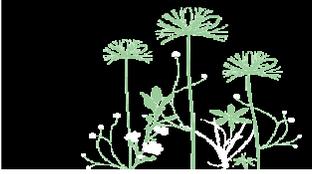


December 2014



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# One Spirit - Many Voices

## Let There be Peace on Earth

Byline: *Rev. Dr. J.*

Let there be peace on earth  
 And let it begin with me.  
 Let there be peace on earth  
 The peace that was meant to be.  
 With god as our father  
 Brothers all are we.  
 Let me walk with my brother  
 In perfect harmony.

Let peace begin with me  
 Let this be the moment now.  
 With every step I take  
 Let this be my solemn vow.  
 To take each moment  
 And live each moment  
 In peace eternally.  
 Let there be peace on earth  
 And let it begin with me.

As I began to think about peace as a spiritual practice, my mind floated back to Harry Connick Jr's song *Let There be Peace on Earth*. Peace is not a spiritual practice in and of itself, rather it is built on the foundations of other spiritual practices, which we have been reflecting on all year. Spiritual qualities such as compassion, love, awareness, acceptance, forgiveness, understanding, etc. Peace should be a goal of all who are seeking to grow and evolve spiritually. Peace is both internal and external. It is an inner state of well-being and calm. Peace is also an outer project of promoting nonviolence, conflict resolution and cooperation in the world. The root of the Hebrew word for peace, "shalom," means "whole" and points to this two-fold meaning: peace within oneself and peace between people.

Peace is not just something one feels, but it is something one must practice on a daily basis by refusing to participate in violence either directly or indirectly. We can tell when we are not practicing peace in our lives by what we are feeling. When you are feeling worried, upset or "crazed", you are not practicing peace. When our emotions have the best of us, we are not at peace. When we are able to balance our emotions, we experience a feeling of serenity and peace. Feelings that leave us feeling agitated drain our energy and those that bring about inner calm increase our energy. The more at peace we are within ourselves, the greater our ability to promote peace externally.

(continued on page 6)



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



*“Bryan McGrath will bring his stone & crystal party to us on December 11th from 7 pm - 9 pm. We will say good-bye to some of our programming, and we will also be introducing new things — one of which is an 8-week Psychic Development program taught by Heidi Condello.”*

## 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 Inspirital 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://inspirital.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?

- ♥ November was a time of slowing down and celebrating life. As many of you know Rev. Sharon was taken to the emergency room on November 1st because she was unable to urinate. She was told she was in acute renal failure and emergency surgery was performed to put stents in both her kidneys. She had obstructions to both kidneys. Due to injuries to her back, she had no awareness she had kidney stones. Miraculously, her kidney function returned to normal within 48 hours. She will still be in need of surgery to remove the stones and stents, but has been taking the time to slow down, heal, and allow others to be of service to her. Please continue to hold her and her wife, Zoe, in prayer.
- ♥ We had to cancel and reschedule a few events to allow Rev. Sharon enough time to heal and are grateful to our guest teachers and presenters for their love and understanding. We will continue this slower pace in December as well.
- ♥ On Thanksgiving, we hosted our annual open house potluck dinner and had nine people in attendance. It was a time to give thanks, share great food, develop new friendships, and celebrate all we have been blessed with this year.

(continued on page 8)



*“ You grow strong in your physical body because people around you show you how to be strong ... Your mind is strong because you study hard, have wonderful teachers, read everything you can get your hands on and listen intently to your elders...”*

## ***How to Build a Resilient You***

Byline: *Doris Richardson Edsell*



***Embrace winter with some healthy changes***

### ***Healthy in Mind, Body and Spirit***

Building resiliency should start in childhood where you slowly realize that you are a wonderful human being who can do anything you desire. You have self-confidence and know that you can become the person you want to be. You are creative and everyone supports your efforts. Your family and friends are cheering for your continued success and wellness. You become a helper because all you see around you are people helping others.

You grow strong in your physical body because people around you show you how to be strong, guiding you on learning how your body, mind and soul are all connected to a strong physical being. Your mind is strong because you study hard, have wonderful teachers, read everything you can get your hands on and listen intently to your elders.

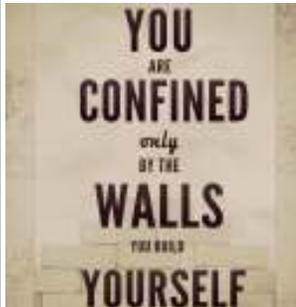
Because of all your prevention work, you grow up, follow your heart and become resilient, passing it on to your children. And you build this *invisible protective wall* around you and your loved ones, protecting everyone from harmful things outside of the resilient bubble that can make life more difficult and even painful.

### ***When did the fairy tale end for you?***

My fairy tale ended after high school when I left home at 18 to become a mother and wife. That is when I had the most difficulty with life in general. When I was on my own, I took up cigarette smoking (did this one before I left home), and got fat from poor eating habits.

Then my mother, father and all of my relatives told me that they have diabetes and I better stop eating so much because I was going to get it too. Left on my own with poor self-worth and extra weight; I even considered taking my own life to just end it all so I would not have to work to get back to my true self, which is full of resiliency, hope and love.

(continued on page 5 )



*“Once you are willing to acknowledge how passed down defects within your family circle are more than likely the reason for your turmoil, you will rapidly discover viable ways leading to numerous successful transformations.”*

## **Faith to Success: Be All That You Can Be by Using the Wisdom of the Universe** Byline: Tara A. Rae

A philosophy for success: Keep your beliefs positive because:

*Your beliefs become your Thoughts  
Your Thoughts become your Actions  
Your Actions become your Habits  
Your Habits become your Values  
Your Values become your Destiny*

Mahatma Gandhi

Healing the past starts with your first teachers: Including parents, school teachers and all so-called advisors you unwittingly let into your life to show you the good, the bad and the ugly of their ill-advised traumatic knowledge. If these so-called teachers were poor role models, then their inadequacies, although inadvertently, could fall out upon you. Therefore, if your parents, caretakers, relatives or teachers, although well meaning, did not have a clue about their happiness or success, including failed relationships, more than likely your successful accomplishments and life goals may also be found lacking at every turn in your endeavors. It is possible that ignoring a multitude of family psychological maladjustments, may contribute to years of unresolved medical issues, unless you reach deep into the core of on-going unresolved problems.

These unresolved problems may crop up as: stiff necks, headaches, back pains and sinus problems, to name a few. Once you are willing to acknowledge that the defects passed down, within your family circle, are likely the reason for your turmoil; you will rapidly discover viable ways leading to bountiful and successful transformations. Said actions/transformations can manifest themselves through taking classes that teach how to master your consciousness and thus help begin your awakening on how to succeed within a masterful state, instead of only wishing and hoping. Whereby causing one to remain in what I've penned a state of "Half-Mast," Or, 'dim bulb.' One that is not quite in the dark but not in the Light of Universal Wisdom, which in turn leads one towards being a, "full-time Master of their fate."

Finally, when one is ready to realize and understand the core of discontent then one will truly be free and open to peace and love, which will in turn lead to repelling all negative imprinting that keeps one from manifesting desires and intentions.

Remember, "Intention is a map for the mind," one of 103 Taraisms (Truisms to live by) within my book, "Universe on the Move," Be all you can be.

### ***Being in the Now***

To reiterate: If your parents led a life that did not work for them and you find yourself mirroring their ill-informed past, leading to similar life failures in your life, it is time to understand that you have taken on their unfulfilled stuck life.

Here is an exercise to help find the true you, and stop believing that you are as stuck in an unrewarding life as your mother or father:

1. Stare into a mirror.
2. Look deep into your eyes and say, "I am not my mother. I am not my father. **I Am** a child of God, perfect in every way." So be it.

(continued on page 9)



*“It takes many voices to help you get motivated toward wellness and you still have time to turn things around for yourself”*

## ***How to Build a Resilient You (cont'd)***

Byline: *Doris Richardson Edsell*

### ***My Story is the story of many people***

I was brought up in a good home, felt loved most of the time and worked on my health most of the time. I started life as a chubby kid who grew up even chubbier and after some time quite obese. I can blame no one but myself, and I felt pretty helpless about being able to get to a point in my life when I felt like I cared about myself; a place where I could look in the mirror and not see a bunch of blubber. I knew about my self-hatred and I felt completely alone. But, I also knew that I was the only one who could take the first step and come back to health and wellness.

So I began reading everything about losing weight, joined weight loss groups, gyms, and yoga classes. I even started my own healthy living group. Today I write about health daily and I believe that writing things down helps with tracking what you are eating, being fully aware about your emotions for the day, and catching your spirit in the background cheering you on.

### ***It really does take a village of people to help bring you back to health and wellness***

It takes many voices to help you get motivated toward wellness, time to turn things around for yourself, and build protective, preventive ways that can fortify your *invisible protective bubble of health*.

### ***Healthy Bodies, minds and spirits***

**Healthy Bodies:** Everyone wants a healthy and fit body, but no one wants to work for it. If you want to stay fit and keep your body looking healthy, you need to exercise every day. Every day does not have to be a marathon, but you have to do something.

**Healthy Mind:** The mind can become healthier through good relationships; interacting with others who bring the best out of you, and staying away from unhealthy, negative people who stick to your insides and turn them inside out!

**Healthy Spirit:** This one is the most difficult to attain because many people really do not know what or who their spirit is and how to make it healthier. Healthy spirit development requires you knowing that there is something inside of you that needs to be honored, that wants to be closer to you, and that is waiting for you to find spirit in your everyday wonders.

**Healthy Foods:** Moderation is the key to success in any food plan that I have ever read about. You may want to begin a plant based diet with little quantities of meat, or vegetarian meals. There are a lot of cookbooks out there that can help you eat healthier.

I hope I have brought some healthy living components to your life today, and that you begin to find health and wellness in mind, body and soul.

Become the person you want to be.

Pass your knowledge to others who may benefit.

And love living life in moderate ways. ♦



*“Let peace begin with me*

*Let this be the moment now.*

*With every step I take  
Let this be my solemn vow.*

*To take each moment  
And live each moment  
In peace eternally.*

*Let there be peace  
on earth  
And let it begin with me”*



*“...essential oils and essential oil-infused supplements can provide the targeted solutions you need to restore balance and feel your best.”*

## Let There be Peace on Earth (cont'd)

Byline: *Rev. Dr. J.*

What upsets our inner peace are the same things that upset our external peace. Our encounters with violence in the external world can lead to an imbalance in peace externally and internally. External toxins, such as violence, are not only present in daily life, they are often times present in our home. As Thich Nhat Hanh suggested in *Living Buddha, Living Christ*, “We must also be careful to avoid ingesting toxins in the form of violent TV programs, video games, movies, magazines, and books. When we watch that kind of violence, we water our own negative seeds, or tendencies, and eventually we will think and act out of those seeds.”

So this month, let us practice creating peace in our homes and lives. May we be intentional about removing the toxins in our personal environment, so that we can be better at creating peace in the world. ♠

## Enhance Your Physical Wellness

Modern lifestyles don't always create optimal conditions for physical wellness. Poor diet, lack of exercise, and an overabundance of environmental toxins can leave the body unbalanced and diminish energy levels. From cleansing and weight management to supporting every system of the body, essential oils and essential oil-infused supplements can provide the targeted solutions you need to restore balance and feel your best. Feel vital every day with the whole food-based nutrients, powerful antioxidants, and pure essential oils found in these products:

**NingXia Red™** - Toast to everyone's health with our delicious NingXia Red™ antioxidant drink. It supports full-body health\* with therapeutic-grade essential oils. Anyone will enjoy opening these two NingXia Red™ 750 ml bottles.

**OmegaGize3™ ~ OmegaGize3™** - combines the power of three core daily supplements-omega 3 fatty acids, vitamin D-3, and CoQ10 (ubiquinone). These supplements combine with our proprietary enhancement essential oil blend to create an omega-3, DHA-rich fish oil supplement that may support general wellness. Used daily these ingredients work synergistically to support normal brain, heart, eye, and joint health.\*

**Life 5™** - A high-potency probiotic, Life 5™ represents the culmination of years of extensive research. Life 5 builds and restores core intestinal health by providing five clinically proven probiotic strains including two advanced super strains to enhance intestinal health, sustain energy and improve immunity. Life 5™ contains 8 billion active cultures and improves colonization up to 10 times. You can watch a video about Life 5™ at <https://www.youtube.com/watch?v=h96AhJX17Hg>.

**Slique™ Tea** ~ Slique™ Tea is an exotic drink from Young Living. This blend is rich in flavonoids, a dietary compound generally associated with helping maintain certain normal, healthy body functions. It also contains polyphenols, which maybe useful as part of a guilt-free weight-management regimen when combined with a healthy diet and physical activity. This unique blend is enhanced with 100% pure therapeutic grade Arabian frankincense powder, exclusively sourced from Young Living's distillery in Salalah, Oman.

(continued on page 7)



*"...The mind's eye  
sees clearly  
Fills in the gaps as it  
learns more  
Colors the gray as  
it listens,  
Arouses all  
sensations with  
brightened perception.  
What is given in love  
Can now be received  
in love..."*

## Honeybees

Byline: *Gary Bertnick*

Honeybees cover a summer bush  
Purple and violet blossoms a delicacy  
Crimson flowers nearby,  
The beauty in such a moment  
Captured somehow by the memory of a look  
An image of delight, of sudden reality held  
A rich taste from a good cup for the soul.  
The mind's eye sees clearly  
Fills in the gaps as it learns more  
Colors the gray as it listens,  
Arouses all sensations with brightened perception.  
What is given in love  
Can now be received in love  
Lasting flow of what is always good  
Constant flow of what is always true,  
Timeless love never fails  
Steadfast love streams from above  
The priceless gift comes to live in a human heart;  
Nothing ever forgotten from the mind, ever forgotten from a lifetime  
Everything as if "today"  
Timelessness etched sharply across the Universe  
"Light years" but a temporary expressions,  
The vitality and youthfulness, zeal of the human spirit  
At rest in the Living God!  
With all power  
Peace and rest and trust,  
Knowledge of true life in the Light of the Son  
Eternal life in the Eternal One,  
Simple wisdom blossoms for innocent children  
Earthly beauty as nectar seen and held for its moment  
Splendor of human forms, warmth of a stranger who now becomes the closest friend;  
But another fleeting moment buzzing here, then darting there,  
Another jeweled droplet for the wings of wisdom in thought to hold  
In unchanging heavenly peace.

<http://garybertnick.wordpress.com> ♣

## Enhance Your Physical Wellness (cont'd)

Longevity™ ~ Longevity™ contains oils that rank among the most powerful antioxidants known. Antioxidants are elements that help to neutralize free radicals and lessen the day-to-day oxidative damage everyone is subject to. Antioxidants are thought to protect the skin by attaching themselves to free radicals, which minimizes the harm they do and is important for youthful-looking skin. Longevity™ contains ingredients that score a very high 1,500,000 on the ORAC scale.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. ♣



*“Please let us know what you think of our recent changes. Your feedback is valued and assists us in future changes.”*



*“Focus today on what augments the soul  
For isn't enlightenment our main goal”*

### **What's New? (cont'd)**

- ♥ We are excited that Bryan McGrath, from Brown Dog Natural Creations, is able to join us in December for a private sale of his stones and crystals. It's the perfect time to pick up a special and unique gift for someone, or for your own collection. Bryan will be here on Thursday, December 11<sup>th</sup> from 7 pm - 9 pm. If you are looking for something in particular, please let us know by the 9<sup>th</sup> so Bryan can make sure to bring it with him.
- ♥ Starting in January, we will be phasing out some of the programs that have served their time for now and introducing some new opportunities including an 8-week Psychic Development program taught by Heidi Condello. <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/Inspiritualbiz/> 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 [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com). ♦

### **Today's the Day**

Byline: Nina P. Ploetz

Today's the day fill it with Love  
See God's Blessings from above

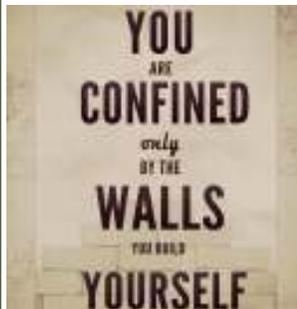
Take in the Light shine darkness out  
For that is the gift God talks about

When there's darkness there's also Light  
Where we focus, places our might

Focus today on what augments the soul  
For isn't enlightenment our main goal

Enjoy today with its ups and downs  
Grab the gold ring and put on the crowns

Have a Blessed day with its joys and strife  
See God's wisdom in all parts of life ♦



*“Know that when you are in the now you have won; for Now spelled backwards is Won.”*

## **Faith to Success: Be All That You Can Be by Using the Wisdom of the Universe (cont'd)** Byline: Tara A. Rae

Bear in mind, our parents and relatives were our first teachers and if their lives were unhappy or burdened with indecision, leading to procrastination, likely you too will assume their lot in life.

Know that when you are in the now you have won. Now spelled backwards is Won. Also, realize that you are the master of time. “I am the master of time. I have the time to do whatever. I want whomever I want and whenever I want.” So be it.

Remember, when you do the exercises and repeat all the inspiring words allow yourself to be completely willing to allow these empowering words deep within your being.

### *What the Future holds*

During my work at health conferences, wellness expos, psychic fairs and book signings; people usually ask:

“What do you see in my future?”

To which I seriously proclaim, “You have no future.”

Shocked by my candid answer, they respond, “Why, am I going to die?”

“Of course” I retort, with a smile. “We are all going to die. However, you will have a future once you heal the past, live in the now and open to the messages I receive from Universal Wisdom.”

After that explanation, I usually get a smile and a sigh of relief that I did not see eminent doom in their future.

### *Suggestions that may help you on your journey, easy and effortlessly*

Before I start any class or session, I always ask a client or group, “Are you willing for this healing to take place at this time?” When I hear a resounding, “Yes”; I teach them the prayer for protection.

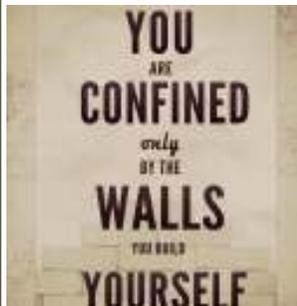
“I call on the Pink Light of Unconditional Luv, the Sapphire Blue Flame of Enlightenment and the White Light of Christ Energy protection, to surround me, enfold me and cleanse me of all that is less than Christ perfection. I do this in the name of the, I Am Presence, so be it praise God.” When one is scared, and in need of immediate protection, shout, “White Light.” To which, the White Light of protection will instantly surround you.”

When you want to get into the state of Alpha (the sleepy feeling before sleep or meditation sets in) here is a breathing exercise that I use to get clients comfortably calm and open, which facilitates working with them in an easy and effortless manner.

1. First, exhale without breathing in.
2. Breath in through your nose for a count of five, (Five means change)
3. Hold for a count of five. (When you stop breathing, you are dying and the closest to God)
4. Exhale for a count of five and once again hold for a count of five.
5. Repeat the above exercise five times.

Many have problems physically facing the people they feel have hurt them. To which I say, “You don’t have to be in the same room with them in order to communicate your true feelings.”

(continued on page 10)



*"Love begets love."*

## **Faith to Success: Be All That You Can Be by Using the Wisdom of the Universe (cont'd)** Byline: Tara A. Rae

I then proceed to instruct them on the, "Touching the Lion on the Nose," exercise. Within this powerful universal meditation (found on page 40 of my book) you will learn how to communicate with those you still have unresolved issues, and to whom you have been unable or too scared to connect. Changes to you and your recipients will help all concerned get on with their lives.

This useful meditation, to be accomplished in a nonjudgmental reflective way, works on so many levels, especially when you are willing to mentally share with those you still have unfinished emotional concerns. The more uncomfortable you feel being around them, the greater the unhealthy concern.

Furthermore, when the exercise is completed, the Universe (God, Jesus all there is) will joyfully take your messages to those whose hearts have now been open to receive sincere words that you have been waiting so long to express. Moreover, the next time you hear or see those contacted during this God-like exchange you will notice that love has replaced years of suffering. For anger-begot anger and now. Love begets love.

I personally work and travel in, "Angelic Standard Time (A.S.T)." When asked how fast A.S.T. is, I answer, "Faster than the blink of an eye." Whenever I travel I always begin my new adventure, by saying, "Angels, put me on your wings and get me to my next "Divine purpose and destination" easy and effortlessly and in," A.S.T.". Then I call upon the white light of Christ energy to surround me, enfold me and protect me from anything that is not Christ perfection. So be it. I've traveled for three years non-stop and I've never had a problem.

### ***From my Blog***

May there be peace within today. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones and allow your soul the freedom to sing, dance, praise and love. It is there for each one of us.

Tara A. Rae

Author of: "Universe on the Move," an inspirational book to be all you can be, easy and effortlessly

E-mail: [taraarae@yahoo.com](mailto:taraarae@yahoo.com) Web: [tararae444.com](http://tararae444.com)

Cell: 817-975-0493 **pls. text first** ♣

*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/)



# December 2014\*

## Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fr-I	Sat
	1 7:00 pm Healing Harbor	2 7:00 pm More Magical Herbs w/Heldi Condello	3 6:30 pm Love & Inspiration	4 7:00pm Oneness Blessing	5	6 11:30 am QiGong Instruction
7 10:00 am Love & Inspiration on Skype	8	9	10 6:30 pm Love & Inspiration	11 7:00 pm Private Crystal & Stone Party w/ Bryan McGrath	12	13 11:30 am QiGong Practice
14 10:00 am Love & Inspiration on Skype	15 7:00 pm Healing Harbor	16 Hanukkah Begins	17 6:30 pm Love & Inspiration	18 7:00 pm Oneness Blessing	19	20 11:30 am QiGong Practice
21 10:00 am Love & Inspiration on Skype	22	23	24 Hanukkah Ends Christmas Eve	25 Christmas Day	26 Kwanzaa Begins	27 11:30 am QiGong Practice
28 10:00 am Love & Inspiration on Skype	29	30	31	1 Kwanzaa Ends		

Phone: 585-729-6113  
E-mail: [inspiritual@gmail.com](mailto:inspiritual@gmail.com)  
Website: <http://inspiritual.biz>

## Calendar of Events



*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/>)

### Healing Harbor

**Host/Host Organization:** Inspiritual

**Date:** December 1 and 15, 2014

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

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

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

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

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

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

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

**Wheelchair Accessible:** Yes

### More Magical Herbs w/Heidi Condello

**Host/Host Organization:** Inspiritual

**Date:** December 2, 2014

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

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

**Description of Event:** In days of old, witch bottles were used as a protection against witchcraft and sorcery. This modern version can be created and empowered with any good intention. In this fun, hands on class we will make a "witch bottle" for your choice of protection, love or prosperity. All supplies are included. Your bottle will be blessed, consecrated and empowered when you leave. Bring your cauldrons and your best cackle!

**Admission Price:** \$25.00

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

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

**Wheelchair Accessible:** Yes

### Love and Inspiration

**Host/Host Organization:** Inspiritual

**Date:** December 3, 10, 17, 24, and 31, 2014

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

**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6112

**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.

(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)

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:** [Inspirital@ymail.com](mailto:Inspirital@ymail.com)

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

**Wheelchair Accessible:** Yes

### Oneness Blessing

**Host/Host Organization:** Inspiritual

**Date:** December 4 and 18, 2014

**Time:** 7:00 pm - 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. We meet the first and third Thursday of each month at 7:00 pm.

**Admission Price:** \$10.00

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

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

**Wheelchair Accessible:** Yes

### QiGong w/Mary Meissner

**Host/Host Organization:** Inspiritual

**Date:** December 6 (instruction) and December 13, 20, and 27, 2014 (practice)

**Time:** 11:30 am - 1:30 pm (instruction) and 11:30 am - 12:30 pm (practice)

**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.

**Admission Price:** \$10.00

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

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

**Wheelchair Accessible:** Yes

### Spiritual Journaling Workshop on Skype

**Host/Host Organization:** Inspiritual

**Date:** December 6 and 13, 2014

**Time:** 2:00 pm - 6:00 pm

(continued on page 14)



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

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

## Calendar of Events (cont'd)

**Place/Venue:** Skype

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

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

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

**Admission Price:** \$80.00 for both Saturdays

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

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

**Wheelchair Accessible:** Yes

### Love and Inspiration on Skype

**Host/Host Organization:** Inspiritual

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

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

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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)

Wheelchair Accessible: Yes

### Meditational Mandalas

Host/Host Organization: Inspiritual

Date: December 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 our relationship with color, rather than form. Time and space will be provided to color one's mandala and reflect on the messages behind the colors used.

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

Admission Price: \$10.00

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

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

Wheelchair Accessible: Yes

### Private Stone & Crystal Party w/Bryan McGrath

Host/Host Organization: Inspiritual

Date: December 11, 2014

Time: 7:00 pm – 9:00 pm

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

**Description of Event:** Bryan McGrath of Brown Dog Natural Creations will be here with a portion of his collection of stones and crystals. If you are interested in coming, please RSVP and let me know if you are looking for anything in particular. I will be forwarding him your requests as they come in so he knows what to bring. Please RSVP by the 9th, so he has time to get my email and pack requested stones to bring. Thanks.

Admission Price: Love offerings accepted

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

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

Wheelchair Accessible: Yes

### 2nd Friday Spirituality Book Club

Host/Host Organization: Inspiritual

Date: December 12, 2014

Time: 6:30 pm – 8:00 pm

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 *Anatomy of the Spirit: The Seven Stages of Power and Healing* by Caroline Myss, ISBN978-0609800140

(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)

**Admission Price:** Love offerings accepted

**Email Address:** [Inspirital@gmail.com](mailto:Inspirital@gmail.com)

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

**Wheelchair Accessible:** Yes

### It's Movie Time

**Date:** December 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 *Finding Your Life's Purpose* by Eckhart Tolle. If you've been searching for your true purpose in life, Eckhart Tolle has some straightforward advice: stop struggling. For the primary purpose of every human being is simply to be fully engaged in this moment, and aligned with the natural flow of reality itself. On *Finding Your Life's Purpose*, the bestselling author of *A New Earth* invites you to discover the twofold intention of our human incarnation: to free yourself from the prison of "thought-based reality," and to express in your own way the grand vision that universal consciousness has for your life.

**Admission Price:** Love offerings accepted

**Email Address:** [Inspirital@gmail.com](mailto:Inspirital@gmail.com)

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

**Wheelchair Accessible:** Yes

### Writing with Your Soul

**Host/Host Organization:** Inspirital

**Date:** December 20, 2014

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

**Place/Venue:** Inspirital, 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 2:30 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@gmail.com](mailto:Inspirital@gmail.com)

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

**Wheelchair Accessible:** Yes

(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/>)

#### Open House Holiday Pot Luck Gathering

**Host/Host Organization:** Inspiritual

**Date:** December 21, 2014

**Time:** 2:00 pm - 5:00 pm

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

**Description of Event:** It is time for our annual Open House Pot Luck Holiday Gathering. This year we are doing things a little different. We are asking everyone to bring an appetizer, finger food, or desert to share. Please RSVP via [inspiritual@ymail.com](mailto:inspiritual@ymail.com) to let us know you are coming.

**Admission Price:** Love offerings accepted

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

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

**Wheelchair Accessible:** Yes

#### Living the Five Agreements

**Host/Host Organization:** Inspiritual

**Date:** December 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. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

**Admission Price:** Love offerings accepted

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

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

**Wheelchair Accessible:** Yes ◆



*“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

A business card for Rev. Vicki Snyder. On the left is a square image of a white dove in flight against a dark blue night sky with a crescent moon and a colorful horizon. To the right of the image, the text reads: "Rev. Vicki Snyder", "Certified Psychic Medium", "Certified Angel Card Reader", "Spiritual Counseling", and "Reiki & IET". At the bottom left, it lists "585-208-8707", "By appointment", "vickisnyder138@gmail.com", and "www.vickisnyder.webs.com". At the bottom right, it lists "3380 Monroe Avenue #217" and "Rochester, NY 14618".

**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](mailto: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](mailto: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!**