

# Sunshine Thoughts

ALL COURSES THROUGH ZOOM

Bookings Email: [matthewsmith1959@outlook.com](mailto:matthewsmith1959@outlook.com)

Minister Matthew Smith

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## On The Horizon

Its mid-June and Mother Nature is painting our surroundings with colour and beauty. Wildlife is everywhere and we can see the importance of Nature in our lives. Until a few years ago I never had interest in my garden. It was in my reality a space attached to the house. When my mother passed away the garden drew me, and I can see now how that helped me in the bereavement process. Because of the Human element there are times when "I can't be bothered". I then make myself look at the sacred space and realize it is my responsibility to care for these plants and flowers because other life forms from the animal kingdom benefit. Therefore, I must be bothered. Personal Responsibility. As Spiritualists' we still go through the process of grief even though we know of the life hereafter. Life, like nature is about change. Modern medicine may have advanced over the years, but it will never get the upper hand in the circle of life.

## Challenges or Opportunities?

Life presents us with experiences daily. Some are not as "challenging as others" How we approach the situation is vital. The word "challenges" if replaced with "opportunities" gives a completely different focus. Just changing one word does not change the given situation but perspective. Spiritualism teaches us that the mind is the builder and as we think we become. Thousands of years ago in one of the temples in Delphi, the inscription "Know thyself" was written on the wall. That simple philosophy is as true today as then.

This life is a schoolroom of opportunity, and we are both teacher and student. We never stop learning. There are even times we must unlearn to learn.

We are spirit with a physical body not a physical body with a spirit with all experience having value and worth for spiritual progression. Not always easy to accept particularly when we allow the emotions to take us out of our power. As sensitives when we become overly emotional it detaches us from our life force. This always offers balance and reason. When the human desire dominates, we detach. Seek, always seek strength through prayer.

**Friday  
Evidential Group  
Active Mediumship  
A six-week workshop course in  
evidential Mediumship  
September 17<sup>th</sup>/24<sup>th</sup>/  
October 1<sup>st</sup>/8<sup>th</sup>/15<sup>th</sup>/ and 22<sup>nd</sup>  
7/8.30pm UK time**

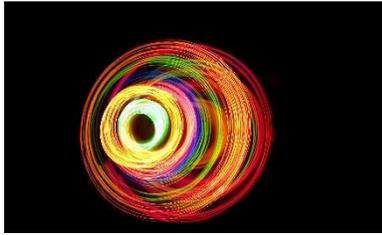
**Complete Course £75  
Email;  
[matthewsmith1959@outlook.com](mailto:matthewsmith1959@outlook.com)**

## Friday Meditation Group

8am UK time  
September 11<sup>th</sup>/17<sup>th</sup>/24<sup>th</sup>  
October 1<sup>st</sup> and 8<sup>th</sup>

Each Session One Hour  
Complete course £30  
Learn the process of  
Spiritual Meditation.  
Email to register.

I am too Big a Gift  
to this World to Feel  
Self-pity and Sadness.



## Hope and Unity

As humanity moves into a new era of change, we ask that you open your hearts and minds to all the wonderful new possibilities, however big, however small, however insignificant they may seem. Expand your heart and welcome in the light the hope and the energy of change, as we move forward in these new times.

Stride forward with confidence, purpose and meaning for you are all so important to the Divine Creator each one of you. **Yes, each one of you.** You cannot get life wrong, although we know there are many of you who would disagree with this statement.

You can only experience and learn from your choices. We urge you to make good sound choices not based on fear but based on love and hope. We are always at your side guiding, encouraging, and loving you, through difficult times, through easy times. Day and night we are always here.

Do not look back, look forward, embrace the moment. Remember your mission here on earth is to live, to experience, to grow, to show kindness and love to those around, to unify with your fellow man and to remember do your best and to do with good intent. Nothing more is needed you do not need to be perfect just hold love and hope in your heart and the rest will follow.

**Inspiration through Caroline Walker (Wales)**

## To the rescue!

I felt called to rescue Golden Retrievers about 20 years ago. I also knew that I would take dogs that were harder to place, most of them older and most had serious medical issues, or they had been involved in illegal puppy mills. Many of these dogs would be “left behind” and not given the chance for a permanent home. I’ve had 8 dogs in that time and I can say without a doubt that each one showed up as a “Divine appointment”, each carrying a spiritual lesson for me. I’ll share some examples. Dusty stayed 6 months longer than he had to so that I could learn how to let go and trust the signals given by each dog when it was time to leave. Spirit taught me how to see without eyes. Sadie taught me compassion and patience where there had been great abuse. Buddy taught me that great love could be exchanged in the two weeks he lived here. Rosie, who lives here now, increases the frequency in the room to enhance my readings. She walks into the room when I start and leaves when the session is over. No prompting necessary. She came into my life just knowing that she could serve in that way. The dogs leave when its time, but they remain in my heart and I expect that the “rainbow bridge” we cross over with our loved animals when the time comes, will have to be widened to accommodate the numbers.

So the real question is, who is really being rescued? Carolyn Muir Wisconsin USA



### Mother Theresa of Calcutta

**26<sup>th</sup> August 1910 – September 5<sup>th</sup> 1997**

Born into a wealthy family. She turned her back on materialism and embraced the Catholic faith as her spiritual pathway. A true humanitarian. Sometimes during her prayers “God spoke to her” and guided her to visit certain places to build hospitals, schools, clinics etc. It was in many cases barren land and she would follow the voice and inspire people to manifest the vision. Mother Theresa understood the power she lived it and embodied it.

Many years ago, a student at the Arthur Findlay College read the poem “Life” which I have found to be a great source of inspiration. I suggest you read it a few times then take the text into your meditation. The words were spoken by Mother Theresa.

### Another quote for meditation

**“Time is to slow for those who wait, to swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love time is eternity”.**

**Henry Van Dyke**

**November 10<sup>th</sup> 1852 – April 10<sup>th</sup> 1933**

## Life

“Life is an opportunity, benefit from it.

Life is a beauty, admire it.

Life is bliss, taste it.

Life is a dream, realize it.

life is a challenge, meet it.

life is a duty, complete it.

life is a game, play it.

life is costly, care for it.

life is wealth, keep it.

life is love, enjoy it.

life is mystery, know it.

life is a promise, fulfill it.

Life is a sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it.

Life is luck, make it.

Life is too precious, do not destroy it.

Life is Life, fight for it!”



## Meditation

I am often asked by students the best way to meditate. Many say that they cannot quieten the mind because distractive thoughts keep surfacing. This is quite natural in the early stages. So let them enter the mind. Then, as they surface deal with them and let the thought go and refocus on the breath or other imagery you are using. Meditation can also be a physical activity such as gardening as already mentioned in another article. Other physical activities can be walking, swimming, reading a book. Anything that shifts the focus from the now. Eventually the “monkey mind” is trained and those mental distractions lessen. It will not happen overnight be prepared for your meditation process to be work in progress. Keep a journal as a point of reference. You do not have to sit every day some people say they do but just look at your lifestyle and find time for you. As with everything in spiritual unfoldment it is a personal experience which cannot be compared to anyone else’s. Comparison leads to confusion and sometimes dissatisfaction.

The Arthur Findlay College is a place of spiritual unfoldment for thousands of people and is and has been a spiritual haven for many nationalities since the early 1960’s. I was introduced to the Hall in the late 1970’s. Little did I realize I would become a Tutor and later Course Organiser for this prestigious institution. I remember in those early student days arriving early at the Hall for a course. I went into the local town, Bishops Stortford, and was just browsing the shops. I remember as if it was yesterday. I went into a charity shop and saw an oriental picture in a bamboo frame of two birds sitting on a branch. It was not the sort of thing I would at that age be interested in, but I did buy it. I felt compelled to. Just left it in my car That week during a sitting with one of the mediums it was mentioned. A spirit friend introduced himself who later become my mentor in spirit an oriental gentleman. He would entrance me. When I became a professional medium there were many times before during and a trance speaking demonstration bird song was heard by everyone. In the Summer in the UK not unusual, but every time in all seasons and in Denmark in the depth of winter at night? Always follow the inspiration because “There is around us every hour a guiding and upholding power” Signals are everywhere.

Step into the Autumn  
Workshops All time zones

September 25<sup>th</sup> 8am/12.30pm  
Or 2/5.30pm UK Time

Simplicity of Spirit – Evidential  
Mediumship

November 20<sup>th</sup> 8am/12.30pm  
or 2/5.30pm UK Time Intuition  
and Sensitivity

WORKSHOPS £55 register now  
and pay one month before

**Roads go ever on and on  
Over rock and under tree  
By caves where the sun has  
never shone  
By streams that never find the  
sea  
Over snow by winter sown  
And through the merry flowers  
of June  
Over grass and over stone  
And under mountains in the  
moon  
Roads go ever on and on  
Under cloud and under star  
Yet feet that wandering have  
gone  
Turn at last to home afar  
Eyes that difficulties have seen  
And problems to solve  
Look at last on meadows green  
And tress and hills you long  
have kown  
Roads go ever on and on  
Out from the door where it  
began  
Now far ahead the road has  
gone.**

**J.R.R. Tolkien**

3/1/1892 – 2/9/1973

Festival of Light  
December 18<sup>th</sup> 4pm UK Time

A Spiritual service for the  
light received during the year  
and fellowship of the spirit.  
Demonstrations, Healing and  
Trance Address.

No charge

*Private Mentorship with  
Matthew email to arrange  
free zoom call.*

Pearls of Wisdom

*These are short sentences  
which spirit give us to help in  
this life.*

Love is the key.

There are no errors in life just  
opportunities.

Heaven and Hell are states of  
mind.

The mind is the builder.

Joy is in the breath of hope.

A smile accelerates your  
spirit, a frown ages your skin.

How you live today will create  
your tomorrow.

Know when to speak and  
know when to be silent.



## Recommended

**Testimony of Light** -Helen  
Greaves. *An excellent example of  
automatic writing.* **Amazon**

**The University of Spiritualism** –  
Harry Boddington. *Forty Years of  
work which has created a  
comprehensive study of  
Spiritualism.* **Amazon**

**Fifty Years A Medium.** *The  
Autobiography of Estelle Roberts*  
**SDU Publications**  
[www.sdubooks.com](http://www.sdubooks.com)

**In Tune with the Infinite** – Ralph  
Waldo Trine *One of the best  
motivational books ever written.*  
**Amazon**

### Matthew's Book and CD's

**Entrancement** – A modern day  
approach to the Trance States. A  
teaching aid to help the  
discerning student understand  
the subject. Order through  
Matthew's email

**CD Embracing the Spirit**  
Meditation and Attunement

**CD Spirit Communication**  
Teaching techniques to help you  
with Evidential Mediumship.

All £15 UK and £20 Overseas  
including postage. Order through  
[matthewsmith1959@outlook.com](mailto:matthewsmith1959@outlook.com)  
and payment Pay Pal account  
[spiritus4u@aol.com](mailto:spiritus4u@aol.com)

**Private Sittings/Spiritual  
Appraisals and Trance Healing**  
contact Matthew

## Janet Shares from Australia

The past twelve months have helped us all focus on what is important, our families and friends. It was difficult for us in Australia because my family are all over the place. Thanks to FaceTime and Zoom I was able to be at birthdays and other family activities. So, for me personal isolation meant learning new skills. I had hoped to come to the UK to attend the Arthur Findlay College. That was not to be. Our wonderful teachers and the college worked together to make a change for us all. Via Zoom I was able to join with my spiritual family, work on my Healing, Mediumship, Spirit Art, and Shamanic Skills. These wonderful opportunities helped me to grow and learn which enabled me to connect with some amazing people all around the world. To connect with some of the groups and churches in the UK was very uplifting, as everything here and in the UK had closed. That did not daunt the wonderful leaders of your churches who organized events through the internet.

So, although I missed being with my family and friends learning these new skills did give me some positives. I am so grateful for this wonderful spiritual family across the world.

Janet Adams - Canberra

### Informal Talks 2021 all 8am or 7pm UK

September 6<sup>th</sup> Living with Sensitivity.

September 13<sup>th</sup> Aspects of Mediumship explained

September 20<sup>th</sup> What is Attunement?

*All 90 minutes duration. £15 per session or £30 for three sessions. With Q/A*

To register for Talks/Workshop email [matthewsmith1959@outlook.com](mailto:matthewsmith1959@outlook.com) payment one month before start date. Invoices sent.

### Exploring Factual Evidence

Minister Matthew Smith  
Minister Jackie Wright

October 2<sup>nd</sup> and 3<sup>rd</sup> 2021  
15.00/19.30 UK time each day

Groups/Workshops/Tutorials  
A Modern approach for the 21<sup>st</sup> Century

Bookings  
Email: [matthewsmith1959@outlook.com](mailto:matthewsmith1959@outlook.com)

“Be secure in your sensitivity”.

I hope you have found some inspiration and guidance from this Newsletter. The next “Sunshine Thoughts” will be sent out in December 2021. If you have any thoughts of articles which you feel would be of interest, please send them to [matthewsmith1959@outlook.com](mailto:matthewsmith1959@outlook.com) by November 1<sup>st</sup>.

If you know people who you feel would be interested in this Newsletter, please share.

Matthew  
Minister Matthew Smith

Spiritualists' National Union  
[www.snu.org.uk](http://www.snu.org.uk)