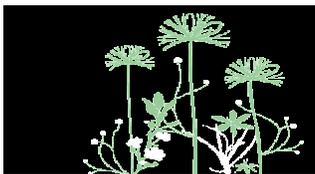


April 2015



## Inside this issue:

Medicinal Methods of Healing	2
Help Us Grow	3
What's New?	3
Lavender is More Than Just a Great	4
Compassion (cont'd)	5
What's New? (cont'd)	6
Pure and Holy	6
Rochester Drumming Workshop Flyer	7
Medicinal Methods of Healing (cont'd)	8
Pure and Holy (cont'd)	8
Month at a Glance	9
Calendar of Events	10-14
Spring - It's Coming!	15
Spirituality and Metaphysical Book Club List for 2015	16
How to Become a Community Sponsor	17
Inspirational Community Sponsors	17
About Us	18
Making Submissions to Your Newsletter	18

# One Spirit - Many Voices

## Compassion

Byline: *Rev. Dr. J.*

It is not as if I have not written about compassion before. I have done so a couple of times in past blogs, Compassion [1] and Courage's Friend: Compassion [2]. This month I want to challenge us to move beyond thinking about compassion as a spiritual value, but to think about it as something we actively practice. When we practice compassion, we increase our capacity to care. Practicing compassion reinforces charity, empathy, and sympathy.

Practicing compassion has the ability to open our heart; however, it also prevents the opportunity for us to experience situations, which have the potential to challenge our feelings towards others and potentially create ill will. When we find ourselves grappling with feelings and situations which attempt to close down our heart, it is a symptom that we not only need to practice compassion with others, but that we also need to practice being compassionate with ourselves.

Compassion is a gift we can give to others, not just when people are suffering because of tragedies, but year round. Compassion is one of those spiritual values and practices cherished and held highly by every faith tradition. Jainists believe in having compassion for all life, human and non-human. Each chapter of the *Quran* begins with the words "In the name of God the Compassionate, the Merciful." The Hebrew Bible and the New Testament refers to God as the Father of compassion. "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God (2 Corinthians 1:3-4)." For Buddhists, compassion is their practice. Compassion is a spiritual gift, which binds us together regardless of our spiritual path or tradition.

Compassion does not mean taking on other's pain and suffering, but being there for each other, with others, in the midst of what they are experiencing. As I once heard a pastor say, "We all know that misery loves company, but if everyone joins the misery, then who will relieve the situation?" Compassion, as several sacred writings have referred to, is not confined to humans. Compassion is that which we are asked to share with non-human forms as well, such as animals, nature, and the universe.

Compassion is one gift we can give each other, which stays with us and brings immediate and long-term happiness to our lives. As the Dalai Lama once said, "I believe compassion to be one of the few things we can practice that will bring immediate and long-term happiness to our lives. I'm not talking about the short-term gratification of pleasures like sex, drugs or gambling (though I'm not knocking them), but something that will bring true and lasting happiness; the kind that sticks." [3]

Compassion is not something limited to those we love or like. Compassion should be extended to all, even those who have caused us pain.

(continued on page 5)

**Medicinal Methods of Healing**Byline: *Doris Richardson  
- Edsell*

*“There are many ancient healing methods that have and are being revisited as an alternative to modern medicines and procedures “*

There are many forms of healing that you can put in your toolbox of modalities to try, before you move toward traditional medicine.



*Smell some lavender; smelling it can calm me down. I just pick a little, then sit down, and breathe.*

For example, pressing on your temples and holding it there with both index fingers can bring relief from a headache that may be brewing in your life.

**Acupressure and Tapping**

Acupressure came long before acupuncture, and you can practice this on your own, with some self-study of the potent points to press on for some pain relief. I also use the under the nose pressure for any gastric distress I may be having before I move toward some medicine.

Once you learn some of your own medicinal ways, you may find that you do not need as much medicine from your cabinet.

**Tap Your Way to Wellness**

You can also tap on your body, in the same areas as you put your acupressure points to assist in relieving physical and emotional pain. Tapping helps to move the energy through your body, waking up your soul and bringing a smile to your face. You can tap on the top of your head with all of your fingers and then move down to your face, tapping between your nose, under your eyes on your cheekbones (for some sinus relief), and under your nose for some gastric relief.

**Rubs and Self-Massage**

Chinese medicine also includes a trinity. They believe in rubs. Rubbing your feet, hands and ears are all, in part, a way to heal. When you rub the feet (as you may know from reading about reflexology), each part of the foot is connected to an internal organ. You can also give yourself a massage, rubbing your arms, legs and belly for some healing ways.

(continued on page 8)



*“ We wish to thank those that have and/or will generously give their time and resources in support of Inspiritual.”*



*“We have made changes and/or additions that will augment our programing. What are they? I have three words 'Zoom' and 'Pampered Chef'. Read on to find out more.”*

## 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. Thus far, we have been able to purchase the benches, construct the berms, and begin filling them with plants, shrubs, grasses and stones. However, we are still working to raise funds to put in pavers, a wheelchair accessible sidewalk into the yard, and solar lighting to illuminate the space once the sunsets.

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?

- ♥ Rev Sharon continues to grow stronger each day and is back to her normal self. The last of her two surgeries will be completed on April 15<sup>th</sup>. Her surgeon is expecting she will be able to come home that night. We are asking all to hold her in prayer during this last phase of her recovery. Until then, she is radiating as much love and positive energy into the world as she can. Thank you for all your prayers and support.
- ♥ Recently we have been having technical problems with **Skype**, so we are moving our virtual meetings to **Zoom**, which will provide greater clarity and more opportunities for interaction. The URL for these meetings will change from gathering to gathering. In order to be invited to the gathering, you must let us know you are coming. You will not have to upload any software on your computer and can access the meeting from anywhere you have Internet access.
- ♥ We had an awesome time with Brian McGrath, of Brown Dog Natural Creations, at our stone and crystal party in March. If you missed this opportunity, please know he will be back on June 13<sup>th</sup> and mark your calendars.
- ♥ Our 8-week Psychic Development course, taught by Heidi Condello, <http://inspiritual.biz/healing-wheidi-condello/>, is half over. On May 1<sup>st</sup>, those who have been a part of this group will be available to do readings for the public. Cost is \$5.00. Be sure to pencil in this event.

(continued on page 6)



*“Lavender can serve a multitude of medicinal purposes - freshen laundry, alleviate seasonal discomforts, render calming of body, mind and spirit AND MANY MORE!  
“*

### Lavender is More Than Just a Great Smell

Lavender (*lavandula angustifolia*) is the most versatile of all essential oils. Most commonly known for its relaxing effects on the body, therapeutic-grade lavender has been highly regarded for the skin. You can use it to cleanse cuts, bruises, and skin irritations. The fragrance is calming, relaxing, and balancing – physically and emotionally. Carrying a bottle of lavender around with you is like having your own personal first aid kit, perfume, and pick-me-up. Here are just a few ideas about how you can use Lavender oil in your daily life.

- Soothe minor burns by applying 2-3 drops of lavender essential oil to the affected area.
- Rub lavender essential oil on dry or chapped skin to moisturize the affected area.
- Add a few drops of lavender essential oil to a cotton ball and place it in closets and drawers to scent linens and repel moths and insects.
- You may be able to minimize the appearance of scar tissue by massaging lavender essential oil on or around affected areas.
- Place a few drops of lavender essential oil on a wet cloth or dryer sheet to deodorize and freshen your laundry.
- Diffuse lavender essential oil to minimize seasonal discomforts.
- Rub a few drops of lavender essential oil onto your hand and spread over your child’s pillow, or your own, to help him/her sleep.
- Diffuse lavender essential oil to set the mood for a baby shower or social gathering.
- Diffuse or inhale lavender essential oil to calm your mind, body, and spirit after a hard day’s work.
- Rub 2-3 drops of lavender oil in your cupped palms, and then use the inhalation method to draw the scent all the way into your amygdala gland (the emotional warehouse) in your brain to calm the mind. Then, rub on the feet, temples, wrists (or anywhere) for an immediate calming effect on the body. Great for use in crowded areas like planes or subways to carve out your own personal oasis.
- Put a drop of Lavender oil on a bee sting or insect bite to stop itching and reduce swelling.
- To alleviate the symptoms of motion sickness, place a drop of Lavender oil on end of tongue, behind the ears or around the navel.
- Rub a drop of lavender oil on chapped or sunburned lips.
- Rub a drop of lavender oil between your palms and inhale deeply to help alleviate the symptoms of hay fever.
- Rub several drops of lavender oil into the scalp to help eliminate dandruff.
- Put a drop of lavender oil on a cold sore.

As you can see, Lavender is an essential oil that can uplift your life (and mood), heal and entice in a variety of ways. It is a great secret weapon to have on hand at all times! ♦





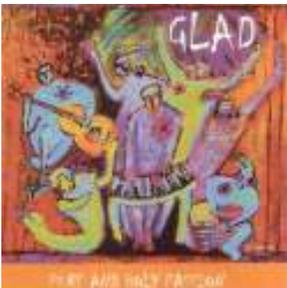
*“Do you have an idea/suggestion you think we should consider? Please let us know. “*

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

- ♥ We have recently become Pampered Chef consultants. While we are open to doing the traditional cooking shows as requested, we are going to be focusing most of our energy on doing fundraising events with nonprofit organizations. So, if you have an organization that you feel passionate about, and would like to help raise money for them, please contact us. We can work with you no matter where you are in the United States. If you are not familiar with Pampered Chef products, contact us via phone/email, or visit our page at <http://www.pamperedchef.com/pws/sharonjacobson>. You can also access our Pampered Chef page via the Inspiritual website, by clicking on the **Pampered Chef** menu option (between the **Inspiritual Body Care** and **Young Living Essential Oils** options). We are doing our first fundraiser this month, for the Lions Club of Chili, NY.
- ♥ 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 **Zoom** events are only listed on our website and Facebook. You can also follow us on Twitter @inspiritual, our Facebook page, <https://www.facebook.com/groups/154921854555618/> or our 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 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). ♦

**Pure and Holy**

Byline: *Gary Bertnick*



*“...Keep our paths clean and peaceful Free from the ways of earthly violence...”*

Pure and holy like Him  
 Our calling carried on the creative winds of Heaven's peace  
 A song that settles deep within  
 Daily a prayer to the God of our life,  
 Words from holy lips  
 Keep our paths clean and peaceful  
 Free from the ways of earthly violence  
 The ways of the wicked and easily deceived.  
 Our war in a different realm  
 Our weapons only in the Spirit  
 We do not wage war as if of this world  
 Our prize- freedom from this place  
 Joined to Heaven in Kingdom joy,

(continued on page 8)

## Rochester Drumming Workshop Flyer

**BE SURE TO SIGN UP FOR  
ROCHESTER'S DRUMMING WORKSHOP!**  
Featuring **GRACE TURNER**, Drum Facilitator/Instructor,  
**Dynamic Drum Arts of WNY**

Saturday, May 30, 2015, 10:00am - 4:00pm  
Brighton Town Park - Carmen Clark Lodge, 777 Westfall Road, Rochester



Grace Turner

Workshop includes rhythm patterns and techniques, African song and dance and drumming for wellness, plus a performance by the Dynamic Drum Arts women drummers/Miraculous Rhythms of Sankofa Jazz Ensemble. Drumming lessons will continue throughout the day.

New and experienced drummers welcome. Your skill level is not important.

Drums will be available or bring your own.

Bring your own beverage and lunch or purchase food at event.

Vendors will be present, selling interesting items.

Open to all genders. Children over 10 are welcome!

Early registration is \$25.00 on PayPal at [Sherlea@gmail.com](mailto:Sherlea@gmail.com) (Please add "Rochester Drumming Workshop" in the note area), or \$35.00 at open registration, the day of workshop, if space is available.

Questions? Contact [Sherlea@gmail.com](mailto:Sherlea@gmail.com)

This event will be sign language interpreted.



**"Rochester will be heard on May 30<sup>th</sup> with the sound of  
the drums speaking to hearts and in the spirit!"**

**Medicinal Methods of Healing  
(cont'd)**

Byline: *Doris Richardson-Edsell*



*“...Copper...healing effects in treating pain and inflammation. Healing can occur with the rubbing of smooth glass or stones. Visualizing colorful objects...wearing colors...can help in picking up one’s mood...”*

**Lavender as a Medicinal Helper**

Noted for its calming effects, lavender can be very helpful. For people with high anxiety or depression, lavender can help one to calm down. Just smelling lavender’s fresh scent, breathing it in and out, can help many when adding lavender oil to bath water, or rubbing on the skin at night, as a sleep aid.

**Copper**

Copper has aided many, for years, with its healing effects in treating pain and inflammation. If you wear it near the body part that is experiencing trouble, it will bring some relief; maybe even enough so that one can reduce the use of arthritis medication. There is much research on copper and its medicinal effects.

**Rubbing Stones and Glass**

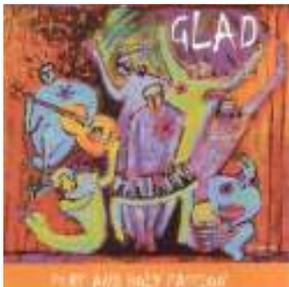
Healing can occur with the rubbing of smooth glass or stones. Finding some smooth beach glass or stones and holding onto it may ease stress and anxiety. The rubbing effect creates stillness in the *mind’s eye*, as does meditating and slow deep breathing.

**Healing with Color**

Healing ways can occur with the use of colors. Visualizing colorful objects or a bright green pasture, or wearing colors such as yellow and orange can help in picking up one’s mood. When I want mood enhancement I wear the color yellow, and it always seems to be a brighter day, when I am bright too! ♦

**Pure and Holy (cont'd)**

Byline: *Gary Bertnick*



*“...The power of peacemakers flows in and through us ...”*

Unlike any whose portion is in the world!  
 He walked as Peace in the flesh  
 Love and peace trumpeted loudly  
 He endured the violence of man  
 Calmed the young disciples  
 While walking on the water,  
 Later while facing the military, police mob of the day;  
 The power of peacemakers flows in and through us  
 We walk as He walked  
 In obedient love to the Father  
 In fearless self-control  
 In eternal truth  
 In Spirit power  
 In a way hidden from the world  
 In a life mysterious to the fallen ones  
 In a life seen as a threat to the controllers,  
 In and through a door of triumph  
 In a path of complete victory  
 With no room for earthly weapons or worldly violence!



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/)



## April 2015\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspirational 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>	1 6:30pm Love & Inspiration	2 7:00pm Oneness Blessing	3 2:00pm Spiritual Journaling Workshop (part 1)	4 2:00pm Spiritual Journaling Workshop (part 2)	
5 10:00am Love & Inspiration on Zoom	6 7:00pm Healing Harbor	7 6:30pm Love & Inspiration	8 6:30pm Love & Inspiration	9 7:00pm Psychic Development Course - Week 5 of 8	10 7:00pm Psychic Development Course - Week 6 of 8	11 2:00pm Spiritual Journaling Workshop (part 2)
12 10:00am Love & Inspiration on Zoom	13 7:00pm Healing Harbor	14 6:00pm Integrated Healing Session	15 6:00pm Integrated Healing Session	16 7:00pm Oneness Blessing	17 7:00pm Psychic Development Course - Week 6 of 8	18 11:30am QiGong
19 10:00am Love & Inspiration on Zoom	20 7:00pm Healing Harbor	21 7:00pm Spirituality & Metaphysical Book Club	22 6:30pm Love & Inspiration	24 7:00pm Psychic Development Course - Week 7 of 8	25 11:30am QiGong	
26 10:00am Love & Inspiration on Zoom	27 6:00pm Integrated Healing Session	28 6:00pm Integrated Healing Session	29 6:30pm Love & Inspiration	30 6:00pm Integrated Healing Session		

### 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/>)**

**Love and Inspiration**

**Host/Host Organization:** Inspiritual  
**Date:** April 1, 8, 22, and 29. **NOTE: We will not be meeting on the 15<sup>th</sup>**  
**Time:** 6:30pm - 8:00pm  
**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113  
**Description of Event:** Are you seeking a time and space to experience a shared spiritual experience, but not feeling drawn to the traditional "church" or other "religious" service? If so, we invite you to share a time of Love & Inspiration with us.  
 This will be a time of gathering, listening to inspirational music, time for personal meditation, a reading, and reflection on an inspirational or spiritual reading, affirmations, and communal sharing.  
**Admission Price:** Love offerings accepted  
**Email Address:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/love-inspiration/>  
**Wheelchair Accessible:** Yes

**Oneness Blessing**

**Host/Host Organization:** Inspiritual  
**Date:** April 2 and 16, 2015  
**Time:** 7:00pm - 9:00pm  
**Place/Venue:** Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113  
**Description of Event:** A non-denominational healing experience where there is a transfer of physical energy, awakening our connection with the Oneness in everything, allowing each of us to deepen our relationship with our life and the world. The blessing giver places their hands on the recipient's head for several seconds to a few minutes, and allows the energy of the Divine to flow through them to the person receiving the healing.  
 When time permits, the group may do a meditation before blessings are 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:** [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com)  
**Website:** <http://inspiritual.biz/oneness-blessings/>  
**Wheelchair Accessible:** Yes

**QiGong w/Mary Meissner**

**Host/Host Organization:** Inspiritual  
**Date:** April 18, and 25, 2015  
**Time:** 11:30am - 12:30pm  
**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.

(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)

**Admission Price:** \$10.00

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

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

**Wheelchair Accessible:** Yes

### **Spiritual Journaling Workshop**

**Host/Host Organization:** Inspiritual

**Date:** April 4 (**part 1**) and 11 (**part 2**), 2015

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

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

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

The purpose of this series is not to teach you what to write, but to give you strategies to help liberate your writing and take you to a deeper understanding of yourself and your relationship with your Higher Power, however you define that. I will share four different techniques each week in this two-week series. We will begin with the most basic technique- streaming. Subsequent technique will incorporate streaming in combination with other 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.

**Admission Price:** \$40:00 for each part (total - \$80.00)

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

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

**Wheelchair Accessible:** Yes

### **28 Day Spiritual Cleansing intensive**

**Host/Host Organization:** Inspiritual

**Date:** April 5 through May 2, 2015

**Time:** Whenever You Want

**Place/Venue:** Where Ever You Are

**Description of Event:** 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.

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 **Zoom** 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).

**Admission Price:** \$140.00

(continued on page 12)



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

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

## Calendar of Events (cont'd)

We will play with all the "Clairs" (clairvoyance, clairaudience, claircognizance, clairsentience, clairalience and clairgustance). Bring an open mind and lots of positive energy!

*Week 3: Meet Your Spirit Guides* - In the 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!

*Week 4: Understanding How Energy Works* - 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* 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* We will explore the fantastic world of mediumship. We will briefly discuss the hows, but the majority of the class will be practice.

*Week 7: Psychometry* - 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*

**Admission Price:** \$160.00 (\$20.00 per class) or prepay by March 6, 2015 (\$140.00).

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

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

**Wheelchair Accessible:** Yes

### **Integrated Healing Sessions w/Mary Meissner**

**Host/Host Organization:** Inspiritual

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

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

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

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

**Admission Price:** \$25.00 for 30-minute session. \$55.00 for 1 hour session, or \$85.00 for 90-minute session.

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

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

**Wheelchair Accessible:** Yes

(continued on page 13)



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

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

## Calendar of Events (cont'd)

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

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

Wheelchair Accessible: Yes

### 28 Week Spiritual Cleansing Program

Host/Host Organization: Inspiritual

Date: April 5 through October 17, 2015

Time: Whenever You Like

Place/Venue: Where Ever You Are

**Description of Event:** 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.

You should be able to commit at least 1 hour per week for 28-weeks. I will meet with you for 30 minutes at the end of each 7-week period to help, you process.

**Admission Price:** you pay for what you purchase

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

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

Wheelchair Accessible: Yes

### Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: April 5, 12, 19, and 26, 2015

Time: 10:00am - 11:00am

Place/Venue: **Zoom.** URL will be sent to all those who express an interest in joining us.

**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.

Please 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/>

Wheelchair Accessible: Yes

### Healing Harbor

Host/Host Organization: Inspiritual

Date: April 6 and 20, 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.

(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)

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

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

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

**Wheelchair Accessible:** Yes

### Integrated Healing Sessions w/Mary Meissner

**Host/Host Organization:** Inspiritual

**Date:** April 14 and 28, 2015

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

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

**Description of Event:** Integrated Healing is exactly what it sounds like. It is a time where Mary Meissner, our Integrated Healing Session (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) to bringing about balance and harmony in Body, Mind, and Spirit.

Quieting the emotions, healing the body, and recharging the Spirit.

**Admission Price:** \$25.00 for a 30-minute session. \$55.00 for a one-hour session. \$85.00 for a 90-minute session.

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

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

**Wheelchair Accessible:** Yes

### Spirituality and Metaphysical Book Club

**Host/Host Organization:** Inspiritual

**Date:** April 21, 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 *Living Buddha, Living Christ* - Thich Nhat Hanh. This book looks at how within Buddha and Jesus are the seeds of compassion.

**Admission Price:** Love Offering

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

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

**Wheelchair Accessible:** Yes ♣



*“...even the seasons are unsure of themselves. One moment the tiger lilies are sprouting up from the ground and the next morning it is snowing softly again and it is so beautiful...”*

## **Spring - It's Coming!**

Byline: *Woody Turtledragon*

It is spring and the ice is melting, breaking up in the stiff earth, making the ground soggy and drenched with the sweat of the melting snow, standing in pools of cool water as the geese honk.

The water flows, creating a stream in the usually parched land, and the stream flows through the rocks to the pond. The wind is whipping through the trees and my hair, still chilling me, trying to chase me from the new sun that shines, but I still cannot feel its warmth.

When the snow melts and the trees and flower bud, then the sun will become strong and scorch the grass. Perhaps the flowers may wither, and we will hide in the shadow of the blowing willow tree, the same one that used to caress my face and shoulder before they chopped off its lower limbs. The limbs were sacrificed so that they could grow under it unencumbered. Why did they chop off your new growth? Why did they saw you in half? Part of you must have been sick, but it did not kill you. They sawed you in half like a chair. What an interesting dichotomy. Though they sawed your trunk in half, what is left of you invites me to sit, eat my lunch, and receive the energy of your roots and trunk.

However, even the seasons are unsure of themselves. One moment the tiger lilies are sprouting up from the ground and the next morning it is snowing softly again and it is so beautiful. Perhaps the ground feels surer of itself and stronger. When the earth is hardened in a solid frozenness, it lays non-penetrable, invisible, buried deep beneath the cold white sheets of winter.

It is just natural around here that the seasons blend. One moment it is winter, then it is spring, then a strange cross between the two that unbalances us who want to know what's going on, who draw the line between the two and make scientific calculations and label our calendars impatiently “First day of Spring”. However, we know that spring unfolds in its own time, not ours. It cannot be rushed, stifled by snow, or cut off winter's end.

We are anxious, but spring takes its time, peeking out its head to peer around, missing the security of the familiar. Boldly sprouting from the ground and feeling the icy snow in its hair. Soon the spring will have let go of the safeness of winter and let it change her completely, sprouting and budding with life that will bloom and seed and fade and be over before we even know it.

It is not that I do not like the beautiful flowers that surround spring, but I love the winter stillness and the fall winds rushing at me like the rushing water of a lake or river. I love to hide in the stillness. It feels safe to me when everyone has run away into the house, safe in his or her ‘box’. I can just be alone and free. They fear the cold and wind. They hide from the rain. I walk out into it boldly, heart open and it cleanses me, always. ♦



*“We have many texts, scheduled for the remainder of the year, which you might find thought provoking and life altering. Take a look at the list, and join us for lively discussions”*

### Spirituality and Metaphysical Book Club List for 2015

Below is the remainder of our reading list for this year’s book club. Hope you can join us for some of these discussions.

**April** - *Living Buddha, Living Christ* - Thich Nhat Hanh. This book looks at how within Buddha and Jesus are the seeds of compassion.

**May** - *Everyday Conversations: The Key to the Contemporary Medium - Unlocking the Myths* - Susan Fiandach and Connie Wake. This book offers a thought-provoking view of our sixth sense and how the connection to the non-physical energies is as everyday as in our physical world. No myths, mystics or madness! We have "psychic" a.k.a. soul experiences all the time...this book explains it through a medium's perspective...for the medium and non-medium alike. *Everyday Conversations* is easy to understand, and is presented in an informal style which assists in clearing up many misconceptions of psychic-medium services.

**June** - *The Quantum Prayer: An Inspiring Guide to Love, Healing, and Creating the Best Life Possible* - Dr. Joshua Kai. This book is an inspiring, deeply personal, chronicle of how the author, Dr. Joshua Kai, remarkably transformed his entire life in the course of just one year. Like so many people today, Joshua found himself at a point where he was simply “enduring” his life. At odds with his work, relationships, home life, finances, and health, he made the courageous choice to systematically walk away from disharmony; embrace his own authenticity, and intentionally create an extraordinary life of what he describes as Heaven on Earth. Joshua shares every detail beginning with his background in metaphysics, his work as a channel, how he discovered Quantum Prayer, and even the divine synchronicities that led him to meet the love of his life. Expanding on his revolutionary new work, Joshua outlines his vision for humanity as we continue to evolve into higher vibrational living. He explains in simple terms and with clear insight how you too can use this unique guidance in your own life to manifest, create, heal, prosper, and even discover your own life purpose.

**July** - *A Passion for Life* - Joan Chittister profiles 30 individuals from all eras and different spiritual traditions who show us how to live with character, courage, and enthusiasm.

**August** - *Joy Together* - Lynne M. Baab. Baab discusses communal spiritual disciplines that enrich faith and serve as correctives to major toxic forces at work in society.

**September** - *Calm Surrender* - Kent Nerburn. The author writes about real people facing steep challenges, illustrating how walking the hard road of forgiveness can be a habit of the heart.

**October** - *Everyday Grace* - Marianne Williamson. Williamson walks the reader through the path of discovering the importance of grace for living with the passions, fears, tensions, and yearnings of our times.

**November** - *365 Thank Yous* - John Kralik. Kralik book chronicles the positive results resulting from his project, in which he sends 365 thank you notes to deserving individuals in his life – from family to peripheral people.

**December** - *Perseverance* - Margaret J. Wheatley. Wheatley takes her readers on a journey that explores the spiritual value and many meanings of perseverance and hope. ♦



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

## How to Become a Community Sponsor

Inspirational 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 Inspirational 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://inspirational.biz/community-sponsors-resources/> ♣

## Inspirational 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](mailto: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](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!**