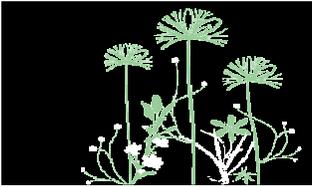


May 2014


**Inside this issue:**

Plant a Seed or Become a Micro Patron	2
What's New?	2
Health is Being Whole and United	3
What's New (cont'd)	4
Health is Being Whole and United (cont'd)	4
Acceptance (cont'd)	5
<i>In the Mirror</i>	5
Trust	6
Young Living Essential Oils in the Home - Part 1 of 6	6
The Revelation of Christ - Part 2 of 4	7
<i>Keep Moving</i>	8
Young Living Essential Oils in the Home - Part 1 of 6 (cont'd)	8
Month at a Glance	9
Calendar of Events	10 - 18
About Us	19
Making Submissions to Your Newsletter	19

# One Spirit - Many Voices

## Acceptance

Byline: *Rev. Dr. J.*

Acceptance, especially self-acceptance is an important part of the healing process. So often, we seek others acceptance, but the ultimate struggle for many people is self-acceptance. A few years ago, I was required to preach on the theme of acceptance and I found myself struggling to do so. Ultimately, what I realized was beneath my struggle was the understanding that acceptance is a human response, not a divine response. Acceptance is something we have learned to do as human beings. Sometimes we accept something willingly and sometimes we do not. Sometimes we just accept that things are the way they are without protest or reaction. Sometimes we internalize the idea that we are not to be accepted. Sometimes we have no control over whether we are accepted or not. We have gotten so good at accepting and waiting to be accepted, that we have also gotten good at doing just the opposite of that – rejecting. Sometimes we reject ourselves before somebody else can, because we figure they are going to reject us at some point anyway, so let's just get it over with. Sometimes we get so used to being rejected, that we don't even try to be accepted.

The biggest problem that so many of us face is self-rejection. Sure, we have other problems in our life. However, the biggest problem comes when we stop loving ourselves. Self-rejection comes when we stop listening to the voice of God who tells us that we were created in God's image. Self-rejection comes when we stop listening to the voice of God who tells us, 'you are my beloved'. Self-rejection comes when we stop listening to the voice that reminds us that God is love and love is for everyone. Self-rejection comes when we listen keenly and with more credibility to the voices of hatred and negativity than we do to those voices that affirm and nurture and celebrate our very existence. When we are in self-rejection mode, those voices of accusation and criticism confirm for us that we are not worthy. Some folk try to cover up their self-rejection by posing. They try to act as if they think they are all that and a bag of chips, but their arrogance is just a guise. It is a way of covering up their own insecurities and self-rejection.

Self-rejection is not just our biggest problem; it is our enemy. Self-rejection is our enemy because it contradicts the message that God loves us just as we are. Self-rejection is our enemy because it contradicts the message that we are special just as we are. Self-rejection is our enemy because if we are not loving ourselves, then how can we love our neighbor and if we cannot love our neighbor, then how can we love God and if we do not love God, then we are not following the commandments to love God and each other.

See, our basic commandments are this - Love God and love your neighbor as yourself. There is no acceptance here. God calls for more than acceptance. God commands us to love. It's that simple, but that profound. Love God. Love others. Love yourself.

We need to remember that God is love and so are we. As long as we are willing to love, then we are willing to have a relationship with God.

(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. “*



*“ Stay tuned for J:D Arrichi's return to Rochester. Also, if you missed our Angel Card Reading Practice Night, you might consider coming to the next one. It was/is an AWESOME event!”*

### 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, 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, 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 on our 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 J:D Arrichi spent the day with us on Friday, March 7 doing a dozen Spirit Drawings. It was a blessing to have had him here and we are already making plans for his return trip next year. So for those who missed out, he will be back.
- ♥ Our Angel Card Reading Practice Night is already a full house and if it continues to grow, we may need to add a second night just so we have enough space. What an awesome group of people!
- ♥ Our first QiGong class with Mary Meissner began in April and our second instruction and practice slot will begin in May, on Thursday mornings at 10:00 am.

(continued on page 4)



*“ Finding ways to be one and still within your being may require that you look at yourself differently. To stay healthy and well, you may have to take some me time with your inner being.”*

## **Health is Being Whole and United** Byline: *Doris Richardson Edsell*



*The word health means wholeness: And Yoga means to Unite with yourself and others in mind, body and spirit*

**Health** encompasses your entire being. When you are healthy, your entire being thanks you, not just your physical body, but your mind and soul feel nourished.

That is why modalities such as yoga can tap into all of your many *selves*, especially the part of you that can just be. Your physical body takes a long time to understand the importance of being still and strong. When you practice yoga, your stillness becomes a healthy way to calm your mind, body and soul, and you can begin to feel some harmony and balance in your life.

Finding ways to be one and still within your being may require that you look at yourself differently. To stay healthy and well, you may have to take some *me time* with your inner being.

### *Slow Down and be Silent*

Find your calmness within your breath.  
Slow the breath down and bring in silence.

### *Hope and Silence Blend Together*

You wish to stay focused on positive living when you are hopeful, and in silence. You hold tight onto trying not to speak, hoping you can manage it. Their likeness comes in the positive moments that surface when you are hopeful, and when you are silent.

### *Try Taking a Day Off From Speaking*

You will find not speaking lonely at first, but after a few hours you will be one with yourself, searching for a pen and paper to write down those deep thoughts that have been inside of you, part of your spirit side. You will begin to see why it is so important to get your soul ready for living. Soul work takes time. You need to explore and read about things that help you stay inspired and helpful toward yourself and others. Your goal in life is to be there for yourself, and keeping yourself well so that you can be there for others when you are needed.

### *Find Your Tree of Life, and be Still and Strong*

The goal in yoga is not perfection. It is not a competitive sport. The goal is to reach the edge in asanas (poses), not too easy, not too hard, and just right as Goldilocks would agree.

(continued on page 4)



*“ We have ongoing QiGong sessions. Can't make it to our physical site for events? We now offer several events via Skype. “*



*“ Deep yin poses strengthen your inner self and touch your spiritual being. ”*

## What's New (cont'd)

The first week of each month there will be a 2-hour instructional gathering and the balance of the month will be 1-hour practice sessions. The cost is \$10.00 for the instructional session and we will be collecting love offerings for the practice sessions. The Saturday morning group is just about full and we know it will not take long for the Thursday morning group to fill up as well.

- ♥ We are now the host site for the Rochester Womyn's Drum Circle. The group will meet here the second Tuesday of each month, at 6:30 pm. For more information, or to become a part of the group visit <https://www.facebook.com/groups/womynsdrumcircle/>.
- ♥ The Living the Five Agreements Group's Skype session has moved to a new day and time. We are now meeting on the 3<sup>rd</sup> Sunday, at 2:30 pm.
- ♥ The Spirituality Book Club's Skype session has moved to a new day and time as well. We are now meeting on the 3<sup>rd</sup> Friday at 6:30 pm
- ♥ 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](mailto:Inspiritual@ymail.com). ♦

## Health is Being Whole and United Byline: Doris Richardson Edsell

Join your mind, body and spirit through meditation and yoga. Notice how your breath allows you to feel your spirit. Take it slow, and mindfully practice yoga poses. Come into a pose, resolving to be still. Stay in the pose and think of nothing but your breath.

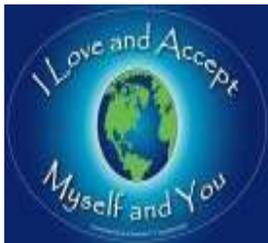
Ask yourself if you desire to go deeper into the pose, and then hold it for as long as you like. Deep yin poses strengthen your inner self and touch your spiritual being.

Practice being still, trying some challenging balances such as tree, and when you are a tree, you move slightly with the breeze of a summer's day.

When you are an eagle, you are strong and still, perched in the tree branch, looking down at the earth in its wonder.

When you are a warrior, you have strong but soft arms that guide you into the pose. Let your inner spirit guide you into a deeper practice of poses that become meditative, and flow smoothly and with dance-like movement. ♦





*“Life is about loving one another as God taught us to love. Life is about loving each other because God chose us, we did not choose God.”*



*“...Starting early today  
Stretch and yawn to  
wake up  
A prayer of thanks I say  
Thank you God for the  
rest...”*

## Acceptance (cont'd)

Byline: *Rev. Dr. J.*

As a Christian scripture says, “the person who refuses to love doesn’t know the first thing about God, because God is love – so, you can’t know him if you don’t love.”

Love has to be ours. However, we cannot just love those that we want to love. We have to love our neighbors and ourselves. We can’t just love the people we like, we have to love the people we don’t like and we have to love the people who don’t like us. Loving God requires that we love all people, not just those who love us. Scripture does not say God is acceptance, scriptures says God is love. Scripture does not say accept your neighbor as yourself, rather it tells us to love our neighbor as ourselves.

Life is about loving one another as God taught us to love. Life is about loving each other because God chose us; we did not choose God. Life is about loving each other because God loves us, and so we are called to love one another. As we step forward in faith and embrace the grace of God, we will experience the power of God’s love. We will experience a love that calls us to live without self-rejection. We will experience a love that will stay with us and never abandon us, neglect us, reject us or die. We will experience a love that will fortify us throughout our lives and comfort us at the end. We will experience a love that is more than acceptance. We will experience God. Amen. 💧

## In The Mirror

Byline: *nina pauline ploetz*

Morning face in the mirror  
Who can that be?  
Squinting eyes at the lights  
Wow, that's really me?  
Wipe the sleep from my eyes  
Blink at least one time  
Smile once and laugh a bit  
Yup, that mug's all mine  
Say good morning to the world  
Starting early today  
Stretch and yawn to wake up  
A prayer of thanks I say  
Thank you God for the rest  
Though I think it short  
Thank you also for this day  
Please make me a good sport and up and at em as they say  
My face is nice and clear  
God be with me all this day  
And help me face my fear  
I look into the mirror and see  
God's eyes looking through  
There is a resemblance there  
For it is He in you  
We now face the day assured that we are not alone  
For God so loved the world you see  
God's Light in us is shown 💧



*“Trust rises up stronger and stronger With each day passing Every need met Within the heart, within the body Within the new life revealed in Heavenly knowledge.”*

**Trust**

Byline: *Gary Bertnick*

Divine hand of protection  
 Safe from things seen in life  
 From things unseen  
 People, places, circumstances,  
 Contingencies miraculously worked out,  
 The Sovereign Hand of tenderness  
 Always a gentle touch  
 Kindness in caring poured out for one so small  
 Yet, one considered great in love!  
 Humility takes hold of truth  
 Understanding begins to wrap peace about a mind,  
 Trust rises up stronger and stronger  
 With each day passing  
 Every need met  
 Within the heart, within the body  
 Within the new life revealed in Heavenly knowledge.  
 The enlightened who walked before us  
 Who learned to trust and rest in life,  
 The Holy One, Lord of all trust who makes Himself known  
 Covered each with a pure, spotless robe  
 Welcomed each with Kingdom joy  
 Those who trusted His Word as King David wrote  
 Those who trusted His Spirit  
 Disciples, apostles, prophets,  
 Eternal rest now found at the doorstep to Heaven.  
 Confidence walks down the Mount of Olives  
 Trust radiates, returns from the throngs of faithful ones  
 Who trust completely  
 Who bask in their majestic Lord's eternal triumph.

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Enjoy this Easter Day's reminder and encouragement.

<http://garybertnick.wordpress.com> ♦

**Young Living Essential Oils in the Home - Part 1 of 6**



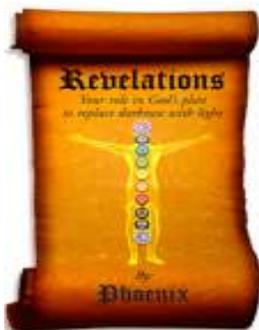
*“Our Home category offers safe, essential oil-infused alternatives for products you use every day.”*

Concerned that your cleansers aren't so clean? The labels of many mainstream home products like spray disinfectants, hand soaps, and toothpastes reveal toxic ingredients that a growing body of research indicates may be harmful even in small amounts. Think your family deserves better? Young Living agrees.

Our Home category offers safe, essential oil-infused alternatives for products you use every day. Fill your home with cleaning and dental care products you can feel good about, plus natural, healthful additions to your spice cabinet, cookware collection, first aid kit, and more.

In this first of a six part series, we are going to tell you about a few products that can help with oral care.

(continued on page 8)



*“Throughout the prophecy there are many references to the number seven. The seven represents the seven parts of the “Son of Man” which are the seven chakras that connect all life together in one single consciousness.”*

## ***THE REVELATION OF CHRIST (Part 2 of 4)*** Byline: *Phoenix*

### THE COUNCIL OF ELDERS, THE LAMB AND THE BOOK WITH SEVEN SEALS

This scene is about God’s helpers and the plan to help mankind find our way out of darkness and into the light, and eventually end our journey by finding the brightness or our light and creations. The book represents several things, two of which are: God’s plan to heal all of mankind and the other is the Laws of Nature and Processes of Creation.

God’s plan is to use the laws of nature through mankind to replace darkness with light. This is what Jesus was teaching in his parables. The seven seals are the lifestyle that was human nature so many thousands of years ago, that sealed our fate. Our fate was sealed because only those that live in light can create light and have access to its knowledge. It was mankind’s lifestyle (human nature) that created the darkness of the seven churches that sealed away from man’s consciousness the access to and knowledge of the light kingdom of heaven. Remember Adam and Eve ate the apple from the tree of Knowledge of dark and light. We are now only taking the first steps out of the darkness of our minds and beginning to come into the light of our collective creation. This level of consciousness is individual consciousness.

Throughout the prophecy there are many references to the number seven. The seven represents the seven parts of the “Son of Man”, which are the seven chakras that connect all life together in one single consciousness. It is the reality that we, individually and collectively, are broken down into these seven parts commonly called chakras or energy centers. Mankind’s spirit was broken through the words, thoughts and actions of man while creating darkness through anger, rage and hatred. All forms of nature connect to and through man with these chakras.

The first four are a connection that is made through four loves (love of nature, self, others especially family and friends and compassion). The healing of these four loves comes from learning to forgive you, those that hurt you and others, even God and creation when necessary. The prophecy refers to this as repenting. Once a person has learned forgiveness you must learn to live with the emotions that you do not have while living in the dark side of the seven churches. When you learn to live with these emotions you overcome the darkness that used to control your life and your creations. I call this the process of forgive and live. The four horsemen (the first four seals) are the forces of creation that seal the book (which are the four forces of human nature). They were created by men, as we lived to conquer and control others and our actions emphasized criticizing and judging that which others do for us. There was not a sense of giving generously or being grateful for what we received at that time in our existence. These four seals represent the ambient energy that surrounded the world at that point in time. We sense and feel this energy with every move we make. If we ride the energy of these horses wildly into the night we will create more darkness, or we can tame them and ride them peacefully into the light. Riding these horses peacefully into the light, while learning to be grateful and generous, will recreate these dark forces of human nature into love and light filled forces of human nature.

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

2 minute video - <https://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> ◆

**Keep Moving**

Byline: *Max Allen*



*“...Clear the trash  
so to say  
The dawn of a very  
new season  
Tender growth a  
budding of reason...”*

Check what you think at the door  
You know that you've been here before  
    You have to move on  
    You have to be strong  
This vision you cannot ignore  
To break from what's known  
    To see what has grown  
    Beneath the sleeping earth  
    You need to tend first  
This feeling that cuts to the bone  
    All that's passed wash away  
    Clear the trash so to say  
    The dawn of a very new season  
Tender growth a budding of reason  
    Oh my soul come what may  
    Raise your voice and be heard  
    It's your own spoken word  
    That opens that door  
    Where you've not been before  
    Come what may ♠

**Young Living Essential Oils in the Home - Part 1 of 6  
(cont'd)**

**Oral Care**

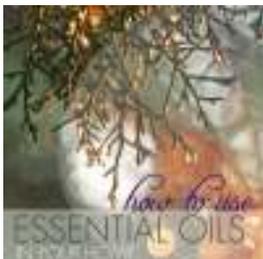
Smile your brightest with products formulated to help you keep your teeth healthy and free from harmful mystery chemicals:

**Thieves® Dental Floss** ~ Thieves® Dental Floss is made with strong fibers that resist fraying and breakage and easily glides between teeth for those hard-to-reach places. Saturated twice with the power of Thieves essential oil blend and peppermint essential oil, this hard-wearing floss provides two layers of essential oils, offering double the protection to freshen your breath and promote healthy gums.

**Thieves® Dentarome™ Toothpastes** ~ Thieves® Dentarome Plus Toothpaste contains ingredients such as thymol and eucalyptol that are found in clove and thyme essential oils, along with gentle, odor-absorbing baking soda.

**Thieves® Fresh Essence™ mouthwash** ~ Thieves® Fresh Essence Plus Mouthwash contains a special formulation of essential oils that provide incredibly fresh breath. The unique liposome technology (using soy-derived lecithin) binds the essential oils to the mucous membrane inside the mouth for longer-lasting effects on teeth and gums.

You can purchase any of these items and more at <http://youngliving.org/inspiritual>  
[http://www.youngliving.com/en\\_US/discover/guide/inthehome](http://www.youngliving.com/en_US/discover/guide/inthehome) ♠



*“Young Living has  
several products  
dedicated to your  
dental health”*

*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/>)



## ●●● | May 2014\*

### Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspirational 25 Bernie Lane Rochester, NY 14624	Phone: 585-729-6113 E-mail: <a href="mailto:inspiritual@gmail.com">inspiritual@gmail.com</a> Website: <a href="http://inspiritual.biz">http://inspiritual.biz</a>			1	2	3 11:30 am QiGong Instruction
4 10:00 am <b>Skype</b> Love & Inspiration	5 7:00 pm Healing Harbor	6 2:00 pm Spirit Drawings with JD Arrichi	7 6:30 pm Love & Inspiration	8 10:00 am QiGong Instruction	9 6:30 pm Spirituality Book Club	10 11:30 am QiGong Practice
2:30 pm Meditational Mandalas		7:00 pm Spirit Drawing Workshop with JD Arrichi				
11 10:00 am <b>Skype</b> Love & Inspiration	12	13 6:30 pm Rochester Womyn's Drum Circle	14 6:30 pm Love & Inspiration	15 10:00 am QiGong Practice	16 6:30 pm <b>Skype</b> Spirituality Book Club	17 11:30 am QiGong Practice 2:30 pm Writing with Your Soul
2:30 pm It's Movie Time!						
18 10:00 am <b>Skype</b> Love & Inspiration	19 7:00 pm Healing Harbor	20	21 6:30 pm Love & Inspiration	22 10:00 am QiGong Practice	23 7:00 pm Living the Five Agreements	24 11:30 am QiGong Practice
2:30 pm Skype Living The Five Agreements						
25 10:00 am <b>Skype</b> Love & Inspiration	26 2:00 pm Memorial Day Potluck Barbecue	27 7:00 pm Angel Card Reading Practice	28 6:30 pm Love & Inspiration	29 10:00 am QiGong Practice	30	31



*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

### QiGong Instruction

**Host/Host Organization:** Inspiritual

**Date:** May 3 and May 8, 2014

**Time:** 10:00 am - noon on Thursday, and 11:30 am - 1:30 pm on Saturday

**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](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### Love and Inspiration on Skype

**Host/Host Organization:** Inspiritual

**Date:** May 4, 11, 18, and 25, 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](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### Meditational Mandalas

**Host/Host Organization:** Inspiritual

**Date:** May 4, 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. If the mandala is a suitable one, it is already a reflection of something deep inside us, a reflection that does not judge or condemn, that does not flatter or deceive, and 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](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-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 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:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### Healing Harbor

**Host/Host Organization:** Inspiritual

**Date:** May 5 and 19, 2014

**Time:** 7:00 pm – 8:30 pm

**Place/Venue:** Inspiritual, 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

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

**Website:** <http://inspiritual.biz/healing-harbor/>

**Wheelchair Accessible:** Yes

(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)

### Spirit Drawings with J:D Arrichi

**Host/Host Organization:** Inspiritual

**Date:** May 6, 2014

**Time:** 2:00 pm – 6:00 pm

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

**Description of Event:** One part psychic reading, one part art, & one part intuitive tool, Spirit Art is all about you. The process of creating spirit art is by channeling a picture intended for you, or a person of your choosing. This is done by connecting to divine guidance and trusting the outcome. J:D has been doing Spirit Art and Spirit Drawings for over 10 years with many satisfied clients.

Initially your Spirit Art or Spirit Drawing, is an original piece of art created for you. This itself is it a rarity. Additionally, you will receive a "general interpretation" of the art. Interpretations are similar to a reading, but the interpretation is truly just the starting point. Because the picture is created via "channeled energy", in its own, right, energetically alive. Now before anyone cringes or gets "creeped out", keep in mind it is divine energy; the same energy we are all apart of and connected. The energy in the picture can literally show you things about yourself and about your path. It is a tool for guidance.

5 x 7 drawings are \$35.00 and 8 x 10 drawings are \$40. Both take about a ½ hour. They come matted in a clear sleeve with a backing board and written interpretation. Please email to schedule an appointment with your top three time choices. Email us at [inspiritual@ymail.com](mailto:inspiritual@ymail.com) or call us at 585-729-6113 to schedule your appointment  
**Admission Price:** 5 x 7 drawings are \$35.00, and 8 x 10 drawings are \$40.00

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

**Website:** <http://inspiritual.biz/special-events/>

**Wheelchair Accessible:** Yes

### Spirit Drawing Workshop with J:D Arrichi

**Host/Host Organization:** Inspiritual

**Date:** May 6, 2014

**Time:** 7:00 pm – 9:00 pm

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

**Description of Event:** Spirit Drawing is truly more an experience in learning to "see", initially on paper creating a drawing, but ultimately in your life. The process allows you to experience you inner sight outside of what you may be used to; therefore, creating an opportunity for growth beyond conventional means and without limitations. We will be working with charcoal on white paper. Most attendees complete three (3) - four (4) drawings in the class.

J:D Aricchi has been a spirit artist for over 11 years. J:D will share his stories and experiences to demonstrate how creating through spirit is truly unlimited. Looking within and knowing yourself allows you to find your own way of expression and insight. Because you are the creator, the impact is not only more personal, but more powerful."

For more information about J:D, his work, and examples, visits:

[www.infinitecreations.net](http://www.infinitecreations.net).

(continued on page 13)



*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)

Yes, it is true, no artistic "ability" or experience is needed for this workshop. In many prior workshops, those with less experience are able to grasp the process and demonstrate it in their works easier than those with an artistic background.

Important notes: In this workshop, we will be working in charcoal or pastels. Both can get messy and have strong staining potential. It is highly recommended to wear at least a "smock" or expendable clothing. The more free we can flow with the energy (without worrying about ruining our clothes) the better the experience can be. Handy wipes will be provided.

**Admission Price:** \$35.00 (price includes cost for supplies)

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

**Website:** <http://inspiritual.biz/special-events/>

**Wheelchair Accessible:** Yes

### Love and Inspiration

**Host/Host Organization:** Inspiritual

**Date:** May 7, 14, 21, and 28, 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](mailto:inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### An Introduction to Avatar

**Host/Host Organization:** LightWorks!

**Date:** May 7, 2014

**Time:** 7:00 pm - 9:00 pm

**Place/Venue:** RIT Barnes & Noble

**Description of Event:** An Introduction to Avatar

Can you imagine spending several days with more than 3,000 people from over 60 countries raising human consciousness while discovering and eliminating the source of personal issues, problems and concerns in order to gain the ability to create the life you want? I did this recently in the Avatar Wizard's Class. I have never attended a more personal and relevant self-development program.

Avatar is the most powerful, purest self-development program available. It is a series of experiential exercises that enable you to rediscover yourself and align your consciousness with what you want to achieve. You will experience your own unique insights and revelations. No one will tell you what to believe or who you are.

(continued on page 14)



*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)

It's you finding out about you. Avatar equips you with the tools to deliberately restructure the beliefs that form the pattern of your life.

Be free of old restraints that make you unhappy.

- \*Align your beliefs with the goals you want to accomplish
- \*Feel secure about your ability to conduct your life
- \*Experience a higher, wiser, more peaceful expression of self
- \*Rise above world sorrows and struggles and see them for what they are
- \*Experience true self enlightenment

Learn more about Avatar, how to live deliberately and be responsible for your life at this Avatar introduction. This presentation is open to the public.

**Admission Price:** \$5.00

**Email Address:** [pjp@frontiernet.net](mailto:pjp@frontiernet.net)

**Website:** <http://www.meetup.com/light-works>

**Wheelchair Accessible:** Yes

### 2nd Friday Spirituality Book Club

**Host/Host Organization:** Inspiritual

**Date:** May 9, 2014

**Time:** 6:30 pm – 8:00 pm

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

**Description of Event:** This month, we will be reading and discussing the book, *The Shack*, by William P Young, ISBN 978-1609414115

**Admission Price:** Love offerings accepted

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

**Website:** <http://inspiritual.biz/2nd-friday-spirituality-book-club/>

**Wheelchair Accessible:** Yes

### QiGong Practice Sessions

**Host/Host Organization:** Inspiritual

**Date:** May 10, 15, 17, 22, 24, 29, and 31, 2014

**Time:** 10:00 am – 11:00 am on Thursdays, and 11:30 am – 12:30 pm on Saturdays

**Place/Venue:** Inspiritual, 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:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### It's Movie Time

**Date:** May 11, 2014

**Time:** 2:30 pm

**Place/Venue:** Inspiritual, 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 BYOB. Popcorn will be provided. This month we will be viewing and discussing *The Power of Forgiveness* by



*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)

To forgive someone can be simple, this simple act can have powerful consequences. From Northern Ireland to Ground Zero to the Amish countryside, explore how forgiveness can transform your life.

**Admission Price:** Love Offerings accepted

**Website:** <http://inspiritual.biz/its-movie-time1/>

**Wheelchair Accessible:** Yes

### Womyn's Drum Circle

**Host/Host Organization:** Womyn's Drum Circle

**Date:** May 13, 2014

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

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

**Description of Event:** The Womyn's Drum Circle brings womyn together, strengthening that bond which is unique to womyn who love to connect with other womyn. The womyn's drum circle isn't only about drumming. It's about connecting with other womyn, learning from each other, and growing in mind and spirit. It's an awakening of our senses and our hearts. It's a healing journey that is different for each womyn who attends.

We drum to celebrate who we are, to heal ourselves, to express our individuality and connect with our spirituality. You do not have to be a musician or an experienced drummer to be part of our drum circle. New comers and beginners can tap out simple rhythms on their drums or play other percussion instruments like shakers and claves.

**Admission Price:** Love offerings accepted

**Email Address:** [womynsdrumcircle@groups.facebook.com](mailto:womynsdrumcircle@groups.facebook.com)

**Website:** <https://www.facebook.com/groups/womynsdrumcircle/>

**Wheelchair Accessible:** Yes

### Spirituality Book Club on Skype

**Host/Host Organization:** Inspiritual

**Date:** May 16, 2014

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

**Place/Venue:** SKYPE

**Description of Event:** This month, we will be reading and discussing the book, *The Shack*, by William P Young, ISBN 978-1609414115

**Admission Price:** Love offerings accepted

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

**Website:** <http://inspiritual.biz/spirituality-book-club-skype/>

**Wheelchair Accessible:** Yes

### Writing with Your Soul

**Host/Host Organization:** Inspiritual

**Date:** May 17, 2014

**Time:** 2:30 pm - 4:00 pm

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

**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.

(continued on page 16)



*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)

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/>

**Time:** 2:00 pm – 7:00 pm

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

**Description of Event:** Once again we are opening our home, garage, and backyard for a memorial day potluck and barbecue. Our grill will be up and running. So if you have something you want to grill, bring it. Bring a dish to pass and your non-alcoholic beverage of choice. We will be providing plates, cups, and serving utensils and ice. We will also be making potato salad, macaroni salad, and coleslaw.

We have a huge yard, so bring a blanket/folding chairs to sit/lay out on Hope to see you all then!

**Admission Price:** \$10.00

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

**Website:** <http://inspiritual.biz/angel-card-reading-practice-night/>

**Wheelchair Accessible:** Yes

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

**Host/Host Organization:** Inspiritual

**Date:** May 18, 2014

**Time:** 2:30 pm – 4:00 pm EST

**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 website

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

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

**Wheelchair Accessible:** Yes

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

**Host/Host Organization:** Inspiritual

**Date:** May 23, 2014

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

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

**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.

(continued on page 17)



*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)

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:** Love offerings accepted

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

**Website:** <http://inspiritual.biz/living-the-five-agreements1/>

**Wheelchair Accessible:** Yes

### Memorial Day Potluck Barbecue

**Host/Host Organization:** Inspiritual

**Date:** May 26, 2014

**Time:** 2:00 pm - 7:00 pm

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

**Description of Event:** Once again we are opening our home, garage, and backyard for a memorial day potluck and barbecue. Our grill will be up and running. So if you have something you want to grill, bring it. Bring a dish to pass and your non-alcoholic beverage of choice. We will be providing plates, cups, and serving utensils and ice. We will also be making potato salad, macaroni salad, and coleslaw.

We have a huge yard, so bring a blanket/folding chairs to sit/lay out on. Hope to see you all!

**Admission Price:** \$10.00

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

**Wheelchair Accessible:** Yes

### Angel Card Reading Practice

**Host/Host Organization:** Inspiritual

**Date:** May 27, 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.

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

**Admission Price:** \$10.00

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

**Website:** <http://inspiritual.biz/angel-card-reading-practice-night/>

**Wheelchair Accessible:** Yes

### Sound Reiki Workshop on Skype with Catherine Varga

**Host:** Lightworks!

**Date:** June 18, 2014 / **Please Pre-Register by 6/1/14**

(continued on page 18)

### 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/>)

**Time:** 7:00 pm - 9:00 pm

**Place/Venue:** RIT Barnes and Noble

**Description of Event:** We will be skyping around 60-90 minutes. This is open to anyone who would like to learn about sound healing with Reiki. Must have at least 10 people and its open to anyone.

Catherine Varga from Toronto, CAN is our presenter. Here is info on her and what type of class she would offer. She will be skyping in from her office to give us an over view of what she is teaching. If there's interest, she would come to teach her entire curriculum.

From Catherine - the foundation of my work is based on sound and light healing technology of Sound Reiki and rooted in electro tonal frequency vibrations, which I express with my voice. I believe that sound is the most powerful way of effecting energy. I believe in the divine Oneness of All That Is the spiritual source of all Sources, the root of our being, and I believe we are all connected through Divine Frequency and vibration. The multi-dimensional tones that I have been gifted to hear can heal the human body on a physical, mental, emotional and spiritual level.

My work addresses the root causes of dis-ease in the human body, the planet and the universal consciousness that block the ability for all of us to live in our highest possible reality and evolution. For more info about Catherine go to her site

[www.soundreikiinstitute.com](http://www.soundreikiinstitute.com).

Admission: \$15.00

Email: [pjp@frontiernet.net](mailto:pjp@frontiernet.net) to sign up

Website: <http://meetup.com/lightworks>

Wheelchair Accessible: Yes ♣

## About Us



*Inspirational*

25 Bernie Lane  
Rochester, NY 14624-1152

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

### **We're on the WEB!**

**Our Website**  
<http://inspirational.biz>

**Twitter**  
[@Inspirational](https://twitter.com/Inspirational)

**Facebook**  
<https://www.facebook.com/inspirational.biz>

**Meetup**  
<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@ymail.com](mailto:Inspirational@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, and submit often!**