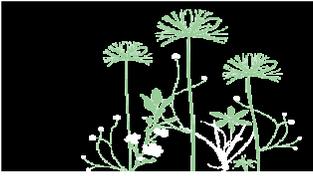


February 2015



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# One Spirit - Many Voices

## Beauty

Byline: *Rev. Dr. J.*

Last year I was asked how one grows and evolves in one's spiritual journey. The answer is simple – practice. It is how we master anything in life – practice. It is like the question, “how do you get to Carnegie hall? The answer is, practice, practice and practice.” Each day we must be intentional about practicing various techniques to assist us in our journey. For example, last month, I challenged everyone to pay attention and look for something new in the everyday and share it with others. This month, I want to focus on something similar, but slightly different. This month we are going to practice focusing on and creating beauty.

There is a Navaho blessing I heard once, "May you walk in beauty." This blessing catches the essence of the spiritual practice of beauty. This blessing reminds us that beauty is the environment through which we travel and the space through and on which we walk. It challenges us to have vision that can see beauty in everything in the universe. It is not just about seeing the beauty in the external, but beauty in the internal. It is about being able to recognize the beauty of the Divine, which surrounds us.

Beauty is everywhere, just waiting for us to pay attention and be mindful of its presence. When we can see the beauty, then we can pay attention to its effect on our soul. It might be the colorings in the sky when the sun is rising or setting. It could be the myriad of colors in a field of wildflowers. Sometimes what we encounter can be so powerful that it takes our breath away and leaves us in a space of awe and wonder. Other times, it may sneak up on us in a more subtle way. Beauty is there for us to see in the world, we just have to open ourselves up to experiencing the beauty in all of Creation.

There are things that get in our way of seeing the beauty in our lives. One of them is clutter. When we have too much on our plate, our list of things to do, or literally even on our desk it can impede our ability to see the beauty, which may be right in front of us. It is one of the reasons the first seven days of our 28 day, or first 7 weeks in our 28 week, spiritual cleansing program are about the de-cluttering process. It is challenging to appreciate and see the beauty in one's life, when our lives, rooms, closets, drawers, and desks are filled with clutter. As we remove the clutter from our lives, we open ourselves up to appreciate the beauty in the everyday. We are more mindful and better able to pay attention to the beauty, which surrounds us. Rather than being focused on the excess and clutter, we can appreciate the beauty in our surroundings. Beauty is not just about the physical manifestation. It is about being able to see the various ways the Divine creates beauty in our lives through all of our senses.

Matthew Fox, in his book *Creation Spirituality*, provides an exercise to help one see the beauty in everyday life. “We all share beauty. It strikes us indiscriminately. There is no end to beauty for she/he who is aware.

(continued on page 7)

**Powerful Times**Byline: *Doris Richardson Edsell*

*“...All there is in the beginning, middle and end is love for each other...”*

***Powerful living***

Getting your power back can be an ongoing passion where you walk strongly down your path; gaining some balance and harmony in your daily tasks that become meaningful and loving for you and others as you move yourself forward gaining strength.

***You have found powerful balance even in troubled times***

This power you have found is keeping your head up, back straight and strong against the stillness of a cold winter's day and then it brings on the *powerful grit* you need to become a presence to others as you send positive vibrations and energy through yourself into another. The people you touch with this energy know that you are there for them and they feel your positive and healing ways.

***Internal Flow***

When you find that internal flow, your dreams and passions become one with your loved one at your side; not in front of you or behind you. This powerful presence is at your side to embrace the next step in life together. You become a *we*; knowing that you are more than just one person. You are mind, body and spirit. You become that pendulum in balance, in the middle, and in love.

***Love is all there is in life's adventures***

All there is in the beginning, middle and end is love for each other. Those special, loving times in your *mind's eye* keep telling you that things will get better and your internal power will continue to embrace and love you. Continue down your path, not just looking for love but, finding it right where you are, in this moment with the people you have. ♦



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



*“ Brian McGrath will be back with us in March. Mary Meissner is offering Integrating Healing Services, by appointment.”*

## 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://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?

- ♥ January was a time of slowing down and celebrating life. Rev. J. was scheduled to have surgery on her kidneys in December. However, that was postponed again due to the emergence of another medical issue. After eight days in the hospital and two surgical procedures, she was able to come home. The original kidney surgery is now set for February 6, 2015 and then she will undergo three other surgical procedures over the next few months. To facilitate her healing we have rescheduled a few of our workshops and classes. We thank those guest teachers and presenters for their love and understanding during the cancelling and rescheduling of events. February will be more of the same slower pace. Please continue to hold her and her wife Zoe in prayer.
- ♥ Brian McGrath, from Brown Dog Natural Creations has enjoyed coming here so much that he asked if we could do this more often. So he will be back quarterly beginning in March.
- ♥ Mary Meissner is offering her Integrated Healing Services on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays from 6pm - 8pm, by appointment. To learn more about this and/or to schedule an appointment complete the form at <http://inspiritual.biz/integrated-healing-session-ihs/>.
- ♥ The spirituality and metaphysical book club has taken on a new form and moved to a new day and time. We will now be meeting the 3<sup>rd</sup> Tuesday of each month from 7pm - 9 pm.

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*“ When it comes to cleaning your home, harsh, and possibly toxic chemicals are NOT your only solution. Young Living Essential Oils can offer you simple, economical and healthy alternatives. “*

## Purify Your Home

Harsh chemical formulas aren't your only home cleansing option. Enjoy peace of mind without compromise when you polish countertops, clean sticky messes, repel insects, and cleanse dirty surfaces with the gentle but effective power of essential oils and our Thieves™ line of products.

Young Living offers you convenient options for harnessing essential oils' cleansing abilities and pleasant scents. Replace the harsh cleansers in your home with our versatile products:

**Thieves® Household Cleaner** - The improved Thieves® Household Cleaner has increased cleansing power and an even safer, more sustainable formulation. The new formula contains ingredients from renewable plant and mineral sources, vegetable-based surfactants compliant with the Green Seal and EPA Design for Environment (DfE) standards, and even more Thieves and lemon essential oils for extra cleaning power. Bottle is 100% recyclable. You can learn more about this cleaner by watching a video at <https://www.youtube.com/watch?v=1422503916&x-yt-cl=85027636&v=IG8bqt4FzKA>.

**Lemon Essential Oil** - Lemon (Citrus limon) has a strong, purifying, citrus scent that is revitalizing and uplifting. Lemon consists of 68 percent dlimonene, a powerful antioxidant. It is delightfully refreshing in water and may be beneficial for the skin. Lemon may also be used to enhance the flavor of foods. Lemon essential oil is cold-pressed from the rinds of lemons. It can be used in numerous ways around the house. Below are just a few examples:

- Use 1 - 2 drops of lemon essential oil to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces.
- Combine 2-3 drops of lemon essential oil with water in a spray bottle to help cleanse and sanitize surfaces.
- Add 10 - 15 drops of lemon essential oil to a gallon of carpet cleaning solution to help pull out stains, brighten carpet and rugs, and leave a fresh smell in the room.
- Place a few drops of your favorite citrus essential oil on a cotton ball and put in the refrigerator to help eliminate odors.

**Pine Essential Oil** - Pine has an invigorating aroma that makes it great for cleaning. Diffuse pine while cleaning around the house or use it in one of many DIY cleaners. Try mixing one gallon of warm water, ½ cup of white vinegar and several drops of pine to mop your floors.

**Purification™ Essential Oil Blend** - Purification® can be used directly on the skin to cleanse and soothe. When diffused, it helps to purify and cleanse the air from environmental impurities including cigarette smoke and other disagreeable odors. Below are a few tips for using Purification around the house:

- Add Purification essential oil blend to your washing machine to freshen laundry.
- Add a couple drops of Purification essential oil blend to shoes to help neutralize odors.
- Add a few drops of Purification essential oil blend to a cotton ball to help eliminate stale air in the office or your child's room.

(continued on page 6)



*"If you're not already aware; Inspiritual offers several healing and energy modalities. We offer Reiki, spiritual cleansing workshops, IHS and..."*

## Healing & Energy Work

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.

(continued on page 7)



*“Remember, if you are not seeing programming that meets your needs, come and talk to us. What you’re needing may only be a few questions away!”*



*“If you need help in discerning what will work best for you, please feel free to visit our Young Living page, or consult directly with us. “*

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

- ♥ The book we will be reading and discussing in February is *Slowing Time: Seeing the Sacred Outside Your Kitchen Door* by Barbara Mahany (Abington Press) is a fresh and richly lyrical tribute to the Divine wonders of the four seasons.
- ♥ As we shared, we have phased out some of the programs that have served their time for now. In the near future, we will be introducing some new opportunities, including an 8-week Psychic Development program taught by Heidi Condello (<http://inspiritual.biz/healing-wheidi-condello/>) that begins 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, 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) ♦

### **Purify Your Home (cont'd)**

- Diffuse Purification essential oil blend to dispel unpleasant odors and clear the air of impurities.
- Diffuse Purification essential oil blend to eliminate odors after the dog returns from playing outdoors in the rain.

**Lemongrass Essential Oil** - Lemongrass is a natural degreaser. As with some of the other oils, it can be used to help purify and cleanse your home without chemicals. Lemongrass (*Cymbopogon flexuosus*) has a light, fresh, citrus aroma with earthy undertones. Refreshing, rejuvenating, stimulating, and balancing, it inspires and improves mental clarity. ♦



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

**THERE IS BEAUTY IN EVERYTHING JUST NOT EVERYBODY SEES IT**

*“There is beauty in ALL of life!”*

## **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/>. ♦

## **Beauty (cont'd)**

Byline: *Rev. Dr. J.*

Even the cracks between the sidewalks contain geometric patterns of amazing beauty. If we take pictures of them and blow up the photographs, we realize we walk on beauty every day, even when things seem ugly around us.

Seeing the beauty is like seeing the blessings in a situation. When we can ask what are you doing for me, rather than what are you doing to me, then we begin to see the beauty and blessings in all situations. Therefore, this month, may we practice seeing the beauty in all aspects of our daily life. ♦



*“...Divine wisdom  
fulfills human purpose  
and gives true  
meaning...”*

### ***Before Us***

Byline: *Gary Bertnick*

The Cross of Israel's Messiah before us  
 Our chosen destiny  
 Our earthly mystical experience,  
 The secret to eternal heavenly wealth  
 And "living wisdom" beyond the stars,  
 Wisdom that works daily in any human life  
 That walks the practical streets  
 Works in any job setting  
 Fills a house  
 Fills a soul at constant rest;  
 Divine wisdom fulfills human purpose and gives true meaning  
 Establishes supernatural peace both within and without.  
 To drink living water, truth of His most noble act  
 The greatest delight  
 With each sip taken, honor given  
 With each drop received, fellowship embraced,  
 Most intimate friendship enjoyed  
 Every quality of true life in abundance,  
 All love, joy and peace  
 Every good thing revealed to us  
 The power of faithfulness  
 Such songs of wonder experienced in the morning  
 Prayers of gladness at night  
 Wealth of a new birth gathered in the heart  
 And throughout each day a divine shalom that lifts the being  
 And settles upon Mount Zion  
 City of God, "garden Kingdom of love"  
 City of the Great King of the Jews!  
 Oh, God's secret wisdom of redemption  
 Final and absolute defeat of the enemy of life  
 Enemy of all that is good,  
 One foot now in the Lake of Fire,  
 Enemy of all that is true and pure, soon to be destroyed.  
 The fully open display of love shown on the Cross,  
 Show of absolute sovereign power and authority as well  
 Narrow Gate for all the sheep who will follow Him,  
 Free from any hatred and false religion  
 Corrupt politics, economics and the many snares of mankind,  
 Fear of death driven off into the barren desert,  
 Freedom to be alive, the victory in Him now in eternal celebration! ♦

<http://garybertnick.wordpress.com>



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/)



## February 2015\*

Sun	Mon	Tue	Wed	Thu	Fr 1	Sat
1 10:00am Love & Inspiration on Skype	2 7:00pm Healing Harbor	3	4 6:30pm Love & Inspiration	5 7:00pm Oneness Blessing	6	7
8 10:00am Love & Inspiration on Skype	9 6:00pm Integrated Healing Sessions	10 6:00pm Integrated Healing Sessions	11 6:30pm Love & Inspiration	12	13	14 11:30am QiGong Instruction
15 10:00am Love & Inspiration on Skype	16 7:00pm Healing Harbor	17 7:00pm Spirituality & Metaphysical Book Club	18 6:30pm Love & Inspiration	19 7:00pm Oneness Blessing	20	21 11:30am QiGong Practice 2:30pm Writing with Your Soul
22 10:00am Love & Inspiration on Skype	23	24 6:00pm Integrated Healing Sessions	25 6:30pm Love & Inspiration	26	27	28 11:30am QiGong Practice
<b>Inspirational</b> 25 Bernie Lane Rochester, NY 14624				Phone: 585-729-6113 E-mail: <a href="mailto:inspiritual@gmail.com">inspiritual@gmail.com</a> Website: <a href="http://inspiritual.biz">http://inspiritual.biz</a>		

**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/>)

**Love and Inspiration on Skype**

**Host/Host Organization:** Inspiritual  
**Date:** February 1, 8, 15, and 22, 2015  
**Time:** 10:00am - 11:30am  
**Place/Venue:** Skype

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

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

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

**Admission Price:** Love offerings accepted  
**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/love-inspiration-skype/>  
**Wheelchair Accessible:** Yes

**Healing Harbor**

**Host/Host Organization:** Inspiritual  
**Date:** February 3 and 16, 2015  
**Time:** 7:00pm - 8:30pm  
**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

**Description of Event:** Healing Harbor is an open space of healing. We invite you to "sail" into the safety of our harbor to receive healing before you "sail" back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, Integrative Energy Therapy (IET), 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 8:10pm.

**Admission Price:** Love offerings accepted  
**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/healing-harbor/>  
**Wheelchair Accessible:** Yes

**Love and Inspiration**

**Host/Host Organization:** Inspiritual  
**Date:** February 4, 11, 18, and 25, 2015  
**Time:** 6:30pm - 8:00pm  
**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

**Description of Event:** Are you seeking a time and space to experience a shared spiritual

(continued on page 11)



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

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

## Calendar of Events (cont'd)

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

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

**Wheelchair Accessible:** Yes

### Oneness Blessing

**Host/Host Organization:** Inspirital

**Date:** February 5 and 19, 2015

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

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

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

When time permits, the group may do a meditation before the blessings given, to enrich the healing experience. We meet the first and third Thursday of each month at 7:00pm.

**Admission Price:** \$10.00

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

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

**Wheelchair Accessible:** Yes

### Integrated Healing Sessions w/Mary Meissner

**Host/Host Organization:** Inspirital

**Date:** February 10 and 24, 2015

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

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

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

**Admission Price:** Cost is \$25.00 for a 30-minute session, \$55.00 for a one (1) hour session, or \$85.00 for a 90-minute session.

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

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

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

**Wheelchair Accessible:** Yes

(continued on page 12)

**Calendar of Events (cont'd)**



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

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

**QiGong w/Mary Meissner**

**Host/Host Organization:** Inspiritual  
**Date:** February 14 (instruction) and February 21 and 28, 2015 (practice)  
**Time:** 11:30am - 1:30pm (instruction) and 11:30am - 12:30pm (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](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/qi-gong/>  
**Wheelchair Accessible:** Yes

**Spirituality and Metaphysical Book Club**

**Host/Host Organization:** Inspiritual  
**Date:** February 17, 2015  
**Time:** 7:00pm - 9:00pm  
**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY, 14624 585-729-6113  
**Description of Event:** This month we are reading and discussing *Slowing Time: Seeing the Sacred Outside Your Kitchen Door*, by Barbara Mahany (Abington Press), which has been described a fresh and richly lyrical tribute to the Divine wonders of the four seasons.  
**Admission Price:** Love offerings accepted  
**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/2nd-friday-spirituality-book-club/>  
**Wheelchair Accessible:** Yes

**Writing with Your Soul**

**Host/Host Organization:** Inspiritual  
**Date:** February 21, 2015  
**Time:** 2:30pm - 4:00pm  
**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624 585-729-6113  
**Description of Event:** There are many ways to connect with your inner consciousness. You can pray, meditate, dream, or visit a shaman, or a minister, or a hypnotherapist. With so many routes into inner consciousness, why write? Of all the ways to get in touch with your Higher Power, to hear the small, still voice pointing you in the right direction, why take the time to write? One reason: it works. It works amazingly well. If you want to engage in a vibrant conversation with the wisdom that dwells within you, then write.  
 Each month we will gather on the 3rd Saturday of the month at 2:30 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.

(continued on page 13)



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



*"In this series you will be provided with techniques to connect you with higher energies"*

## Calendar of Events (cont'd)

Admission Price: \$10.00

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

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

Wheelchair Accessible: Yes ♠

## Psychic Development 8 Week Series

### Series Overview:

\$160.00 (\$20.00 per class) or prepay by March 6, \$140.00. Fridays from 7:00pm - 9:00pm.

We are all born with psychic gifts. Some access and develop these gifts more easily than others. In this series I will show you techniques to connect with higher energies/Spirit so you can develop your own unique style.

### Week 1: Creating Sacred Space - March 6, 2015:

In this class we will discuss the importance of creating sacred space and how to do so. Basic clearing techniques will be discussed as well as charging/empowering your space with energies that are right for you. Bring a notebook, pen and your own ideas to share.



### Week 2: Meeting the "Clairs" - March 13, 2015:

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



### Week 3: Meet Your Spirit Guides - March 20, 2015:

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



(continued on page 14)

**Psychic Development 8 Week Series (cont'd)**



*“In this series you will be provided with techniques to connect you with higher energies”*

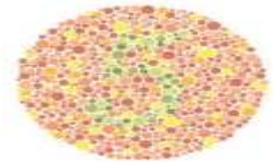
**Week 4: Understanding How Energy Works - March 27, 2015:**

We work with energy, vibration and frequency every day, yet most People don't have any idea what that is exactly or how to work with it. In this class we will explore these concepts and see, feel and experience our energy. We will work on directing our energy, so bring a high vibration as well as a pendulum and/or dousing rods if you have them!



**Week 5: Colors, Numbers and Symbols - April 3, 2015:**

Many times our guides give us colors and symbols to work with. In this class we will work with colors and symbols so you can start your personalized correspondence book.



**Week 6: What is Mediumship - April 10, 2015:**

We will explore the fantastic world of mediumship. We will briefly discuss the how's, but the majority of the class will be practice.



**Week 7: Psychometry - April 17, 2015:**

We will explore the art of psychometry utilizing the skills we have been working on. Bring a photo or personal item sealed in an envelope. This will be a hands-on practice class.



**Week 8: Open Readings for the Public - April 24, 2015:**





*“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 row of colorful flowers at the bottom. To the right of the image, the text reads: 'Rev. Vicki Snyder', 'Certified Psychic Medium', 'Certified Angel Card Reader', 'Spiritual Counseling', and 'Reiki &amp; 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'.

## 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/inspiritual.biz>

**Meetup**

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

**Meetup**

*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!**