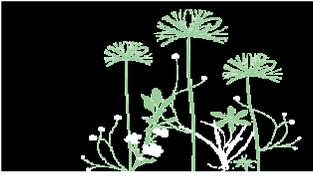


August 2014

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One Spirit - Many Voices

Faith

Byline: *Rev. Dr. J.*

Faith is one of those words that people use all the time, often without thinking about what it means. Faith, at least from my perspective, has nothing to do with believing in anything that others have told us to believe in, just because they tell us to believe something. Faith is what we personally know with every cell in our being. Our faith is absolute and there is no doubt about what we know in the core of our being. It is that deep knowledge which runs through our veins, that is the distinction between faith and belief.



Beliefs can become part of our faith, but they begin with things we believe because we read them, heard them, saw them, or in some other ways were exposed to them. We believe, or don't believe, what we are exposed to in our lives. I have tended to think about beliefs as a holding zone for knowledge while I process whether or not it becomes a part of my faith. Some things can stay beliefs for decades. There is not sufficient evidence to disbelieve them, but there is not that internal conviction and knowledge that one knows this is true.

Our faith can make anything happen. We demonstrate our faith through our intent and our willingness to be impeccable in our acts. Our intent is the internal force that we use to create and manifest everything in the universe. When we channel our intent to manifest something in our lives, it is about more than thinking or wishing it into being. It is more of a feeling that comes from so deep within us with such an overwhelming purpose and focus that it will be done. It does not entail having to know or understand how something will happen, just knowing it will. Whenever I think of faith, I am reminded of a story Jack Canfield tells about the 200 feet of headlight. He talks about how one can drive from New York to California in utter darkness with nothing but their headlights to guide them. All you see the entire journey is the 200 feet in front of you, even though they are never the same 200 feet. Eventually you get there, not based on your knowledge or understanding, but on your faith of what you saw at that moment and your intent to arrive there.

There are so many things in our life, which require deep faith. We use it and depend on it, but are not always aware of how we are doing so. When we go to sleep, we have faith we are going to wake up in the morning and that while we sleep all our organs are going to work as they are supposed to at that time and if something is in need of repair that our bodies will tell us, so we can fix it.

Faith is important because without it we cannot be of service to the Ultimate. Each day we practice living our lives with intent, we practice our ability to control our minds, rather than have our minds control us. As we master the ability to do this, then we become more in-tune with our inner silence. It is from this space of inner silence that we open the channel to silent knowledge and the intent of life, and from this space, anything is possible. ♦



“ Help us to continue to grow and serve by becoming a part of our ‘Plant a Seed’ program “



“ As always, there are new and like new experiences to be had. Browse this article, our website, and/or our social media venues to keep your eye on the pulse that is Inspiritual”

Help Us Grow

For the last four (4) 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. So, 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 three (3) ways:

- Become a part of our Plant A Seed Program by making a monthly donation, of as low as \$5.00 a month, which will assist us in raising the funds needed to support our ministry.
- 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.
- Contribute to the funding of our community prayer and meditation garden. You can learn more about that by visiting our special events page <http://inspiritual.biz/special-events> We will be listing our costs for the implementation of this public meditation and prayer space on our donations page by mid-July. Benches will be provided for people to sit and focus on our centering point in the middle of the garden. The garden will be filled with plants, shrubs, grasses, and stones, which will add to the peacefulness of the garden for all who come seeking a place to meditate and pray.

100% of your donations go towards supporting our ability to provide low and no cost offerings to those seeking to grow and evolve spiritually. Many of whom we will never get to physically meet because they live around the world. ♦

What's New?

- ♥ Join us on Friday, August 15th while we staff our table at LightWorks Festive Friday Psychic Faire. We will have information about our programs and be selling a few items we have been working on developing. So come check out what we have been working on behind the scenes and talk to us about how we can support you in your journey.
- ♥ Healing Harbor reopened on July 7th at 7:00pm. We are now available to provide healing on a love offering basis on these two nights a month. We are so grateful to Ursula Schmirl, a Reiki Master, who brings her decades of experience and willingness to be of service to our ministry. If Monday night is not convenient for you, then you can now book an appointment with us online by visiting our website. You can now book appointments online with us to come for Reiki, angel card and angel realm readings, as well as spiritual partnership sessions.
- ♥ Mary Meissner is now offering Integrated Healing Services (IHS) the 2nd and 4th Thursdays from 6:00pm - 8:00pm by appointment. Integrated Healing is exactly what it sounds like. It is a time where Mary Meissner, our IHS specialist, uses her intuition and mediumship skills in creating an integrated treatment for each person. Techniques include Reiki, QiGong, Color, Sound, Visualization, Therapeutic Touch, Meridian and Chakra Balancing, Oneness Blessings, and more.

(continued on page 7)



“ Tiger lilies are so strong they grow like weeds. And you too were stronger than anyone I have ever met. You met challenges on a daily basis gracefully. “

Tiger Lilies for Mom

Byline: *Doris Richardson Edsell*

I put some flowers on your grave today for your birthday. You always had a beautiful sunny day for your birthday, and today is no exception. It is going to be one of the hottest days of the summer this year, and you enjoyed sunshiny, hot days.



When I breathe in the color orange it energizes my soul

I chose tiger lilies from my garden; 3 of them for each of your children.

Tiger lilies are so strong they grow like weeds. And you too were stronger than anyone I have ever met. You met challenges on a daily basis gracefully. You honored every breath that you took in life; explaining to me that you will never die. And you are here now to guide me in writing about you and your wonder.

According too many theories on color, the color orange is the color of love and happiness. I believe that is why I chose these beautiful flowers for you. You brought love and happiness to my childhood, and helped me through many struggles in my life without telling me what to do. You stood by all of your children no matter what the circumstances.

I only hope that I am treasured by my children as much as you are by your family. No unkind words were ever spoken of you. You were like your name; an angel in disguise. And now you have your wings and can send your energy to everyone who misses you.

Missing you is like a deep hole in my soul. There is a spot down there that is beginning to fill with the energy you send me to keep writing about you and your life. You want everyone to know that you are still here and speak to us in different ways; it may be in the soft breezes that circle around dropping scents of purple, soft lilacs, or just the scattering of leaves in front of me as I walk along my path. And I know it is you, and as I breathe in the warm, fresh air, I think of you every moment of the day.

Love and happiness theories on Color: Wills, P. (1993). *Colour Therapy: The Use of Color for Healing and Health*. Element Publishing. Rockport, MA. ♦



*“Wonderful things,
glimpses of Light
now seen*

*What ears had heard
Voices from ancient
Holy books come alive,
Things now more
splendid
Majesty more
beautiful”*

Our Refuge

Byline: *Gary Bertnick*

The heart longs
A soul yearns
Mind so strained and pulled
Tears well up from within;
Oh, for a true place of safety during the storm
Guidance in a journey across this desert land
To be wrapped about with arms of love and comfort
To see the Temple of our God's heart
Revealed in the New Jerusalem descending
Settling down smoothly, delightfully from Heaven
A gentle autumn leaf,
Much as a steady rain soothes and comforts the summer growth
Fields of wheat, corn and other grains
Drinking in the wealth from above,
The farmers nearby who worked the soil
Scattered the good seed
Take refreshing, relaxed breaths of cleanest air,
Encouragement in confirmation so needed!
The children of Heaven from all nations rejoice as well,
The latter rains beyond every expectation
More than anything imagined or hoped for
To rest in such abundance
Joy in truest riches,
Wonderful things, glimpses of Light now seen
What ears had heard
Voices from ancient Holy books come alive,
Things now more splendid
Majesty more beautiful
Freedom itself stands in awe
Arms lifted at the presence of Glory,
Temple shelter from any possible storm
Any scorching heat or freezing cold,
Any possible threat, any dark cloud, any savage hand;
Caught up in the vision of a martyr who sees clearly through the present day
And into eternity already brightly revealed-
The Lord of the Universe stands to greet another
A welcome smile and shared laughter of the Shepherd
The One who created the small gate
The narrow road, enlightened path
Already deeply experienced, keenly known.

<http://garybertnick.wordpress.com> ♦



*“ Sometimes we need
forgiving Love
To get through; start
looking Above*

*It's there you'll feel
warm beauty shine
And see the bird's sing
sweet divine“*

Sometimes

written with a hand guiding mine
by nina pauline ploetz

Life seems hard sometimes you see
When things happen to you and me

Sometimes there is that sorrow and dread
And hardships are real, not in our head

We're lost sometimes, among other things
Darkness is what this feeling brings

At times when storms seem all to long
Rainbow's Promise is Forever strong

For when we focus on God's Great Light
Darkness fades and things get bright

Sometimes we need forgiving Love
To get through; start looking Above

It's there you'll feel warm beauty shine
And see the bird's sing sweet divine

Taste the wind across your face
Touch the flowers as colors embrace

Smell the ground beneath your feet
Gaze at stars, they're such a treat

Sometimes we must look around to know
That we are Loved as God does show

We need, sometimes, that defining line
To turn us towards God's Love Devine

Sometimes we need to look above
To see there's Always God's Great Love ♦

Young Living Essential Oils in the Home - Part 4 of 6

Get Ready for Cold and Flu Season

It is hard to believe that summer is coming to an end. This means before you know it cold and flu season will be upon us. I cannot speak for others, but I know in my busy life I have little to no room for sick days. So I have come to depend on the natural support from essential oils to support what I am sure is an already stressed immune system. So here are a few of my favorite immune supporting suggestions to stock up for this time of year along with tissues.

R.C.TM essential oil blend - R.C.TM contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. R.C. is a wonderful blend to diffuse during winter.

Thieves[®] essential oil blend - Thieves[®] was created based on research about four thieves in France who covered themselves with cloves, rosemary, and other aromatics while robbing plague victims. This proprietary essential oil blend was university tested for its cleansing abilities. It is highly effective in supporting the immune system and good health.

Thieves[®] oil blend is an integral ingredient in Thieves[®] Household Cleaner, Thieves[®] Spray, Thieves[®] Wipes, Thieves[®] Lozenges, Thieves[®] Dentarome PlusTM and Thieves[®] Dentarome UltraTM toothpastes, and Thieves[®] Fresh Essence PlusTM Mouthwash.

Thieves[®] Hand Purifier ~ Thieves[®] Waterless Hand Purifier is an all-natural hand purifier designed to cleanse and refresh the hands. Thieves Waterless Hand Purifier can be used by adults and children to keep hands clean and promote good hygiene, without the use of water. Dermatologist tested.

Breathe AgainTM essential oil blend - Breathe AgainTM Essential Oil Roll-On is a proprietary blend of oils specially formulated to support respiratory health. Breathe Again contains four powerful eucalyptus oils: Eucalyptus staigeriana, Eucalyptus globulus, Eucalyptus radiata, and Young Living's original Ecuador single, Eucalyptus blue. Eucalyptus oils contain high amounts of cineole, which has been studied for its potential to support healthy lung function. The essential oils peppermint, myrtle, and copaiba also play an integral part in this blend. Breathe Again is available in a portable roll-on applicator, making natural relief available anywhere.

Inner DefenseTM - Young Living's Inner DefenseTM reinforces systemic defenses, creates unfriendly terrain for yeast/fungus, promotes healthy respiratory function, and contains potent essential oils like oregano, thyme, and Thieves[®] which are rich in thymol, carvacrol, and eugenol for immune support. The liquid softgels dissolve quickly for maximum results.

(continued on page 8)



“Young Living Essential Oils are an excellent way to keep maintain the health and cleanliness of your environment.

This month we’re examining a few of the Young Living products that assist in maintaining one’s personal body health”



“ Continuing learning opportunities offered (via Mary Meissner’s teachings); and new ones (through Heidi Condello’s classes). Interested in something we don’t offer? Contact us and suggest OUR ‘next best thing’!”

What’s New (cont’d)

- ♥ The process involves working with the person, to remove blocks and obstructions, facilitating energy flow, and energizing the life force (Qi). Bringing about balance and harmony in Body, Mind, and Spirit. Quieting the emotions, healing the body, and recharging the Spirit. Vitality...Peace...Love...Happiness. You can schedule your appointment with Mary online at <http://inspiritual.biz/integrated-healing-session-ihs/>
- ♥ Mary is also starting a QiGong class on Thursday mornings at 10:00am. As with our Saturday morning group, the first Thursday of each month will be a two (2) hour class where we learn a new set and the rest of the month we will meet for an hour to practice that set.
- ♥ Our Skype Living the Five Agreements and Book Club will now be meeting with our live group on the 4th Friday of the month for the Five Agreements group and the 2nd Friday for the Book Club.
- ♥ Heidi Condello will be offering a five (5) five month rotation of classes on the 1st Tuesday of each month. August begins with her class on Meeting Your Spirit Guides. For more information on the classes she is offering and when, visit her page, on our site <http://inspiritual.biz/healing-wheidi-condello/>
- ♥ Just a reminder that we have expanded our social media outreach and now have a Meetup group <http://www.meetup.com/Inspirital-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>
- ♥ 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 Inspirital@ymail.com

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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 Inspirital@ymail.com ♦

Sun Heading Down

Photography by Sharon Forsythe Hinkson

“There was part of me listening that didn't think what I said was fiction. I was making up a rue story.”- Richard Bach, *Illusions: The Adventures of a Reluctant Messiah* ♦

Young Living Essential Oils in the Home - Part 4 of 6 (cont'd)

You can also keep your home smelling fresh and clear of stale air with healthful air purifying solutions. Young Living's top three diffusers - Aria™, Therapro™, and the redesigned Home Diffuser - make it easy and convenient to purify the air in your home without chemical-laden aerosol fresheners. Simply add 10-20 drops of Thieves®, Peace & Calming, or Purification to your diffuser and allow these clean, refreshing scents to fill your home.

You can purchase any of these items, and more at: <http://youngliving.org/inspiritual>

NOTE: Information for article was derived from the noted Young Living webpage guide - http://www.youngliving.com/en_US/discover/guide/inthelhome ♦



“Usher in the weekend with a feast of mystic metaphysical fare ~ QiGong, Tai Chi, Tarot classes/readings, and various OTHER vendor offerings (i.e. crystals, essential oils, personal care products, massages, etc.”

Light Works! Festive Friday Psychic Fire



Light Works! Festive Friday Psychic Faire

August 15, 2014 5:30pm - 9:30pm

Brighton Town Park (next to Islamic Center)

777 Westfall Rd (near Clinton & Westfall)

Free Admission

It's TGIF!! It's a sunny day in Rochacha. Bring your friends, come right after work and have some insightful fun with our intuitives, tarot card readers, angel card readers, and mediums with great rates. Try hand drumming, QiGong, Tai Chi, (hula) hooping class and Tarot Class. Check out the tasty food at the food truck.

We'll have vendors there with interesting, unique items for sale - hand crafted jewelry, fairy dust, enchanted forest designs, crystals, essential oils and more. Chair massage is available with Helena.

Here's even more fun things to do at the Faire:

Outside activities may be weather dependent

6:00 - 8:00 pm Hand Drumming Facilitated by Jeff Mann - learn some basic hand technique and see how your spirit feels while drumming. Some equipment to share and donations accepted.

6:00 - 7:00pm QiGong Practice with Wendy Smith - learn QiGong poses that promote health and well being. Donations accepted. Meet at cabin entrance.

7:00 - 8:00pm Tai Chi Practice with Lee - learn how to find peace and relaxation from Tai Chi. Meet at cabin entrance.

7:00 - 8:00pm Hula Hooping with Dale from Lady Be Fit - learn how to hoop besides just fun it is a great work out. Meet at cabin entrance.

6:00 - 7:00pm Tantalizing Tarot with Gloria Thayer from Epiphanies - Join Gloria at the open shelter (left of cabin) to learn the basic of intuitive tarot. Tarot cards will be supplied. Cost to attend class is \$10.00.

For info on the event go to www.meetup.com/light-works

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/)



August 2014*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspirational 25 Bernie Lane Rochester, NY 14624	Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz				1	2 11:30am - QiGong Instruction
3 10:00am - Love & Inspiration via Skype 2:30pm Meditational Mandalas	4 7:00pm - Healing Harbor	5 7:00pm - Meet Your Spirit Guides w/ Heidi Condello	6 6:30pm - Love & Inspiration	7 10:00am - QiGong Instruction 7:00pm - Oneness Blessing	8 6:30pm - Spirituality Book Club	9 11:30am - QiGong Practice
10 10:00am - Love & Inspiration via Skype 2:30pm - It's Movie Time!	11	12	13 6:30pm - Love & Inspiration	14 10:00am - QiGong Practice	15 5:30pm - Festive Friday Psychic Fair	16 11:30am - QiGong Practice 2:30pm - Writing with Your Soul
17 10:00am - Love & Inspiration via Skype	18 7:00pm - Healing Harbor	19	20 6:30pm - Love & Inspiration	21 10:00am - QiGong Instruction 7:00pm - Oneness Blessing	22 7:00pm - Living the Five Agreements	23 11:30am - QiGong Practice
24 10:00am - Love & Inspiration via Skype 2:30pm - Rochester Womyn's Drum Circle	25	26 7:00pm - Angel Card Reading Practice	27 6:30pm - Love & Inspiration	28 10:00am - QiGong Practice 6:00pm - Integrated Healing Sessions w/Mary Meissner	29	30 11:30am - QiGong Practice

Month at a Glance



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 with Mary Meissner](#)

Host/Host Organization: Inspiritual

Date: August 1 and 7, 2014

Time: 11:30am - 1:30pm on the 1st and 10:00am - noon on the 7th

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

[Love and Inspiration on Skype](#)

Host/Host Organization: Inspiritual

Date: August 3, 10, 17 and 24, 2014

Time: 10am - 11:30am

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 nine (9) 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: August 3, 2014

Time: 2:30pm - 4:30pm

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

Description of Event: 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.

(continued on page 12)

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/>)

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: Inspiritual

Date: August 4 and 18, 2014

Time: 7:00pm - 8:30pm

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 they 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.

Coffee, tea, and water are provided. Services are provided on a first come, first serve basis. Our doors will close to new arrivals at 8:10pm.

Admission Price: Love offerings

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Meet Your Spirit Guides with Heidi Condello

Host/Host Organization: Inspiritual

Date: August 5, 2014

Time: 7:00pm - 9:00pm

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

Description of Event: In this class, we will journey to Avalon. You will create a safe haven to meet your Spirit Guides. Bring a notebook, pen, and imagination. This is your magical kingdom to romp and frolic through!!

Admission Price: \$20.00

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/healing-wheidi-condello/>

Wheelchair Accessible: Yes

(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)

Love and Inspiration

Host/Host Organization: Inspiritual

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

Time: 6:30pm - 8:00pm

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

Oneness Blessing with Mary Meissner

Host/Host Organization: Inspiritual

Date: August 7 and 27, 2014

Time: 7:00pm - 9:00pm

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

Description of Event: A non-denominational healing experience where there is a transfer of physical energy, awakening our connection with the Oneness in everything, allowing each of us to deepen our relationship with our life and the world. The blessing giver places their hands on the recipient's head for several seconds to a few minutes, and allows the energy of the Divine to flow through them to the person receiving the healing.

When time permits, the group may do a meditation before the blessings are given, to enrich the healing experience.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/oneness-blessings/>

Wheelchair Accessible: Yes

2nd Friday Spirituality Book Club

Host/Host Organization: Inspiritual

Date: August 8, 2014

Time: 6:30pm - 8:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624 585-729-6113. You may also join us via **Skype** by adding 'SAJEWord' as a contact and asking us to add you to the video call.

Description of Event: This month, we will be reading and discussing the *Inner Whisperers: Messages from a Spirit Guide* by April Crawford ISBN978-098232691

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

(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/>)

QiGong Practice with Mary Meissner

Host/Host Organization: Inspiritual

Date: August 9, 16, 23 and 30, 2014 (Saturdays) and August 14, 21, and 28, 2014 (Thursdays)

Time: 11:30am - 12:30pm on Saturdays and 10:00am - 11:00am on Thursdays

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: Love offerings

Email Address: inspiritual@ymail.com

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

Wheelchair Accessible: Yes

It's Movie Time

Date: August 10, 2014

Time: 2:30pm - 5:00pm

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 2:30pm 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 *How to Know God*. How to Know God provides a lively, hour-long video exploration of the ideas presented in philosopher Deepak Chopra's 2000 book of the same title, where he uses a combination of religion, philosophy, physics and neuroscience to define the seven ways in which various individuals (depending on personality, lifestyle, psychological make-up, outlook and accomplishments) can comprehend the concept of "God" - 'Fight or Flight,' 'Visionary,' 'Creative,' 'Sacred,' 'Reactive,' 'Restful Awareness' and 'Intuitive.' Chopra places these concepts on an ascendant scale, and argues that the core of one's spiritual progression in life will involve 'advancing' through all seven stages. In the video version, poetic and engaging visuals accompany Chopra's narration.

Admission Price: Love Offerings accepted

Email Address: inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Festive Friday Psychic Faire

Host/Host Organization: LightWorks!

Date: August 15, 2014

Time: 5:30pm - 9:30pm

Place/Venue: Brighton Town Park, 777 Westfall Road, Brighton, NY

Description of Event: Join us for the Festive Friday Psychic Faire at 777 Westfall at Brighton Town Park (Next to the Islamic center).

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

Calendar of Events (cont'd)

It's TGIF!! It's a sunny day in Rochacha. Bring your friends, come right after work and have some insightful fun with our intuitives, tarot card readers, angel card readers, and mediums with great rates. Try hand drumming, QiGong, Tai Chi, (hula) hooping class and Tarot Class. Check out the tasty food at the food truck.

We'll have vendors there with interesting, unique items for sale-hand crafted jewelry, fairy dust, enchanted forest designs, crystals, essential oils and more. Chair massage is available with Helena.

Here's more fun things to do at the Faire: Outside activities may be weather dependent:

6:00pm - 8:00pm Hand Drumming Facilitated by Jeff Mann - learn some basic hand technique and see how your spirit feels while drumming. Some equipment to share and donations accepted.

6:00pm - 7:00pm QiGong Practice with Wendy Smith - learn QiGong poses that promote health and well-being. Donations accepted. Meet at cabin entrance.

7:00pm - 8:00pm Tai Chi Practice with Lee - learn how to find peace and relaxation from Tai Chi. Meet at cabin entrance.

7:00pm - 8:00pm Hula Hooping with Dale from Lady Be Fit -learn how to hoop besides just fun it is a great work out. Meet at cabin entrance.

6:00pm - 7:00pm Tantalizing Tarot with Gloria Thayer from Epiphanies. Join Gloria at the open shelter (left of cabin) to learn the basic of intuitive tarot. Tarot cards will be supplied. Cost to attend class is \$10.00.

For info on the event go to www.meetup.com/light-works

Admission Price: Event is free. **Cost of tarot class is \$10.00 per person**

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspiritual

Date: August 16, 2014

Time: 2:30pm - 4:00pm

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

Description of Event: There are many ways to connect with your inner consciousness. You can pray, meditate, dream, or visit a shaman, or a minister, or a hypnotherapist. With so many routes into inner consciousness, why write? Of all the ways to get in touch with your Higher Power, to hear the small, still voice pointing you in the right direction, why take the time to write? One reason: it works. It works amazingly well. If you want to engage in a vibrant conversation with the wisdom that dwells within you, then write.

Each month we will gather on the 3rd Saturday of the month at 2:30pm. 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 with others.

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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)

Those who wish to participate via **Skype** may do so by adding 'SAJEWord' as a contact and pre-registering.

Admission Price: \$10.00

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: August 22, 2014

Time: 7:00pm - 8:30pm

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. 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 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: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Rochester Womyn's Drum Circle

Host/Host Organization: Womyn's Drum Circle

Date: August 24, 2014

Time: 2:30pm - 4:30pm

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

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

Wheelchair Accessible: Yes

(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)

Angel Card Reading Practice

Host/Host Organization: Inspiritual

Date: August 26, 2014

Time: 7:00pm - 9:00pm

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 for 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

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

Wheelchair Accessible: Yes

Integrated Healing Sessions with Mary Meissner

Host/Host Organization: Inspiritual

Date: August 28, 2014

Time: 7:00pm - 9:00pm

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

Description of Event: Integrated Healing is exactly what it sounds like. It is a time where Mary Meissner, our IHS specialist, uses her intuition and mediumship skills in creating an integrated treatment for each person. Techniques include Reiki, QiGong, Color, Sound, Visualization, Therapeutic Touch, Meridian and Chakra Balancing, Oneness Blessings, and more. The process involves working with the person, to remove blocks and obstructions, facilitating energy flow, and energizing the life force (Qi). The process helps bring about balance and harmony in Body, Mind, and Spirit; quiet the emotions, heal the body, and recharge the Spirit.

Appointments for Integrated Healing Sessions with Mary are available on the 2nd and 4th Thursday evenings from 6:00pm - 8:00pm.

Schedule your appointment with Mary Meissner by completing the form on the website listed below. Please indicate the length of the session you are requesting.

Admission Price: \$25.00 for a 30-minute session | \$55.00 for a one (1) hour session | \$85.00 for a 90-minute session.

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/integrated-healing-session-ihs/>

Wheelchair Accessible: Yes ♣



“Interested in becoming an Inspiritual community sponsor? Here’s how...”

How to Become a Community Sponsor

Inspiritual is a space where all can come for spiritual growth, evolution, and transformation regardless of income. We are intentional about increasing the Gross National Happiness in this world. Our community sponsors help us in one of two ways.

One way is through a reciprocal flow of energy in promoting one’s organizations and events. We strive to create individualized programs to meet the needs and level of reciprocity we have with each sponsor.

The second way is through an annual donation of \$60.00. Both approaches will ensure that your organizational information and logo are listed on our community sponsor page. The latter, however, also provides you with a business card size ad in our monthly newsletter, which is currently emailed out to approximately 400 people. We also ask that you list basic information about Inspiritual and our services on your website. Our community sponsors are the only ones who we allow to advertise in our newsletter. If you are interested in either of our programs, please let us know which one you are most interested in being involved. In either case, we will need the following information:

- Name of Organization
- Description of Organization
- Contact Person:
- Phone
- Email
- Website
- Your logo (in jpeg or gif format)

If you would prefer to participate via a reciprocal flow of energy, please let us know what you are willing to provide to help promote and support our efforts to help people heal, evolve, and transform spiritually as well as how we can support you in return.

Our Community Sponsor information is on our website - <http://inspiritual.biz/community-sponsors-resources/> ♦

Inspiritual Community Sponsors

Rev. Vicki Snyder
Certified Psychic Medium
 Certified Angel Card Reader
 Spiritual Counseling
 Reiki & IET

585-208-8707
 By appointment
 vickisnyder138@gmail.com
 www.vickisnyder.webs.com

3380 Monroe Avenue #217
 Rochester, NY 14618

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: Inspirational@ymail.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@ymail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 11:00pm.

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!