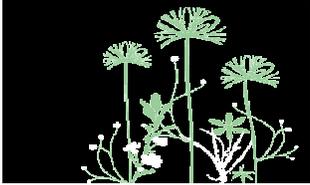


February 2013

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# One Spirit - Many Voices

## Humility

Byline: Rev. Dr. J.

In last month's newsletter, I reflected on the spiritual values, which have the power to bind us together as one human and humane family. The first of these spiritual values, [compassion](#), was the focus of last month's featured blog and of Jessica Zanghi's *What I Have Learned* reflection. The second value was humility. Humility is one of those values that seems hard to define and in some respects even hard to write about and maintain my own sense of humility.

It seems as if humility is almost counter cultural. A while back I read a quote, accredited appropriately to Anonymous, which said, "There is no limit to what you can accomplish, as long as you do not care who gets the credit." However, the world seems to promote just the opposite. A colleague of mine shared with me how in her workplace she is encouraged to claim all credit, even if it means climbing on the back of her co-workers. Striving to maintain humility in this setting goes against the corporate climate in which she is employed.

Talking about humility can also be difficult because of how some people think about it. There are those who think about humility as a negative quality. I have heard people equate it with self-hatred, self-disgust and even self-abasement. Humility is not about any of these qualities. It is not about thinking less of yourself, rather it is about thinking of yourself less often. Humility means you do not think about yourself in comparison to others or as the center of attention.

One of the lessons I have learned about humility came from my study of Toltec Wisdom. I am who I am. We should work at not allowing our sense of self to be related to the evaluation of others whether it is about fame or failure. We are who we are, not who others create us to be. Learning to be humble can help us to see ourselves for who we are. We connect with this self when we remove the distortions from our self-vision. It is what enables us to pursue our vocation to its fullest rather than trying to create and maintain an image of what we think others want us to be.

Michael Carroll recognized humility as one of the ten principles of mindful leadership in his book *The Mindful Leader*. He wrote, "When we are humble, no experience is beneath us, no colleague is unworthy, no moment does not merit our full attention. Because we are humble, we do not pick and choose - savoring only the tasty parts of life and leaving the rest for others. We are willing to experience the entire situation directly and work with every detail."

Carroll talked about how this mindset enables us to "see others' nakedness as well, which is very organic, raw, and penetrating. To a great degree, all of us don costumes to conceal our vulnerability - to cover up our humanity - and we often do not want to be seen. We feel we have warts of all kinds that should be kept under cover. But for mindful leaders, our humility introduces us to the nakedness of social exchanges.

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<sup>1</sup> Mindful Leader, p. 143

(continued on page 5)



*"Our Pinterest page continues to grow and expand. We are slowly adding the boards we want to fill and pinning things to them as we find them."*



*"Then I remind them that the average worrier is 92% inefficient—only 8% of what we worry about ever comes true."*

## What's New

You might want to be aware of a few new things this month. We are starting our first 28-Day Spiritual Makeover Intensive on February 1 and I am excited about journeying with our first group. Our 28 Week Spiritual Makeover begins on March 2 for those who are seeking a spiritual cleansing at a slower pace.

Our Pinterest page continues to grow and expand. We are slowly adding the boards we want to fill and pinning things to them as we find them. Thus far, we have had over 100 people repin items from our existent folders and in our first month, we have added close to 300 pins and started 36 boards. If you have an idea for a board you would like to see us collect information on, let us know. You can visit our Pinterest page via our website (under daily inspirations) or directly at <https://pinterest.com/inspiritual/>

I had planned to take a sabbatical this year from writing in The Zenful Kitchen and Stirring My Spiritual Waters.

(continued on page 5)

## An Excerpt From: **Attitude is Everything**

Byline: Vicki Hitzges

I used to worry. A lot. The more I fretted, the more proficient I became at it. Anxiety begets anxiety. I even worried that I worried too much! Ulcers might develop. My health could fail. My finances could deplete to pay the hospital bills.

A comedian once said, "I tried to drown my worries with gin, but my worries are equipped with flotation devices." While not a drinker, I certainly could identify! My worries could swim, jump and pole vault!

To get some perspective, I visited a well known, Dallas businessman, Fred Smith. Fred mentored such luminaries as motivational whiz Zig Ziglar, business guru Ken Blanchard and leadership expert John Maxwell. Fred listened as I poured out my concerns and then said, "**Vicki, you need to learn to wait to worry.**"

As the words sank in, I asked Fred if he ever spent time fretting. (I was quite certain he wouldn't admit it if he did. He was pretty full of testosterone—even at age 90.) To my surprise, he confessed that in years gone by he had been a top-notch worrier!

"I decided that I would wait to worry!" he explained. "**I decided that I'd wait until I actually had a reason to worry—something that was happening, not just something that might happen—before I worried.**"

"When I'm tempted to get alarmed," he confided, "I tell myself, 'Fred, you've got to wait to worry! Until you know differently, don't worry.' And I don't. Waiting to worry helps me develop the habit of not worrying and that helps me not be tempted to worry."

Fred possessed a quick mind and a gift for gab. As such, he became a captivating public speaker. "I frequently ask audiences what they were worried about this time last year. I get a lot of laughs," he said, "because most people can't remember. Then I ask if they have a current worry—you see nods from everybody.

Then I remind them that the average worrier is 92% inefficient—only 8% of what we worry about ever comes true."

Charles Spurgeon said it best. "Anxiety does not empty tomorrow of its sorrow, but only empties today of its strength." 💧



*“The scriptures across faith traditions affirm we do have a predestined fate, but we are responsible for using our free will in a way that leads to us fulfilling the purpose for our life.”*

## D is for Destiny

Byline: Rev. Dr. J.

I woke up this morning wondering whether to reflect on destiny or devotion as they both resonated with my spirit for different reasons. However, the more I reflected on the word destiny, the more it drew me in and made me realize I was destined to write about destiny on the day I celebrate the 11 year anniversary of the woman I was destined to share my life with.

Talking about destiny is not as easy as it seems. One of the challenges I found was in how to define it. The definitions I found in dictionaries often times used destiny interchangeably with fate, as if they are the same thing. Fate is about all that was decided before we are incarnated. Destiny is about our participation in our life and how we respond to what arises in our life. Do we make the best of our lives regardless of what situations we encounter?

When we look across faith traditions, there is a relationship between responsibility, what some call free will, and predestination, what some call destiny. The scriptures across faith traditions affirm we do have a predestined fate, but we are responsible for using our free will in a way that leads to us fulfilling the purpose for our life. Having free will means we have to take responsibility for our choices, thoughts, actions, beliefs, and disbeliefs. While we are responsible for what we do with our free will in our lives, we are always surrounded by the loving and guiding power of our Higher Power; however one defines that source. Your spiritual tradition also has a bearing on whether you believe your entire life is predestined by the Divine or that you are provided with opportunities to make decisions that will assist you in living to the fullest of your predestined fate. So what do you believe?

Life does not provide each person with an even playing field. Sometimes our ability to act on our free will is shaped by conditions beyond our control. While I have been through my own share of struggle, I am also grateful for the hardships I have not had to experience in my life because of who I was created as. Some people may feel that they have easier or harder lives than others. There is not “An” explanation as to why this is. For example, there is an Igbo Proverb (Nigeria) which says, “Where you fall, there your God pushed you down.”<sup>[1]</sup> This belief suggests that sometimes we are placed in situations, which are an inherent part of our journey.

Some believe our destiny in this life is related to our personal existence in countless prior lives. It is what we have done in past lives, which have contributed to the variations in circumstances people experience in this life. Those who do not believe in reincarnation believe their destiny is shaped by what they have inherited through their family. Our destinies are also shaped by the systems of inequality, which affect various groups and nationalities.

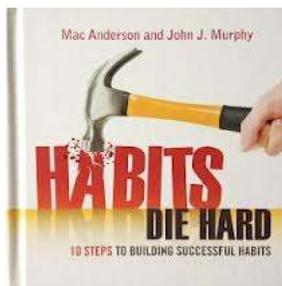
The beliefs about destiny are varied and range from the view of human beings as totally free and responsible for their lives, to one where life is regarded as totally predetermined by external factors. However, when we stop and look at all the spiritual teachings on this one word, what we learn is a very basic lesson – strive to do your best with what you have been given.

Be grateful for what you have and make the best of every moment. Use your free will with a desire to be the best person you can be. This is our destiny, to be the best human being we can be.

(continued on page 4)



*“Today, you can choose to go through life just flowing down the river, never knowing where life is going to take you and not taking any responsibility, or you can choose, ...to awaken the giant within and own your journey and make conscious decisions about your destiny.”*



## **D is for Destiny (cont'd)**

Byline: Rev. Dr. J

Your relationship with your destiny is in part, about what you believe spiritually, but it is also in part about what you believe about yourself. Today, you can choose to go through life just flowing down the river, never knowing where life is going to take you and not taking any responsibility, or you can choose, as Anthony Robbins, suggests, to awaken the giant within and own your journey and make conscious decisions about your destiny.<sup>[2]</sup> You can make conscious decisions about what you want to focus on in your life. You can make conscious decisions about the things that are important to you. You can make decisions about how to achieve the results you want in your life.

It's your destiny. What choices do you consciously want to make about it? ♣

<sup>[1]</sup> <http://origin.org/ucs/ws/theme093.cfm>

<sup>[2]</sup> <http://www.tonyrobbins.com/>

## **An Excerpt From: Habits Die Hard**

Byline: Mac Anderson & John J. Murphy

I am your constant companion.

I am your greatest asset or heaviest burden.

I will push you up to success or down to disappointment.

I am at your command.

Half the things you do might just as well be turned over to me.

For I can do them quickly, correctly, and profitably.

I am easily managed; just be firm with me.

Those who are great, I have made great.

Those who are failures, I have made failures.

I am not a machine, though I work with the precision of a machine and the intelligence of a person.

You can run me for profit, or you can run me for ruin.

Show me how you want it done. Educate me. Train me.

Lead me. Reward me.

And I will then...do it automatically.

I am your servant.

Who am I?

I am a habit. ♣

## **The Environmental Conundrum That Is** Byline: Zoe Davis

As usual, beginning is always the most difficult task for me. Thinking about this month's article was no different. Then, something came to me, something that would lead me to the subject for my next article. It was a strange children's song from my youth. It's titled 'Dem Bones'. This song is a quick lesson in the interconnectedness of the human skeletal systems - '...The hip bone's connected to the back bone; The back bone's connected to the neck bone; The neck bone's connected to the head bone...'¹ This song brought me back to the undeniable connection and interdependence between all that exists in our world; the connectedness of all animal, insects, plant, minerals, systems (natural and man-made), and

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*“ Humility enables us to create a world, which will lead to community of equals.”*



*“Our 8-month Spiritual Journaling workshop will begin in February. Each month I will teach a different strategy to assist you in your spiritual journaling.”*

## Humility (cont'd)

Byline: Rev. Dr. J.

The new sales rep scared to make a mistake, the taxi driver proud of his new cab, the brash creative director overselling her idea, the gracious business owner, the swaggering lawyer - our humility savors each nuance thoroughly with fresh and unclouded eyes, and everything is evident and appreciated.”<sup>1</sup>

Maintaining an attitude of humility provides us with an opportunity to practice what some might call "downward mobility." Jesus, for example, encouraged his disciples to create a community of equals. After they argued over who was the greatest, he knelt before them and washed their feet. "I am among you," he said another time, "as one who serves." Humility enables us to create a world, which will lead to community of equals. In daily life, this means we consciously and intentionally work to break down the barriers that separate people from each other. It means we work towards deconstructing the hierarchies that value the rich over the poor, the able-bodied over the disabled, the literate over the illiterate, the strong over the weak to name just a few.

Embracing an attitude of humility enables us to remember that all of humanity is created in the same way. We are who we are, we are no more or less important than anyone else. As we begin to understand we are all members of one human family, perhaps we will begin to share the blessings of this world in a more equitable way, never taking more than our share. Perhaps then we will approach any task, great or small, with joy. Perhaps then we will remember that our ultimate goal here on earth is to be of service to the Infinite who created us from love, to be love and to share that love with all of creation.

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<sup>1</sup>Michael Carroll, *The Mindful Leader: Ten Principles for Bringing Out the Best in Ourselves and Others*. (Boston: Trumpeter, 2007), pp. 143 - 144

## What's New (cont'd)

However, a few of you have wondered how long a sabbatical that was going to be and how quickly I could return to writing these blogs. So beginning in February, I will start writing these blogs again.

Our 8-month Spiritual Journaling workshop will begin in February. Each month I will teach a different strategy to assist you in your spiritual journaling. In February, we will be starting with a very basic technique called Streaming. For more information visit <http://inspiritual.biz/spiritual-journaling/>

We have opened a store at Amazon.com where you can purchase your books for the book club as well as anything else you might want to purchase from them. Amazon.com will donate a small percentage of your purchase back to Inspiritual. If you are looking for a passive way to contribute to us, this is one way to do so. You can visit our store site by clicking on Shopping Space via our website or directly at <http://astore.amazon.com/inspiritual-20>

In March, we will join in a global movement to create A Complaint Free World. For more information about this global movement visit <http://www.acomplaintfreeworld.org/> We will be posting information on our website soon and have bracelets available in March. Bracelets cost \$1 plus shipping.

(continued on page 7)



*“Your destiny is defined in more ways than just where you have been and where you are going. Your destiny involves your life experiences and how they have shaped your journey.”*



## What I've Learned

Byline: Kimberly M. Adams

It's kind of hard for me to refer to Reverend Jacobson when I actually referred to her as Dr. Jacobson while completing my B.S. in Women and Gender Studies at Brockport but, the transition has been an interesting one nonetheless. Now that I am not a student (in her class... thank goodness-smile!) and she continues to help me in defining myself and continuing my spiritual enlightenment, “Reverend” seems more comfortable and appropriate.

Even though I am a successful in my career as a respiratory therapist and finishing up law school in a few months, I have had my share of “destiny” filled moments lately and, when Rev spoke about “D is for Destiny”, it was an appropriate message for someone that had just gone through a relationship ending and a career new beginning. Sometimes, fate has it that endings also accompany the same space as beginnings and, its hard to figure out how to deal with the pain and joy of it all.

Your destiny is defined in more ways than just where you have been and where you are going. Your destiny involves your life experiences and how they have shaped your journey. This has been a profound discovery for me because I thought that if you simply “work hard and play by the rules” that your “destiny” is secured. No one explained to me that you have to work hard at everything...not just your job and school but your relationships...and having fun to really have a “complete destiny”. That's where I went wrong and subsequently lost a very important part of my destiny...my relationship. It is still hard to deal with at times but, life goes on and you choose how you will deal with adversity in the midst of success. I was blessed to be selected for my “dream job”-an Equal Justice Works Post Graduate Legal Fellowship working in the area of veterans legal issues and community engagement. I worked hard throughout law school to get to this point and when I found out, I was happy but sad that I had had no one to share my career after law school with. Its not the same to share your successes with family, mentors, and friends when you really want someone that is close to you emotionally and physically to share in your successes as well...however, that was a new part of my destiny and I had to take the good with the difficult and apply it to how I will live my life in the future.

I have learned how to balance more and not to get so caught up in the minutia of things all of the time. Yes, it is true that being a lawyer is pretty demanding and exacting at times but, when you are away from the job, one must learn how to enjoy that time and all of the people and opportunities that come with it. That's what my new found destiny has taught me...to understand what you and not take it for granted and to appreciate all of the things and people in your life that have come along...they may stay for a lifetime or not but the lessons learned from the experiences lasts forever.

“D” truly continues to be for “destiny” in my life and I hope that the destiny continues to get clearer for me each and everyday...for once, I am not afraid to embrace it. ♦

## The Environmental Conundrum That Is (cont'd)

Byline: Zoe Davis

actions. We are all an integral part of the whole, with one affecting the other. These thoughts started me thinking of how melded our values are to our environment and economic systems.

In preparing to write this piece, I read and/or skimmed though a multitude of articles before selecting a handful to provide substance and credibility. What did I derive from my experience with the readings? First, if we (people on this planet) are going to survive

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*“The current environmental problems are a global issue, not one that is indicative of the United States of America, Germany, China, Japan, or Sweden. ”*

## What's New (cont'd)

March, we will also be starting our monthly Meditational Mandalas offering. Each month, we will use a mandala designed around a specific gift or emotion and move through a guided meditation associated with that gift or feeling. We will continue this meditative process as we begin bringing our mandalas to life through the addition of color. March will begin with the gift of wisdom. We will gather monthly on the first Sunday at 2:30 pm. Donations and love offerings are accepted. Please bring your own art supplies. ♦

## The Environmental Conundrum That Is (cont'd)

Byline: Zoe Davis

our environmental ills, we are going to have to put some of our individual needs and differences aside, come together, and work as ‘one body’. The current environmental problems are a global issue, not one that is indicative of the United States of America, Germany, China, Japan, or Sweden. One of the articles, ‘*The Labour Movement-Economy*’ ends with a very pessimistic tone. The author states that we as individuals and our respective governments are not interested in a solution; we just want to escape the penalties for the choices we’ve made<sup>2</sup>. I’d like to believe this isn’t true, but with the current course most governments/individuals are taking it is most likely not going to yield amicable results. We’re not going to be able to dodge this bullet forever.

Second, the dichotomy between environmental solutions vs. economic growth, and the notion that one has to take precedence over the other needs to cease. Why do we have to pick one over the other? Why can we not devote time and attention to both? Most of the articles expressed strong views for one of the opposing sides. Ioanna Moutsopoulou’s article outlines five (5) crises, which the world is grappling with ~ economic, political, geopolitical, cultural and religious, and environmental, and how they affect one another. While Moutsopoulou’s article admits there is no way to determine what came first, the chicken or the egg’, a great deal of emphasis appears to be put on the environmental crisis. The Boccia, Spencer, Gordon piece is definitely concentrating on the solvency of economy and the rights of the individual<sup>3</sup>. Benny Joseph’s article ‘brings the two seemingly contradictory standards together, and offers information that suggests these two areas can enhance one another<sup>4</sup>. Jason Scorse’s article advocates for government’s place ‘at the table’ in the economy vs. environment debate. He also makes a pitch for the economic possibilities available via green energy technology, noting China and Germany’s current and future plans in this emerging field. <sup>5</sup>

Third, other than putting aside our differences and working together as a global community, there are a TON of issues that promise to complicate the process. One of those problems would be measuring sustainability.

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“The environmental ills of one county, city, state/region, and nation will have consequences to those outside the affected areas. ”

## The Environmental Conundrum That Is (cont'd)

Byline: Zoe Davis

for industry leader to realize the importance and right of government to be involved in the process, and their duty to adopt a more constructive role in these discussions. Scorse's article also makes a pitch for the economic possibilities available via green energy technology, noting China and Germany's current and future plans in this emerging field.<sup>5</sup>

Third, outside the issue of putting aside our differences and deciding to work together as a global community, there are a TON of issues that promise to complicate the process. One of those problems would be measuring sustainability. It's not that we don't have the tools. We have plenty of tools. However, there are a variety of such tools, using an assortment of criteria/indicators. The tools and criteria/indicators used are dependent upon the individual, organization, and/or country conducting the evaluation. And since we all have different priorities, available resources, and ways of projecting desired outcomes, not to mention political, cultural norms; our methods are going to reflect these differences. The Organization for Economic Co-operation and Development's (OECD) document, *'Sustainable Development: Linking Economy, Society, Environment'* contains a segment addressing measuring sustainability, some of tools available, best practices in combining tools to suit an entity's situation, and some of the difficulties which might be encountered in determining one's needs<sup>6</sup>.

Based upon the readings used to support this article, there are unlimited views on the relationship between economics and environmentalism. There are those articles/views that appear to include discussion of environmental and human health as an afterthought (i.e. the Boccia, Spencer, Gordon article). On the other side of the spectrum, there are those that deem this topic as critical and in need of immediate action. No matter where you stand, I hope it's apparent that we (humans and other life forms that share this planet with us) have difficult tasks and times ahead of us. Environmental justice needs to a priority – for individuals, organizations, and nations. The environmental ills of one county, city, state/region, and nation will have consequences to those outside the affected areas. Also, due to the fact that most (if not all) nations are involved in the global economy, the economic issues in one sector of the world can deliver up hardships in other sectors of the world. The environment and the economy are two critically important topics. I don't think we can afford to make one forever paramount over the other. Both are interconnected. They both need to be addressed. And, as someone always tells me, 'There's no time like the present!'. ♦

<sup>1</sup>Songs for Teaching: Using Music to Promote Learning, 2012. <http://www.songsforteaching.com/folk/dembones.php>

<sup>2</sup>Economic Crisis: Forgetting the Environmental Crisis, Ioanna Moutsopoulou, Member of the secretariat of Solon NGO, 2013. <http://www.solonsynthesis.org/index.php/thelabourmovement-economy/23-thelabourmovement-economy/96-economic-crisis-forgetting-environmental-crisis.html>

<sup>3</sup>Environmental Conservation Based on Individual Liberty and Economic Freedom, Romina Boccia, Jack Spencer, and Robert Gordon Jr., Heritage Foundation, 'Backgrounder' No. 2758, January 8, 2013 <http://www.heritage.org/research/reports/2013/01/environmental-conservation-based-on-individual-liberty-and-economic-freedom>

<sup>4</sup> Economy and Environment, Benny Joseph (McGraw Hill, Higher Education, *Environmental Studies*, 2<sup>nd</sup> edition) [http://highered.mcgraw-hill.com/sites/dl/free/0070648131/271582/Environment\\_and\\_Economy.pdf](http://highered.mcgraw-hill.com/sites/dl/free/0070648131/271582/Environment_and_Economy.pdf), 2009.

<sup>5</sup>Moving Beyond the Tired Economy vs. Environmental Debate, Jason Scorse, April 15, 2012. [http://www.voicesofreason.info/permalink/2012\\_04\\_15\\_moving\\_beyond\\_the\\_tired\\_economy\\_vs\\_environment\\_debate.php#currentPageTarget](http://www.voicesofreason.info/permalink/2012_04_15_moving_beyond_the_tired_economy_vs_environment_debate.php#currentPageTarget)

<sup>6</sup> OECD Insights - Sustainable Development: Linking Economy, Society, Environment, OECD (Tracey Strange and Anne Bayley, Chapter 5 (Measuring Sustainability), pp. 98-113, 2008. <http://www.oecd-ilibrary.org/docserver/download/0108121e.pdf?expires=1359743585&id=id&accname=guest&checksum=27551DF922EF2AB3255838E025F93930>



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

## Calendar of Events

### 28 Day Spiritual Makeover Intensive

**Host/Host Organization:** Inspiritual

**Date:** February 1-28 2013

**Time:** when you decide

**Place/Venue:** wherever you are

**Description of Event:** If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the evening of January 31, 2013, you will receive daily readings, homework assignments and an affirmation from me.

This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour or more per day for this month. I will also be available in person, by phone or Skype for a 30-minute check in on February 8, 15, 22 and March 1, to assist you in your processing. Supplies needed two journals (each used for a different purpose)

**Admission Price:** \$140. Last day to register is January 31, 2013.

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [28 day Spiritual Makeover Intensive](#)

**Wheelchair Accessible:** N/A

### Love and Inspiration

**Host/Host Organization:** Inspiritual

**Date:** February 6, 13, 20, and 27, and 30 2013

**Time:** 6:30 pm – 8:00 pm

**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624

**Description of Event:** Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service. If so, we invite you to share a time of Love & Inspiration with us.

This will be a time of gathering, listening to inspirational music, time for personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and communal sharing.

**Admission Price:** Donations accepted

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [Love & Inspiration](#)

**Wheelchair Accessible:** Yes

### Collective Intent for Humility

**Host/Host Organization:** Inspiritual

**Date:** February 1, 8, 15, and 22, 2013

**Time:** all day

**Place/Venue:** wherever you are

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Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

## Calendar of Events (cont'd)

**Description of Event:** During this month, the spiritual value we will be focusing on is humility. Each Friday, we will have a collective intent to develop humility. We will focus on developing humility within ourselves. Humility, as I wrote about in our newsletter, is not about self-abasement, but about releasing one's pride, ego, and need to be in the limelight.

There may be those days when developing humility is an easy task and those it is not. We ask that you join us in being intentional about developing humility and giving ourselves permission to press through any challenging moments which may arise.

Feel free to post comments to help us all focus our collective intent on this day. Developing humility is an opportunity for spiritual reflection and transformation. Share your experiences with us and others.

**Admission Price:** free

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

**Website:** [Collective Intent](#)

**Wheelchair Accessible:** Yes

### [Spirited Walkers](#)

**Host/Host Organization:** Inspirital

**Date:** February 4 and 18, 2013

**Time:** 1:00 pm - 2:30 pm

**Place/Venue:** To be announced, on Inspirital website, the weeks we are not meeting.

**Description of Event:** Walking is not only a great form of exercise, but it is also a context in which one can meditate, visualize, and commune with others and nature. Walking can slow down time, especially when we walk slowly and meditatively.

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

**Website:** [Spirited Walkers](#)

**Wheelchair Accessible:** Yes

### [2nd Friday Spirituality Book Club](#)

**Host/Host Organization:** Inspirital

**Date:** February 8, 2013

**Time:** 6:30 pm - 8:00 pm

**Place/Venue:** Inspirital, 25 Bernie Lane, Rochester, NY 14624

**Description of Event:** This month, we will be reading and discussing the book *Margin: Restoring Emotional, Physical, Financial, and Time Resources to Overloaded Lives* by Richard A Swenson, M.D..

**Admission Price:** Donations accepted

**Email Address:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

**Website:** [2nd Friday Spirituality Book Club](#)

**Wheelchair Accessible:** Yes

### [Spiritual Journaling Workshop](#)

**Host/Host Organization:** Inspirital

**Date:** February 15, 2013

**Time:** 6:30 pm - 8:00 pm

(continued on page 11)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

## Calendar of Events (cont'd)

**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624

**Description of Event:** This session, we will be learning one of the basic strategies, streaming, to use in our spiritual journaling. Bring an image, quote, feeling, or artifact that inspires you, something to write on and something with which you can write.

**Admission Price:** \$10 donation

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [Spiritual Journaling Workshop](http://SpiritualJournalingWorkshop.com)

**Wheelchair Accessible:** Yes

### [Living the Five Agreements](#)

**Host/Host Organization:** Inspiritual

**Date:** February 22, 2013

**Time:** 7:00 pm - 8:30 pm

**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624

**Description of Event:** Over eight years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation.

This group will discuss his two books *The Four Agreements* and *The Fifth Agreement* and discuss what we are learning about ourselves as we live these agreements. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

**Admission Price:** Donations accepted

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [Living the Five Agreements](http://LivingtheFiveAgreements.com)

**Wheelchair Accessible:** Yes

### [Peter Blums Sound Bath Featuring Sacred Singing Metals](#)

**Host/Host Organization:** Mooseberry Cafe

**Date:** February 15, 2013

**Time:** 7:00 pm

**Place/Venue:** Mooseberry Cafe 2555 Baird Road Penfield

**Description of Event:** Peter Blum will be at Mooseberry Café bringing his amazing collection of instruments: Himalayan singing bowls, gongs, bells, cymbals, flutes, ocarinas, tamboura, rattles & drums for an evening of healing frequencies in a unique, meditative event. Participants are invited to experience a “horizontal concert” lying on yoga mats or blankets. Sound Bath creates a unique vibration field allowing participants to receive visions, healing, and guidance from within and without. Call 348-9022 for your ticket. For more info go to [www.mooseberrycafe.com](http://www.mooseberrycafe.com)

**Admission Price:** \$20

**Website:** [www.mooseberrycafe.com](http://www.mooseberrycafe.com)

### [Learn about Healing and Sound with Peter Blum](#)

**Host/Host Organization:** Light Works!

**Date:** February 16, 2013

**Time:** 10:00 am – 5:00 pm

(continued on page 12)



Looking for something to do? We have plenty of low OR no cost events on the calendar.

Do you have something for next month's calendar? Please complete the [online submission form](#)

## Calendar of Events (cont'd)

**Place/Venue:** The Purple Door, 3259 Winton Rd S Henrietta, NY

**Description of Event:** Light Works! has invited Peter to teach about how sound helps with healing. In this workshop, participants will learn theory and technique. Simple exercises that can easily be incorporated for personal or professional use, as meditation/healing practices will include: Deep Listening Meditation, Alpha/Theta Brainwave attunement, Shamanic Journeying with drum & rattle , Ga Ma La Ta Ki odd and even rhythm practice, Chanting Vowel Sounds for Energy centers in the body , Sacred singing metals (bowls, tingshas, gongs, etc.), Mongolian/Tuvan "Magical Voice" (overtone singing). Must preregister. Call The Purple Door at 427-8110.

**Admission Price:** \$80.00.

**Wheelchair Accessible:** Yes

### [28 Week Spiritual Makeover](#)

**Host/Host Organization:** Inspiritual

**Date:** March 2 through September 14 2013

**Time:** when you decide

**Place/Venue:** wherever you are

**Description of Event:** If you are ready to do some spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning March 2, 2013, you will receive weekly readings, homework assignments and an affirmation from me.

This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life, and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour or more per week for 28 weeks. I will also be available in person, by phone or Skype for a 30-minute check in on April 20, June 8, July 27,, and September 14, to assist you in your processing. Supplies needed two journals (each used for a different purpose)

**Admission Price:** \$140. Last day to register is March 1, 2013.

**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

**Website:** [28 Week Spiritual Makeover](#)

**Wheelchair Accessible:** N/A ♦

## About Us



*Inspirational*

25 Bernie Lane  
Rochester, NY 14624-1152

Phone: 585-729-6113  
E-mail: [inspiritual@ymail.com](mailto:inspiritual@ymail.com)

**We're on the WEB!**

**Our Website**

<http://inspiritual.biz>

**Twitter**

**@Inspirational**

**Facebook**

[https://www.facebook.com/  
inspiritual.biz](https://www.facebook.com/inspiritual.biz)

*Inspirational* is a space for all those who come ready to look within and engage in a time of spiritual exploration and transformation. *All are welcome!*

### **It starts with your story.**

Our lives are a story. They are a story about us, about what we believe, about the world we live in, about all that we have experienced and all that is yet to come. It is a story about what we know and what we have yet to understand.

### **We seek the spiritual in everyday life.**

Each day is filled with the opportunities for teachable moments. Together we journey together learning from the arts, film, prose, poetry, meditations, and everyday experiences.

### **Fusion of traditions and beliefs**

We see spiritual formation as a fusion of the esoteric wisdom of the world's ancient spiritual traditions with innovative writings and wisdoms of today. Through the movement beyond artificial boundaries, we grow in our understanding of ourselves, of the Infinite, and of the world in which we live. In our approach, we seek to: listen to and honor individual, communal and spiritual stories; recognize that one's entire life is an ongoing revelation of the Infinite Presence; honor and value the process. It is all about the journey, not how long it takes to get there; blend ancient and modern spiritual wisdoms; draw upon the expressive and creative arts to grow in our understanding of the Infinite; and move towards a way of being in the world which, is about love, grace, and compassion. ♣

## Making Submissions to Your Newsletter

We're excited to share Inspirational's monthly newsletter, *One Spirit - Many Voices*, with you. The many voices (in the title) represents how we envision the content in future editions. We'd like to see *One Spirit - Many Voices* morph into a collaboration between all involved with Inspirational. All, means YOU!

The submission process is simple. If you have an article, event, photograph, reflection, book or movie review, or anything you'd like to share with other newsletter readers, that will adapt itself to this format, PLEASE send it to us.

Our parameters for submissions are as follows:

- Review your submission to ensure its content is in harmony with the mission and values of Inspirational;
- Create your documents using an Microsoft Office product (Word, Publisher, Excel) or an Apple iWorks product (Pages, Keynote, Numbers). A text format is also acceptable. Photos/graphics can be created, using just about all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, [inspiritual@ymail.com](mailto:inspiritual@ymail.com) For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, at 11:00 pm.

Please realize that your submissions may be edited and/or not used in the upcoming month (i.e. due to space and/or content). Should you have questions or comments, please contact us.

Remember this is YOUR newsletter. Submit often! ♣



Are you ready, willing, and able to share some of your talent and time with the Inspirational community? Do you know anyone else who might be interested? If so, drop us an email!

“Remember this is

YOUR newsletter.

Submit often”