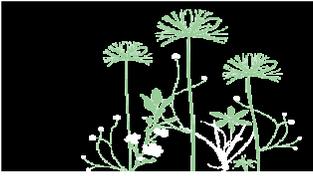


June 2015



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One Spirit - Many Voices

Enthusiasm

Byline: *Rev. Dr. J.*

Have you ever been around someone who is so passionate and excited about life? For me, it is somewhat contagious. It is hard to be around someone who is so happy about their life and so excited about what they are doing, and not have a little of it rub off on you. A few months ago, when we were focusing on the spiritual practice of connection, I posted this image that was about illustrating the association between our spiritual gifts and our attitude. It says I love what I do because I'm good at what I do, because I love what I do, and the cycle continues.

The word enthusiasm is derived from the Greek words *en*, *in or within*, and *theos*, *God*. When we have enthusiasm, it means we are conscious of having God within or being one with God. When we know that God is within us, we carry a special kind of energy with us in all that we do. It is our enthusiasm which brings warmth and feeling to our relationships with self and others, and generates new energy into all that we do in life.



When we practice enthusiasm, we become walking billboards for having a positive relationship with the Divine. Our positive energy can help generate and stimulate positive energy in others. So often when we see others really enjoying what they are doing, we get inspired by their energy. When you love what you do you want to share that passion and enthusiasm with others. How much richer would our lives be if we threw ourselves into our projects and gave our all to everything we were doing? How much higher could we raise the vibrational frequency of this world if we gave our all had and encouraged others to do the same? As don Miguel Ruiz says, "Do your best."

Enthusiasm is like a battery charger from the Divine. I have always thought about it like the spiritual emergency energy reserve. When the battery in your car dies, you call someone to come give you a jump. Practicing enthusiasm in our lives can help jumpstart us out of a state of apathy or boredom and back into a space where we are excited and passionate about life and all that it has to offer.

Sometimes we can "jumpstart" our own spiritual battery when it is running low. Other times, we need the help of others. So get in the practice of surrounding yourself with energizers, spiritual cheerleaders, people who are enthusiastic about life themselves. Enthusiasm begets enthusiasm. So this month, let's focus on staying enthusiastic and interacting with others who are as conscious as we are of the presence of the Divine within. ♦

Balloons SoaringByline: *Doris Richardson - Edsell*

“...You may or may not believe in miracles, magical happenings... but you can make your own fun times; filling your days with magical moments...”

A little boy walking in the park with bright yellow curls and the bluest eyes I have ever seen tells his mommy he wants a balloon. He says, "Mommy I want the yellow one, it is so bright and beautiful." And as they walk away I remember a scene with my own children and my husband. We decided to let a bright red balloon filled with helium launch from our home. We tightly tied a note to it, requesting anyone who came upon up to give us a call.



As we stood there ready for the launch, I could see on my daughters' faces that they expected a call. And my husband and I looked at each other with a chuckle knowing that as soon as the balloon was out of sight that would be the end of that.

On that day I thought I knew about life pretty well, the way of the world, the way things are and, a belief in something magical! Well that balloon stayed intact and landed about 500 miles away in Canada. And I did receive a call from a woman named Joy. And joyful she was, almost magical, sending me a picture of herself and the red balloon. I enjoy telling the story of joyful and magical moments in life because they are frequent and wondrous.

You may or may not believe in miracles, magical happenings or that happiness is internal, but you can make your own fun times by filling you days with magical moments. Get back to that place where you are child-like again. Remember who you are and know that when you release your **red balloon** it will soar into the sky bouncing and swaying in musical and healing waves of energy. Begin finding yourself right now. Go to that place that brings you some good feelings of love, balance and harmony.

Soar high like a balloon! ♦



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



“...Times are a changing’, and so are we! Please read about our new offerings”

Help Us Grow

For the last five (5) 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, 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 maintenance and growth of this public meditation and prayer space, on our donations page. Thus far, we have been able to purchase the benches, construct the berm, and the addition of shrubs, grasses and stones for the berm. However, we are still working to raise funds to put in pavers, a wheelchair accessible sidewalk, into the yard, mulch, and solar lighting to illuminate the space at sunset.

One hundred percent 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?

- ♥ This month we will be celebrating our five-year anniversary. We have been so moved by how this small ministry continues to spread across the world. It is so humbling when we hear from people on just about every continent telling us how the words and meditations of our heart, mind, and soul have touched them. We will be holding our annual anniversary celebration here on the 30th of July, and invite you to participate by doing one of the following:
 - Leave an anniversary note or reflection on our testimonials page: <http://inspiritual.biz/guestbook/>.
 - Make a one time or monthly love offering, to help support the work we do to raise the Gross National Happiness in this world: <http://inspiritual.biz/help-us-grow/>.
 - Make a love offering to help support the purchase of supplies for the development and/or maintenance of the prayer and meditation garden: <http://inspiritual.biz/28-day-spiritual-makeover-intensive/>.
- ♥ Heidi Condello is offering her 8-week Psychic Development series again. This will start up on July 11th. It is \$20.00 a week (\$160.00 for all 8 weeks), or **\$140.00** (a \$20.00 discount) **if you pay for the entire series in advance.**

(continued on page 4)



“Heidi is teaching two great classes this month. If you’ve not checked out her Physic Development series, you might want to. It’s informative and FUN. Also, we’ve completed three segments of Sam’s Art & Soul series. If you’re looking for an outlet that has an artistic and a spiritual component; this is the event to part take of. One of Sam’s passions is art, and she’s VERY talented and knowledgeable!”



“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”

What’s New? (cont’d)

- ♥ Heidi will also be offering a new series focused on Healing with Herbs on the 2nd and 4th Thursdays of each month from 7:00pm - 9:00pm. This group will discuss herbs for first aid, prevention and acute care. We are the first defense to our own good health and we can easily achieve this by listening to our bodies and treating minor ailments holistically. The first class will focus on building an herbal first aid kit and how to treat some common ailments. The class is \$20.00 per session.
- ♥ Our 28 day Spiritual Cleansing Intensive begins again on July 5th. You can learn more about it by visiting our website at <http://inspiritual.biz/28-day-spiritual-makeover-intensive/>.
- ♥ Mark your calendars, as in August, we will be offering Reiki II on August 9th and Integrated Energy Therapy: Basic Level (IET 1) on August 29th. A \$20.00 non-refundable deposit is due for both on or before August 2nd for Reiki 2 and on or before August 15th for IET 1.
- ♥ 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 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>. ♦

Spirituality and Metaphysical Book Club List for 2015

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

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 discusses communal spiritual disciplines that enrich faith and serve as correctives to major toxic forces at work in society.

September ~ *Calm Surrender*: Kent Nerburn 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 points to the importance of grace for living with the passions, fears, tensions, and yearnings of our times.

November ~ *365 Thank Yous*: John Kralik, a lawyer, reports on the positive results of his project to send 365 thank you notes to deserving individuals in his life – from family to peripheral people.

December ~ *Perseverance*: Margaret J. Wheatley explores the spiritual value and many meanings of perseverance and hope. ♦



“If you regularly use essential oils (or would like to!), Young Living has revamped their oil kits into very attractive and cost effective packages.”

New Essential Oils Kits

It's HERE, and, it's gorgeous! Introducing the Young Living™ NEW Premium Starter Kit! One of the things, which make this new starter kit so amazing, is that you get to decide which diffuser you want! Everything else shown in the image is ALL included! Diffuser shown is the Dewdrop option.

I'm so glad I have my Young Living™ Essential Oils on hand for whatever comes my way from staying all day in the sun to late nights outside with the bugs. In addition, they're perfect to pack for travel to support energy levels and an easy stomach! The list of uses goes on and on, and they're all worth trying!

Order your kit this month and we will send you a FREE surprise gift to help you begin!

With the Young Living™ Premium Starter Kit, you receive the following:

- A beautiful diffuser - I run these in my home 1-2 times a day! I'm so thankful for no more toxic air fresheners or plug-ins!

The diffuser choices are:

- Dewdrop - this choice makes kit \$160.00
- Home - this choice makes kit \$160.00
- Bamboo - this choice makes kit \$170.00
- Aria - this choice makes kit \$260.00

See Inspiritual's 'Young Living™ Independent Distributor's' page (<https://www.youngliving.org/inspiritual>) for diffuser pictures and detail.

- TEN Premium Essential Oils Collection, which has ten 5ml bottles of oil - that contain approximately 85 drops in each bottle (Lemon, Lavender, Peppermint, Frankincense, Copaiba, PanAway blend, Purification blend, Thieves blend, RC blend, and DiGize blend)
- BONUS 5ml bottle of Stress Away blend
- FULL SIZE 2015 Young Living™ Product Guide
- FULL Product Price List
- EO Magazine (Essential Oils Magazine) - Peace & Calming)
- TEN empty amber glass sample drams (to store oils, for on-the-go or sharing)
- TWO NingXia Red single 2oz drink packs (YUM!)
- ONE roller ball fitment, which is interchangeable with any 5ml or 15ml oil bottle, for roll on application. LOVE IT! SHARE IT!
- Sample cards and welcome information!

If you like, I will add you to our support group where we help each other learn along our oily journey.

Whether you buy your kit to start your own business or not, becoming a member means you are able to buy ANY Young Living™ products at 24% off the retail price. As long as membership is maintained, this discount applies to all orders. There will never be any minimal monthly purchases or selling requirements. There are no strings attached!

Please email us at inspiritual@ymail.com with any questions. If you're ready to purchase the Premium Starter Kit today on Young Living's™ website, click here: <https://www.youngliving.org/inspiritual>.

When placing orders (as a nonmember), ensure "**Member**" is selected, and **1514998** (this is Inspiritual's member number) is entered as your referral and sponsor source). ♦



“There are lots of services and products to choose from. It’s safe to say, ‘There is SOMETHING for EVERYONE!’”

Light Works! Festive Friday Mystical Fair

Light Works! Festive Friday Mystical Fair

July 10, 2015, Friday

Carmen Clark Lodge

Brighton Town Park

777 Westfall Rd

5:30pm - 9:30pm

It’s going to be a warm, sunny day so mark you calendar for our annual mystical event. **FREE ADMISSION.** Choose from a variety of workshops (love donations accepted) - QIGONG, HOOPING (bring or borrow), BELLY DANCING, SHAMAN DRUMMING (bring frame drum/percussion item), and SOUND HEALING CLASS. Take a LENORMAND TAROT Class with Epiphanies for \$10.00 in the open shelter. Vegetarian food available. Info on event, go to www.meetup.com/light-works.

Inside the cabin we’re offering intuitive readings, chair massage, energy healing, chakra balancing - purchase services in time increments. Vendors with jewelry, crystals, incense, wands, and lots of unique items. Everyone is welcome to our Festive Friday!



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/>)



July 2015*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00am ~ Love & Inspiration on Zoom 25 Bernie Lane Rochester, NY 14624 Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz			1 6:30pm ~ Love & Inspiration	2	3	4 2:00pm ~ 4th of July Potluck Barbecue
5 10:00am ~ Love & Inspiration on Zoom 28 Day Spiritual Cleansing Intensive begins	6 7:00pm ~ Healing Harbor	7 7:00pm ~ Joyful Music & Art	8 6:30pm ~ Love & Inspiration	9 7:00pm ~ Healing with Herbs	10 7:00pm ~ Psychic Development Week 1 of 8	11 11:30am ~ QiGong Instruction 2:00pm ~ Spiritual Journaling Workshop Week 1 of 2
12 10:00am ~ Love & Inspiration on Zoom	13	14 7:00pm ~ Nature & Art	15 6:30pm ~ Love & Inspiration	16 7:00pm ~ Oneness Blessing	17 7:00pm ~ Psychic Development Week 2 of 8	18 11:30am ~ QiGong Practice 2:00 pm ~ Spiritual Journaling Workshop Week of 2 of 2
19 10:00am ~ Love & Inspiration on Zoom	20 7:00pm ~ Healing Harbor	21 7:00pm ~ Passion & Clay	22 6:30pm ~ Love & Inspiration	23 7:00pm ~ Healing with Herbs	24 7:00pm ~ Psychic Development Week 3 of 8	25 11:30am QiGong Practice
26 10:00am ~ Love & Inspiration on Zoom	27	28 7:00pm ~ Aroma Art	29 6:30pm ~ Love & Inspiration	30 7:00pm ~ 5 Year Anniversary Celebration	31 7:00pm ~ Psychic Development Week 4 of 8	

Month at a Glance



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

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

Calendar of Events

Love and Inspiration

Host/Host Organization: Inspiritual

Date: July 1, 8, 15, 22, and 29, 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 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

4th Of July Potluck Barbecue

Host/Host Organization: Inspiritual

Date: July 4, 2015

Time: 2:00pm - 7:00pm

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

Description of Event: Once again, we are opening our home, garage, and backyard for a 4th of July potluck and barbecue. Our grill will be up and running. So if you have something you want to grill, bring it. Bring a dish to pass and your non-alcoholic beverage of choice. We will be providing plates, cups, and serving utensils and ice. We will also be providing a side dish of our own.

We have a huge yard, so bring blanket/folding chairs to sit/lay out on.

Hope to see you all then!

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

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

Time: 10am - 11:30am

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.

RSVP via email to reserve your spot and to receive additional instructions.

(continued on page 9)



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

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

Calendar of Events (cont'd)

Admission Price: Love offerings accepted
Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/love-inspiration/>
Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive Begins

Host/Host Organization: Inspiritual

Date: July 5, 2015

Time: daily at your convenience

Place/Venue: wherever you are

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 of March 30, 2013, 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 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 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)

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

This workshop will be offered January, April, July, and October of each year.

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: July 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. 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.

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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)

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: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Art & Soul: Joyful Music & Art

Host/Host Organization: Inspiritual

Date: July 7, 2015

Time: 7:00pm - 9:0 pm

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

Description of Event: This month's theme is Enthusiasm, which to me means doing something with great "Passion", "Energy" or "Zeal". Our first art project this month is going to tie together Music and Painting. We will be using our hands or feet and some washable paints to create whatever comes into our Spirits as we listen to several different kinds of music. At the end, we will do one large group painting together to see what our collective energy creates. The cost of the class is \$15.00 and all of the supplies will be provided. Please wear your "play clothes" as we are going to let our Spirits play freely.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

Healing with Herbs

Host/Host Organization: Inspiritual

Date: July 9, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: This group, which will meet on the 2nd and 4th Thursday, will discuss herbs for first aid, prevention and acute care. We are the first defense to our own good health and we can easily achieve this by listening to our bodies and treating minor ailments holistically. This first class will focus on building an herbal first aid kit and, information on how to treat some common ailments.

Guest Teacher: Heidi Condello

Admission Price: \$20.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spirituality and Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: July 10, 2015

Time: 2:30pm - 4:00pm

(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)

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

Description of Event: This month we are reading and discussing *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.

Admission Price: love offering

Email Address: inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Lightworks! Festive Friday Psychic Faire

Host/Host Organization: Lightworks!

Date: July 10, 2015

Time: 5:30pm - 9:30pm

Place/Venue: Brighton Town Park, 777 Westfall Road, Rochester, NY

Description of Event: It's going to be a sunny wonderful Friday for our event on 7/10/15. This event is free admission. We've got our readers who use Tarot and Angel cards, mediums and intuitives. They'll be inside the cabin from 5:30pm - 9:30pm. We'll have chair massage and energy healing. For these options, we'll be charging 15 minutes for \$20.00, 20 minutes for \$25.00, and 25 minutes for \$30.00 and so on. We have vendors scheduled to attend, and will add others to the venue as it draws closer. We have jewelry, crystals and stones, wands, essential oils and more.

There are many other fun things to do at the Faire: Outside activities may be weather dependent. Meet at the cabin entrance to go with event organizer and donations accepted for their expertise. The schedule for 'hands on' practitioner conducted activities are as follows:

6:00pm - 7:00pm: Leormand Tarot Card Class in the open shelter with Gloria from Epiphanies. Learn how this 36-card deck can be used. Cost is \$10.00, cards are provided for practice.

6:00pm - 6:45pm: Shamanic Drumming & Sound bath, facilitated by Maryanna Muller. Please bring your frame drum, rattle or percussion item. Group meditation, drumming and sound bath. Some equipment to share.

6:00pm - 6:45pm: Belly Dancing with Gems of the Nile - learn how to shimmy, perform figure 8's and hip pops.

7:00pm - 7:45pm: QiGong Practice with Mary Meissner - learn QiGong poses that promote health and well-being.

7:00pm - 7:45pm: Tai Chi Practice with Lee - learn how to find peace and relaxation from Tai Chi.

7:00pm - 8:00pm: Sound Healing with Dr. Sergey - learn how sound can enhance your health.

8:15pm - 9:00pm: Gong Guys Sound Concert - find out about how a gong sound can help improve your over-all being.

If you know anyone who wants to be a vendor for this event, please contact me (Pam) at pjp@frontiernet.net.

(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)

Admission Price: Free

Email Address: pjp@frontiernet.net

Website: <http://www.meetup.com/Inspiritual-biz/events/222785307/>

Wheelchair Accessible: Yes

8 Week Psychic Development Series

Host/Host Organization: Inspiritual

Date: July 10, 17, 24, 31 and August 7, 14, 21, and 28, 2015

Time: 7:00pm - 9:00 pm

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

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

Guest Teacher: Heidi Condello

Admission Price: \$160.00 (**\$140.00 if paid in advance**) or \$20.00 per week

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

QiGong Instruction & Practice

Host/Host Organization: Inspiritual

Date: July 11 (instruction) and July 18 and 25 (practice), 2015

Time: 11:30 am - 1:30 pm (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.

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. 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.

Exercises that can be done as a personal daily practice include both dynamic and static postures, which can be adapted to meet personal needs. Synchronizing the breath with these postures is an integral part of the process. Usually 4-8 postures are done within a particular set of exercises. For example, in Master Jihui (Robert) Peng's Golden Elixir of Light QiGong practices, there are practices identified as "4 Golden Wheels" and "8 Cycles." Meditation is also a part of the practice. When QiGong is done over an extended time as a daily practice, the results can be tangibly felt and measured (emotional well-being, i.e. happier; and increased range of motion, flexibility).

Mary Meissner has been teaching and studying QiGong for the last five years.

The first week of each month, Mary will be teaching a new set of postures.

(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)

The rest of the weeks, in each month, will be spent practicing these new postures.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: July 11 and 18, 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. 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 per Saturday

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Art & Soul: Nature & Art

Host/Host Organization: Inspiritual

Date: July 14, 2015

Time: 7:00pm - 9:00pm

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

Description of Event This week we are going to embrace our "Passion" for Nature as we create "Fairy Houses". We will be using all kinds of natural materials to build these beautiful little "shrines" to honor the wonderful Spirits of Nature that call to so many of us. (You are more than welcome to bring any special adornments that you may wish to add to your individual project.) These little houses can be built to either sit or hang somewhere depending on what calls to you. The cost for this class is \$15.00 and all of the supplies will be provided.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

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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)

Oneness Blessing

Host/Host Organization: Inspiritual

Date: July 16, 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.

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 7:00pm.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Art & Soul: Joyful Music & Art

Host/Host Organization: Inspiritual

Date: July 7, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: This month's theme is Enthusiasm, which to me means doing something with great "Passion", "Energy" or "Zeal". Therefore, our first Art project this month is going to tie together Music and Painting. We will be using our hands or feet and some washable paints to create whatever comes into our Spirits as we listen to several different kinds of music. At the end, we will do one large group painting together to see what our collective energy creates. The cost of the class is \$15.00 and all of the supplies will be provided. Please wear your "play clothes" as we are going to let our Spirits play freely.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

Art & Soul: Joyful Music & Art

Host/Host Organization: Inspiritual

Date: July 7, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: This month's theme is Enthusiasm, which to me means doing something with great "Passion", "Energy" or "Zeal". Therefore, our first Art project this month is going to tie together Music and Painting. We will be using our hands or feet and some washable paints to create whatever comes into our Spirits as we listen to several

(continued on page 15)



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

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

Calendar of Events (cont'd)

different kinds of music. At the end, we will do one large group painting together to see what our collective energy creates. The cost of the class is \$15.00 and all of the supplies will be provided. Please wear your "play clothes" as we are going to let our Spirits play freely.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

Art & Soul: Passion & Clay

Host/Host Organization: Inspiritual

Date: July 21, 2015

Time: 7:00pm - 9:00pm

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

Description of Event This week we will be using air dry or bakeable clays to create images to honor our "Higher Powers". We are going to let our "Ardor" for the Divine energies that guide our lives work through our hands as we shape and mold our projects. I will be bringing some stones that we can add into our creations, as well as showing you how to add texture and colors to the clay. You are more than welcome to bring your own unique items to add into your pieces as well. (Just remember that if you want to use bakeable clay, whatever you bring needs to be something you can safely bake.) The cost of this class is \$15.00 and all of the supplies will be provided.

Guest Teacher: Sam Akin

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

Art & Soul - Aroma Art

Host/Host Organization: Inspiritual

Date: July 28, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: This week we will be using our sense of smell to activate our "Artistic" endeavors and to help us to feel "Invigorated" after a long day at work. We will start by making some soothing "Herbal bags" that you can either hang in your bathrooms to be activated as you shower, or create a "Bath Tea Bag" that you can actually steep in your bath to activate and soothe your senses. Then we will challenge your intuitive senses by applying scented oils to art paper, letting you smell them and then draw or paint whatever is brought to you by that particular smell. It should be a lot of fun! The cost of this class is \$15.00 and all of the supplies will be provided.

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

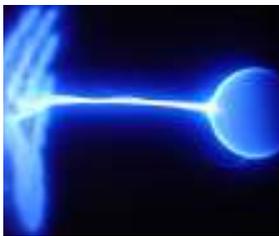
Website: <http://inspiritual.biz/art-qnd-soul/>

Wheelchair Accessible: Yes

(continued on page 16)



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



"We offer and/or keep you informed about a diversity of healing and energy work services, from multiple venues, via numerous practitioners. Visit our website (<http://www.inspiritual.biz>), read our monthly newsletter, and/or investigate our social media pages to find out what's new, fun and YOU!"

Calendar of Events (cont'd)

5 Year Anniversary Celebration

Host/Host Organization: Inspiritual

Date: July 30, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: Help us celebrate our 5-year anniversary. This is not a formal event. It is simply a time to stop by and help us celebrate 5 years of working to help people transform their lives and evolve spiritually. Come share a story, meet others who have been touched by our ministry and talk to us about what you would like to see us offer in the future. Light refreshments will be served.

Admission Price: Love offerings accepted.

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes ♣

Healing and Energy Work

We offer a 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/>.

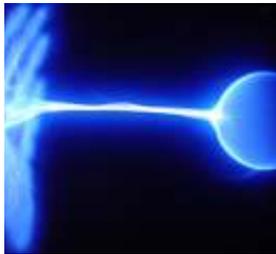
Angel Card Readings - These readings will offer you comforting, uplifting, and healing messages. The readings also function as a divination tool, as you can ask a question and find the message that gives you guidance and answers. These readings can offer you guidance to help you stay centered in peacefulness 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/>.

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Healing and Energy Work (cont'd)



“ We have some type of healing and/or energy work going on, just about every night of the week! Check often. Stay informed.”

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. 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/>. ♠



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

Become A Community Sponsor

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

What is Spiritual Partnership?

Spiritual Partnership is the ongoing process of gently working with others, as they seek to evolve in their relationship with their Higher Power. 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. 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, which entails waiting in the spirit (being quiet), and having 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 of offering spiritual collaboration, I realized that metaphysical techniques such as Reiki, Raindrop Technique, Oracle cards, Angel cards, and essential oils helped people who had become stuck, or had blocked chakras. Therefore, I began, and am continuing, to study these techniques. If you discern that this may be of interest and assistance 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/>. ♦

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/> ♦

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: Inspirational@ymail.com

We're on the WEB!

Our Website
<http://inspirational.biz>
Twitter Page
[@Inspirational](https://twitter.com/Inspirational)
Facebook Page
<https://www.facebook.com/inspirational.biz>
Meetup Page
<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@ymail.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 month submitted, due to content clarity and/or space constraints. If you have questions or comments, please contact us.

Remember this is YOUR newsletter. Submit, and submit often!