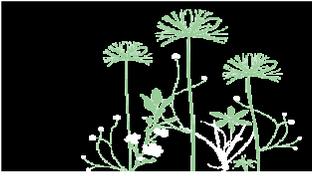


September 2014



Inside this issue:

Help Us Grow	2
What's New?	2
From Now On	3
Inspiritual Body Care	4
Volunteers Needed!	4
Seasons of Life	5
Seva	5
Young Living Essential Oils in the Home - Part 5 of 6	6
What's New? (cont'd)	7
From Now On (cont'd)	7
Trust (cont'd)	7
Young Living Essential Oils in the Home - Part 5 of 6	8
Month at a Glance	9
Calendar of Events	10-17
How to Become a Community Sponsor	18
Inspiritual Community Sponsors	18
About Us	19
Making Submissions to Your Newsletter	19

One Spirit - Many Voices

Trust

Byline: *Rev. Dr. J.*

Trust is one of those things that so many people say they have problems with. When we go to bed at night, we trust we are going to wake up in the morning. We trust banks with our money. We trust teachers with our children. We trust mechanics with our cars. We trust doctors and nurses to tell us how to stay healthy or how to get better when we are sick. Trust is a key element of everyday life. Sometimes it seems we trust strangers more than we trust people we know. Trust is not always easy, but it is not impossible. The reality is we do know how to trust. Sometimes we just put our trust in the wrong things and the wrong people.

When we trust we are going to have a bad day, we will. When we trust the emotions and energies, which deplete us, then we can feel anxious and stressed. When we do not trust our ability to be accepted just as we are, then we attempt to hide behind a fake serenity, trying to deny the nagging concern that keeps rising to the surface, threatening to pop up and shatter our easygoing, carefree image. When we trust the people in our lives are going to lie to us, we may experience that distrust. When we trust something will go bad in our lives, then it will. It is not that we have trouble trusting, it is just that sometimes we put our trust in the wrong things and the wrong people.

Trusting is not easy ~ especially when someone has betrayed your trust. You put up walls to protect yourselves from ever being hurt again. You become self-sufficient and isolated to guard against the pain of rejection or neglect from someone you love. Trusting the Universe may seem risky because it is easier to trust more in your own resources, which you *can* see, than in the Divine whom you *cannot* see. When you eventually come to the end of your own strength and have to rely on the Divine for help, trust becomes a necessity, not an option. What level of trust in God do you have?

Trusting in the Divine, means more than making a decision in your mind. It means developing a trust so secure it cannot be shaken by circumstances or tragic events. When Jesus said, "Let not your heart be troubled," He didn't mean for you to expect everything to go right. He meant for you to trust the Divine regardless of the outcome. Your trust should not be in a safe location, but in the hands of the Ultimate who can be trusted to do what is in the highest and best for your life.

The problem comes when your view of what is good and best is not the same as the Divine's view of what is good. It is hard to trust when you cannot see beyond your own desires. When you pray for physical healing and God allows a loved one to die, your heart is troubled and perplexed. It's not easy to see God's perspective in death when you are grieving and can't comprehend the reality of eternal life.

How do you know if you really trust God in every aspect of your life, or if you simply trust God for things you cannot provide for yourself?

(continued on page 7)



“ 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. 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 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 meditation and prayer garden page <http://inspiritual.biz/meditation-prayer-garden/> 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 to support our ability to provide low and no cost offerings to those seeking to grow and evolve spiritually, many of whom we never get to physically meet because they live around the world. ♣

What's New?

- ♥ We had an amazing time on Friday, August 15th at the LightWorks Festive Friday Psychic Faire. We had information about our programs and debuted our new line of organic body scrubs, body washes, and body butters made with Young Living essential oils. 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. <http://inspiritual.biz/inspiritual-body-care/>
- ♥ Perhaps our biggest news is the progress we are making on our meditation and prayer garden. The 34 cubic yards of topsoil we needed was donated and delivered on August 22nd. On August 23rd, we began the process of moving it to the back and putting it in place. As soon as we finish, we will be able to begin planting our living fence of butterfly bushes and native grasses. Check out our photo gallery for pictures of the garden and its evolution. You can access our photo gallery at <http://inspiritual.biz/inspirituals-photo-gallery/>
- ♥ On September 27th, John Naughton, aka Phoenix, will be here teaching a course on his book *Revelations*. Visit our special events page for more information about this course which promises to be enlightening. <http://inspiritual.biz/special-events/>
- ♥ Just a reminder that we have expanded our social media outreach and now have a Meetup group <http://www.meetup.com/Inspiritual-biz/>

(continued on page 7)



“You breathe in slowly without the stressful days you used to have, and you breathe out the wonders of everything you see from now on because it may be the last visit to your Aunt Millie’s.”

From Now On

Byline: *Doris Richardson Edsell*

They say that the older you get the more childhood memories you have. You would think it would be just the opposite but, as in the yin and yang of things; opposites are a good thing too.

Gradually as you get older you will begin to understand how important those past memories are. As you move toward your golden years, begin to embrace it; it should be a gradual and kind slowing down that feels good to you. You breathe in slowly without the stressful days you used to have, and you breathe out the wonders of everything you see from now on because it may be the last visit to your Aunt Millie’s.

Things seem to come up in life; preventing you from doing everything you want or need to do, and that is alright because someone else will pick up your puzzle pieces and dollies, after you are gone, to put it together for you.

My Favorite Memories



I treasured my dollies as a child; they were my little family

It brings wonderful memories in my mind when I think of my favorite Tiny Tears Doll. She was very popular in my time and she did produce wonderful streaming tears when you fed her. I still feel warm and fuzzy inside thinking about holding her in my lap, and this doll prepared me for the real things in life; holding my own children, feeding and hugging them in their infancy.

What a good way to prepare for the upcoming event of parenthood. Too bad they do not allow boys to play with those pretty dollies, and invented warrior dolls and transformers for them when they really need to hold and cuddle a dollie as they ready themselves for fatherhood.

And the Tears

I have been told that I have a very strong emotional component that sets off my tear ducts quite often, and maybe it is because of my younger years, being able to express myself often through my doll. Tears are a way to clear out all of the bad stuff from your body, washing it clear and clean. Tears are so very helpful in many aspects of your life; do not be afraid to express yourself with tears.

(continued on page 7)



“ We are now carrying a line of organic body products.

Try them, you will LOVE them! ”

Inspirital Body Care

We are now providing organic body care products: sugar scrub, body wash, and body butter. Each is made with 100% organic ingredients, Young Living Essential Oils and are currently available in four fragrances.

Rosemary & Peppermint: Both of these essential oils are known to be energizing and reviving. They are also soothing to skin and sore muscles. Rosemary can restore mental alertness when experiencing fatigue, and peppermint can improve concentration and mental sharpness. These aromas are a great and exhilarating way to start your day.

Lavender & Orange: This combination of aromas is what you need for a fresh start to your day. Orange lifts the spirit while providing a calming influence on the body. Orange is also known to bring peace and happiness to the mind. Lavender contributes to the harmony and can boost stamina and energy.

Peppermint & Orange: This combination of aromas gets you ready for a new morning. The peppermint can improve your concentration and mental sharpness. The orange lifts the spirit while providing a calming influence on the body. Orange also brings peace and happiness to the mind.

Stress Away™ ~ Stress Away™ is a blend of lime, vanilla, copaiba, and lavender. Together they work to relieve daily stress, encourage relaxation, and reduce nervous tension. This blend of aromas is what you need as you work to keep the stressors away from your day and life.

The organic sugar scrub is a blend of organic brown butter, organic fractionated coconut oil, and Young Living essential oils. A 4-ounce recyclable jar of our scrub is \$6.50.

The organic body wash is a blend of Dr. Bronner's organic mild castile soap, organic coconut milk, and Young Living essential oils. A 7-ounce recyclable pump bottle of our body wash is \$14.00.

The organic body butter is a blend of organic coconut oil, organic shea butter, organic grapeseed oil, and Young Living essential oils. A 4-ounce recyclable jar of body butter is \$11.00.

You can also buy a set of all three (scrub, wash and butter) for \$30.00.

To order, call us at 585-729-6113 or place your order online at <http://inspiritual.biz/inspiritual-body-care/>. ♦

Volunteers Needed!



We have begun work on our meditation and prayer garden. You can check out the project pictures on our website's photo gallery, <http://inspiritual.biz/inspirituals-photo-gallery/>. We have been blessed with donations of time, dirt, plants, a utility cart, and tarps to keep all our compost and dirt from leaving. What we need at present are volunteers to help us continue to move the compost and topsoil in place as we build the berm and begin planting. If you have an hour or so to come help we would appreciate it. This garden is not just for us, it is for all who come seeking a place to meditate and pray.

We invite you to come and be a part of the creation process. Call us at 585-729-6113, email us at inspiritual@ymail.com or contact us at <http://inspiritual.biz/contact/> to let us know when you might be available. ♦

Seasons of Life

Byline: *Nina P. Ploetz*

The beauty strong
Old with the new
Signing life's song

Praising out loud
Love's gentle glow
Saying Amen
Let it be so ♣



Seva*

Byline: *Woody Turtledragon*



Seva is an important concept in many religions from Christian, to Hindu and Buddhist paths. Through service, God is perceived as having a relationship with others as well as oneself. Serving other people is considered an essential devotional practice of indirectly serving God. (Wikipedia)

We have again been blessed with another opportunity to connect to Inspiritual's Sacred Space. Through a warm welcome of community, a generous gift of space, the backyard; we are honored to help build Inspiritual's Meditation and Prayer Garden. Our time there began with shoveling the layers of rich nutrients, nourishing soil, and moving it into the backyard space. We were all on the ground level of this project. We infused our laughter into, and supported each other, this space, contributing to the gentle energy which will surround those looking for peace and solitude in the midst of a world where quietness is difficult to find, much less a gentle space of meditative calm.

So blessed are we, as much kindness has been given to us through the ministry of Inspiritual. It would be neat to think that this space is also filled with our love, and the love of all the people who have been graced by Inspiritual's ministry.

As we are blessed, so also we give back. It truly is an honor to be allowed to participate in this creation process. It provides gifts for all of us to enjoy, through our own Seva of selfless service.

It was just recently we were sitting in Zoe and Sharon's house and yard celebrating the special occasion of Inspiritual's fourth anniversary. I am constantly being impressed with Inspiritual's love, and desire to make everyone welcome. It is sometimes a rare thing to find such generosity and love. It is a pleasure to be part of the groundwork for this meditation and prayer garden.

At the end of our first day working in the garden, we experienced a miracle, a hummingbird flew in front of us, gently, and slowly, so we could get a good look at it. It was amazing! Just hovering right there in front of us for several long seconds, because I did not see it right way. God/dess gave back to me in that form of a hummingbird, something I have never seen so close. Seva is a blessing, to the blesser. ♣

*A word from the Eastern Indian Tradition, The idea of selfless service.



“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 with healing and maintaining one's personal body health”

Young Living Essential Oils in the Home - Part 5 of 6

A well-stocked collection of reliable home remedies is a must for every home. Be sure to keep on hand the essential oils that can help make all the difference if a family member is injured or feeling unwell.

Add these first aid favorites to your collection:

Lavender: Lavender is one of history's most celebrated and versatile essential oils. It is steam distilled from *Lavandula angustifolia*, a perennial, bushy shrub with a flowery top. Historically, Greeks used lavender as a perfume. The Romans used it in their baths for washing, for its cleansing qualities, and to deter insects. The Egyptians used lavender as an ingredient in incense and perfume. Queen Elizabeth I used it in her tea to soothe tension. The many plant constituents in lavender essential oil contribute to a vast range of usage. Today, we use lavender as a tea and to cleanse, support normal sleep, ease occasional depressed moods, soothe sun-exposed skin, and reduce stress. Lavender oil is one of the safest essential oils and can be applied neat to the skin. The benefits of lavender essential oil are limitless, and modern research will continue to yield new and exciting uses for this amazing plant.

Peppermint: Peppermint has an invigorating and fresh mint aroma. This amazing and versatile essential oil has been widely studied for its potential health benefits and for its ability to enhance mental acuity. It is also known for its impressive support of digestive functions.

Peppermint is native to Europe and is a hybrid of the wintergreen and spearmint plants. Growing to approximately two feet tall, peppermint plants bloom from July through August, sprouting tiny, purple flowers in whorls and terminal spikes. Preparations for extracting peppermint essential oil begin with the leaves and flowering tops of the plant, where menthol - peppermint's primary active component - is extracted.

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. The oil blend that comprises Thieves® is known for enhancing complete health and total well-being. Each of the oils selected makes Thieves® one of Young Living's most effective and favorite products. Clove oil, nature's richest source of eugenol, is the highest-scoring single ingredient tested for its antioxidant capacity on the ORAC scale. Clove is also known for its immune-enhancing properties. With 68 percent d-limonene, lemon oil is a powerful antioxidant known for its ability to act as a natural solvent and cleanser.

(continued on page 8)

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



What's New (cont'd)

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>.

- ♥ 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 . ♦

From Now On cont'd)

Byline: *Doris Richardson Edsell*



So what prepares us for death?

All the treasured moments in life prepare us for passing into spirit. And it seems that the closer you get to being with spirit, the more you realize that you are already there. Your spirit begins to tell you deep inside how important it is to gather yourself together and prepare for your awakening. It may be just a slight awareness right now for you, but as you age, you will find your way, and see that living life has a beginning, middle and end to it just as everything in the world does. ♦

Trust (cont'd)

Byline: *Rev. Dr. J.*



“ Trust is a key element of everyday life. ”

Sometimes the true test is your reaction when you lose things of greatest importance. What is your most valuable possession? Your financial portfolio ~ Your house and other property ~ Your health and the brilliant mind of your child ~ Your fit body ~ The career you've worked so hard to obtain? Who is the most valuable person in your life? Spouse - Significant friend - Child - Parent?

If you lost everything, which keeps you stable and content, would you still be able to trust God? Would you worship the Ultimate for being good in the midst of a tragedy, or would you shake your fist at heaven, demanding a reason for your undeserved suffering? When you are in the depths of woundedness, do you turn first to God or to temporary comforts like food, drugs, alcohol, or other people? The world's temporary solution to pain can be costly and lead to disillusionment and despair.

How would your life be different if you trusted the Divine more? ♦

Young Living Essential Oils in the Home - Part 5 of 6 (cont'd)



High in antioxidants, cinnamon bark has a reputation for relieving discomfort during the winter season and supporting the digestive system.

As one of the most versatile of the eucalyptus oils, eucalyptus radiata has many health-promoting properties. This powerful essential oil contains eucalyptol as one of its major elements, which in laboratory tests has been reported as being effective against bacteria in topical applications. Rosemary oil is naturally energizing and may be beneficial for helping restore mental alertness when experiencing fatigue.

- Frankincense:** Frankincense is one of the oldest essential oils and is used primarily in meditation to improve inner balance. Considered the “holy anointing oil” in the Middle East, frankincense has been used in religious ceremonies for thousands of years. It was well known during the time of Christ and was one of the gifts given to Christ at his birth. Anciently, the Chinese used frankincense to support overall health. Today, frankincense is still used worldwide for both its ceremonial and dietary use. Frankincense can be used topically, as a dietary supplement, or diffused.
- R.C.™:** R.C.™ 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.
- PanAway™:** PanAway™ essential oil blend is a proprietary blend of helichrysum, wintergreen, clove, and peppermint designed to relieve muscle soreness and tension. If you have localized soreness after gardening, shopping, working out, or any other physical activity, reach for PanAway™. This proprietary blend is made of Young Living Therapeutic Grade™ essential oils that penetrate the skin and soothe soreness after strenuous activity. Gary Young created the blend after a severe injury to his leg. It integrates the soothing properties of helichrysum, winter green, clove, and peppermint, and can be used to relieve sore muscles and enhance over all well-being. ♦

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

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/)



September 2014*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 2:00 pm Labor Day Potluck Barbecue	2 7:00 pm Meet the Clairs w/Heidi Condello	3 6:30 pm Love & Inspiration	4	5	6 2:00 pm Spiritual Journaling Workshop on Skype Part 1
7 10:00 am Love & Inspiration on Skype 2:30 pm Meditational Mandalas	8	9	10 6:30 pm Love & Inspiration	11	12 6:30 pm Spirituality Book Club	13 11:30 am QiGong Instruction 2:00 pm Spiritual Journaling Workshop on Skype Part 2
14 10:00 am Love & Inspiration on Skype 2:30 pm It's Movie Time!	15 7:00 pm Healing Harbor	16	17 6:30 pm Love & Inspiration	18 7:00 pm Oneness Blessing	19	20 11:30 am QiGong Practice 2:30 pm Writing with Your Soul
21 10:00 am Love & Inspiration on Skype	22	23 7:00 pm Angel Card Reading Practice	24 6:30 pm Love & Inspiration	25	26 7:00 pm Living the Five Agreements	27 11:30 am QiGong Practice 1:00 pm Revelations : Your role in God's Plan to Replace Darkness with Light
28 10:00 am Love & Inspiration on Skype 2:30 pm Rochester Womyn's Drum Circle	29	30	Inspirational 25 Bernie Lane Rochester, NY 14624			Phone: 585-729-6113 E-mail: inspiritual@mail.com Website: http://inspiritual.biz

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

Labor Day Potluck Barbecue

Host/Host Organization: Inspiritual

Date: September 1, 2014

Time: 2:00 pm - 8:00 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 Labor 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, serving utensils and ice.

We have a huge yard, so bring a blanket/folding chairs to sit/lay out on. Kids are welcome! We will have the sprinkler hooked up for all "kids" to play.

Hope to see you all then!

Admission Price: Free

Email: Inspiritual@ymail.com

Wheelchair Accessible: Yes

Meet the "Clairs" w/Heidi Condello

Host/Host Organization: Inspiritual

Date: September 2, 2014

Time: 7:00 pm - 9:00 pm

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

Description of Event: In this class we will experiment with different ways of connecting with Spirit. We will play with all the "Clairs" (clairvoyance, clairaudience, claircognition, clairsentience, clairallience and clairgustance). Bring an open mind and lots of positive energy!

Admission Price: \$20.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration

Host/Host Organization: Inspiritual

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

Time: 6:30 pm - 8:00 pm

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

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

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

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes



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)

Spiritual Journaling Workshop on Skype

Host/Host Organization: Inspiritual

Date: September 6 and 13, 2014

Time: 2:00 pm - 6:00 pm

Place/Venue: Skype

Description of Event: Spiritual journaling provides you with an opportunity to reflect on the spiritual understandings, which may be struggling to rise within your consciousness. Anything, which catches your attention in daily life, such as quotes, images, feelings, or things you find in the world, may be the universe's way of catching your attention.

The purpose of this series is not to teach you what to write, but to give you strategies to help liberate your writing and take you to a deeper understanding of yourself and your relationship with your Higher Power, however you define that. I will share four different techniques each week in this two week series. We will begin with the most basic technique—streaming. Subsequent technique will incorporate streaming in combination with other techniques. Space will be provided for anyone who feels comfortable or desires to share his or her writing.

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

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Skype

Host/Host Organization: Inspiritual

Date: September 7, 14, 21, and 28 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 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

(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)

Meditational Mandalas

Host/Host Organization: Inspiritual

Date: September 7, 2014

Time: 2:30 pm - 4:30 pm

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 one's 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

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

Wheelchair Accessible: Yes

2nd Friday Spirituality Book Club

Host/Host Organization: Inspiritual

Date: September 12, 2014

Time: 6:30 pm - 8:00 pm

Place/Venue: 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 *Assertiveness for Earth Angels: How to Be Loving Instead of "Too Nice"* by Doreen Virtue ISBN978-1401928803

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

QiGong Instruction with Mary Meissner

Host/Host Organization: Inspiritual

Date: September 13, 2014

Time: 11:30 am - 1:30 pm

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

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

(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)

Admission Price: \$10.00

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

It's Movie Time

Date: September 14, 2014

Time: 2:30 pm - 5:00 pm

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

Description of Event: The 2nd Sunday of each month we will gather at 2:30 pm to view a film and discuss the spiritual lessons. Feel free to bring your own beverage (BYOB). Popcorn will be provided. This month we will be viewing and discussing *One Track Heart: The Story of Krishna Das* ~ Documentary filmmaker Jeremy Frindel tells the remarkable story of famed chant master Krishna Das in this inspirational film featuring music by J Mascis and Devada. The year was 1970. Long Island singer Jeffrey Kagel was set to be the front man for the band that would soon become Blue Oyster Cult when he suddenly sold off everything he owned, and disappeared into the foothills of the Himalayas. There, after meeting an obscure Hindu guru named Neem Karoli Baba, the deeply depressed drug addict who once teetered on the cusp of rock & roll stardom would begin the incredible transformation into Krishna Das, a world-renowned vocalist specializing in the Indian devotional music known as Kirtan. Conversations with Ram Dass, Sharon Salzberg, Daniel Goleman, and Rick Rubin offer unprecedented insight into the life of a man who turned his back on certain fame to embrace his true fate.

Admission Price: Love Offerings accepted

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspirital

Date: September 15, 2014

Time: 7:00 pm - 8:30 pm

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

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

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

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

(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/>)

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

Admission Price: Love offerings
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/healing-harbor/>
Wheelchair Accessible: Yes

Oneness Blessing with Mary Meissner

Host/Host Organization: Inspirital
Date: September 18, 2014
Time: 7:00 pm - 9:00 pm
Place/Venue: Inspirital, 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: Inspirital@ymail.com
Website: <http://inspiritual.biz/oneness-blessings/>
Wheelchair Accessible: Yes

QiGong Practice with Mary Meissner

Host/Host Organization: Inspirital
Date: September 20 and 27, 2014
Time: 11:30 am - 12:30 pm
Place/Venue: Inspirital, 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: Inspirital@ymail.com
Website: <http://inspiritual.biz/qi-gong/>
Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspirital
Date: September 20, 2014
Time: 2:30 pm - 4:00 pm
Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

(continued on page 15)



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

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Description of Event: 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 2:30 pm. 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.

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

Angel Card Reading Practice

Host/Host Organization: Inspiritual

Date: September 23, 2014

Time: 7:00 pm - 9:00 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: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: September 26, 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. 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.

(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)

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: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Revelations – Your Role in God’s Plan to Replace Darkness with Light

Host/Host Organization: Inspiritual

Date: September 27, 2014

Time: 1:00 pm - 5:00 pm

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

Description of Event: This class will discuss the prophecy Revelations and the Laws of Creation.

You will learn to understand all the symbols and images of the prophecy. As well, you will learn the 4 scenes and how they tell 3 stories:

God’s Plan to heal all of mankind

How you will use the Laws of Creation to replace the darkness in your life with light

How we will grow through 4 levels of consciousness

Dark or unconsciousness

Light or individual consciousness

Bright light of the collective consciousness

White light of God consciousness

Also you will learn how the 4 books of the Bible’s New Testament (Matthew, Mark, Luke and John) each have specific teachings of Jesus that are linked in sequence to the images and symbols of the prophecy.

The first book of Matthew talks about the entire process from dark to God consciousness and the healing processes to go from Dark (unconsciousness to the Light of individual consciousness).

The second book of Mark talks about the light of individual consciousness and the healing processes to go from the light of individual consciousness to the bright light of the collective consciousness.

The third book of Luke talks about the bright light of the collective consciousness and the various states of mind within it and healing processes to grow from one state of mind to the next and then from the bright consciousness to the White of God consciousness.

The fourth book of John talks about God consciousness which is symbolized as “The New Holy City of Jerusalem”.

There is so much more that is in the prophecy that I cannot list it all in a course overview. I will do my very best to share it all with you.

Admission Price: \$30.00

(continued on page 17)

Calendar of Events (cont'd)



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

Do you have something for next month's calendar? Please complete the [online submission form](http://inspiritual.biz/community-event-submission-form/) (<http://inspiritual.biz/community-event-submission-form/>)

Email Address: inspiritual@gmail.com

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

Wheelchair Accessible: Yes

Rochester Womyn's Drum Circle

Host/Host Organization: Womyn's Drum Circle

Date: September 28, 2014

Time: 2:30 pm - 4:30 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 woman 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 ♡



“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@gmail.com

We're on the WEB!

Our Website

<http://inspiritual.biz>

Twitter

@Inspirational

Facebook

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

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

Meetup

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

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

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

It starts with your story.

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

We seek the spiritual in everyday life.

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

Fusion of traditions and beliefs

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

Making Submissions to Your Newsletter



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

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

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

Our parameters for submissions are as follows:

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

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!