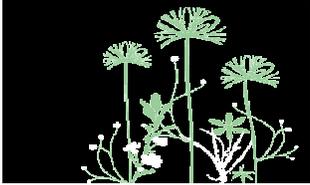


April 2013

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One Spirit - Many Voices

Courage

Byline: Rev. Dr. J.

Growing up, I used to think that people who had courage were fearless. Over time, I have, as Nelson Mandela said, "...learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." Courage, in our spiritual evolution, is about being able to look in the mirror of internal truth, face that which we have avoided in our lives, and move through the fears, the lies, the agreements we no longer hold true and coming through to the other end. Courage is something, which emerges within us because we have allowed ourselves to grow in our journey.

J. Ruth Gendler, in *The Book of Qualities*, described courage this way:

Courage has roots. She sleeps on a futon on the floor and lives close to the ground. Courage looks you straight in the eye. She is not impressed with powertrippers, and she knows first aid. Courage is not afraid to weep, and she is not afraid to pray, even when she is not sure who she is praying to. When Courage walks, it is clear that she has made the journey from loneliness to solitude. The people who told me she is stern were not lying. They just forgot to mention that she is kind.

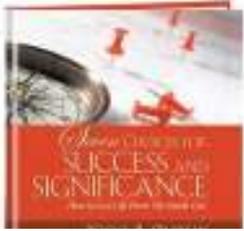
Courage enables us to experience the fullness of who we were created to be and the realness of everything we experience in our lives. Those who have courage are often times afraid, but move through the fear, doing what needs to be done anyway.

Courage is also about having the power of discernment. As Winston Churchill once said, "Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen." Sometimes courage is about standing up and speaking our truth, speaking on behalf of the least of thee in society, and those who have been rendered voiceless by the system. On the other hand, sometimes courage means we have to acknowledge, as Gandhi teaches in the principles of Satyagraha, that our adversaries and others may have a piece of truth we have not yet been exposed to. When we believe we are the sole carriers of the truth, we miss all the other aspects of truth that are there from which we can grow and learn. It takes courage to listen to those whose beliefs and views are different than ours.

It is one thing to be silent when we are intentionally being silent from a space of learning, however, when we silence ourselves out of fear of what others might think, then that is harmful and it is in those moments we must draw on our courage and speak anyway. Audre Lorde said, "When we speak, we are afraid our words will not be heard or welcomed. But when we are silent, we are still afraid. So it is better to speak."

Sometimes, our acts of courage, those things that took "balls" or "ovaries" are about speaking out against systemic injustice. Nelson Mandela is noted for speaking out against apartheid in South Africa. Rev Dr. Martin Luther King is remembered most for speaking out for civil rights in the United States. William Wilberforce, a white man, spoke out against slavery. Helen Keller, who was born deaf and blind, spoke out to improve society's treatment of deaf people. Rosa Parks refused to give up her seat on a bus ultimately leading to the end of segregation on public

(continued on page 2)



*“If the only prayer
you say in your life is
'thank you,' that
would suffice.”*

Byline: Dr. Nido R. Qubein

An Excerpt From Seven Choices for Success and Significance

What is success? Only you can define it in your own life. In my own life, I have attempted to define both Success and Significance.

To me, *Success is secular. Significance is spiritual.*

It doesn't matter how you define your own spirituality. Spiritual matters are always finer, deeper, and longer lasting than secular matters.

Success focuses on three Fs:

- **Fans**
- **Fame**
- **Fortune**

Success is focused on tasks, even goals.

Significance also focuses on three Fs:

- **Faith**
- **Family**
- **Friends**

But, *significance* focuses on *purpose*. Why am I here? What do I do with the talents, experiences and skills that I have? How can I make the world a better place? How do I plant seeds of greatness in the lives of those around me? How do I make an impact in the circles of influence where I find or place myself?

To choose success and significance, you must be a strategic thinker who:

- Has a *clear vision* of what you want to accomplish
- Develops a *solid strategy* that answers three questions:

- Who or what are we today?
- Who do we want to become?
- How do we get there?

- Employs *practical systems* to achieve your goals
- Commits to *consistent execution* because in consistency, success emerges.

When implementing your strategic plan for success, it really comes down to three "Ds":

Decide what you want most to achieve

Determine the first step to getting what you want

Do the first thing that will start you moving toward your goal.

Using these seven keys, you can choose success and significance. But keep this in mind: success is not a matter of luck, not an accident of birth, not a reward for virtue. The most successful people I know are the ones who have something to do, somewhere to be and someone to love.

No one is responsible for your success or your joy. You must search for it and be in a continual state of earning it.

To merely succeed is not an end in itself. You must use your success to impact other people...to impact the world...to *Live Life from the Inside Out*.

It all starts with the choices you make—they determine the person you will become. 💧



“It’s now been made clear to me, by a loving God, that quitting puts me on the marathoner’s course again. It also occurred to me that since I’ve got all this time, maybe I should use it more productively. Share my message about time-bending and overcoming addiction.”

Marathoning

Byline: Julie Desfosses

Stop! Wait! It’s not what you think. You don’t have to be a runner, out there pounding the pavement, to get something out of this article. This piece is about the totality of our lives, from cradle to grave. Read on.

On January 31, 2012 at 11:30 pm I gave up thirty five years of cigarette smoking. Hooray for me! Quitting brought me back to a life truth I had forgotten; life is not a sprint, it’s a marathon. Giving up an addiction is a marathon, twenty six point five grueling miles. Pssst, actually I think quitting is longer than that but people relate to the boggling number of miles in a marathon.

My cigarette less marathon has been filled with thrills, chills, head banging anxiety and fear, clouds of self-doubt and even a little cheating. Gasp! You can envy the sprinter when you are on the marathon course. Those of us who live past twenty five are marathoner’s. And blessed we are to live our full natural lives, but it can be a long course.

Since quitting, time has slowed down; way down. I feel this most at home, where incidentally, I did most of my smoking. While I am using nicotine replacement, that sickening fifteen minutes or so arrive with my wakening. Body drained of nicotine; my worst moments are when I wake up. I take my replacements as quickly as possible, busy myself making coffee. After a month and nineteen days it’s still pretty brutal, with my brain leading the attack. My most dangerous weapon whispers in my ears.

“You could just give this up.” “You could smoke again, nobody would know.” This is how I know my brain is seriously compromised by many, many years of smoking. I’ve told everyone this time. I want to be held accountable for my behavior. I want to stop killing myself. I facilitate a support group whose primary aim is to change unproductive, hurtful behavior. Facilitator heal thyself! I even wanted the challenge, I was bored. Well I’m not anymore!

It’s now been made clear to me, by a loving God, that quitting puts me on the marathoner’s course again. It also occurred to me that since I’ve got all this time, maybe I should use it more productively. Share my message about time-bending and overcoming addiction. Beating addictions is a one day at a time deal. This info is nothing new, but it bears repeating. Beating this addiction is my number one job right now. It’s a race I can’t afford to lose, so I’m giving it my everything. And slowly, one step at a time, I’m winning.

Lastly, enjoy every single minute of your marathon. That’s right, even when your brain (and maybe your body too) is telling you, you can’t go another step. Telling you, you can’t make it twenty six point five miles. The only thing that matters is, you believe you can. That I believe I can. Go ahead, run your race. ●



“New space, on our website, and in our newsletter, have been created to host the works of guest artists and bloggers.”



“And one choice can change your life.”

What's New

While there is nothing new on the website, there are some new things, which we have been doing and will be adding to our site soon. First, Rev Sharon officiated the wedding of Melissa Schwartz and Dylan DiCarlo on March 16th. She was recently asked to baptize a teenage boy and his mother and that will be happening soon. While the facilities in which we perform weddings, funerals, and baptisms must be wheelchair accessible, we have been and will continue to offer those services. We will be adding this information to our website in the next month.

New space, on our website, and in our newsletter, have been created to host the works of guest artists and bloggers. We are excited to have our first artist/photographer, Sharon Forsythe Hinkson, share her work with us. Her photography is inspiring, powerful, and spiritual. She has the gift of capturing moments, which give voice to sacred moments in time and allow one to experience the Divine in nature and animals. The poignant poetry of two other gifted guest contributors, Nina Poletz and Gary Bertnick, is also included in this month's newsletter, and on our website.

As we continue to grow and evolve, we will feature the works of other writers, bloggers, poets, and artists. We hope their offerings will be yet another source of inspiration in your journey. ♦

Courage (cont'd)

Byline: Rev. Dr. J.

transportation. The greatest act of courage in our lives is not in our interactions with the external, but our interactions with our selves. It is about facing our innermost fears and looking internally at where those fears come from and what we need to do to release them. For example, Buddha Siddhartha had the courage to challenge his internal demons and evolve on the path ultimate enlightenment.

Each day is filled with opportunities for us to practice being courageous. Each time we encounter someone who says or does something which we allow to hurt us, we have an opportunity to look at why we allowed ourselves to be wounded, to take something personally, or allowed someone to get on our last nerve. In doing so, we look internally at our own belief system and acknowledge what we really believe about ourselves. What others say about us is about them and their perception about us. As don Miguel Ruiz discussed, it is only about you, if you believe it is true. When we use our courage to explore and change our own beliefs about ourselves, then we master our ability to speak truth in love in other situations as well. Gandhi suggested we be the change we want to see in this world and HGTV says, "Change the world, start at home." The courage we use to bring about internal changes is the same courage we can use to make this world a better place for all. ♦

Kid's Read 12 – A Hug



*“Fears and anxieties
filtered out
Swept away by
smiles and words of
love,
The cleansing gift of
family soothes
Assures the tender
feelings“*

A child stands off aloof
Uncertain mind swims with thoughts
Emotions muddy the once clear water
Acceptance, acknowledgement, self-worth,
Confusion creeps in
Until the hug of a visiting grandmother draws near
Warmth melts all,
A parent's, a grandfather's expressions of love clear the air.
The young child stands free again
Genuine excitement, genuine enthusiasm takes hold once more
Gladness in sharing thoughts and other things
Experiences that cover with meaning
Small things that build together into refreshing purpose.
Fears and anxieties filtered out
Swept away by smiles and words of love,
The cleansing gift of family soothes
Assures the tender feelings
Helps anchor the young experiences.
Youth, who stand often with hidden needs,
A heart just learning to search
Becoming aware of true hidden treasures
In a mysterious field;
A taste for goodness newly developed,
Honest delight, a love too rarely seen.
The Lord stands and watches from Heaven,
His most tender heart flutters as a butterfly.

<http://heavensees.wordpress.com> ♦

Byline: don Miguel Ruiz and don Jose Ruiz with Janet Mills

THE POWER OF DOUBT: WHEN BEING SKEPTICAL IS A GOOD THING



“When you look at yourself in a mirror, do you like what you see, or do you judge your body and use the word to tell yourself lies? “

Have you ever asked yourself if something you heard was actually true? Have you ever wondered if someone was lying to you, or worse yet, have you ever wondered, "Am I lying to myself?" Do you believe those voices in your head that are always giving you opinions? Do you tend to believe other people's opinions? If you answered yes to any of these questions, you will understand when being skeptical is a good thing.

Right now, you're delivering a message to yourself and to everyone around you. You're always delivering messages and you're always receiving messages from one mind to another mind. But the most important messages are the ones you deliver to yourself. What are those messages? The word is a force you cannot see, but you can see the manifestation of that force, the expression of the word, which is your own life. The way to measure the impeccability of your word is to ask yourself: Am I happy or am I suffering? If you're suffering it's because you're telling yourself a story that isn't true, but you believe it.

When you look at yourself in a mirror, do you like what you see, or do you judge your body and use the word to tell yourself lies? If you believe that you are not attractive enough, then you believe a lie, and you are using the word against yourself, against the truth.

Is it really true that you are too heavy or too thin? Is it really true that you are not beautiful? If you're telling yourself, "I'm fat. I'm ugly. I'm old. I'm not good enough. I'll never make it," then be skeptical. Don't believe yourself because none of these messages come from truth, from life. These messages are distorted; they're nothing but lies. The truth is, there are no ugly people. There's no universal book of law where any of these judgments are true. Every judgment is just an opinion - it's just a point of view - and that point of view wasn't there when you were born.

Everything you think about yourself, everything you believe about yourself, is because you learned it. You learned the opinions from Mom, Dad, siblings, and society. They sent all those images of how a body should look; they expressed all those opinions about the way you are, the way you are not, the way you should be. They delivered a message, and you agreed with that message. And now you think so many things about what you are, but are they the truth?

What is the truth and what is the lie? Humans believe so many lies because we aren't aware. We ignore the truth or we just don't see the truth. When we are educated, we accumulate a lot of knowledge, and all that knowledge is just like a wall of fog that doesn't allow us to perceive the truth, what really is. We only see what we want to see; we only hear what we want to hear. Our belief system is just like a mirror that only shows us what we believe.

In our development, as we grow throughout our lives, the structure of our beliefs becomes very complicated, and we make it even more complicated because we make the assumption that what we believe is the absolute truth. We never stop to consider that our beliefs are only a relative truth that's always going to be distorted by all the knowledge we have stored in our memory. As children, we are innocent; we believe almost everything that we learn, but everything that we learn isn't true. We put our faith in lies, we give them power, and soon those lies are ruling our lives.

(continued on page 7)



“Once you recover all the power you invested in lies, you can see what is real; you can feel what is real.”

THE POWER OF DOUBT: WHEN BEING SKEPTICAL IS A GOOD THING (cont'd)

Just imagine becoming the way you used to be as a very young child, before you understood the meaning of any word, before opinions took over your mind. The real you is loving, joyful, and free. The real you is just like a flower, just like the wind, just like the ocean, just like the sun. There is nothing to justify, nothing to believe. You have no mission except to enjoy life. You are here just to be, for no reason. Then the only thing you need to be is the real you. Be happiness. Be love. Be yourself. That's wisdom. It's the complete acceptance of yourself just the way you are, and the complete acceptance of everybody else just the way they are. The reward is your eternal happiness.

But first you have to unlearn a lot, and you only have one tool to do this. That tool is doubt. Being skeptical is an important part of recovering what you really are because it uses the power of doubt to break all those spells you've been under. Whenever you hear a message from yourself, or from someone else, simply ask: Is it really true? With the power of doubt, you challenge every message you deliver and receive. You challenge every belief that rules your life. Then you challenge all the beliefs that rule society, until you break the spell of all the lies and superstitions that control your world.

Once you recover all the power you invested in lies, you can see what is real; you can feel what is real. Even though lies still exist, you no longer believe them. You don't believe everything anymore, but you can see, and what you can see is the truth. The truth doesn't need you to believe it. The truth simply is, and it survives - believe it or not. Lies need you to believe them. If you don't believe lies, they don't survive your skepticism, and they simply disappear.

Centuries ago, people believed that the earth was flat. Some said that elephants were supporting the earth, and that made them feel safe. The belief that the earth was flat was considered the truth, and almost everybody agreed, but did that make it true? It was nothing but a superstition, and I can assure you that we still live in a world of superstition. The question is: are we aware of it?

Wherever you go, you will hear all kinds of opinions and stories from other people. You will find great storytellers wanting to tell you what you should do with your life: "You should do this, you should do that, you should do whatever." Don't believe them. Be skeptical, but learn to listen and then make your choices. Be responsible for every choice you make in your life. This is your life; it's nobody else's life, and you will find that it's nobody else's business what you do with your life.

For centuries, there have been prophets who predicted big catastrophes in the world. Not that long ago, there were people who predicted that in the year 2000 all the computers would fail and society as we know it would disappear. The day arrived, and what happened? Nothing happened. Thousands of years ago, just like today, there were prophets who were waiting for the end of the world. At that time, a great master said, "There will be many false prophets who claim to be speaking the word of God. Don't believe." You see, being skeptical is nothing new. Doubt takes you behind the words and helps you to discern the truth from lies. And this is a good thing.

Adapted from *The Fifth Agreement: A Practical Guide to Self-Mastery*. Copyright © 2010 by Miguel Angel Ruiz, M.D., Jose Luis Ruiz, and Janet Mills. Reprinted by Permission of Amber-Allen Publishing, Inc., San Rafael, California. ♠

Perfect Imperfections



*“There's asymmetry in nature
it's perfectly put there
Go and take a closer look
it has its own flawed hair”*

Ever notice those perfect imperfections
that surround us every day?
Those little things that tell us
life will have its way.

Your hair that won't cooperate
with water or with mousse
It waves and curls just a little
like the tail feathers of a goose

Yet walk into a room of friends
and no one will take notice
They just look at you and smile
and tell you you're a lotus

There's asymmetry in nature
it's perfectly put there
Go and take a closer look
it has its own flawed hair

The beauty of a fresh picked rose
has its pointy thorns
All part of the Master's plan
such fragrance it adorns

We all have those little things
we feel need correction
But crooked smiles and porcupines
are part of God's perfections

Don't look at what you think is wrong
it is only in your head
Start weaving in your mind's eye
positive lines of thread

The pattern's that we see around
are oh so very right
This tapestry of Nature's soul
is God's affirming Light

Since all creation is perfection
it's perceptions we must heal
So Honor God's perfect imperfections
for that is what is real ♦



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: March 31-April 27 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 March 30, 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 April 7, 14, 21, and 28, to assist you in your processing. Supplies needed two journals (each used for a different purpose)

Cost: \$140.00

Admission Price: \$140. Last day to register is March 30, 2013.

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: N/A

[Spirited Walkers](#)

Host/Host Organization: Inspiritual

Date: April 1 and 15, 2013 (weather permitting)

Time: 1:00 pm - 2:30 pm

Place/Venue: To be announced, on Inspiritual 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: Inspiritual@ymail.com

Website: [Spirited Walkers](#)

Wheelchair Accessible: Yes

[Love and Inspiration](#)

Host/Host Organization: Inspiritual

Date: April 3, 10, 17, and 24, 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

Website: [Love & Inspiration](#)

Wheelchair Accessible: Yes

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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)

[Collective Intent for Courage](#)

Host/Host Organization: Inspiritual

Date: April 5, 12, 19, and 26, 2013

Time: all day

Place/Venue: wherever you are

Description of Event: During this month, the spiritual value we will be focusing on is courage. Each Friday, we will have a collective intent to develop courage. We will focus on developing courage individually and systemically. Courage is the quality of mind or spirit that enables a person to face and move through difficult, dangerous, and painful experiences or situations.

There may be those days when promoting courage is an easy task and those it is not. We ask that you join us in being intentional about promoting courage 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. Promoting courage is an opportunity for spiritual reflection and transformation. Share your experiences with us and others.

Admission Price: free

Email Address: Inspiritual@ymail.com

Website: [Collective Intent](#)

Wheelchair Accessible: Yes

[SOUND OF EMPOWERMENT— Training with Jim Donovan](#)

Date: 04/06/2013

Time: 10:00:00 AM – 6:00 PM

Place/Venue: YWCA 301 North St Batavia, NY 14020

Description of Event: Introduction to Teaching Rhythm, the Voice and Breath as Tools for Wellness. There are no prerequisites for this training. Beginners are warmly welcomed. Drums, percussion, and full training manual are provided. This is a great class for drummers, teachers, therapists, mental health counselors just to name a few. Learn profoundly effective skill sets that will enable you to use sound as a tool for transformation with any group or individual you work with. Invest a day to learn how to empower others to help themselves. In addition to experiencing the philosophy and each technique yourself, Jim will show you exactly how to use each concept in a practical, easy to understand way. You must pre-register. Register by phone - Jeff Mann at (585) 395-0059

Currency: \$99 if paid in advance, or \$129 the day of the event

Wheelchair Accessible: Yes

[Meditational Mandalas](#)

Host/Host Organization: Inspiritual

Date: April 7

Time: 2:30 pm – 4:30 pm

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

Description of Event: David Fontana, a teacher of meditation and of mandalas once wrote, "The mandala is like a mirror that helps us to discover who we are. If the mandala is a suitable one, it is already a reflection of something deep inside ourselves, a reflection that does not judge or condemn, that does not flatter or deceive, that does not compare us with other people and find us better or worse, that simply reveals to us things as they are.

When we stop to think about ourselves we become aware of all sorts of strengths and weaknesses, but the mandala is not interested in these.

(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)

Like a mirror, it accepts all that it sees. It teaches us not to hide from ourselves. It teaches us to stop pretending that we are somebody we are not and to experience what it is to be ourselves rather than becoming lost in an artificial world of concepts, prejudices and needless hopes and fears about ourselves."

Mandala is the Sanskrit word for circle. Mandalas are circular images whose amazing power goes far beyond mere decoration. They have been used in healing for centuries by cultures all over the world because of their transformative effect on the body, mind, and spirit.

Each month, we will begin with a guided meditation associated with a specific gift or emotion. Then we will have quiet time to meditate with the various colors, listening to our intuitive response to each color and its placement in a pre-drawn mandala. Using pre-drawn mandalas allows one to focus on our relationship with color, rather than form. Time and space will be provided to color one's mandala and reflect on the messages behind the colors used.

Coffee, tea, water, and Crystal Light will be provided. Crayons and colored pencils will be provided. However, feel free to bring your own coloring supplies if you would prefer.

We will meet the 1st Sunday of each month from 2:30 pm - 4:30 pm.

The focus in April will be on the Chakras. Please bring a blanket or mat to lay on.

Admission Price: \$10

Email Address: Inspiritual@ymail.com

Website: [Love & Inspiration](#)

Wheelchair Accessible: Yes

[2nd Friday Spirituality Book Club](#)

Host/Host Organization: Inspiritual

Date: April 12, 2013

Time: 6:30 pm - 8:00 pm

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

Description of Event: This month, we will be reading and discussing the book *The Harbinger: The ancient mystery that holds the secret of America's future* by Jonathan Cahn ISBN-10: 161638610X

Admission Price: Donations accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

[Aromatherapy Class](#)

Host/Host Organization: Healthy Alternatives

Date: 04/13/2013

Time: 2:00:00 PM

Place/Venue: 458 Stone Rd, Rochester, NY

Description of Event: Healthy Alternatives will be presenting a class on Aromatherapy on April 13th. Aromatherapy is a great addition to any practice. Learn how to convert your medicine cabinet using essential oils. I will demonstrate how Essential Oils are used with the Vita Flex technique to build your immune system. Learn how to prevent the flu using essential oils.

Aromatherapy also benefits ADD/ADHD, fibromyalgia and many other conditions. You will also learn about all Natural Pet Care. Healthy Alternatives Aromatherapy class Saturday April 13 from 2:00 to 4:00 458 Stone Rd Rochester, NY 14616 Angelhd1@hotmail.com RSVP to reserve your seat (585)787-6954

Wheelchair Accessible: No

(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)

Cost: \$5.00

Email Address: angelhd1@hotmail.com

Website: www.antioxidant1.com

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: April 19, 2013

Time: 6:30 pm - 8:00 pm

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

Website: Spiritual Journaling Workshop

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: April 26, 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

Website: Living the Five Agreements

Wheelchair Accessible: Yes ♠



Please Help Us Grow

Over the last two and a half years, we have grown in some unexpected ways with readers know in eight countries (United States, Liberia, Czech Republic, India, Korea, Thailand, Singapore, and Venezuela). We are always trying to respond to the expressed needs of those who email us, such as now being able to provide spiritual partnership via Skype. However, the most significant change was the decision to move from a Western capitalistic economic model to a Buddhist model of economics. What this meant is that, with the exception of individual spiritual partnership work, I chose to provide all of Inspiritual's online and onsite services on a donations only basis. There were several reasons for this decision. One was related to my own spiritual evolution. I have come to this place in my own journey where I believe that generosity begets generosity. Another reason for this shift was my belief in minimizing my contribution to human suffering and to maximize my contribution to human growth. In an effort not to cause suffering to others, I decided to ensure no one would be denied the opportunity to participate in any of our offerings because of economic reasons. To do otherwise, in my eyes, is a form of violence in which I could not participate. I have simplified things, as much as I continued to be a steward of my personal resources, because sometimes bigger is not better. I have learned small can be amazingly beautiful. Finally, I am fully committed to the development of the gross national happiness, not the gross national product.

If you feel you have benefitted spiritually from our offerings, we ask that you consider [making a donation](#) to this ministry so we may continue to grow. You can do so by becoming a micro patron or planting a seed to assist us with a specific goal such as:

Coffee bar supplies (coffee, tea, filters, creamer, sugar, Splenda) (\$20 per month),
Advertise in local community newspaper (\$130 every six weeks),
Professional printing of brochures (\$250.00),
Trademark our name (\$325.00),
Research costs to assist in the writing of *The Zenful Kitchen* and *Spiritual Courtesy*,
Develop and launch a monthly blog talk radio show. ♦

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: inspiritual@ymail.com

We're on the WEB!

Our Website

<http://inspiritual.biz>

Twitter

[@inspiritual](https://twitter.com/inspiritual)

Facebook

<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 For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 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"