spiritual organisations and write a spiritual article once a month for DrumRoll online magazine.

I am currently studying and working with the elemental kingdom. My garden flowers, trees, and vegetables have never looked so happy and healthy!

What do you wish you had known?

That life's lessons can be learned much more quickly!

What advice would you give to others who are encountering spirituality?

Be kind and patient with yourself. You don't know what you don't know!
Start by healing yourself. Then through discernment you can offer to help others.

Where would you point them if they were looking for help?

Hard question. It depends on the kind of help they are looking for. As a general rule of thumb, tune into your intuition and start from within.

Ask yourself - If I waved a magic wand for myself, what would I wish for just for me?
Start there.

Anything else you would like to mention?

Light Workers such as you and I are so blessed.
Enjoy every moment. Expect the unexpected!

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Always happy to help if I can. Email best: office.psychicschool@gmail.com

Susi Jones

What does spirituality mean to you?

Making connection with the infinite within each life form on earth. The essence and frequency of love.

How did you know you were opening up to spirituality?

I was raised in a beautiful Christian home, where we knew the gifts of the spirit and the power of love. I was blessed by choosing a mother closest to an angel on earth. However over the years the veil of 'religion' became clear to me and I left the church to find The Way that Jesus taught.

What happened when you opened up?

I experienced some backlash from my Christian friends - which confirmed my decision. I had to debride myself of the layer upon layer of doctrine, and I still to this day find snippets of belief that no longer serve me.

I explored books and philosophies that spoke to me, I began to be visited by 'the departed', I was shown past lives - it felt like I was living in a story book - but I had no doubt it was real. I invited spiritual people into my life who introduced me to new ways of thinking - and I researched as much as possible (pre-dating the www).

I retained my powerful and beautiful connection to the Christ light: Jesus, as we continued our journey and he revealed more to me. My gifts of the spirit faded for a while and then returned as I came out of hiding. (My professional career and my personal life were separate). I was given the gift of tongues and interpretation and now use 'light language' from many of my lifetimes - I sense different energies come through me with different voice and vibration.

What were your thoughts and feelings as you were going through this period? What did you do to move yourself along the spiritual path?

I was a kid in a sweet shop, but my gift of discernment always kept me from 'euphoria'.

Did you have a 'spiritual awakening'? If so, what was it like?

Every day I learn more but I don't have a specific story to tell.

In what ways are you spiritual now?

I connect with the divinity within, share my purpose to the world and listen to my soul every day.

What do you wish you had known?

I am grateful for my religious roots, my amazing parents, the missionaries and holy men who shared food at our table and my curiosity that kept me on my toes.

I am grateful for the mistakes I made and those who guided my path.

So in short - my journey provided me with all I needed to know.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

Trust your intuition - by measuring it - don't jump when you hear spirit tell you to do something - measure it. We have free will and spirit's timeframe is not necessarily ours.

Everything you ever need to know is already inside you - the wisdom you seek, the direction you need is there - the only way forward is to go forwards - to seek out a tribe of people that 'light you up', to read books, to learn from people and with people. Learn how to access this wisdom through your breath and silence and write ... words are encoded, so use them wisely.

Anything else you would like to mention?

Need some steps to help you on your way? 'Unveiling the Magic of You' is a step-by-step guide to awakening and how to navigate this next stage of your journey. These encoded words were channelled from the energy of the Goddess Isis who was a magical healer and powerful Egyptian Goddess.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

smile@susijones.com

Jade Duley-Priest

What does spirituality mean to you?

It means being connected to my spirit, undoing all of my conditioning and coming back to who I am at my core.

Understanding that we are all connected, and connected to the universe, and are shown that through legitimate experiences that cannot be shown in the physical.

No longer subscribing to society's rules and ideals and discovering that life isn't about materialism, it's about the experiences that make it up. There's so much more to it for me but that's a basic description.

How did you know you were opening up to spirituality?

I was never a spiritual person and I was mistaken about what it was.

I had been in and out of doctors' offices for mental health issues and was leading myself down a dark path of self-destruction. I'd tried mindfulness activities and nothing would work for me. My daughter passed away when I was 30 weeks pregnant and I got to a point where I had used up everyone's sympathy stores and it was now up to me to do something about the turmoil I'd been putting myself and others through.

What were your thoughts and feelings as you were going through this period?

I felt like I was going insane. My mind was switching from blank to having intrusive thoughts. I was depressed and felt terrible while also feeling bliss.

Did you have a 'spiritual awakening'? If so, what was it like?

Yes.

My midwife gave me a book after my daughter passed away and it remained unopened because I felt like it was not my cup of tea.

One night I was having a really hard time and I called the helpline. She gave me some advice – to do something to take care of myself in that moment. I decided to paint my nails. At that moment I became fully present with what I was doing and had no thoughts in my mind except my nail polish and nails.

Then an influx of information came to my head about how if we freed ourselves from thought, we'd free ourselves from negativity. I was writing and writing all night and couldn't sleep. The next few days were the same, lots of information and writing. Then I was compelled to pick up the book my midwife gave me – 'The Power of Now'. I burst into tears as Eckhart Tolles' words reflected exactly what had gone through my head that night. I was lost for words. As I went through the book I used tape (it was all I had at the time) to mark off where his words matched what came into my head. The book is full of tape.

I could also meditate in loud rooms, completely making my mind blank for long periods of time, without ever meditating before, or even knowing what to do.

What did you do to move yourself along the spiritual path?

It was a very difficult time because I had all of this new-found wisdom, but was also battling with my old programs so it was very conflicting because I knew better, but couldn't do better. I went to spiritualist churches and groups and everything was bright and beautiful except for my relationship.

It took 3 years of intense inner work to completely turn my life around and rewrite my script.

In what ways are you spiritual now?

The universe guides me. I let my life flow with the constant change of life and know that everything will work out when and how it should. I try to live in the moment and with gratitude every day, but accept that as a human our emotions ebb and flow and now that I am in touch with myself fully, I try not to dwell on negative experiences or emotions, but allow myself to have them and then move on.

What do you wish you had known?

Nothing, I am blessed for my experience.

What advice would you give to others who are encountering spirituality?

Hang in there. If you're spontaneously awakening, you may feel like you're losing your mind as you purge all of your old layers and come back to self. It's beautiful in the end.

Where would you point them if they were looking for help?

Read/listen to spiritual literature.

Anything else you would like to mention?

This is nothing short of a miracle!

Arniya Heartford

What does spirituality mean to you?

Everything in life fits into the four aspects of the wheel of life. Earth, air, fire, water; North, south, east, west. Etc.

In life we have our physical life, our mind, our heart and our spirit or soul journey. All of these aspects are related, *if* we are balanced - each of them feeds the others. When we exercise, we feed the journey of the physical body. When we learn, we feed our minds. When we are passionate about something or love something/someone, we feed our hearts.

When we embrace our purpose, we feed our connection to the divine or the universe. When we recognize something greater than ourselves, when we totally surrender into the glory, the bliss and the wonder of life, we feed our souls and our spirit journey. For me, this is spirituality.

How did you know you were opening up to spirituality?

This, I feel, is unique to the soul. For me, I was born remembering my past lives and being in the divine between lives, so I don't really know what it's like to have no awareness of it.

I have, however, had times when the connection to the divine has suddenly experientially increased. There is a shift from acknowledging the divine as a concept, to every cell of your being holding the divine as a knowing presence deep within your being.

It's a sense of wonder and joy. That moment when the divine enters into your heart and your breath embraces it with such happiness that it feels like your chest might burst open. Or the moment when you hear yourself sharing some sort of wisdom, and you know it isn't your wisdom you are speaking. The divine just needed a mouth through which to reach that person and you lent yours.

For me these moments when you feel that pure connection are when you start to feel called to follow a spiritual path that strengthens that connection.

What happened when you opened up?

I have had a few of these. One where I overdid the amount of work I was doing and almost blew myself up. This possibly would have looked like a seizure to anyone around, if my guardians hadn't levitated my body out of the house and onto a field behind. They then did surgery/healing on me for 4 hours. My spiritual teacher was livid with me. She said that my kundalini was already awake enough and did not need an outing!

I have several times when my intuitive gifts suddenly opened up. Once I made the change from seeing people's Totems as an image in my head, to seeing them like real animals in the room with me. The person I was practising with had a 6ft wide spider totem. It was so suddenly there, that I had almost jumped out of a second-story window before my other friend, who was also clairvoyant, pointed out that it wasn't a physical spider, and I was perfectly safe. Which is fine, but it still gives me the willies. So from then on I asked to see totems as cartoon characters, which is much easier on my heart.

What were your thoughts and feelings as you were going through this period?

LET'S DO THAT AGAIN! I love the rush of a good awakening. But I get that it's weird for some people.

Did you have a 'spiritual awakening'? If so, what was it like?

I incarnated as a walk-in at 3 years old, with full memory of my past. I have always been able to hear the divine and "see" energy, totems, guardians, past life stuff. So it's hard for me to quantify this. My guardians did take all my gifts off me for 5 years during adolescence. Then give me them back one at a time to see which gifts I liked. That was a wild ride.

I lost most of my friends during that time. Most people can't handle being around that much constant change. But it was worth it LoL.

I could tell you about my first awakening, but that was in a very different era of time...

What did you do to move yourself along the spiritual path?

Surrender into the divine's will. Stop trying to control and label everything.

Learn to take the wisdom of other lives and translate it into something we can use now. This involves a lot more forgiving of people who were nasty in other lives, than I think I was expecting. Forgiveness is a big aspect of choosing this path.

I also don't drink or smoke etc. because I find this lowers my vibration and clouds my connection.

In what ways are you spiritual now?

Live it, walk it, talk it. Do whatever I am told to do by my guardians. Basically, be obedient.

What do you wish you had known?

Everybody's gifts are different. They don't have to see what you see. Or you see their view. You don't have to help everyone.

Shield yourself - claim sacred space. Only protect yourself when you are in danger.

It's OK to ask if information is coming through from a source that is in the highest good. Eg before you listen, ask "do you come in the name of the highest good" if they say yes, invite them to stand in sacred grace with you while you heal or channel. If they say no or don't answer, it's OK to send them away.

What advice would you give to others who are encountering spirituality?

Start by recognising the vibration of truth. Say factual statements, like – that is grass, water is wet, ice is cold. As you say it, feel the vibration of saying something that is truth. Then when you are in search of your truth, which is always unique to the owner, you will recognise the vibration and embrace it with all your heart. There are as many spiritual truths on the planet as there are people. It's OK to make yours uniquely yours.

Where would you point them if they were looking for help?

To my website www.loveyourself.co.nz of course lmao!

Anything else you would like to mention?

Don't be too hard on yourself. Sometimes mistakes are creator-given learning experiences or something you planned before you incarnated. You couldn't have avoided them if you tried. Awakening will often happen when you relax, surrender, and let the divine choose your steps.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Website www.loveyourself.co.nz

Phone 021 1412690

Kath

What does spirituality mean to you?

Being connected to the Divine, the universe, energy, all that is seen and unseen. Everything we do/say/think and feel, that supports that connection.

How did you know you were opening up to spirituality? What happened when you opened up?

When I was a child, I absolutely knew there were spirit guides with me, walking alongside me. I was alone a lot in the physical but never felt alone. Nighttime was a different story - darker entities would haunt me then.

What were your thoughts and feelings as you were going through this period?

I remember feeling grateful for the presence. As a child I was also frustrated because my prayers for particular toys did not work! However, my prayers asking for my mother to stay alive (she has had chronic illness since I was born) did help, and she is still on the earth at 78.

Did you have a 'spiritual awakening'? If so, what was it like?

It was dualistic- At a young age I felt there were light entities during the day and dark at night when I was very frightened. I had experienced abuse from a family member and the burden of keeping it a secret (to protect my abuser and keep the family together) was the trigger for me.

What did you do to move yourself along the spiritual path?

Prayed a lot, talked to Jesus and my Nan (in spirit). It was more about survival than progression at that stage.

In what ways are you spiritual now?

Oh it's wonderful now! I still converse with spirit throughout my day, and love working with energy more consciously. I have had many spiritual experiences as an adult and explored so many facets through workshops, courses and spiritual churches and circle groups. I am now able to teach and support others through energy healing, spiritual art, and messages. At this time, I mostly do this work at spiritual fairs, where I find I can reach lots of people, many who are just starting to explore their spirituality.

What do you wish you had known?

I wouldn't change anything because I had to go through that darkness to become me. One of the biggest lessons for me is detachment - that I am not responsible for other peoples' happiness, comfort or relationships, that everyone has to go through their challenges, and I can love and support them but it's not my job to rescue or protect them!

What advice would you give to others who are encountering spirituality?

Have fun exploring! Follow your curiosity, learn new things, do what brings you joy until it doesn't, then do something else. Play with tools like crystals, pendulums, singing bowls, tarot, and cards. Check out some wonderful teachers online (eg, Joe Dispenza, Deepak Chopra, Eckhart Tolle, Amanda Ellis) - discover what/who resonates for you. Go to spiritual fairs, workshops, retreats and events. Find like-minded people and explore spirituality with them.

Where would you point them if they were looking for help?

Spiritual New Zealand website

Facebook - there are many spiritual-related groups to join.
A local spiritualist church (IF that resonates).

Anything else you would like to mention?

You are the most important person in your life! Self-love and self-care are of utmost importance, and essential if you are to be of service to others.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.
Contact details are on zenwithkath.com

Sheena Napier

What does spirituality mean to you?

I view it as being aware that we are all energetic beings and may live many lifetimes. We are a soul having a lifetime in a physical body. During this lifetime we are lucky if we can balance our physical energy with our spiritual soul energy, so we live in alignment with our purpose.

How did you know you were opening up to spirituality?

I moved away from mainstream religion and began to read books that helped me understand more about human behaviour. When I had the opportunity to visit a spiritualist church it gave me what I felt was missing in my life.

What happened when you opened up?

I was able to see energy around trees, plants, and my hands; it appeared as a translucent light grey extending 1cm around trees, plants and my fingers.

I was able to give and receive healing. Being able to receive is important as it is like the breath of life to the soul.

What were your thoughts and feelings as you were going through this period?

I enjoyed the ride, but was not sure if I was capable of achieving the levels of connection some have.

Did you have a 'spiritual awakening'? If so, what was it like?

No.

What did you do to move yourself along the spiritual path?

I joined a meditation group and I read books, for example some written by Silver Birch and I continued to attend a Spiritualist Church. In due course I learnt to channel healing energy, just energy really. Healing is a convenient side effect.

In what ways are you spiritual now?

I am a healer, a crystal healer, a church goer, a spiritual writer, with the overall side effect of having a calm, clear mind, and knowing when spirit is with me. It also gives me a calm, peaceful home which every visitor remarks on.

What do you wish you had known?

When I was younger this would have helped me, but I understand my soul came to experience every part of my life.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

Start where it is comfortable and take small steps. Research on the internet, in a library, visit a centre, have some healing of any description, listen to a guided meditation. Spirituality is like a smorgasbord with something for everyone.

When you truly connect with spirit on one level you are connecting with your own soul. Spirit is NEVER unkind. They tell you that you are loved. If a voice in your head says you are fat, lazy, ugly, know that this is your ego or monkey mind that likes a bit of drama. Your heart tells you the truth. It may advise you to take action. That is kind and sensible. If there are troubling voices telling things that will not stop, seek help from a spiritualist church or a GP.

Anything else you would like to mention?

Once you begin the journey and see how your life is improving it becomes a spiral of improvement. We are human so practical difficulties will arise. You will be stronger to face them and now connected to people who can support you.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.
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Robert

What does (briefly) spirituality mean to you?

Belief in the Spirit Realm, that we incarnate, then return to Spirit.

How did you know you were opening up to spirituality?

Innate drive to seek more understanding involved in the unknown.

What happened when you opened up?

Feedback from others – I didn't really become aware, or so slowly not to notice.
Still a work in progress.

What were your thoughts and feelings as you were going through this period?

Am I achieving anything? Where can I go to sense more?

Did you have a 'spiritual awakening'? If so, what was it like?

My search for more was activated from my brother committing suicide.

What did you do to move yourself along the spiritual path?

Workshop after workshop, and continuing to do workshops in the hope to become more aware.
Others see me Open where I don't feel so.

In what ways are you spiritual now?

I ask to step aside and Channel through Energy for Healing.

What do you wish you had known?

How to fast-track awareness to Spirit and still seek that connection.

What advice would you give to others who are encountering spirituality?

Ask ones for guidance who have already begun their Path, to work with Love Vibration.

Where would you point them if they were looking for help?

Existing places, like the Spiritual Church, Healing Centres, or Maraes working in teaching.

Anything else you would like to mention?

Spirituality is a choice, your free will.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

If you feel by my answers I could help I am happy to answer questions.

I am mentoring one at this time but always willing to assist if I can.

Mostly I have offered free sessions in the past to help clear if appropriate at this time blocks etc.

Phone 027 3009631

Teresa

What does spirituality mean to you?

It means recognising that we are of spirit as well as mind and body, and that spirit is a huge part of who and what we are.

How did you know you were opening up to spirituality?

I tried hard to be open to it, being a yoga teacher, looking after my body, meditating and so on, but in truth I was afraid of it, and the negative implications (to me, a lapsed Catholic) until at 43 I went to a healing day and my world changed from then on.

What happened when you opened up?

A healer analysed my chakras and saw my area of big trauma, and also picked up a message from a named dead person.

What were your thoughts and feelings as you were going through this period?

I was very excited and couldn't sleep for three days. I was also nervous, thinking that if there were angels and guides, there might be negative entities, and if so how could I keep them at bay.

Did you have a 'spiritual awakening'? If so, what was it like?

I was very pleased to have a respected healer and medium in my yoga class, and she invited me and my husband to join her spiritual development group. We were both sceptical, but keen to understand more. Nothing much happened for him, over the four years that we attended, but for me, I met spirit guides who have been in my life ever since, for the past 30 years.

What did you do to move yourself along the spiritual path?

I attended that development circle and was told that because my chakras were so open and balanced, that I could/should be a healer. I attended a course for two years and learnt a great deal, then practised as a healer for a number of years, not for a living, but to help people along the way, for a minimal payment or as a gift, depending on the circumstances. I was asked to become the teacher of that healing course after a few years, and I taught healing for 8 years, learning a lot from my students.

My self-care and body care improved and I became more and more vegetarian, and now I very rarely eat meat, but if being catered for, I will not make a fuss if I am served meat.

I relax and deliberately and systematically recharge my chakras every day.

New experiences are still taking me by surprise, and I love it all. Currently becoming aware of the spirituality of plants and their medicines. Also investigating the influence of ancestors in our lives.

I am 73.

In what ways are you spiritual now?

I am always thanking the Universe for all my blessings. I talk about spiritual matters to those who are interested, and run meditations and circles when the time is right. I have written a memoir of my 30 years of spiritual experiences and am in the process of publishing it as I feel people could be encouraged to develop their own awareness through hearing or reading about other people's experiences.

What do you wish you had known?

I don't think I was ready to develop these gifts before I did. My life was very full of bringing up my two boys etc. I couldn't have fitted much more in!

What advice would you give to others who are encountering spirituality?

I would recommend they find a very good solid teacher who is not trying to take a lot of money from them and who does not want to control them or get them to join a cult, or give up their lives and follow the teacher.

Where would you point them if they were looking for help?

There is a lot of information online these days, and some good books are available. Talking to local people in their area might well lead them to wise people who could point them in a safe direction.

Anything else you would like to mention?

Avoid Paranormal investigations and Ouija boards, and pen pushed channelling as these can offer easy ways for negative energies to impinge on one's life and mind.

Kieran Ford

What does spirituality mean to you?

A connection of past, present, and future using various methods and forms of communication from spirit to send messages, receive and give.

It's also a way to project energy internally and externally which encompasses various forms of lifeforce like mother nature, and past soul connections, to name but a few.

How did you know you were opening to spirituality?

When I was surrounded with a lot of death in my family who were very close to me, and I asked for obvious signs to let me know they were still there. The signs have always been there, it was just that the timing was right when it was presented.

What happened when you opened up?

I started to receive signs like moving objects at home, heightened awareness of people's energy and messages with understanding to interpret one's intention. I also experienced much negative energy trying to cling to me or shift me on another path, so bubbles of protection have become very important. A significance around numbers have also been presented to me. Being able to pick up on energy in a room, house, or location and decipher the feeling has also become strong.

What were your thoughts and feelings as you were going through this period?

This is a new path for me, and the time is right. If having the ability to connect or have a 'deeper knowing' with the intent to help myself and others, then the path is right at this point in my life. It's also been quite comforting in knowing others who are going through this early stage or have been for a while – and I can have open conversations about this topic.

Did you have a 'spiritual awakening'? If so, what was it like?

When death and loss surround you, one day you wake up not afraid of looking into the dark corners in your house – rather, welcome it at your pace. I decided to not fear the dark one day whilst on a natural emotional rollercoaster and by this, I mean – I woke up and welcomed spirit. The physical darkness didn't seem as scary as it had.

What did you do to move yourself along the spiritual path?

Visited a spiritual church with a huge protection bubble around me and challenged my fears. From there, I could see visual spirits and receive timed messages. I connected to like-minded people and started online meditations. I kept my bubble up while learning. Meditation has become a part of my life.

In what ways are you spiritual now?

Connecting with energies - I can move them on or welcome them in. I can empower others through spiritual connection. I'm looking deeper into myself and working on heightening my surroundings through challenging spirit. At times I get strong messages from dreams both past, present, and future and continue to decipher the messages or meanings.

What do you wish you had known?

That when I was angry without knowing, it may have been negative energy connecting to me and understanding how to deal with it predominantly as a younger teen.

What advice would you give to others who are encountering spirituality?

Keep your personal protective bubble up and when receiving forms of messages from spirit, decipher the intention. Also respect other spiritual perspectives, although you may not agree; still respect for now as to find your way on your journey.

Connect more with plants and understand that when you plant a vegetable like a tomato or lettuce and give it a little bit of water and weed around the base especially when in a big group that this is a transfer of positive energy to the plant / plants and that your personal energy has so much power and love that it can make change both good and bad. Understanding this energy and your personal life force for what it can give off is really important.

Where would you point them if they were looking for help?

Obviously there are spiritual churches that can give some advice, with many people having different perspectives. Only if they feel drawn to do so, then go. I would personally recommend going to a beach or somewhere in nature and sitting and listening.

Plus feeling what communication comes to you and from there the messages you need at that exact point in time will give you the answer you seek. Example: feel the wind in your face, the rain all over you, the sea waves crashing, the trees rustling even with eyes shut and embrace nature even when you're frustrated, and walk up a hill in the dark and the rain just to clear your headspace; then when you're ready messages will come.

Anything else you would like to mention?

There is no right or wrong - embrace your journey as it comes. Think of singing your favourite song and how that makes you feel even if you hum it. This feeling is powerful and the happy and positive vibration it gives off can make someone who is down and out actually feel good. Appreciate what you have in life and do your best to pay it forward.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

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Roz

What does spirituality mean to you?

Having an open mind and heart, living in love, on purpose and positively influencing others to live their best life.

How did you know you were opening up to spirituality?

At about 12 years old, I would accompany mum to spiritual events, I just knew and understood what was being taught/practised and it felt right.

As I got older I had physical things happen (like getting a horrible gut feeling I should not go surfing, then losing my greenstone in the ocean, walking out of the ocean then back in and it getting hooked on my foot) that were like wake up calls to learn more, I had readings that kept telling me how spiritual I was. But at the time I was like "oh that's nice" and put my attention elsewhere.

I also tried out a bunch of different religions, and felt like they were right for others but it was not broad enough for what I needed. It was confusing as they all at the core of it were teaching the same thing but sometimes the messages were confusing to me or they had lost the way from love. I then chose to respect that it's the right thing for them, but I needed to keep looking for the right thing for me.

What happened when you opened up?

At the age of 12 I didn't realise this was not what everyone else experienced, I thought everyone had a knowing.

As I grew older and had a variety of experiences like above, I had a lot of challenging life experiences and then lived life on purpose.

I kept getting spirits coming to me with messages, that I had to write down and pass on to certain people and was unable to stop thinking about it until it was complete; or I would get things for me I had to do, or I could not sleep or do other tasks.

I would quite often get a strong gut feeling and knew I had to listen to it, but could not articulate this to others. Or if I did I came across as uncertain and was not always listened to. I experimented with this to test my theory and had a few bad things happen as I went against what I was feeling. After that I was like "ok I am trusting you".

What were your thoughts and feelings as you were going through this period?

I didn't fully understand what was happening and did not have many people around me who were spiritual to talk to, so felt quite alone.

I also avoided it in my late teens and early 20s as I did not know what to do about it and there were lots of other exciting things to do.

I got to a stage where I would seek out Spiritual leaders, but never lived in the same place long enough to connect to someone (the days before the internet!). I would have times of "yes this is amazing" then would drift off and feel lost again.

I had a big lesson in helping other people and used to do this all the time, to my detriment. Once I realised that it's important to look after myself first, then the giving was so much more authentic and gave me an amazing feeling – instead of being drained.

Once I connected with myself and listened to myself, I would quite often see someone and get a connection to people before even talking to them. It was like a good electric current that we had something to share or teach each other, but I am also like sponge and negative feelings would catch me by surprise so realised I didn't need to take on other people's things.

The scary feelings started to disperse and there were more amazing feelings.

Did you have a 'spiritual awakening'? If so, what was it like?

As I started to acknowledge it, the feelings and messages became clearer, it made me feel good and helped me get through a lot of challenging situations.

Once I started to experiment, I had some very powerful experiences and this was definitely outside my comfort zone. It felt scary and exciting all mixed in together, a bit like learning about the power of fire or water.

It was like I understood it was there and the power was not mine, but it was there to do its thing and I could choose to understand it and use the fire to my advantage or catch everything on fire!

Or try and swim against the current, or understand the river and use its flow to my advantage.

I also found if I am very busy or doing things off-purpose then things are not as clear. Once I slow down and get on purpose then the feelings are more on-purpose and my messages are clear. I also need to be in the right place of balance for me before helping other people.

What did you do to move yourself along the spiritual path?

Now that I am more grounded in life and had fully acknowledged to myself I was spiritual, I was able to find a group of spiritual people and places who nurtured and supported me to grow. Like Michelle and Eve at The Backdoor Spa in Sumner, Christchurch.

I did a course with Gail Nicholls and this fully opened my eyes and also read Linda Dennes book Know your Guidance.

I visited the spiritual church and sought out opportunities to grow and learn.

I also joined a spiritual growth group with Kim Chamberlain and other knowledgeable people.

In what ways are you spiritual now?

I am writing a Memoir and allowing spirit to guide me on what to include and what are the most important messages.

I listen to my gut feeling and keep an open mind when messages come through.

I will keep seeking out knowledge and learn as much as I can.

I will live on purpose and inspire others to live their best life.

I spend time in the beautiful outdoors.

What do you wish you had known?

Trust your gut.

Ask more questions and seek out those who can grow you.

Surround yourself with inspiring people and those who light you up and lift you up.

Heal your past and be ok about doing whatever it takes to find your peace.

Figure out your life purpose and then live it.

Find your tribe.

What advice would you give to others who are encountering spirituality?**Where would you point them if they were looking for help?**

Listen to all of the ways that you receive knowledge from spirit.

Find out as much as you can from all the amazing sources of knowledge, read books, join groups, get a reading from someone that resonates with you, do a course, go to a festival or retreat.

Go into nature and be still.

Do a 10-day Vipassana meditation course.

Be ok about recognising habits or ways of being that are no longer serving you, identify what your goal is and then change if you need to, to achieve it. I used hypnotism to do this and it has opened a whole new world to me, I realised that I was in my own way and needed to change.

Anything else you would like to mention?

Be brave and stand in your light.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.
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Anonymous

What does spirituality mean to you?

Faith, knowing we are evolving and moving upwards within our soul. Trusting in that higher power.

How did you know you were opening up to spirituality?

I always felt a presence greater than my own or my parents. I knew things that were truth, that others did not.

What happened when you opened up?

I was able to see and feel the energy of the people around me and those in spirit world. My dreams would come true within weeks.

What were your thoughts and feelings as you were going through this period?

Scared at first. It took me awhile to accept. But once I realised they were helping me, and wanted to help me to my higher good, I was blessed..

Did you have a 'spiritual awakening'? If so, what was it like?

No. I was always connected. But when my family dismissed my words as a young child, I closed it down. Until I was about 17 and pregnancy woke it up...

What did you do to move yourself along the spiritual path?

I sought out churches for a long time. I found the spiritualist church Dunedin in the 90s run by beautiful people. Then I joined classes. Many teachers. Read books. Prayed, meditated.

In what ways are you spiritual now?

Still trying, but I try to give more now. Share my gift, teach where I can. I have found peace. Accepting. Others. Guiding when asked.

What do you wish you had known?

It's not the devil's work.
It's love.

What advice would you give to others who are encountering spirituality?

Gain knowledge, seek teachers. If it doesn't sound right move on. And if someone tells you no or you're wrong, move on. Learn more.

Where would you point them if they were looking for help?

Spiritual church.
Look on Facebook for spiritual groups local to where you live.
Ask around, ask spirit world to guide you in the right direction.

Anything else you would like to mention?

Everyone learns at different speeds and different levels. In different ways. We all have different talents.

Annette

What does spirituality mean to you?

It has become a way of life – an expression of my being.
I'm getting to discover my real self.

How did you know you were opening up to spirituality?

Things started to become less dark – there were glimmers of light – and hope.

What happened when you opened up?

I became hungry for more – ready to absorb more and more knowledge and experiences.

What were your thoughts and feelings as you were going through this period?

I felt I had a friend, and as time went on, I realised that this friend feeling was my spiritual self, that I was never alone.

Did you have a 'spiritual awakening'? If so, what was it like?

Not one in particular – just a gradual growth and opening up.

What did you do to move yourself along the spiritual path?

I began to understand that I had a spiritual aspect though my neighbour. Then I found and kept going to the Petone Spiritualist church. There I could listen to the spiritual philosophy through the mediums' addresses, and there were lots of books I could use. I attended their workshops and eventually their Circles.

In what ways are you spiritual now?

I live in my light. I serve spirit as a medium and share my understanding with various groups.

What do you wish you had known?

Nothing really. I believe growth into spiritual awareness takes its own path and is different for each of us. I personally benefited from the life experiences and situations that occurred, and as I made my life choices I gradually realised that I was becoming increasingly ready for another way of living. We are all 'ready' at different times, and I would rather 'go with the flow' than force it – but of course it is different for each person.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

We are each responsible for our own choices in life, and whatever they choose will have value. I would look out for likeminded souls – not to tell me the way as no one can do this for another, but to encourage and share with.

I would also learn to assess any person, information, or group by using my heart energy (after having used my brain of course) because we all have that instinctive knowing within as to whether we should go ahead at that time, or not. Do whatever feels right for you at that time, rather than what seems the acceptable norm.

Anything else you would like to mention?

Being spiritual is a lifetime journey (one of many journeys through time). On this journey you are always learning. Be curious, wonder 'what if'. Tune in to the Source directly.

Also remember that what you understand at this moment in time, is just that – come tomorrow or next year you will likely have a different understanding or perspective and that is growth.

It is also important to realise that though we all have free will to make our own choices and we all have the right of freedom of expression – we also must understand that ‘the buck stops here’ – that we alone must bear the responsibility for how we choose to exercise that free will.

Belinda Seamark

What does spirituality mean to you?

Being open to other realms. Not having one set religion as they are all in one. Connecting with passed loved ones and other beings in different dimensions.

How did you know you were opening up to spirituality?

I never really questioned it as I was encouraged at a young age to be open to psychic abilities and spirits being around us all the time.

What happened when you opened up?

No significant event, it was normal to me growing up.

What were your thoughts and feelings as you were going through this period?

As I got older I understood more. It was more about being with like-minded people who thought and believed the same as me. Getting confirmation and learning more.

Did you have a 'spiritual awakening'? If so, what was it like?

It was more like YAY I'm not crazy there are others like me.

What did you do to move yourself along the spiritual path?

Learning more and more from others. Keep learning and experiencing new modalities.

In what ways are you spiritual now?

Exploring more and more modalities. Still offering readings and other modalities. Connecting and doing my best to listen to inner guidance and messages.

What do you wish you had known?

I wish I had learnt more at an earlier age. Or knew more like-minded people at an earlier age.

What advice would you give to others who are encountering spirituality?

Keep learning. Be open-minded. Listen to your own guidance. Only take on what sits right with you and question everything. Remind people we are souls having a physical experience. We never die.

Where would you point them if they were looking for help?

Spiritual Centres, faires, crystal shops, meditation groups.

Anything else you would like to mention?

Have fun and enjoy the journey. Life is full of lessons - positive and negative lessons we agreed to learn.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Phone 027 878 8832

Pam Nelson

What does spirituality mean to you?

I believe that I have always been "spiritual" without realizing it. As a child I was a believer, as an adult I turned to the church as I thought that was the only way in, and as an older adult I had an epiphany at the age of 60 and radically changed the way I lived - my church involvement and religion - and turned to true spirituality. This has been an ongoing journey.

How did you know you were opening up to spirituality?

I believe that it was in me forever, always been a seeker of truth and personal growth. Underpinning the growth was a need for growing, learning, seeking my truth as at that time. My truth has changed over the years as I believe you start off as a "kindy kid", taking baby steps, learning as much as you can take in at that time, and then grow from there. Knowledge keeps expanding as we grow and takes on deeper meaning and understanding. I have had some amazing spiritual experiences when I was a church goer, but at that time believed it was because I was a "church goer". Later looking back I realised that church had nothing to do with it, it was my personal belief in all things spirit.

What happened when you opened up?

It was amazing, because of the length of time involved in various churches (close to 25 years). Due to my religiosity and "holier than thou attitude" I expected the "wrath of God" to fall upon me, but it didn't. I went from strength to strength. Going for Readings, Reiki courses with Jeanette Wilson, workshops with Sue Nicholson, Rahanni Celestial Healing Practitioner and Teacher, I tried everything I could, really got into all those things that I had considered "heathen" and just kept on growing in different directions, to find the direction that I wanted to take. Over the past 15 years I have experienced so much, have loved every moment of it and have still got lots to experience about life.

I found that once I put my intention "out there" the Universe just kept putting new things into my life and it was up to me to either take or leave.

I have found my "truth" and never been so happy.

What were your thoughts and feelings as you were going through this period?

Uncertainty, doubts in my mind, but being a "Truth Seeker" knew that I had to go forward, I didn't want to go backwards to where I had been and as I allowed myself to move forward knew in my heart that I was heading in the right direction. I loved learning about Spirit and meeting such amazing people who were inspirational.

I had expected my life to turn to custard when I left the church, but it just got better and better as I realised that blessings had nothing to do with whichever church I attended. This gave me confidence to take the next steps.

What did you do to move yourself along the spiritual path?

I am a truth seeker, so every course, speaker, book etc. that I could lay my hands on I pursued this. After 15 years of not being involved with any church I have recently (a year ago) become a member of Upper Hutt Spiritualist church and also go to a circle with Barbara Hand. The timing was right for me and since then my growth has been incredible and exciting.

In what ways are you spiritual now?

In all ways, I was just reading the 7 Principles of Palmerston North church and realised that is how I live my life anyway.

What do you wish you had known?

There is nothing I wished I had known; this is a journey and we learn along the way, by experiences positive or negative. Hindsight is a great thing but it wouldn't have altered the outcome of my life, or my understanding of what life is about.

What advice would you give to others who are encountering spirituality?

Enjoy the experience, it only gets better when we find our real self and the Source of all.

Where would you point them if they were looking for help?

I guess everyone is different, for me I just made a decision one day and the Universe put everything I needed to learn into my life, not all at once but things just "evolved" as the timing was right.

But saying that the Spiritualist churches (if you are lucky to have one in your area) are great learning places. YouTube has excellent speakers on all topics, books that take your fancy or just talk to Spirit and see where they lead you. Everyone is different and it is all a learning curve and you take your own truth from that. Basically "Seek and you will find" - that is a spiritual truth.

Anything else you would like to mention?

We are all on a spiritual journey whether we realise it or not. Some will take many lifetimes to see this. We are spiritual beings having a physical experience and live in a very heavy density on this beautiful planet Earth. But this is now changing with the Ascension and raising our energy levels. We live in very exciting times.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

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Susan Kirker

What does spirituality mean to you?

Spiritualism to me is a way of completing our life on the earth plane.

It encompasses the mind, body and soul.

It is a part of how we think, do, and say.

When we understand the velocity of what spirit can bring into our life we learn to live with our soul, we understand how to make wise choices and what an important role those choices are within our life.

Hence the importance of our connection to soul enabling more correct thinking.

How did you know you were opening up to spirituality?

An inner awareness guides us towards a more spiritual understanding and when we are aware of this awareness taking place within our lives, we are able to perfect this awareness as our life continues to evolve.

What happened when you opened up?

Spirit surfaced to me through my thinking, this was a perfectly natural connection, though I also was inner aware that this connection was not to be discussed with others as they would not understand as I did, so the dialogue remained internal within the thinking until much later in life, when with the assistance of a spiritual church I was amongst like-minded people.

What were your thoughts and feelings as you were going through this period?

As a child the connection with spirit remained natural and became a part of my life even though others were not aware of this internal process I carried out on a regular basis.

As a teen the connection was more random and became an intuitive side of my life.

In later life through spiritualism this connection has strengthened and is an integral part of all I think, do, and say.

What did you do to move yourself along the spiritual path?

For me when I needed to evolve into the spirit side of me, spirit came to the fore and it was a constant pull towards learning from spiritual churches, listening to my soul and now having constant help, advice and guidance upon my everyday journey whist on this earthplane. It has made this life time very special.

In what ways are you spiritual now?

To be careful of thought.

Seek to be the best person I can be.

Connect to the soul for a deeper understanding towards all matters.

Personally responsible for all I do.

Give generously of my time towards helping others.

Assisting others towards a greater spiritual understanding on the life they are leading.

What do you wish you had known?

I wish I had understood that the brain and the mind act in a different way.

I wish I had understood earlier that a spoken word cannot be retracted once spoken.

Thought is energy and I wish I had realised this fact.

I wish I had understood how to connect with the soul earlier and to have past lives revealed enabling a better understanding towards this life.

What advice would you give to others who are encountering spirituality?

Keep an open mind, we all learn and receive differently; to always seek from the highest energy and take personal responsibility with how you are conversing and choose to come from the heart in all activities with spirit.

Where would you point them if they were looking for help?

First and foremost, I would suggest people get to know and understand themselves, talk to their soul and seek answers from within. If this proves to be unobtainable after a few regular constant sittings, contact spiritualism NZ for advice within the residential area they are living.

Anything else you would like to mention?

Having spirit within our lives is like any communication, two ways.

Remember please and thank you.

Prayers do get heard, say the words with meaning and remember help does not always come in the way you want, but rather the way you need.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

jsk.partners@xtra.co.nz

Yolanda

What does spirituality mean to you?

To be aware of the energy of all life, in all its forms, and being open to interactions and connections with this energy. Being open to, and acknowledging, the many aspects of oneself and our ability to communicate with the energy within us, around us and amongst the different layers and levels of existence. Respecting the choices of all and allowing those choices to be made. Following our intuition and the signs that Spirit provide us, to grow, learn and experience different ways to be part of the energy flow.

How did you know you were opening up to spirituality?

As a child I was aware of other energy forms around me. As a teenager I was aware of receiving messages and warnings from Spirit. As an adult I have spent time in Mediumship circles, Trance circles, and working on my connection with Spirit.

I have always been aware of Spirit. It is the interactions and experiences I have had over the years that have confirmed for me that there is a strong and complex inter-connectedness that everyone is a part of.

What happened when you opened up?

Dreams have always been a strong pathway for Spirit to connect with me. I think it is because that is when my mind is most quiet, and it is easier for Spirit to work with me. Over the years I have had dreams of future events, dream connections with others (both in Spirit and living), dreamtime travel and spiritual work with others. Recently I am being woken from sleep to be shown images and symbols (like a projected movie). I am finding more incidences of synchronicity and symbolism are occurring around me. Seeing the patterns within the ordinary, the magnification of 'coincidences,' the repetition of symbols and an increased awareness of instinctual guidance and temperance.

What were your thoughts and feelings as you were going through this period?

Am I crazy? Am I making this up? Is this real? That can't be happening, can it? I can't tell anyone about this, they'll think I'm nuts ... and similar thoughts along these lines.

I think the hardest part to overcome is the 'Am I making this up?' question. Self-doubt and denial work well together to undermine your core belief and confidence in being true to yourself. Fear of judgement from others, of being ridiculed and called a liar or a nut job, can be a long and hard battle to keep pushing through to overcome.

Did you have a 'spiritual awakening'? If so, what was it like?

For me I think I have had many awakenings, each important. I think as I work to unfurl my personal spirituality, I continue to open more aspects and life lessons that apply to me – all these instances are an awakening. Some are hugely impactful and can't be missed (or misinterpreted), others are sneakily subtle and often only recognised well after the awakening has happened – these are those "a-ha!" moments where you wonder "how did I miss recognising that when it happened?" The more I travel the Spiritual pathway, the more I discover and learn and 'awaken' to.

What did you do to move yourself along the spiritual path?

I read a lot of different spiritual books. Attended spiritual workshops, attended spiritual church and development groups. Worked on my own through meditation, channelled writing, energy healing, Reiki.

I investigated anything that resonated with me, found those I could learn from and participated in groups and workshops to experience firsthand what spiritual work was about. In doing so I met and aligned with others with similar views and experiences and found those I could safely talk and express my thoughts with.

In what ways are you spiritual now?

I help organise a local monthly Mediumship event, providing people the opportunity to experience messages from Spirit in a safe environment with trusted Mediums.

I continue to work on myself (meditation, healing, learning) and try to be more aware of the messages and confirmation Spirit provides throughout my day-to-day life.

I attend a monthly circle to continue to develop my connection with Spirit, my guides and higher self, working with them for the higher good.

I try to listen more to my instincts, intuition, and the whispers from guides and Spirit helpers.

What do you wish you had known?

Most people have had similar experiences, it's just that a fair percentage of them have chosen to 'shut it down' or deny their own ability. There are plenty of people in the world just like me. Spirit doesn't give up on you, even if you have.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

Find your own way. You can't follow others on their pathway, although yours may be interconnected for a while, be brave enough to do your learning / development your way.

Be discerning, don't believe everything, don't discredit everything, establish your own spiritual-based, moral compass, and live by it.

Spiritual churches can be a good starting point, but they aren't for everyone. Look locally to see if there are courses or workshops that interest you. At the end of the day, Spirit will make it work so that you will learn what you need to and meet those you need to. Trust in Spirit and in yourself.

Anything else you would like to mention?

There are many pathways and journeys, no two are the same. We will all have similar experiences, but there will be some lessons and situations that are just for us to know and learn from. Spiritualism is a journey for us to unfold the things that have shaped us (from many lifetimes lived), to review them and discover the truth behind what happened. This helps us to grow and become our true self. It can be daunting and difficult, it can be enlightening and entertaining, but with genuine love for yourself and the trust and faith you have in your guides, higher-self, and Spirit, it is the most beautiful and freeing experience you will get to participate in.

Nothing is wasted. Not one moment, one thought, one action or encounter. It is all weaved and woven into the fabric of your Soul and the reason for your (many) lives and existence.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

snickertyboo@yahoo.com.au

Sharon Connolly Spiritual Artist

What does spirituality mean to you?

Spiritually to me means living a life of kindness and giving to the community holistically. Sharing our lives with one another in a positive manner that uplifts and includes everyone in the universe no matter who you are where you're from spiritually, we're all guided together.

How did you know you were opening up to spirituality?

I have always been spiritually minded. I just didn't understand that other people didn't have spirituality in their life. It's always been there for me.

You could say I was born this way. I always kept it to myself for fear of rejection.

It wasn't until I felt like I lost everything that I started opening up and really talking about it with other people.

What happened when you opened up?

In 2011 I opened up to spirituality even more in my life when the beautiful career I had came crashing down around me and I was bullied out of my job to the point of losing my beloved career, as a Diversional Therapist working with seniors with disabilities.

To me losing this career was like losing a family member. I had gained so many friends and family and not being able to see any of them anymore was really hard-hitting for me.

I couldn't understand how spirituality could take this away from me.

Only to discover nothing was taken away; I was gaining much more.

What were your thoughts and feelings as you were going through this period?

When I was going through this period. I was going through all the emotions of grieving, and spirituality kept me going. If it wasn't for my own beliefs in my own spiritual being I doubt very much that I would be here now.

Did you have a 'spiritual awakening'? If so, what was it like?

I wouldn't say I went through a spiritual awakening. I would call it leveling up to the next level really.

What did you do to move yourself along the spiritual path?

I joined every single spiritual group I could. I followed every single spiritual page I could find. I started looking for answers. I went to workshops. I went to all sorts of spiritual mediumship-type shows. I read books and I listened to as many spiritual people as I could including those in spirit. I bought loads of spiritual tools: oracle cards, pendulums, crystals.

In what ways are you spiritual now?

I am now 100% more open and aware of the spiritual side of my life and I include it in my life daily.

What do you wish you had known?

I wish I had known that not all people think the same way I do coming from a kind space. Some people don't have love in their heart and that's a really sad thing.

It's sad when people don't know how to be kind and come from a cruel space where they harm others.

So I wish I had known how to distance myself from people who have no love in their heart and that I can't fix everybody and that I can't teach everybody how to be kind. It's up to the individual to step into the kind space that's provided for all of us here on planet Earth.

What advice would you give to others who are encountering spirituality?

My advice would be to take your time, learn your own way and at your own pace. Take on only what resonates with you; if it doesn't feel right then that's your intuition telling you that you are going in a different direction and listen to that inner voice of yours - don't doubt yourself.

Where would you point them if they were looking for help?

Just come looking for me. I'm happy to help anybody who is willing to listen and learn.

Soul Station Papamoa/Te Puke:

<https://www.facebook.com/profile.php?id=100086506743223&mibextid=ZbWKwL>

Anything else you would like to mention?

If somebody else puts you down about your spiritual beliefs, smile quietly and move on; let them be.

I love my life. I'm in a fantastic place and from where I've come from and what I've been through up to my 52 years now. I feel really blessed where I'm at.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

rb.smconnolly@slingshot.co.nz

Phone 027 3962019

Or message my Spiritual page: <https://www.facebook.com/artstudio8?mibextid=ZbWKwL>

Diane Orton (Dee)

What does spirituality mean to you?

To me it means the realisation or awareness that we are not just physical beings whose lives end when we die. That there is an unseen or spiritual part which is eternal. That in essence we are one with our source (Love) and one with all of creation. That there is power and support available to us (seemingly from elsewhere) if we ask.

How did you know you were opening up to spirituality?

It's probably been a gradual, long-term process.

Until age eight I had a spiritualist grandfather who attended seances, 'communicated' with his late wife and even photographed ectoplasm. After he died, he appeared to me and spoke to me when I was in bed ready for sleep. I didn't attempt to rationalise it, and actually grew up believing death was the end. But I was always interested in what makes us tick.

During the 60s my yoga teacher told me about the spiritual community at Findhorn, Scotland, and I subscribed to their newsletters. Their founder did daily channelling. I'm still a 'Friend of Findhorn'.

But in 1971 after reading about distant healing in a Lobsang Rampa book, I went through the suggested technique for a family member and was surprised to learn later that there had been a marked improvement at that time. That was my realisation of a 'higher' power I could connect to.

What happened when you opened up?

I was in a difficult marriage and began to silently pray (for my husband) when he lost control. It always brought about a complete change in him.

I read a book on the power of praise and began thanking God when things 'went wrong'. That was miraculous.

I then became a Christian (at age 42) and was baptised and confirmed.

What were your thoughts and feelings as you were going through this period?

I was delighted and keen to learn more. But I came to realise that church members tended to talk and study rather than put into practice Christian teachings. I left their discussion groups and spent spare time visiting people who lived alone. In our village there was only one church, and it was the place where all the community came together to share joys and sorrows, and the sermons were uplifting. But after moving from the area, I decided that church attendance wasn't necessary for my relationship with 'God'.

Did you have a 'spiritual awakening'? If so, what was it like?

I didn't really believe I could heal, but I was interested in the subject. In 1986 I did a two-week residential workshop on 'psychic spiritual healing' and was astonished at the results when I led a group healing, and later, when I did healings for individuals.

A significant development just after that was when I began written 'guidance'. I was in a workshop being guided by the leader to contact our inner child and inviting her to say something to us. I found myself furiously writing pages and pages of the most amazing and helpful advice. Since then, I've done written guidance first thing every morning.

What did you do to move yourself along the spiritual path?

Almost 40 years of daily 'spirit guidance' has certainly helped me grow spiritually.

I attended many workshops at Findhorn and have done lots of reading.

In 2022 when I read 'Channeling a Book' (by Kim Chamberlain) and began the suggested 'practice', I found myself writing pages and pages of the most helpful and surprising information.

I'd previously only done guided writing by hand, but was hoping I could channel directly on my computer. I worked with these new guides from 9 - 5 Monday to Friday for several months. They didn't dictate what I wrote—I'd already done a very rough first draft. They led me to look at all my past and present relationships, all losses, unfinished business, health issues, viewpoints etc. before giving day-to-day advice on what to work on as I edited and completed my second book in record time.

For some years I followed a few people on the internet and on Facebook (Tolle, Kahn, Chopra etc.) and found it helpful at the time. I now follow Daniel Scranton whose daily channelled messages are helpful, also Tim Whild, Pam Gregory and similar 'spiritual' people. I've never consciously been seeking.

In what ways are you spiritual now?

Realising that I am creating all that I experience, I begin my day giving thanks and connecting to 'the highest' and asking to be guided. I listen to a morning meditation and do my written guidance. During the day I endeavour to focus my attention on the present, choosing joyful experiences whenever I have a choice. If anything disturbs me, I stop and feel the emotion until it leaves. I don't put into words (or think about) what I don't want. I no longer make judgements. Since COVID began, I've done daily visualisations at 3 pm—filling my heart with love and gratitude as I visualise the planet as verdant, productive, and healthy, all water in the oceans, seas, rivers etc. clean and health-giving, the air pure and fresh, and all creatures living in health and harmony. And I pray at that time for all in distress and for all leaders.

If someone comes into my mind or I hear of a 'problem', my response is to send love/blessings. I still do distant healing for people I know, if asked.

I stop and give thanks before meals. I look at the sunset, the night sky, the sunrise (if I'm up in time) and spend time in nature. I play the piano most days. I walk. I do what I can to be at my best, so that the energy coming from me is beneficial to all.

In my opinion, 'being spiritual' includes looking after our physical bodies—so exercising, eating organic whole foods (vegetarian), getting plenty of sleep, fresh air, clean water etc., is important to me. I'm currently giving a lot of attention to self-care.

At night I give thanks for the day and ask my guides/helpers to be with me as I sleep and as my body rests and heals.

What do you wish you had known?

I wish I'd known earlier the benefits of getting out of the head/analysing the situation when upset or unhappy. The value of being still and focussing fully on the feeling until it is gone (I find it takes up to 3 minutes). With the changes currently taking place on our planet, it seems that all of our stored anger, frustration, fear, sadness etc. is now being triggered so that it can be released. It is not compatible with the higher frequencies we're moving into. We'll keep having triggers until we let go of what doesn't serve us.

I also wish that I'd known earlier that I (and others) are exactly the way we are meant to be at any time. I always felt inadequate and I was most judgmental of others. Loving others and loving self was difficult. For years I tried hard to be a different sort of person.

I also didn't know that what we focus on we give energy to; that we are much more creative and more powerful than we're led to believe.

I didn't know of the power of gratitude/praise/visualisation.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

I realise that's the purpose of this questionnaire, but I actually believe we'll know what we need to know, when we need to know it. Having said that...

Ideally, one-on-one conversations where the person seeking advice is able to be listened to and responded to as they express concerns or ask questions.

I consider Daniel Scranton's daily channelled words (Facebook and free emails) are easily understood and most enlightening for those already on the spiritual path. I'm sure that through Facebook everyone could find spiritual support for whatever stage they're at. But nothing beats personal connections where someone listens with full attention while the other talks and maybe asks specific questions.

Anything else you would like to mention?

'Spirituality' is not a word I ever use.

Questions like 'In what way are you spiritual now?' confused me, as I regard everyone as a spiritual being having a physical experience—most just aren't aware of it. On Earth we all have spirituality and physicality.

I've responded as if it meant behaviours resulting from that awareness or designed to strengthen the physical/spiritual connection.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

dianeorton7@gmail.com

Jordan Harcourt-Hughes

What does spirituality mean to you?

Spirituality to me is a practice of being in the world without necessarily being **of** the world. It's a recognition that we exist in a complex, hugely interesting universe that has many opportunities and experiences for us to explore. It's a process of being present in the human experience without necessarily adopting our human identity as our full and true identity.

How did you know you were opening up to spirituality?

I always had some kind of connection to a higher force, but it's changed and evolved a lot over time. When I was a child, raised in a relaxed Anglican household, I would pray to God, and my career aspirations involved working for World Vision, going to help the starving millions in Africa. Things changed for me when I left home to study at university. I was in a university town and I was being exposed to many new and different ways of being and thinking. Gradually I realised that I was changing, and my spiritual beliefs with it.

Around the age of seventeen, after my first year away at university, I began a grieving process that lasted about two years. It was me starting to say goodbye to the entire way that I had understood the world. I grieved for my understanding of God, that was gone. I grieved for the person who had been the person living the way I had; that too was gone. And I grieved for the sense of certainty that was also ebbing away.

I knew I was seeking a higher spiritual connection, but I also knew that to find it, I had to release the person I had been. So, over that time, I just started letting go – and it was one of the first, and most powerful spiritual lessons that I learned – the art of letting go. And I knew I was opening up for more.

What happened when you opened up?

Part of the process of release, of letting go of the person I was, was stepping away from the life I had been living. In opening up, I wanted to realign myself, to be purposeful about the life I wanted to live and how I wanted to live it.

I decided to drop out of my university degree and find a deeper purpose. I had always wanted to be a writer, and so had decided that studying journalism was a good option. But the thing that I was also deeply grieving was the sense that words were not enough. Words could be manipulated. People could use words to mean one thing but say another. People could, and would be, incongruous with words one way or another – in what they said, or in what they wrote. I was desperate to find a higher form of communication that wasn't open to that kind of manipulation. I was still under twenty, and my parents were paying for my university fees, so my decision wasn't at all popular. Why couldn't I just finish the degree and at least I'd have the piece of paper, they asked. I just couldn't do it, I told them.

What were your thoughts and feelings as you were going through this period?

I felt a lot of anguish and uncertainty throughout this period. I felt like I was trying to explain something that made no sense to anyone else, only me. The grieving process had led me to feel as though I'd shattered into a million pieces and wasn't a solid person anymore.

I left Sydney and moved to Edinburgh for a year. I knew that I had to act with purpose, with intention, and to get myself on a path that was truly right for me. And it was the second lesson the universe wanted to teach me; independence. It felt like the universe wanted me to experience being alone in the world, and getting comfortable with the experience, so I knew I could always rely on myself, that I could always be a friend and companion to myself, even when the path was lonely.

I moved into a small apartment on Leith Walk in Edinburgh. I lived by myself. I had enrolled in a metal sculpting course at the local technical college and other than walking to the college and back, or to the library up the street, I lived quietly, almost hermit-like.

Edinburgh was the time and place where I started experiencing out of body experiences. Night after night, I would experience these strange events that I didn't know much about, couldn't explain very well, and didn't enjoy, because I felt so out of control. I have fragmented memories of the experiences, but there are two that I still recall that I also remember the physical sensations. Firstly, ascending through the structures of the ceiling and roof during one out of body experience. I can remember what it felt like to pass through solid material. Another experience, I was way up in the atmosphere and going at such a speed that I could feel my eyes watering, like they do when you're walking into the wind.

I've shared these experiences with people who have suggested that they are just memories of really vivid dreams. I always get a sense of frustration when I get these kinds of responses. Why are people so unwilling to consider that the human experience could be so much more expansive?

Did you have a 'spiritual awakening'? If so, what was it like?

My spiritual awakening was something that happened over a long period of time, which I'm grateful for. From taking ownership of my journey, I got on the right path and so after that there were many lessons and there continue to be lessons. The learning doesn't stop. But possibly the biggest break-through moment was finding a book by Dolores Cannon in a bookstore, fifteen years ago or more, that someone had left on the top of a shelf. I looked at it, put it back, picked it up again, put it down, walked away and then came back and bought it. Dolores talked about the three waves of volunteers that had come to earth to help the planet transition to a higher vibration. That was a defining moment for me, and the more of her work I read, the more I resonated with being one of the second waves of volunteers. By the time I reached 35 years of age, I knew I had found a way of living in the world whilst not necessarily being of it. I felt that there was purpose to my experiences, and I could hold my own understanding and perspective of the world, even amidst the rest of the people in my life who couldn't understand the idea of being a star seed, and the implications of what that meant if you understood it in earnest. Not that I had to talk about it much, but I could carry the knowledge inside, and manage my own experiences and interpretations of what was going on around me. It felt like a strange dual existence, but it has allowed me to live authentically and in alignment with my own values, even if nobody else notices or understands.

What did you do to move yourself along the spiritual path?

I like the term 'settling into' rather than 'moving along' when it comes to the spiritual path. For me, 'settling into' the journey meant finding ways to deepen my awareness and find ways to translate my ideas into things that others can access and explore. For me, that has meant art making and writing. Even after losing my faith in the written word, I still write. I don't think it's the perfect medium, and I'm very slow. I'm coming to the end of my second novel, after more than twenty years of putting pen to paper. But it feels like the right work to be doing – exploring frequency communication in a fictional landscape. And the slowness is no doubt another lesson from the universe. Whilst part of me yearns to write and get books out into the world far more quickly, another part of me argues that the books must be right. And only I can tell that, over time and with patience.

In what ways are you spiritual now?

I just try to live in alignment with my values, and my understanding of the universe that I exist in. It's a daily practice.

What do you wish you had known?

Not knowing is part of the journey. You can't know it in advance. And everyone's journey is different. The old saying that when you are ready, a teacher will appear, has always been true for me. And until that time, you don't need to know.

What advice would you give to others who are encountering spirituality?

The spiritual journey really requires you to be a friend to yourself. You have to learn to be your own companion, because it can be tough. But it's so worthwhile – so be your own champion and back yourself.

The spiritual journey changes everything. It changes your sense of self. Your perspective on life and living. It influences the decisions you make and the thoughts you think. And the conflict that arises out of this is that you come up against your old ways of doing things, and people's expectations of what you should do, think and be. So, you also have to learn how to hold your own counsel; to make the decisions that are right for you, even when they don't make sense to others. But it gets easier and in my humble opinion, this is exactly what life is for! Find your way, set out on your path, and enjoy the journey.

Where would you point them if they were looking for help?

The Convuluted Universe – Part 2, by Dolores Cannon – was a game changer for me. Go read it!

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Absolutely!

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Tom Jacobs

What does spirituality mean to you?

Spirituality is where everything exists with no judgement.

How did you know you were opening up to spirituality?

It wasn't something conscious. It was more an inner desire.

What happened when you opened up?

When I was still in high school, I questioned - where did I come from? What is the purpose of life? I turned to the religion that I was being raised with, Roman Catholic.

But as I looked at what I was being taught, I felt uneasy. Mainly because there were discrepancies that no one could clarify for me. The main discrepancy was the image of God. God was to be all loving and yet he was also presented as judgmental. I asked my parents about this and other questions I was having, and they suggested that I discuss them with a priest, which I agreed to do. The priest was not able to answer my questions that made me comfortable with the teachings, so I told my parents that I was no longer going to go mass. I decided to do this on Christmas, which as you can imagine didn't go over too well. My elder brother begged me to go to mass, but I felt I needed to be true to myself regardless of it being Christmas. I feel that my parents respected my decision although they didn't agree.

I graduated from American high school in 1974. I had no clear direction or desires at the time. It was through my mother's suggestion that I take a year off and explore areas of interest. And that if needed, I could always go back to school.

I thought this was a brilliant suggestion! So I got myself a job and I started to study.

I was a janitor in a café at night, cleaning before the boss came in the next morning. And during the day I work as a retail assistant in a very slow greeting card shop.

It was during those slow times in the card shop that I started to ask questions.

I would take a piece of paper and write down a question and go into a meditative state, although I didn't know it at the time, I didn't even know anything about meditation. I received answers to the question. At this time I had no training of any kind. Everything I did was mostly following an inner guidance or intuition.

What were your thoughts and feelings as you were going through this period?

It wasn't a conscious focus, more of what I would call a "search".

A search for meaning.

It was just a feeling / thought that there has to be more to life than just existing.

And I wanted to know what that was.

Who am I? Why am I here? What is the purpose to life?

Did you have a 'spiritual awakening'? If so, what was it like?

I would have to say no, I don't think I had a "spiritual awakening" in the way that others view it, but I definitely had a shift in consciousness when I was introduced to Stuart Wilde *33 Steps To Reclaiming Your Inner Power*. I recall listening to the cassettes over and over again; it just made so much sense to me at the time.

What did you do to move yourself along the spiritual path?

I volunteered for a crisis hot line, where anyone who needed someone to talk to could call in and we'd talk. I worked during the days and volunteered at the crisis hot line at night. We had a radio, telephones, reference manuals... I used to stay in the office until late at night.

It was during one of these evenings when the phones were quiet, I was listening to a radio interview of someone talking about being psychic and developing psychic abilities. This very much interested me, and I attended the lecture they were presenting. This started my more conscious and structured spiritual training.

I learned through this organization more about myself.

It addressed my intuition that there was more to human capabilities.

I was exposed to my feelings or sensitivity and what role that played along with my thoughts. I learned how to focus my energy to create what would otherwise be considered miraculous. I learned more about my purpose here on Planet Earth.

In what ways are you spiritual now?

Well, based on my definition of spiritual, I am accepting and open to all possibilities and I don't judge, mostly.

What do you wish you had known?

Nothing, I feel satisfied with my journey so far, no regrets.

What advice would you give to others who are encountering spirituality?

I have observed that many "searchers" turn to spirituality because something or someone is "wrong". Be clear on what your motives are into being spiritual.

My advice would be:

1. Mind your own business ~ you don't know anyone else's journey or purpose. Everything & everyone provides a service
2. Stay focused daily on what brings you joy
3. You don't need protection, you just need to keep your energy high, see #2
4. Quoting Abraham Hicks: "You can't do it wrong, and you never get it done" so relax and enjoy (injoy) the journey

Where would you point them if they were looking for help?

1. Learn some form of meditation; don't make this complicated, keep it simple and joyous
2. Connect with the Inner Peace Movement
3. Read or listen to Stuart Wilde *33 Steps To Reclaiming Your Inner Power*
4. Contact me

Anything else you would like to mention?

The most important time is the here and now, not past life or future lives ~ NOW.

Keep focused on bringing joy and inner joy to yourself now.

Everything else will work out.

At least that is my experience.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

innerflames88@gmail.com

Annette Mary Moody

What does spirituality mean to you?

I associate spirituality literally with spiritual teachings and my personal experiences.

How did you know you were opening up to spirituality?

My Aunt started introduced me to the Tarot Rider Waite deck, when I was 19; and Garth Carpenter, NZ's foremost astrologer through her introduction, did my chart at this time. He said I would have more social experiences than the average person... He was right! Books followed.

What happened when you opened up?

I have never read a contradictory article or book, so I thought about what I was learning and whether or not I could relate to it, then tested my knowledge against experiences.

What were your thoughts and feelings as you were going through this period?

Initially nervous, but then I began to see people from spirit, and I can see the differences between lost souls, kind souls, guide's, even a trickster, and those who astral travel, including friends.

Did you have a 'spiritual awakening'? If so, what was it like?

I read the first chapter of a book called *The Gospel According to Judas* written by Jeffery Archer. That night I had a past life experience of walking with Jesus along the Sea of Galilee. I woke so very, very happy.

What did you do to move yourself along the spiritual path?

Read more books and talked with like-minded people when I found them.

In what ways are you spiritual now?

I try to practise being the best Christian I can. I share my knowledge.

What do you wish you had known?

I'd have loved to have been part of a loving circle long before now. I have always learnt solo.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

Be open.

Question.

To a church group, or Spiritualism NZ, as I've recently joined.

Anything else you would like to mention?

Always protect yourself. I use golden light; it is God's light... just look at the word gold, and remove the L! Therefore it is the best light to work with, in my opinion.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

AskAnnette96@gmail.com

Annette

What does spirituality mean to you?

A connection and working relationship with spirit/divine source energy.

How did you know you were opening up to spirituality?

I experienced a sudden awareness that spirit existed and that there was a structure and purpose to life and myself inside/connected to life.

What happened when you opened up?

I had an expanded view of my life which hadn't in fact changed at all in itself.

What were your thoughts and feelings as you were going through this period?

Optimism, relief, support, compassion, graciousness, and generosity

Did you have a 'spiritual awakening'? If so, what was it like?

It was both wonderful and slightly daunting.

What did you do to move yourself along the spiritual path?

I continued reading all spiritual books that I could find, that resonated with the lightbulb moments I'd had. I began to do rituals and studied energy body work and energy clearing. I began clearing my energy and learning what my own energy felt like as opposed to other people's energy.

In what ways are you spiritual now?

I pray every day for myself and others; I invoke spiritual assistance every day. I offer and facilitate healing for others and myself and the planet. I do rituals that support myself and the planet.

What do you wish you had known?

That such unbiased non-judgmental non-religious assistance and compassion was freely available.

What advice would you give to others who are encountering spirituality?

To trust their heart and not settle for anything that is not gracious and compassionate and doesn't resonate with their values.

Where would you point them if they were looking for help?

To the angels and their well and loving ancestors

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Crystalpets7@gmail.com

David

What does spirituality mean to you?

In essence, for myself personally it means to be connected to the spiritual world, communicate and translate through mediumship, meditation and dedication to proving life after death exists.

How did you know you were opening up to spirituality?

From a very young age, seeing and hearing spirit in the room, interacting with spirit and experiencing periods of intense communication with those in the afterlife.

What happened when you opened up?

Initially I experienced a loud ringing in my ears, sometimes to the point of being immobilised by the experience. This moved on to visually seeing spirit and auditory experiences where spirit would sit with me and communicate directly.

What were your thoughts and feelings as you were going through this period?

As I was quite young at the time, 6-7 years old, I had no preconceived ideas of life and death. I felt that it was a natural experience and figured this was happening to everyone, not just myself.

Did you have a spiritual awakening? If so, what was it like?

As described above, lots of different interactions with spirit helped me to remain calm and enjoy the experience of having spirit contact.

What did you do to help yourself along the spiritual path?

As I reached the age of 10-11 I started to learn about meditation and how to switch on and switch off to spirit so I could manage the experiences with a control switch. This made it much more comfortable to function in a school environment as I could switch it off.

In what ways are you spiritual now?

After many years of contemplation and a wide variety of spirit-based experiences I chose to dedicate myself to working with / for spirit as a medium. After losing my Mother and Brother in a short space of 1 year between their deaths, I had been visited regularly by my Brother in spirit, this led me to the spiritualist church (Auckland based) where I could allow myself to focus more on working with spirit, and I began sitting with other spiritualists for physical mediumship, spirit communication and spirit phenomena. Sitting in seance and developing within a group and independently growing my own connections with spirit has been rewarding and comforting. I now work full time in my own company that I set up 12 years ago offering my services as a medium and spiritualist support person / mentor.

What do you wish you had known?

As a child I wish I had known about physical mediumship as that would have helped me to understand some of the physical effects that spirit communication can have on the body.

What advice would you give to others who are experiencing spirituality?

My main advice would be to learn to meditate so that you can still the mind and allow spirit to come through without influencing the messages being given.

Where would you point them if they were looking for help?

Books on spiritualist subjects, spiritual circles or groups, spiritualist church. I offer my own services as a support person / mentor.

Anything else you would like to mention?

We all have the ability to connect with spirit and with a bit of practice it can be amazing and revealing at the same time.

Having a connection with spirit can help a person on so many levels.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

I am happy for people to make contact with myself or my company via our website:
www.earthandsoul.co.nz

Sharon McAuliffe

What does spirituality mean to you?

Recognizing that there is more to us than the physical.

How did you know you were opening up to spirituality?

I was interested to learn more so attended a development circle through the SNU church in England.

What happened when you opened up?

I experienced a lot of physical sensations, such as experiencing methods of passing etc. It was quite disturbing at times, but I was always in circle so was well-monitored and protected.

What were your thoughts and feelings as you were going through this period?

I often felt the emotions of Spirit as they came through and it was at times confusing and scary.

Did you have a 'spiritual awakening'? If so, what was it like?

Not really.

What did you do to move yourself along the spiritual path?

Attending a circle was by far the best thing I ever did for my development. I also learned the ethics of working with Spirit, and how to protect myself and others.

In what ways are you spiritual now?

I have to admit I have drifted away although I sell inspirational hangings and crystal healing products.

I am an ordained Spiritualist Minister and find myself having amazing conversations with people in the strangest of places.

What do you wish you had known?

I think I was lucky in being led to the right place to learn as much as I did, and have always met the people I needed to meet to carry on that growth.

What advice would you give to others who are encountering spirituality?

Where would you point them if they were looking for help?

If there is a Spiritualist Church in the area that would be my first suggestion, or a similar group. I have led development circles - and will again - but always encourage people to explore what works for them.

I am a bit traditional and get very wary of people charging large sums of money to teach...

Anything else you would like to mention?

The path I started on seems to have been overtaken by commercialism in a lot of cases. I read about people selling spiritual awareness as a way to attract wealth, and to me that is not what it is all about.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Loveandlight@xtra.co.nz

Rachael Treymane

What does spirituality mean to you?

Spirituality to me means what is important in life, but also peace, connection, and identity. My spirituality is a means to explain my existence alongside all other forms of existence. I currently identify as a Pagan Witch and have practiced different forms of Witchcraft for 29 years. I draw from this experience and reflect often.

How did you know you were opening up to spirituality?

It is super normal for teenagers to start seeking answers outside of their family, all that human development stuff, and I was no different. I was looking for something bigger than myself consciously at the age of 15 and I intentionally went out to find resources. I actually dragged my thirteen year old sister with me and we ditched school to go investigating – I remember the day!

What happened when you opened up?

I had the feeling of a penny dropping and I discovered that many of the unorganized thoughts, feelings, and beliefs in my head had names and other people had defined this for me. I was excited, empowered, aligned – it was good!

What were your thoughts and feelings as you were going through this period?

Empowerment was the main one, with connection being a close second. Excitement and alignment.

Did you have a ‘spiritual awakening’? If so, what was it like?

I do not identify with this term.

What did you do to move yourself along the spiritual path?

I learned from experts. When I was 15 years old, we did not yet have the internet, so I had to rely on the Invercargill library for a couple of years, and it did not disappoint. I also started bringing people together to discuss concepts and beliefs, which further opened my mind. When we started practising it was a full circle moment, or period of moments.

In what ways are you spiritual now?

I believe that there is a spiritual aspect to everything we do, even if we are unaware of it, even if it is something mundane like brushing our teeth – but I do not think that is the answer you are looking for.

I am very mindful, and I live a very intentional life, which is primarily made up of my connection with my physical, social, and spiritual environment. I know who I am to the best of my abilities, I have a sense of the past and my ancestors, and I have a sense of the future and where we are headed. I take responsibility for myself, family, and wider community.

I have a close relationship with the seasons, weather, cycles, and “as above, so below”.

I am currently the leader of Coven of the Sacred Stars, but I have always brought people together in one way, shape or form.

Now I share what I have learned through writing – social media is a great platform to reach people, but I have also been interviewed a couple of times, and I have numerous articles in northern hemisphere magazines about Witchcraft and Paganism. To me, sharing is a dedicated part of spirituality.

I have a Facebook group “Witches and Pagans of Aotearoa” which is set up primarily for people to learn the basics and information in which to measure from.

What do you wish you had known?

In the beginning I wish I had known that there was more than Wicca available to me – that is no one's fault considering the time! I wish I had known that while choice is good, informed choice is much, much better.

I wish I had known about spiritual bypassing and the tenets of white supremacy within spiritual circles.

What advice would you give to others who are encountering spirituality?

I would let them know that over time their spirituality will change, as they change. I would encourage them to continue to learn (and I would give them responsible resources to measure from), I would let them know that if they want to be good at anything that it takes dedication (for most people), I would let them know that asking for help is normal / natural (and indeed, how our species has continued to survive).

If they were interested in Witchcraft or Paganism then I would explain that there is not one book to draw from, but many. I would say that there is no Pope or Priests, but many inspirational leaders. I would say that unless they want to follow a tradition (and I would support them in whatever was right for them) then there are multiple ways to express themselves spiritually. I would let them know that I was open to learning from them.

Where would you point them if they were looking for help?

This really depends on who they are and what they want, which would require a conversation – it would involve a couple of conversations if they did not know this themselves. I have mentored people in the past and we always begin with how we see ourselves, what we think to be true, values, what they would like to achieve, and then we make a plan alongside one another.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

You can catch me on my email sacredstarscoven@outlook.com

Gina Prendergast

What does spirituality mean to you?

Spirituality means to me being connected to source and trusting my intuition. To me it also means having unity consciousness, we are all connected, and holding respect for all living creatures.

How did you know you were opening up to spirituality?

I was born highly intuitive and already awakened. I have memories as a three-year old actively astral travelling seeing spirits, seeing extraterrestrials. When I was six years old I was given a crystal pendulum as a birthday gift and shown how to use it for healing and exploring the energy between my hands. I always knew that I was going to be an energy healer right from the age of six years old. When my cat would bring injured birds, I would always sit for an hour or more holding them in my hands with the intention of healing them and every single one would heal and end up flying away free.

What happened when you opened up?

Luckily for me, I never was closed.

Did you have a 'spiritual awakening'? If so, what was it like?

No, I did not have a spiritual awakening. But I have had shifts and changes within my lifetime where I know I have evolved in my spirituality to new levels and new understandings. I was always spiritual growing up, however have learnt other philosophies, and understood different ways of expressing spirituality since.

What did you do to move yourself along the spiritual path?

During my school years while attending a Catholic school I continued to listen strongly to my guides (I am clairaudient). This helped me stay on my soul path as I would receive information that was different to what I was being taught. I always maintained I was going to grow up to be an energy healer, but on leaving school I didn't know the pathway to take to make this happen. I did volunteer work, studied psychology, studied art and creativity, until I finally during a meditation I was deeply guided to work with my hands - using them to heal for the rest my life. So I enrolled in massage school and majored in an energy healing called Polarity. In the first few years of clinical practice I would do energy healing, polarity, and crystal balancing. Then I moved into learning Reiki all levels and became a Reiki master teacher. This was very satisfying and it helped me understand a process of 'how' to facilitate healing, and to in teach energy healing. Since 2001, I have been working professionally as an energy healer and continued to study many different modalities that have taken my interest. The more I continued to do healings and teach, the more I continue to evolve along with spiritual path. The universe seems to be the best teacher of all. Joining like-minded groups of people assisted in me feeling less isolated in my abilities and spiritual path.

In what ways are you spiritual now?

I am a professional Quantum Energy Alchemist (Healer), Reconnective Healing Practitioner, Reiki Master teacher that teaches all levels, I remote view, participate in CE-5 contact with Extra-terrestrials, Channel, give intuitive guidance, meditate, conduct cacao ceremonies, breathwork, etc. I hold love & gratitude in my heart and consciously expand on this at every opportunity. I feel connected, and at home here on Earth, and never alone as there is so much guidance, and never bored as there is so much life force to play with.

What do you wish you had known?

In my teenage years, I would enter (during my dream state) spiritual battles that were very challenging and would exhaust me for my daytime activities. I would often see spirits and have interactions with extraterrestrials. I wish there was someone who could guide me to the level I needed to go during those years. The adults I talked to about this would not entertain the conversation very thoroughly at all, and normally would just respond with one sentence. I had the impression that their adult life did not experience what I experienced so they did not have an understanding of what I was going through during my dream state. Despite doing many years of spiritual battles which was not at all fun, I don't regret it as I now feel incredibly strong and resilient.

What advice would you give to others who are encountering spirituality?

I would suggest doing a course such as Reiki in a slow and measured way with plenty of self-practice, and practise on others first. Any type of modality that is started whether it be energy healing breathwork, channelling and so forth I suggest doing in a patient and slow method. The biggest piece of advice I can give is to be steady and measured in your practice and don't rush. It is better to be prepared with the right tools and experience and guidance from a mentor, than to rush into something that will make you feel out of your depth and perhaps delay you in years due to unforeseen bad experiences.

Where would you point them if they were looking for help?

Spiritualism New Zealand website
Reiki NZ Inc website

Anything else you would like to mention?

Spirituality can sometimes be like a box of chocolates - you never know what gifts you're gonna activate and when. Find a great mentor who has had a wide range of experiences, who can guide you along and will recommend resources to help you.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

Email QuantumEnergyAlchemy@gmail.com or text 022 413 6752.

Tracy

What does spirituality mean to you?

It means universal love, guidance, acceptance; communication with realms other than our current one; accepting different understandings and beliefs, different abilities, experiences. But, also knowing it can be the same core love.

How did you know you were opening up to spirituality?

When I was little my Great Aunt died and I can't remember how it came about, but she became my guardian angel. I would feel or smell her when she was around.

My Mum (Barbara) was part of Petone Spiritualist church so I had been with her a few times. But I knew I was opening up with the help of my Grandad (Barbara's Dad) as he would whistle to me, I would feel him around me and eventually he talked to me as well. I think I was about 12 when that started.

In my young teen years, I also had experience with some darker entities with a friend as we experimented with Ouija boards and opened her house to some nasty entities and energy.

What happened when you opened up?

I realized there is so much more to the afterlife than I thought there could be. I had communication with Grandad, someone who died well before I was born, so not something I ever considered would be possible.

What were your thoughts and feelings as you were going through this period?

I think having Mum's support and guidance was a huge help. I wasn't afraid of what was happening. I think it was almost an acceptance that Mum was spiritual, so it makes sense I am.

Did you have a 'spiritual awakening'? If so, what was it like?

I don't think I did.

What did you do to move yourself along the spiritual path?

Reading, learning from a number of guides and family, classes with Mum and Diane, lots and lots of help from both Mum and Diane over the years, and readings.

A big part of that has been and still is, learning to trust myself.

In what ways are you spiritual now?

Well, I have this beacon that I keep forgetting to turn off. I can have people who have passed over in natural disasters come to me and I lead them on to where they need to be or to someone who can help them more. Archangel Michael has helped with this. The first time this happened was after the 2011 Christchurch earthquake, a man appeared in my hallway covered in rubble.

I give healing freely. I have learned that I can heal with my words, so I have been working on that.

I give readings (sometimes, not as much as people would like).

I have a new journey of learning that I am just starting which incorporates some of the above and is also about working with energies. For a long time, I have felt energies in a room, but now I can almost see them.

Now I do it with arm and hand motions before I realise what I am doing. I am doing more hand motions and gestures, so I am learning why and what is happening.

What advice would you give to others who are encountering spirituality?

Don't be scared. Make contact with someone who can help you understand what is happening and definitely learn as much as you can. Spirituality is beautiful.

Where would you point them if they were looking for help?

Spiritualism NZ

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

tracy@ray.org.nz

Robert James Haywood

What does spirituality mean to you?

Over the years it has come to mean a more aware way of life and better understanding, eventually, of self - why I am here, what I feel I need or wish to do, my place in this giant jigsaw puzzle of a journey. For me it was a lot about learning trust - and still learning that one.

How did you know you were opening up to spirituality?

Life circumstances at the time put me into environments of meditation, healing, and deep trance channelling with appropriate teachers in place to support and guide me. And upon experiencing these things, a thirst, a quest to know and to understand more.

What happened when you opened up?

I found that I could do the things I saw others doing (except the deep trance channelling), the doors opened and I found I had vehicles of expression of the humanitarian side of my nature and willingness to be of service to my fellow travellers.

What were your thoughts and feelings as you were going through this period?

Basically it was a huge adventure opening up before me, I was excited and impatient :)

Did you have a 'spiritual awakening'? If so, what was it like?

In my experience the Universe, Great Mystery, Soul, Guides etc. kinda tend to open up the appropriate doors at the appropriate time so that the quest may continue for those wanting to move forward – it takes time and practise to recognise those open doors of opportunity sometimes. There were many lightbulb moments I guess, many lost in the cobwebs around memory now (we are talking of the early 1970s you see) - but through that early time I met or was introduced to a series of very wise teachers who saw in me what I did not, and most of the time I listened to them ...

What did you do to move yourself along the spiritual path?

Kept going to things, groups, practising my skills, reading, talking to others, living life...

In what ways are you spiritual now?

How do I answer that? I am a stallholder at wellbeing markets, and have run various workshops over the years.

By labels? Music medicine man, totem animal wisdom sensitive, author, cultural wisdom keeper, international presenter/speaker, have spoken in Spiritualist Churches for around 50 years, both in NZ and other places in the world - am Aussie born. This year is about focus on my own health and wellbeing so profound changes are afoot.

What do you wish you had known?

The journey is as it is. No shortcuts. No looking back, just trying to do better, to be better - it is all personal choices - what feels comfortable and what does not.

What advice would you give to others who are encountering spirituality?

Try to have an open mind about things - don't accept anything at face value, always ask yourself how it feels to you - there is a timing to things, as in what does not feel right today, may in fact feel right next week - try not to take it all too seriously, if God didn't have a sense of humour we wouldn't have one, so it is often helpful and wise to have a little respectful chuckle at the "errors" we may make, there is a time to be light and playful and in those times reverence for the sacred

is not necessarily lost. There are many places to go - one that is largely unknown in this and many other countries is people coaching and supporting through Equine Assisted Therapy, where horses carry healing and wisdom for us - there are any number of Festivals, Workshops, Courses - let your intuitive feel, your gut instinct take you where you need to be at any given time - again with an open and questioning mind.

Where would you point them if they were looking for help?

No-one is here to "save the planet" or "right the wrongs of all the world" - just being a better person - being compassionate, not being a rescuer or fixer but being that and having that adventurous, questioning attitude and, more importantly, an open mind that is willing to consider and weigh up things is such a powerful asset and it does make a difference. There is no pill, no practice that takes away all our pain and grants us enlightenment, so stop looking for the quick fix, it does not exist.

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.
rjhaywoodnz@gmail.com or Facebook (but I am not a collector of friends on there :)

Anonymous

What does spirituality mean to you?

Being connected to my divinity, soul, higher self. Knowing spirit exists regardless of whether I'm tuned in or not.

Seldom feeling lonely even though I spend a lot of time "alone" because I know I'm not.

Knowing I'm looked after, always have been, always will be.

How did you know you were opening up to spirituality?

Been seeking answers to the big Q's most of my life through different faiths, philosophy, religious studies, 12 Step programme, healing, spiritualism and life's experiences in general.

Over time my understanding has shifted from intellect to knowing/feeling, becoming more conscious of spirit side, spiritual experiences and spirit messages delivered to me through others.

What happened when you opened up?

Life got richer and more interesting.

Chose not to worry about life and what the future holds.

Learned to ask, hand over the outcome, and trust the process.

Become more intuitive and flexible.

Tuned into synchronicities and serendipities.

What were your thoughts and feelings as you were going through this period?

Some fear about dark energies to begin with so took it slowly and didn't have any unpleasant experiences. Feel safe with it now, looked after.

Uncomfortable outside of my comfort zone when learning different ways of listening and interacting with spirit in circle.

Excitement as things unfold, an adventure into the unknown.

Did you have a 'spiritual awakening'? If so, what was it like?

I was awakened out of sleep once by a booming male voice saying: "I have things to teach you" but I can't say that it changed my life at the time.

My awakening has been ongoing incrementally, I'm still awakening.

What did you do to move yourself along the spiritual path?

Sought out answers to my Q's, read books, talked to people, joined circle, Reiki, personal and professional development, workshops etc.

In what ways are you spiritual now?

Learning to accept myself as I am while aspiring to be better at being human.

Remembering that I am a spiritual being first and foremost is helpful in so many ways.

Less fearful of death, I like the idea of 'going home'.

What do you wish you had known?

I accept that everything has unfolded as it needed to. I always say 'hindsight is a wonderful thing' cause that's the learning we get from having gone through something.

What advice would you give to others who are encountering spirituality?

Depends on what they need/want to know.

Where would you point them if they were looking for help?

Again, depends on what they're after but I've pointed/invited people to join me in attending spiritualist church, spiritualist fairs & events, SNZ website, online meditation/discussion evenings, webinars, talked about my experience etc.

Kim Chamberlain

What does spirituality mean to you?

Knowing that there is something 'more' than what may be seen in our everyday lives. That we are part of something much bigger, that everything is energy, and that if we learn to understand energy and use it well, wonderful things can happen. That there is help and guidance always available we can tap into. That we comprise a physical body and a soul; the physical body lasts for a period of time, but the soul is eternal and may choose to incarnate on Earth (or elsewhere) more than once.

How did you know you were opening up to spirituality?

Since I was a child, I felt there was 'more'. I had several experiences that couldn't be explained by 'normal life' – I saw things appear, and I clearly remember calling my Nan on the phone and having a conversation with her – except mine was a plastic toy phone.

When I was 13 I started to know things, all of which came true at a later date. For example, I knew that if I got married, what my husband's name would be. I later learned that this ability is called claircognizance, and is the main way I get information now.

I would have what I called "lightning bolt" moments, where I would be given information in such a powerful way that there was absolutely no room for doubt. One of those moments changed the course of my life.

I used to read the magazines 'Man, Myth and Magic', which were part of an encyclopedia of the supernatural, and was fascinated by what I found out.

My Great Aunt was the 7th child of a 7th child and possessed abilities. I didn't discuss this with her (I was too shy at the time!), but it was good to see that the family accepted who she was and what she could do.

I was brought up as a Catholic and lived that way until it no longer felt right. I then explored other religions, but they didn't meet my needs either, so I moved away from organised religion.

In 1989 I did a Parapsychology nightclass, the only workshop I had come across in the spiritual field. It was good to confirm that there's 'another world' and other people were interested too.

In 1995 I emigrated to NZ, and went to my first Spiritual Fair. I hadn't known such a thing existed. While I was there I went to a talk about Angels. The lady who gave the talk also ran a spiritual development group. I joined her group and realised I had found what I was looking for.

What happened when you opened up?

It was a gradual process of learning more, going to groups and workshops, and reading books. Bit by bit I built my knowledge and confidence. The Internet wasn't around then, so it probably took longer than it would these days. Once I started to understand spirituality, I felt more at peace because it helped me have a greater understanding of life. It also helped me understand that there is something much bigger at play, that there is a purpose for our life, and that we choose our challenges - their purpose is to help us grow and develop.

What were your thoughts and feelings as you were going through this period?

Happy – things felt 'right'; I was keen and interested to learn more, and fascinated by what is possible. I felt very fortunate that I had found this way of being, as it allowed me to be me, and allowed me to start developing my gifts.

Did you have a 'spiritual awakening'? If so, what was it like?

I didn't; it happened slowly over a period of time.

What did you do to move yourself along the spiritual path?

I continued to (and still do) belong to various spiritual development groups. Over time I learnt the aspects of spirituality that most suited me.

I practised channelling and giving readings; attended a range of courses, meetings, and workshops; allowed new gifts to come through – eg producing my own rune stones and intuition cards, channelling books, etc.

In what ways are you spiritual now?

Every day, just before I go to sleep, I give gratitude. I aim to find at least three things to be grateful for, but usually it's around 12 – 20 in any given day.

I belong to a couple of spiritual development groups.

I give readings (I am mainly claircognizant and partly clairvoyant, so use those skills in readings), and channel spiritual books, newsletters, and meditations. I run webinars, and have done a number of YouTube videos.

I tap into my intuition, listen to messages, and am open to learning new aspects.

I have set up a Facebook group "Channelling Development & Spiritual Growth". One of my life purposes is to set up things that didn't exist before and that are of benefit to the community.

What do you wish you had known?

I wish I had heard about spirituality much earlier in my life; that I had had a central place to go to for information about spirituality – what it is, what it offers, how to be involved, and how to develop spiritually.

I wish I had had a mentor from the beginning to walk me through it.

What advice would you give to others who are encountering spirituality?

Make sure you understand what it is and the benefits it can provide. Not everyone understands it, and may give you inaccurate information.

Know that your way is your way; we all experience it differently, and that the amount of involvement you have with spirituality is up to you – it may have little impact on your life, it may have a huge impact, or anything in between.

It's a wonderful world to enter, and there are many ways to be spiritual and incorporate it into your life. Choose the way that best suits you.

Where would you point them if they were looking for help?

Join the website www.gaia.com to get an overview of the wide range of spiritual aspects, so you can see how big a field it is, and work out which aspects interest you.

Look through the SNZ website.

Be with like-minded people.

Learn more by, for example, going to workshops or webinars; reading books; watching YouTube videos.

Have a reading; you may be surprised by what you find out about yourself!

And if you are happy for people to make contact, to go through what they are experiencing or ask questions, please include details of the best way to contact you.

If you look at my website www.kimchamberlain.com and feel drawn to what I do on behalf of Spirit, please make contact.



spiritualism.org.nz