

January 2015

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One Spirit - Many Voices

AttentionByline: *Rev. Dr. J.*

Periodically I ask my students, "what keeps you from seeing what you see when you see it?" So often we move through life without seeing what is in our life; primarily because we are not paying attention. I was reminded of this question when I was reminded of how poet and doctor, William Carlos Williams carried a notepad around with him where ever he went. In his notebook he listed "Things I noticed today that I've missed until today."

How would your attention level change if you made this an ongoing project in your life? What if every morning, you reminded yourself to notice something new, or see a familiar sight in a new way? What if everyone in your family did this? Not only does this heighten your awareness, but that of those you love. You could then take some time to share with each other what you have learned. You can share what you saw that you were previously unable to see.

Attention is one of those qualities which is thought of in many ways. Some think about it as mindfulness, others as awareness, concentration, or recollection. Attention requires us to stay alert. When we do not, then we risk missing critical elements of our spiritual life. We may miss those moments of grace, opportunities for gratitude, evidence of our connections to others, signs of the presence of Spirit. Our lives are filled with opportunities and if we pay attention we will see them and be able to risk the blessings which come with them.

One way to enhance your attention is to just do one thing at a time. No more multi-tasking. When we are able to focus on what we are doing at the moment, then we are fully doing it. We become aware of every aspect of what we are doing and the experience of doing it. As we learn to see the spiritual in the mundane, we learn that there is no such thing as the mundane as all things become opportunities for spiritual growth

Paying attention is important as most of us, especially in this day and age are busy and easily distracted. When we are not paying attention, we end up living in a daze of stimulation without any grasp of its significance. We operate on automatic pilot; a state where nothing really registers on our consciousness, we feel drained of energy. For some, not paying attention is just the opposite. Everything registers and people can feel bombarded. They may feel like they are unable to focus on anything.

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



“It’s a new year and like most people and entities; Inspiritual has and will be making some changes. Stay tuned!”

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?

- ♥ December 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. 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 her 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 be having her surgery on December 30th to remove the stones and another surgery sometime at the end of January to remove the stents. To facilitate her healing we have rescheduled a few of our workshops and classes. Please continue to hold her and her wife Zoe in prayer.
- ♥ We had to cancel and reschedule a few events to allow Rev Sharon adequate time to heal. We are grateful for our guest teachers and presenters for their love and understanding. We will be continuing this slower pace in January.
- ♥ We are excited that Brian McGrath from Brown Dog Natural Creations was able to join us in December for a private sale of his stones and crystals. Brian has enjoyed coming here so much that he asked if we could do this more often. He will be returning quarterly, beginning in March.
- ♥ Mary Meissner is offering her Integrated Healing Services on the 2nd and 4th Tuesdays from 6:00 pm - 8:00 pm by appointment. To learn more about this and/or to schedule an appointment complete the form at <http://inspiritual.biz/integrated-healing-session-ihf/>.

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“...And the tree looks stronger and more flexible than it used to be, just like me...”

Make a Difference

Byline: *Doris Richardson Edsell*

Good memories

I drove by my old neighborhood yesterday afternoon. It was a dreary day again, and someone told me it has been 53 days since we had any significant sunshine. I was not surprised because I can feel the lack in my body of that beautiful Vitamin D that is produced from nature at its best.



When I think of my childhood visions of the holidays dance in my head, and today I am hoping I can bring a smile to someone; making a difference in their lives

On my way home, I passed by my childhood lake house. Being by water seems to help me get in touch with my inner being where I can bring up some beautiful memories of walking along the beach collecting worn, colorful glass, fossils and shells. The sand fills my toes as I walk without shoes; feeling every step along the way. And this feeling of *feeling everything right down to my toes* is what I need to know I am alive, well and helpful to others. Walking barefoot helps with getting in touch with yourself and learning how to be in your body; strong, centered and balanced.

Childhood memories

Still standing strong, my childhood home looks worn now, and that little tree that I used to sit by in the center of the front yard is much bigger with large branches streaming out around it. And the tree looks stronger and more flexible than it used to be, just like me. I feel stronger now, especially in my body because I continue down this aging path, making sure that I keep mind, body and soul strong and flexible just like my childhood tree.

Old friends

I was taking my grandson to my home after school as we passed by my old neighborhood. I don't pass that way much anymore because it is out of the way on most of my travels.

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“...And now she is doing it again for me, paying it forward, as Lydia helps with my grandson on the school bus. Lydia makes a difference in the lives of children; helping with the young ones in a loving way...”



“Consumer beware. Does the vendor’s definition agree with what YOU believe it to mean?”

Make a Difference (cont’d)

Byline: *Doris Richardson Edsell*

I used to visit often when mom was alive and healthy. I can still see her in the driveway walking up to the mailbox, or sweeping; getting her sunshine for the day.

When I picked my grandson up at school I saw an old friend. I recognized her immediately as she did me. She had that same smile she had as a child, with a space between her two front teeth that really fit her well.

We spoke for a moment. I spoke about some past relationships, and she about how many things have changed in her life, as she spoke, “Things have changed but some stay the same. Your grandson looks just like your son did as a child. That is why I was waiting to see you; I was so excited to see you again.” “It must be at least 20 years and we still look the same,” I said with a grin.

I loved Lydia and her family. We were a close neighborhood and I knew all of the children on my street. Lydia and her sisters babysat for my boys when they were young; getting them off the bus after school while I was working. And now she is doing it again for me, *paying it forward*, as Lydia helps with my grandson on the school bus. Lydia makes a difference in the lives of children; helping with the young ones in a loving way.

Making a difference

We all have time in life to make a difference; finding purpose in some meaningful tasks in life that help others to get through the day. It may be as simple as helping a child or as complicated as learning how to help yourself through life; stumbling with relationships that fail or blossom, or helping your family and friends through kind words and deeds. ♣

Getting It Off My Chest

Byline: Tara A. Rae

I always tell my clients to be leery of any packed foods that spawn the words, "Fat Free" as it will always contain more salt and sugar as fillers. For it stands to my reasoning that manufacturers must fill their dubious fat free products with something such as: sugar and salt, after fat is removed taken from this muddy equation. I also suggest scrupulously checking out how natural a product really is before purchasing.

Also, it seems to me the word “natural” has been bandied about to draw consumers in as they are subliminally hypnotized into purchasing these, "not so natural products." I was thinking of changing the spelling of the word “natural” to "naturel", for by doing so people would not be so confused or duped. Amazing how changing just one vowel could clarify the truth of a product being truly naturel, as opposed to, "Not so Much".

This subject is part of my, "Getting it off my chest series", as I always enjoy pounding my insightful chest for truth, justice and the right to be free to lead a healthier existence. ♣



“Your skin is the largest organ in your body. Don’t you think it’s worth more than the harsh, and many times, ineffective products that do more harm than good? Take a look at Young Living’s skin care products...they’re natural, effective and void of the toxins in many commercial brands.”

Refine Your Skin

Purge chemicals from your beauty routine and rediscover your natural glow. An ancient skincare secret, essential oils can help soothe tension, support healthy cell growth, promote a clear complexion, soften signs of aging, and nurture healthy hair. Using only natural ingredients, these advanced skin and hair care solutions make it easy to enjoy the beautiful benefits of essential oils every day:

ART® Renewal Serum ~ A.R.T.® Renewal Serum is an intricate blend of exotic orchids petals and essential oils that helps protect and revitalize skin. These premium ingredients work in harmony to deeply nourish and hydrate the face, creating vibrancy and health that radiates from within.

Lavender Volume Shampoo ~ Lavender Volume Shampoo™ gently cleanses and volumizes fine hair while nourishing and restoring balance. Long known for its ability to improve the appearance of hair and skin, lavender oil works its fragrant magic to enhance the natural beauty of your hair. Added botanical extracts, vitamins, and essential oils remove buildup that comes from commercially sold hair products while maximizing body. Renewing and invigorating, Lavender Volume Shampoo contains MSM, a sulfur compound that is known for strengthening hair.

Lavender Volume Conditioner ~ Lavender Volume Conditioner™ gently conditions and volumizes fine hair. A fabulous follow-up to Lavender Volume Shampoo, it is formulated with MSM, milk protein, and vitamins to strengthen limp and weak hair. Essential oils are added to ensure that nutrients penetrate the hair follicle and leave the hair clean and perfumed.

Copaiba Vanilla Shampoo ~ Plant-based, safe and environmentally responsible, Copaiba Vanilla Moisturizing Shampoo is a rich hydrating cleanse for dry or damaged hair.

Copaiba Vanilla Conditioner ~ Plant-based, safe and environmentally responsible, Copaiba Vanilla Moisturizing Conditioner is a rich hydrating conditioner for dry or damaged hair.

Boswellia Wrinkle Cream - Boswellia™ Wrinkle Cream nourishes skin for a smoother, more youthful appearance. Its primary ingredient methylsulfonylmethane (MSM) supports collagen to improve skin firmness and minimize fine lines. Essential oils geranium, myrrh, sandalwood, and ylang ylang soothe and soften the skin, while frankincense and wolfberry oil enhance collagen formation.

Lavender Essential Oil ~ Lavender (*Lavandula angustifolia*) has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. Because it is the most versatile of all essential oils, no home should be without it. Lavender is an adaptogen, and therefore can assist the body when adapting to stress or imbalances. Therapeutic-grade lavender is highly regarded for skin and beauty. It may be used to soothe and cleanse common cuts, bruises, and skin irritations.

Frankincense Essential Oil ~ Frankincense (*Boswellia carteri*) has a sweet, warm, balsamic aroma that is stimulating and elevating to the mind. Useful for visualizing, improving one's spiritual connection, and centering, it has comforting properties that help focus the mind and overcome stress and despair. Frankincense is also a valuable ingredient in skin care products for aging and dry skin. The ancient Egyptians used it in rejuvenation face masks. 💧

Healing & Energy Work



“If you’re not already aware; Inspiritual offers several healing and energy modalities. We offer Reiki, spiritual cleansing workshops, IHS and...”

We offer a wide diversity of services including:

28 Day and 28 Week Spiritual Cleansing programs ~ This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making yourself a priority, restoring balance and peace to your life and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life. To learn more visit <http://inspiritual.biz/28-day-spiritual-makeover-intensive/> or <http://inspiritual.biz/28-week-spiritual-makeover/>.

Angel Card Readings ~ These readings will offer you comforting, uplifting, and healing messages. The readings also function as a divination tool, as you can ask a question and find the message that gives you guidance and answers. These readings can offer you guidance to help you stay centered in peacefulness and to remember your angels are always beside you, ready to help you with every area of your life. To schedule an appointment visit <http://inspiritual.biz/angel-oracle-card-readings/>.

Healing Harbor ~ 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. Learn more about our healing staff at <http://inspiritual.biz/healing-harbor/>.

Integrated Healing Sessions (IHS) ~ Integrated Healing is exactly what it sounds like. It is a time where Mary Meissner, our IHS specialist, uses her intuition and mediumship skills in creating an integrated treatment for each person. Techniques used include: Reiki, QiGong, Color, Sound, Visualization, Therapeutic Touch, Meridian and Chakra Balancing, Oneness Blessings, and more. The process involves working with the person to remove blocks and obstructions, facilitating energy flow and energizing the life force (Qi). These processes aid in: bringing about balance and harmony in Body, Mind, and Spirit; quieting the emotions, healing the body, and recharging the Spirit; and thus, enhancing vitality, peace, love, and happiness. To schedule an appointment, or learn more visit <http://inspiritual.biz/integrated-healing-session-ihs/>.

Oneness Blessings ~ 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. Learn more by visiting <http://inspiritual.biz/oneness-blessings/>.

QiGong ~ QiGong can be used as a daily personal practice, a healing modality used as treatments for others, and as a form of martial art. It is known to improve overall health and wellbeing.

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“Please let us know what you think of our recent changes. Also, if you have an idea, please, let us know. Your feedback is valued and assists us in future changes.”



“ Ever wonder what spiritual partnership is, or how it can assist you in your journey? Well, we can help.”

What's New? (cont'd)

- ♥ As we shared, we have phased out some of the programs that have served their time for now. Once Rev Sharon is healed and back on her feet, we will be introducing some new opportunities including an 8-week Psychic Development program, taught by Heidi Condello, <http://inspiritual.biz/healing-wheidi-condello/> will begin in March.
- ♥ Just a reminder that we have expanded our social media outreach and now have a Meetup group <http://www.meetup.com/Inspiritual-biz/> If you want to receive invitations to our events and stay informed, this is just one more way to do that. Please note that only our physical gatherings are on the meetup calendar. Skype events are listed on our website and Facebook. You can also follow us on Twitter @inspiritual, or via our Facebook group page <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz>. We also have a page 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. ♦

What is Spiritual Partnership?

Byline: *Rev. Dr. J.*

Spiritual Partnership is the ongoing process of being gentle with others as they seek to evolve in their relationship with their Higher Power. A Spiritual Partner is one trained in HOLY LISTENING. It is not counseling. Together the Spiritual Partner and companion listen, pray, and talk in the presence of Spirit. The focus of a session is Spirit and Energy. People who sit with a Spiritual Partner on a regular basis deepen their inner space of awareness, meditation, and sacred action in their lives. The five tasks of a spiritual partner are sacred listening, attending to the person, evoking, questioning and fostering a contemplative attitude in their daily walk.

A Spiritual Partner is not there to give advice. However, a Spiritual Partner may suggest an attitude of adjustment from what she/he is hearing—for example—forgiveness, waiting in the spirit (being quiet), and an awareness of spirit speaking to them in the midst of an inner struggle. This process is gentle and life changing. After a number of years doing spiritual partnership, I realized that metaphysical techniques such as Reiki, Raindrop Technique, Oracle cards, Angel cards, and essential oils helped people who became stuck, or had blocked chakras. I continue, to study these techniques. If you discern that this may be of assistance and interest to you, I am available to meet and listen on a regular basis. All conversations are private and confidential. For more information, visit <http://inspiritual.biz/individual-spiritual-direction/>, or contact me directly at 585-729-6113. ♦



“To get more information on what healing and energy work we offer by visiting our website, emailing us, or via phone.”



“ “

Healing & Energy Work (cont'd)

Balance, flexibility, strength, blood pressure, and more, have been shown to improve with the practice of QiGong. It balances and harmonizes all aspects of one's being: physical, mental, emotional, and spiritual. You can learn more by visiting <http://inspiritual.biz/qi-gong/>.

Reiki ~ Reiki works on different levels the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use; it is also one of the most versatile. This ancient Japanese method of healing uses energy to balance the body and mind, and its benefits can be felt by both Reiki practitioners and their clients. In fact, Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being to stress reduction and mental clarity. Reiki techniques are used to heal the body, mind and the spirit. It has been proven Reiki can help people suffering from various major and minor ailments. It is often used as a complementary therapy in a number of hospitals today. It enhances the health care the patient receives in both in the hospital and from outpatient health care providers. Reiki has not only helped patients with physical ailments but also helped those with minor psychological problems as well. Below is a list of a few of the health benefits of Reiki. To learn more about the benefits of Reiki or to schedule an appointment visit <http://inspiritual.biz/reiki/>.

Spiritual Partnership – Spiritual Partnership is the ongoing process of being gentle with others as they seek to evolve in their relationship with their Higher Power, however they define that. A Spiritual Partner is a person trained in HOLY LISTENING. It is not counseling. Together the Spiritual Partner and companion listen, pray, and talk in the presence of Spirit. The focus of a session is Spirit and Energy. You can learn more by reading the brief article in this issue of the newsletter or visiting <http://inspiritual.biz/individual-spiritual-direction/>. ♦

Attention (cont'd)

Byline: *Rev. Dr. J.*

When we stop, slow down, and focus on the moment, then we can begin to see the gifts in each moment. As one of the young girls in my former church would say before announcements were offered. “it's pay attention time.” So this month, slow down, smell the roses and pay attention. Then share your new vision or awareness with others you know. ♦

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/>)



January 2015*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspiritual 25 Bernie Lane Rochester, NY 14624	Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz	31 New Years Eve	1 New Years Day	2 11:30 am QiGong Instruction	3 11:30 am QiGong Instruction	
4 10:00 am Love & Inspiration on Skype	5 7:00 pm Healing Harbor	6	7 6:30 pm Love & Inspiration	8	9	10 11:30 am QiGong Practice
28 Day Spiritual Cleaning Intensive begins						
28 Week Spiritual Cleansing begins						
11 10:00 am Love & Inspiration on Skype	12 7:00 pm Healing Harbor	13 6:00 pm Integrated Healing Sessions	14 6:30 pm Love & Inspiration	15 7:00 pm Oneness Blessing	16	17 11:30 am QiGong Practice 2:30 pm Writing with Your Soul
18 10:00 am Love & Inspiration on Skype	19 7:00 pm Healing Harbor	20	21 6:30 pm Love & Inspiration	22	23	24 11:30 am QiGong Practice
25 10:00 am Love & Inspiration on Skype	26 7:00 pm Healing Harbor	27 6:00 pm Integrated Healing Sessions	28 6:30 pm Love & Inspiration	29	30	31 11:30 am QiGong Practice

Month at a Glance

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/>)

QiGong w/Mary Meissner

Host/Host Organization: Inspiritual
Date: January 3 (instruction) and January 10, 17, 24, and 31, 2015 (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: Inspiritual@ymail.com
Website: <http://inspiritual.biz/qi-gong/>
Wheelchair Accessible: Yes

Love and Inspiration on Skype

Host/Host Organization: Inspiritual
Date: January 4, 11, 18, and 25, 2015
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
Website: <http://inspiritual.biz/love-inspiration-skype/>
Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive Begins

Host/Host Organization: Inspiritual
Date: January 4 through 31, 2015
Time: Daily, at your convenience
Place/Venue: Weekly meetings, in the format you desire
Description of Event: If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the evening before the first Sunday, you will receive daily readings, homework assignments and an affirmation from me. This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making YOU a priority, restoring balance and peace to your life and allowing yourself the space to develop a new

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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)

relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour or more per day for this month. I will also be available in person, by phone or **Skype** for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

Space is created for those in the group to communicate and support each other throughout the journey.

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

28 Week Spiritual Cleansing begins

Host/Host Organization: Inspiritual

Date: January 4 through July 18 2015

Time: Weekly, as your schedule allows

Place/Venue: Meetings in the format you desire

Description of Event: If you are ready to do some spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the Saturday prior to each new week, you will receive weekly readings, homework assignments and an affirmation from me.

This workshop is for those wanting to clarify who they are, why they are here, and what their mission in life is. This workshop will also assist in making **YOU** a priority, restoring balance and peace to your life and allowing yourself the space to develop a new relationship with yourself. This workshop will also address all four elements of nature, air, water, fire, and earth as they apply to various aspects of your life.

You should be able to commit at least 1 hour per week for 28 weeks. You may complete this as part of a group or do so individually. Those who wish to do so individually may start anytime they choose.

Please contact me (<http://inspiritual.biz/contact>) to let me know you are interested and to get started.

Space is created for those in the group to communicate and support each other throughout the journey.

Supplies needed are two journals (each used for a different purpose)

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: January 5 and 19, 2015

Time: 7:00 pm - 8:30 pm

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/>)

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

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

Wheelchair Accessible: Yes

Love and Inspiration

Host/Host Organization: Inspiritual

Date: January 7, 14, 21, and 28, 2015

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

Oneness Blessing

Host/Host Organization: Inspiritual

Date: January 15, 2015

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.

(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)

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: inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspiritual

Date: January 17, 2015

Time: 2:30 pm - 4:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY, 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: inspiritual@ymail.com

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

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](https://twitter.com/Inspirational)

Facebook
<https://www.facebook.com/inspiritual.biz>

Meetup
<http://www.meetup.com/Inspirational-biz/>

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

It starts with your story.

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

We seek the spiritual in everyday life.

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

Fusion of traditions and beliefs

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

Making Submissions to **Your** Newsletter



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

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

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

Our parameters for submissions are as follows:

- Review your submission to ensure its content is in harmony with the mission and values of Inspirational;
- Create your documents using an Microsoft Office product (Word, Publisher, Excel) or an Apple iWorks product (Pages, Keynote, Numbers). A text format is also acceptable. Photos/graphics can be created, using multiple all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspirational@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!