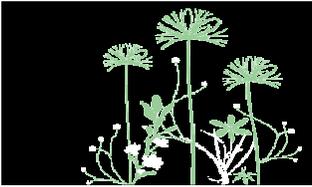


April 2014



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One Spirit - Many Voices

Acknowledgement

Byline: *Rev. Dr. J.*

The last few months I have been focusing on various emotions and actions, which are a part of the healing process. We have talked about our attitude towards life and love and the importance of awareness. This month we are going to focus on the act of acknowledgement.

Acknowledgment can be used in two ways. One is the "acceptance of the truth or existence of something." The other is the "action of expressing or displaying gratitude or appreciation for something." Both are important in the healing process.

Until we can look something dead in the eye, acknowledge its existence for what it is, and decide what role something will play in our lives, we have not fully acknowledged the fullness of the situation and are holding ourselves in a state of emotional and spiritual hostage. Once we can claim it, acknowledge it, and be intentional about deciding its role in our lives, then we have set ourselves free. The problem is that many people do not claim their internal power and courage to go through this process. They find it easier to blame the situation or others for their condition in life. Perhaps that is why I love the story in John 5. This man had been sitting at the source of his healing for 38 years waiting for others to help him or to be able to get himself in the pool next. In John 5:7 he says "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." this man has not looked the situation in the eye, he has not acknowledged what he has not done and so passively says it is somebody else's fault that he is in this position.

When Jesus challenges him to own his own healing, and to get up and walk. He does . He had to acknowledge his role in his own suffering and then draw on his own power, courage, and faith to transform the situation.

Sometimes we have these moments in our own lives. I know I do. Using my walker is challenging and painful. I find it easier to use my wheelchair. However, doing so is not helping me to heal and strengthen my body. I can be like the man at the pool and come up with a whole list of excuses why I am not further along in my healing, but the reality is that I have to get up and walk with my walker and be intentional about it. I have to acknowledge that I have not consistently done all that I can do in my life. So this month, think about where you are stuck, and what do you have to acknowledge and put your intent behind to help you get unstuck and move forward in your life.

As I mentioned earlier, the second definition of acknowledgment is the "action of expressing or displaying gratitude or appreciation for something." Sometimes we need to affirm and give thanks to ourselves for what we have moved through in our lives. We need to acknowledge the hard work we have done to move forward in our journeys and transform our lives. We also need to take time to acknowledge the people in our lives.

(continued on page 5)



“ Thank-you to those who have helped in the past, and all those who will find it in their heart to assist in the future. “



“Read up to receive some housekeeping information about our social media presence. We also have updates about some successful events hosted in March”

Plant a Seed or Become a Micro Patron

For the last three (3) years we have been committed to providing low and no-cost offerings so that all, who seek a space for spiritual growth and evolution, may have a space to go. This has not always been easy in a struggling economy. Each month, we ask you to consider helping us grow and evolve so we may continue to ensure all are fed. You can assist us in one of two ways. One is to become a part of our Plant a Seed program, by making a monthly donation, which will assist us in raising the funds needed for our growth and expansion. The other is to become a micro patron. Micro-patronage is a way to support Inspiritual through a micro (small) donation. Those who donate \$50.00 or more will be listed on our Micro Patrons page for that year.

As a thank you to those who have expressed a commitment to helping us grow, we are offering the following:

Those donating \$50.00 or more will receive an Inspiritual stress ball.
 Those donating \$100.00 or more will receive an Inspiritual mouse pad.

Your investment in us will be used to support the following:

- ♥ Advertisement in a local community newspaper (\$130.00 every six weeks)
- ♥ Advertisement in The City newspaper's 'Mind Body Spirit' section (\$120.00 per week)
- ♥ Professional printing of brochures (\$250.00)
- ♥ Trademarking our name (\$325.00)
- ♥ Continued support to allow us to continue offering low and no cost offerings to those seeking to grow and evolve spiritually. ♦

What's New?

Just a reminder that we have expanded our social media outreach and now have a Meetup group <http://www.meetup.com/Inspiritual-biz/>. If you want to receive invitations to our events and stay informed, this is just one more way to do that. Please note, however, that only our physical gatherings are on the meetup calendar. Our Skype events are only listed on our website and Facebook. You can also follow us on Twitter @inspiritual or on Facebook on our group, <https://www.facebook.com/groups/154921854555618/> or business page, <https://www.facebook.com/inspiritual.biz>. We also have a page just for our Young Living Essential Oils <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>.

In March, Intuitive Artist JD Arrichi spent the day with us on Friday, March 7th doing a dozen Spirit Drawings. It was a blessing to have had him here and we are already making plans for his trip here next year. So for those who missed out, he will be back.

Vicki Snyder facilitated the Introduction to Angel Card Reading class on March 11th. The energy and excitement about what we learned was high. As a result, two angel card practice groups were developed. One on the east side of Rochester and one to be hosted here on the west side of the city. Practice nights will include learning a new spread or information about angels and doing readings. We will also have a chance to practice. Cost will be \$10.00 and we will be meeting the 4th Tuesday of each month at 7:00 pm.

(continued on page 4)



“ An encapsulated view of one woman’s journey to a life filled with peace. Her purposeful life, which embraces the present, the awe, the beauty, the peace, and love that bears the fruit of a life well lived”

Less Struggling, More Peace

Byline: *Doris Richardson Edsell*

Find your way through your life path with less struggling and more peace

As you age, become closer to the truth about yourself and where we are in life’s path . Begin to see that life is like a clock, ticking on wherever you are.

Personal Awe Moments

I have had more awe moments in the last few years, more than in my entire life. Maybe I was not looking because I was so busy doing things in life that I thought were important.

For over 50 years I was busy trying to make a living or trying to force things into place that did not fit, and this made the struggling much more difficult than it had to be.

Now I see the sunrises and sunsets. And now I find time to tell others how much beauty can be missed if you are not looking.

The next time you struggle, you may want to think about whether you are putting a round peg into a square hole; forcing things into place that do not belong.



At your dusk of life, make it meaningful and enlightened

Wouldn’t you rather be on a path of beauty, peace and love; the path that has all the daisies and good memories about your life.

The path that says, “ I am here only for a short time, therefore I will live life to its fullest, building memories that put a smile on my face and the faces of people I meet and greet in a loving way.”

The light may be growing dimmer, and you may not know it. Time moves on whether you are ready or not. Do not have regrets about your life; start to create more meaningful times.

Path of Enlightenment

Finding my way has been a purposeful activity that I have been pursuing for the last 10 years. Finally seeing what I missed, and trying to catch up to where I want to be in my mind, body and soul. And during this time, I have had many losses that I have just walked past and left alone, trying to put them in my past instead of embracing them.

Finding you own way

You can stop your *mind clutter* and see clearly where your path is, and where it should be taking you.

You can start with helping someone else find their way, and when you help others; your path becomes even clearer . ♦



“As usual the month is filled with things to do and experiences to be had. We are offering two new group/workshops — QiGong and IET. There are some updates (time and/or date wise) for a couple of our activities.”

What's New (cont'd)

We also have a new guest contributor, Dr. Scott Gallagher. Dr. Gallagher is considered a leading authority on human behavior and personal development. He is the founder of The Transformational Edge, a private research and education organization with a curriculum covering multiple aspects of human development. We look forward to his reflections and inspirational messages.

If you are interested in learning QiGong, Mary Meissner will begin teaching two groups. One will begin meeting in April on Saturdays at 11:30 am and the other will begin meeting in May on Thursday mornings at 10:00 am. The first week of each month will be a two (2) hour instructional gathering and the balance of the month will be one (1) hour practice sessions.

The cost will be \$10.00 for the instructional session and we will be collecting love offerings for the practice sessions.

If you are interested in learning Basic IET, join us on April 26th for an all day training session (8:30 am - 4:30 pm) with Ruth Hosenfeld. According to Stevan J. Thayer, who developed IET, it “uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, to work directly with our 12-Strand Spiritual DNA. IET supports you in safely and gently releasing limiting energy patterns of your past, empowering, and balancing your life in the present, and helping you to reach for the stars as you evolve into your future. We chose the term “Integrated” in our name to convey our healing vision of “integrating the pain of the past, into the power of the present, to bring about the joy of the future.” This one-day course is \$195.00 for first time students and \$65.00 for those taking it just for review. There is a non-refundable \$20.00 deposit due at least seven (7) days prior to the workshop to cover the cost of book and certificate.

The Skype, Living the Five Agreements Group has moved to a new day and time. We are now meeting on the third Sunday at 2:30 pm.

The Spiritual Journaling Workshops are now beginning at 2:00 pm both onsite and on Skype. Our 28 day Spiritual Cleansing Intensive and our 28 week Spiritual Cleansing Program are both beginning on April 6th.

We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.

As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

Winter Sun



"The Sun never says to the Earth, 'You owe me'. Look what happens with a love like that. It lights up the whole sky." ~ Hafiz ♦

Acknowledgement (cont'd)

Byline: *Rev. Dr. J.*



“ We need to acknowledge the hard work we have done to move forward in our journeys and transform our lives. We also need to take time to acknowledge the people in our lives.”

This point was brought home to me this month while reading Gary Chapman’s book *The Five Languages of Love* (acknowledging his ideas). He stressed the notion of acknowledging the needs of those we love, the love language they speak, and the things they say and do in our lives. For example, after reading his book and taking his online test, I was able to reaffirm that the two things, which most make me feel loved, are words of affirmation and physical touch. The other day I asked my wife what I could do to be a better wife to her. She then proceeded to spend about 10 minutes looking into my eyes, holding my hands and telling me all the things I say and do which make me so wonderful for her. As she spoke these affirmations, my eyes welled up and tears came flowing down my cheeks. Through her words, she acknowledged me and the intentional things I do to create and maintain a loving and growing relationship between us.

Each night before we go to bed, we always take the time to share with each other one thing the other one did that day that made us feel loved. Over the years, I have come to understand, even without a test, that the things which make her feel loved are quality time and acts of service (she loves for me to cook for her and spoil her rotten). What we do each night is to take a moment to acknowledge that which the other is doing and to say I appreciate you and I am grateful for the things you do throughout the day to express your love for me. What if we were all intentional about acknowledging that which others do in our lives to make us feel their love? How different might our lives and our relationships be?

So this month, think about what you need to acknowledge within you, within your relationship with others, and with your relationship with the world. What do you need to acknowledge and make decisions about and what do you need to acknowledge and for which to give thanks. This month, may we be aware of the difference the act of acknowledgement can make in one’s life . ♦

Skelly

Byline: *Jane Patterson*

Once upon a time.....

Not that long ago.....

In a land not so far away.....

Lived a sparkling, engaging and unconventional girl, by the name of Tia . Here is a glimpse of how unique and enchanting she is.

Tia has a magical gift. She is able to see the good in everyone and everything. Tia has a way, of making everyone she meets feel Special.

As a, cute as a button and vibrant child her favourite doll was Skelly. Now Skelly didn’t look like other dolls. For a start she was, in fact, a rubber skeleton, painted yellow with some green. Not pretty or curvaceous like other dolls her size. But, Tia could already see that beauty is only skin deep. It is what’s on the inside that counts. Tia loved Skelly. The uncomplicated, unconditional love of a beautiful spirit. She would dress Skelly up in some of Barbie’s old clothes and push her precious Skelly around in a dolls pram. People would stare. This is not what they were used to seeing. Tia was oblivious to their looks, she loved Skelly just the way she was. Even when someone cut off one of Skelly’s hands, Tia was not perturbed. Her love for her doll could withstand anything. As she grew, other toys came and went but Skelly remained close to her heart. They are soul mates. And Tia still continues to see the beauty within. ♦



“...Tia has a magical gift. She is able to see the good in everyone and everything. Tia has a way, of making everyone she meets feel Special...”





“ Qigong is a science AND an art form. It’s believed to offer its practitioners improved health in many areas. Join Mary Meissner on April 5, 12, 19 and 26 for an informational session and several practice sessions. ”



Qigong

Byline: *Mary Meissner*

Qigong (chee-gung) is an ancient Chinese science and art developed centuries ago. It is the science of cultivating our Life Force (Qi) through specific practices, and then the art of applying this energy in service of the greater good (gong). Shaolin monks have long incorporated Qigong into their daily living. Now days, it is practiced by many diverse peoples across the world, to develop one’s body, mind and spirit .

QiGong can be used as a daily personal practice, a healing modality used as treatments for others, and as a form of martial art. It is known to improve overall health and well-being. Balance, flexibility, strength, blood pressure, and more, have been shown to improve with the practice of QiGong. It balances and harmonizes all aspects of one’s being: physical, mental, emotional, and spiritual .

Exercises that can be done as a personal daily practice include both dynamic and static postures, which can be adapted to meet personal needs. Synchronizing the breath with these postures is an integral part of the process. Usually 4-8 postures are done within a particular set of exercises. For example, in Master Jihui (Robert) Peng’s Golden Elixir of Light QiGong practices, there are practices identified as “4 Golden Wheels” and “8 Cycles.” Meditation is also a part of the practice. When QiGong is done over an extended time as a daily practice, the results can be tangibly felt and measured (i.e. emotional wellbeing, happier; and increased range of motion, flexibility).

As someone who has been doing a daily personal practice consistently for four (4) years, I can personally attest to the value of QiGong, its nurturing and restorative qualities. I am much more balanced and whole, with a greater sense of peace and wellbeing. When challenges arise in my life, and I am knocked off balance in any sense of the word (physical, mental, emotional, and spiritual), it is much easier for me to “right” myself, regain my sense of balance and peace, and go with it and move forward. My spiritual self has also been deepened and enriched with QiGong. My healing work as a Reiki Master and Oneness Blessing Giver have been enhanced as well, since I am a clearer and more open channel, which allows Qi to flow through me with greater ease and intensity.

In addition to its value and depth, QiGong is also fun and relaxing! ♣

Spring

Byline: *Max Allen*

Perchance did you see the sun go by
 Or the wind blowing life to green ?
 It whispers to me with a heavy sigh
 Of the lifting note it brings.
 The earth melts a layer of whiteness down
 The sky reflects the blue eyes of sea
 On flapping wings the birds find song
 The starting of spring to be . ♣

THE REVELATION OF CHRIST

Byline: *Phoenix*

PART 1 OF 4 PART SERIES

I recently finished writing a book called “*Revelations Your Role In God’s Plan To Replace Darkness With Light*”. Over the next few months, I will be sharing some insights about this book and I invite you to visit my website to learn more. This month I would like to tell you a little about the book and one of the scenes in an effort to capture your interest. Next month, I will share another scene with you.

The ancient prophecy “The Revelation of Christ” is a story that reveals the truth about the teachings of Jesus Christ. These truths are more than just the potential for mankind to live in darkness and destroy the earth. The truth behind the images and symbols of this vision recorded by St John, almost 2,000 years ago, has many other stories to tell. This book tells three stories in one book. These three stories are:

- 1) God’s plan to heal all of mankind
- 2) The healing process we all follow as we deal with issues in our live
- 3) How we heal through the collective consciousness and into Go
consciousness.

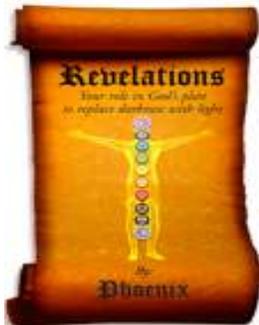
The story has many images that are all linked together with symbols and phrases that tell the story through these images and symbols. There are 5 scenes and 14 primary images:

- 1) The Son of Man and the Seven Churches
- 2) The Council of Elders, The Lamb and the Book with Seven Seals
- 3) The Seven Trumpets
 - a) The Angel with the Little Book
 - b) The Two Witnesses
- 4) A woman giving birth, and the Dragon and Two Beasts, The Great Wine press, and The Seven Cups
- 5) The New Holy City of Jerusalem

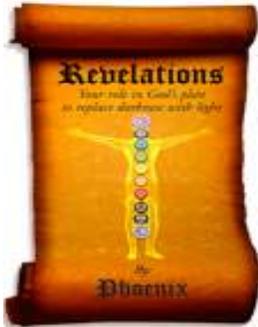
THE SON OF MAN WALKING AMONG SEVEN CANDLE STICKS AND THE SEVENCHURCHES

The first scene in the prophecy begins with the descriptions of the image of the “Son of Man” walking among seven candle sticks and the second scene begins with the description of the Council of Elders with seven blazing lamp stands that come out of a throne. The “Son of Man” walking among seven candlesticks represents mankind walking in darkness. The seven lamp stands represents the potential for mankind to live in light. The prophecy goes on to describe seven churches which represent the energy created by mankind while living in darkness. These churches are describing the seven deadly sins of mankind’s creation. There are phrases throughout these descriptions that define which church is Wrath, Greed, Lust, Gluttony, Sloth, Pride or Envy. For example the phrase, “You are alive but you are dead”, describes the church of sloth; the phrase “I know your affliction and your poverty, (but you art rich)” describes the church of greed. To be alive and at the same time to be dead is to have a life but, not be able to create through the gift of life .

(continued on page 8)



“ The ancient prophecy “The Revelation of Christ” is a story that reveals the truth about the teachings of Jesus Christ. Over the next four months Phoenix will share some of his understandings about the book.”



“ Access the included web links for additional information ”



“ When you bless your life and the lives of others, you form a seal of energy around yourself that protects you, enables you, and empowers you. ”

THE REVELATION OF CHRIST (cont'd)

Byline: *Phoenix*

It is this lack of ability to create that comes as part of existing in the church of sloth. Sloth is a state of mind in which you are very demotivated and have no desire to live or to do anything. With no passion in your life or emotional connection to life, you have little or no power to create through your words, thoughts or actions. Through the eyes of Creation and the Creator this is what it feels like to have a life but to be dead. It is a state of mind and a state of energy that stifles your ability to be a creator through your thoughts, words and actions. Living in darkness is living in a state of mind, emotions and energy which is a state of unawareness that I call non-consciousness.

Website - <http://energyworksofwny.com/products/>

2 minute video - <http://www.youtube.com/watch?v=eSnV8D7Zaxk&feature=youtu.be>

1 hour interview - <http://www.empoweradio.com/home/shows/on-demand/fire-through-spirit/808111-Conversation-with-John-Naughton.html> ♦

TODAY'S EDGE

Byline: *Dr. Scott Gallagher*

www.embraceyouredge.com

With a positive outlook, there is no reason to be intimidated by your challenges. You don't have to be intimidated by cancer. It's no match against the power of healing thoughts and emotions. Sickness cannot keep you from your destiny. You are loved and supported and ALL things are for your benefit. Nothing can snatch you away. If it's not your time to go, you're not going to go. Don't be intimidated by that financial problem. Don't be intimidated by what somebody said about you. When you bless your life and the lives of others, you form a seal of energy around yourself that protects you, enables you, and empowers you. You are infused with the strength you require to succeed!

Today, go out with confidence. Go out with boldness, knowing that all is 'Good and for your Benefit'. It doesn't matter who is against you! No foe can stand against the power of healing, and no weapon formed against you shall prosper. You are empowered and equipped for victory, so don't be intimidated!

www.embraceyouredge.com

THOUGHT FOR TODAY

Thank You for empowering me to live in victory no matter what I may be facing. I trust that no matter what comes my way, I am safe and secure and I know ALL things serve and are for my benefit. I won't be intimidated by anything or anyone today. This is my declaration for today . ♦

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 \(http://inspiritual.biz/community-event-submission-form/\)](http://inspiritual.biz/community-event-submission-form/)



April 2014*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOTE: Our 28 day and 28 week Spiritual Cleansing Workshops both begin on April 6th.	1	2	3	4	5	11:30 am QiGong Instruction 2:00 pm Spiritual Journaling Workshop Pt 1
6 10:00 am Skype Love & Inspiration 2:30 pm Meditational Mandalas	7 7:00 pm Healing Harbor	8 7:00 pm Healing Harbor	9 6:30 pm Love & Inspiration	10 6:30 pm Love & Inspiration	11 6:30 pm Spirituality Book Club	12 11:30 am QiGong Practice 2:00 pm Spiritual Journaling Workshop Pt 2
13 10 am Skype Love & Inspiration 2:30 pm It's Movie Time!	14 10 am Skype Love & Inspiration	15 7:00 pm Angel Card Reading Practice	16 6:30 pm Love & Inspiration	17 6:30 pm Skype Spirituality Book Club	18 7:00 pm Living the Five Agreements	19 11:30 am QiGong Practice 2:30 pm Writing with Your Soul
20 10:00 am Skype Love & Inspiration 2:30 pm Skype Living the Five Agreements	21 7:00 pm Healing Harbor	22 7:00 pm Angel Card Reading Practice	23 6:30 pm Love & Inspiration	24 6:30 pm Skype Spirituality Book Club	25 7:00 pm Living the Five Agreements	26 8:30 am IET Basic Level 11:30 am QiGong Practice
27 10 am Skype Love & Inspiration	28 10 am Skype Love & Inspiration	29	30 6:30 pm Love & Inspiration	Inspiritual 25 Bernie Lane Rochester, NY 14624	Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz	11:30 am QiGong Practice

Month at a Glance



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

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Calendar of Events

Love and Inspiration

Host/Host Organization: Inspiritual

Date: April 2, 9, 16, 23, and 30, 2014

Time: 6:30 pm – 8:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

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: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/love-inspiration/>

Wheelchair Accessible: Yes

QiGong Instruction

Host/Host Organization: Inspiritual

Date: April 5, 2014

Time: 11:30 am – 1:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: QiGong (chee-gung) is an ancient Chinese science and art, developed centuries ago. It is the science of cultivating our Life Force (Qi) through specific practices, and then the art of applying this energy in service of the greater good (gong). Shaolin monks have long incorporated Qigong into their daily living. Now days, it is practiced by many diverse peoples across the world, to develop one's body, mind and spirit. Learn a different set of postures each month

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/qi-gong/>

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: April 5 and 12, 2014

Time: 2:00 pm - 6:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Spiritual journaling is more than keeping a diary where you log the events of your life. It's a place where you share your innermost thoughts with yourself and your Higher Power. As you become more comfortable and skilled in doing that, you will sense a deeper spiritual direction for your life. Most spiritual journaling writers suggest there are two rules about spiritual journaling. In *Life's Companion: Journal Writing as a Spiritual Quest*, Christina Baldwin states there are only two rules for spiritual journaling: Date your entries as you go, and don't make any other rules.

Spiritual journaling provides you with an opportunity to reflect on the spiritual understandings, which may be struggling to rise within your consciousness.

(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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Anything, which catches your attention in daily life, such as quotes, images, feelings, or things you find in the world, may be the universe's way of catching your attention.

The purpose of this series is not to teach you what to write, but to give you strategies to help liberate your writing and take you to a deeper understanding of yourself and your relationship with your Higher Power, however you define that. Each session I will teach four (4) different strategies for you to use. We will begin with the most basic strategy – streaming. Subsequent sessions will all incorporate streaming in combination with other strategies. Space will be provided for anyone who feels comfortable or desires to share his or her writing.

Please bring a quote, image, feeling or artifact and a sheet of poster board with you to the first session. Also bring a journal to write in and something with which to write.

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spiritual-journaling/>

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: April 6 – May 3, 2014

Time: At your convenience

Place/Venue: Inspiritual, phone, or Skype

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 April 5, 2014, 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 after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/28-day-spiritual-makeover-intensive/>

Wheelchair Accessible: Yes

28 Week Spiritual Cleansing Workshop

Host/Host Organization: Inspiritual

Date: April 6 – October 18, 2014

Time: at your convenience

Place/Venue: Inspiritual, phone, or Skype

(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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Description of Event: If you are ready to do some spiritual, physical, emotional, and mental cleansing, then this is the workshop for you.

Beginning the evening of April 5, 2014, 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 day for this month. I will also be available in person, by phone or Skype for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/28-week-spiritual-makeover/>

Wheelchair Accessible: Yes

Love and Inspiration on Skype

Host/Host Organization: Inspiritual

Date: April 6, 13, 20, and 27, 2014

Time: 10:00 am - 11:30 am

Place/Venue: Skype

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.

The group is limited to eight (8) people each week, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/love-inspiration-skype/>

Wheelchair Accessible: Yes

Meditational Mandalas

Host/Host Organization: Inspiritual

Date: April 6, 2014

Time: 2:30 pm - 4:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

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."

(continued on page 13)



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

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Calendar of Events (cont'd)

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. 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 begin with a guided meditation associated with a specific gift or emotion. Then we 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
Admission Price: \$10.00

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/meditational-mandalas/>

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspirital

Date: April 7 and 21, 2014

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Healing Harbor is an open space of healing. We invite you to "sail" into the safety of our harbor to receive healing before you "sail" back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, IET (integrative energy therapy), Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

Our healers offer their services as their gifts to the community in thanks for all we have been blessed with by the Universal Spirits, God, and those who have guided us in our individual journeys.

We do not charge for our services, however, we do request that you make a love offering to help support Healing Harbor.

Admission Price: Love offerings accepted

(continued on page 14)

Calendar of Events (cont'd)



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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Email Address: Inspirital@gmail.com
 Website: <http://inspiritual.biz/healing-harbor/>
 Wheelchair Accessible: Yes

2nd Friday Spirituality Book Club

Host/Host Organization: Inspirital
 Date: April 11, 2014
 Time: 6:30 pm - 8:00 pm
 Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
 Description of Event: This month, we will be reading and discussing the book *Loving What Is: Four Questions that Can Change Your Life* by Byron Katie ISBN 1400045371
 Admission Price: Love offerings accepted
 Email Address: Inspirital@gmail.com
 Website: <http://inspiritual.biz/2nd-friday-spirituality-book-club/>
 Wheelchair Accessible: Yes

QiGong Practice Sessions

Host/Host Organization: Inspirital
 Date: April 12, 19, and 26, 2014
 Time: 11:30 am - 12:30 pm
 Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
 Description of Event: These sessions will be an opportunity to practice the postures learned the first week of the month at our QiGong instructional gathering
 Admission Price: Love offerings collected
 Email Address: Inspirital@gmail.com
 Website: <http://inspiritual.biz/qi-gong/>
 Wheelchair Accessible: Yes

It's Movie Time

Date: March 9, 2014
 Time: 2:30 pm
 Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
 Description of Event: The 2nd Sunday of each month we will gather at 2:30 pm to view a film and discuss the spiritual lessons. Feel free to bring your own beverage (BYOB). Popcorn will be provided. This month we will be viewing and discussing *God and Buddha: A Dialogue* - A dialogue between Deepak Chopra and Robert Thurman on notions of human suffering, consciousness, reality, and God as they appear in Buddhism and the Hindu philosophy of Vedanta.
 Admission Price: Love Offerings accepted
 Website: <http://inspiritual.biz/its-movie-time1/>
 Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspirital
 Date: April 19, 2014
 Time: 2:30 pm - 4:00 pm
 Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

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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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Description of Event: Each month, there will be a reading to ponder, a time for reflection and meditation, a time to allow Spirit to reveal to you through your journaling, and a time to share. The cost for this workshop will be \$15.00 per month.

Please bring writing materials of your choice and any other creative medium you may want to bring with you (paints, pencils, crayons, etc.). You may attend this gathering in person or via Skype by adding SAJEWord as a contact and pre-registering for this offering at <http://inspiritual.biz/writing-with-your-soul/>

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/writing-with-your-soul/>

Wheelchair Accessible: Yes

Living the Five Agreements ~ Skype

Host/Host Organization: Inspiritual

Date: April 20, 2014

Time: 2:30 pm - 4:00 pm

Place/Venue: **Skype**

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*.

The group is limited to nine (9) people each month, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted via our Help us grow webpage.

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements-skype/>

Wheelchair Accessible: Yes

Angel Card Reading Practice

Host/Host Organization: Inspiritual

Date: April 22, 2014

Time: 7:00 pm - 9:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: It is Angel Card Reading practice night. Vicki Snyder invites us to come together as like minded people to share and learn from each other.

We will learn new spreads, practice doing readings on each other and learn some new things on angels.

Each month there will be something new to learn and share. We will start with an intention meditation with angels, and briefly cover a learning topic, then practice, practice, practice.



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



"...Newly planted, Fellowship in the Holy Presence And maybe another glimpse of His majestic reality..."

Calendar of Events (cont'd)

This will be a fun night spent with like minded people sharing the love of angels.

Admission Price: \$10.00

Email Address: Inspirital@ymail.com

Our Basic Level attunement expands, realigns, and restructures the first pair (physical), and second pair (emotional) of your 12-Strand DNA.

You will learn about the nine cellular memory areas where we can unconsciously store "issues in our tissues" that can negatively affect our life. More importantly, you will learn simple yet powerful techniques to get the issues out of your tissues (as well as out of the tissues of others). Clearing of cellular memory is made quick and easy by means of nine sets of Integrated Energy Therapy® Integration Points that allow you to energize, integrate, and clear the nine cellular memory areas.

Class fee includes a fully illustrated 26 page Integrated Energy Therapy Basic Level Guide and an official Integrated Energy Therapy Basic Level Certificate.

There is a \$20.00 non-refundable deposit due at least seven (7) days in advance. Checks should be made out to **Ruth Hosenfeld**.

Admission Price: \$195.00 = total cost. There is a \$20.00 non-refundable deposit due at least seven (7) days in advance.

Email Address: Inspirital@ymail.com

Website: <http://inspirital.biz/special-events/>

Wheelchair Accessible: Yes ♣

Prayer

Byline: *Gary Bertnick*

Talking to God
 Conversations with my God
 Thanksgiving as the heart and soul remain so open,
 The "still, small Voice" speaks within
 Intimate love from the Creator.
 New songs sprout up from seeds of encouragement
 Newly planted,
 Fellowship in the Holy Presence
 And maybe another glimpse of His majestic reality,
 In a dream
 In a vision
 In a prayer answered faithfully.
 Love gives birth to Shalom
 Every need in peace met
 The ancient written words
 Become more alive
 Settle deeply through the mind and heart
 Rest in the most tender human spirit
 Where a fountain of truth rises
 Becomes the eternal essence of life
 God's purpose in you,
 To worship again in Spirit
 As joy of life pours out! ♣

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: Inspirational@gmail.com

We're on the WEB!

Our Website

<http://inspirational.biz>

Twitter

@Inspirational

Facebook

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

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

Meetup

[http://www.meetup.com/](http://www.meetup.com/Inspirational-biz/)

[Inspirational-biz/](http://www.meetup.com/Inspirational-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



“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, please drop us an email!”

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 includes 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 multiple all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspirational@gmail.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, and submit often!