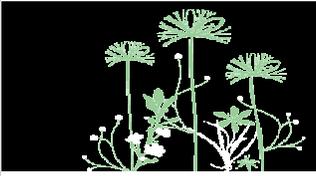


August 2015



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One Spirit - Many Voices

Practicing Faith

Byline: *Rev. Dr. J.*

Faith is not just someone one has, but something one does. Faith is about practicing each day having a relationship with your Higher Power, however you define that. It is about taking time each day to develop that relationship in the same way you would develop any other relationship. It requires time and attention. It requires us to practice spending time with the Divine who speaks to us through all of our senses. Just as we come to recognize the smells, laughs, touches of those we love, when we practice our faith, we come to recognize the signs and symbols of God's presence in our lives.

Practicing our faith in our partner, spiritual or otherwise, is about our commitment to the relationship, even when we are going through challenging times, facing uncertainties, and times of mystery and suspense.

One of the biggest challenges to practicing faith is the status of one's heart. The heart is often times seen as an image for the deeper self. When our hearts are open, then we are open to receiving and being in an ever deepening relationship with the Infinite. However, when our hearts harden, then we are not open to the sacred. When our hearts are hardened, we no longer have ears that can hear or eyes that can see. Our senses become muted to the attempts of Spirit to communicate with us.

As with any relationship it can be easy to practice faith when all is going well in our lives. Although at the same time, those are the times we can also forget to reach out and stay connected because we have all we need. So often we forget to connect with our Higher Power until we are in need. Difficult times can help bring us back into the space of needing and wanting to reconnect and deepen our relationship. Sometimes we have enough faith in the Divine at that time to know this is where we need to turn in our most challenging of times.

I remember when I was going through what some call the dark night of the soul; it was a practice of faith in the Ultimate Consciousness that brought me through. I knew there was a light at the end of the tunnel. I just needed to keep moving through one step at a time, knowing each step was bringing me closer to the tunnel I was traveling through.

Ultimately, it is not what is going on in your life, but the relationship we have with the Divine which brings us through.

(continued on page 2)



Practicing Faith (cont'd)

Byline: *Rev. Dr. J.*



“...One of the biggest challenges to practicing faith is the status of one’s heart...”



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



We all have our own ways of staying connected and taking time to remember to spend time practicing our faith. For me, I begin each day by giving thanks for five things in my life which I appreciate and am grateful for. I give myself time to hold them and feel the gratitude fill me. Sometimes, when I am meditating I hold a stone or crystal in my hand to contemplate the solidness of my faith. When I lay down at night, I remember that the simple act of falling asleep is a sign of my trust in the Divine. It is about me practicing my faith that I will wake up in the morning. I practice faith in the way I express love for my family, friends and those sent to do work here at Inspiritual. I also practice faith in the way I experience their love as I know they were sent into my life as gifts from God. This month, may we take time each day to practice our faith. If you are willing, send us a short story this month telling us how you practice faith in your life. ♦

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. ♦



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

What's New?

- ♥ This month we begin year six (6) of our existence and are looking forward to what the Universe has in store for us this year. 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.
- ♥ With the onset of year six (6), we have said goodbye to one group, another one has become something new and exciting, and yet another group has come back into being. Our spirituality book club had its final meeting, at least for now. Our Wednesday night Love and Inspiration group morphed into Midweek Meditation, and at the request of a few people our Living the Five Agreements group resurfaced and is now meeting the 4th Monday of each month.
- ♥ 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 II, 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 our Facebook group page, <https://www.facebook.com/groups/154921854555618/>, or on 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 ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

How to Use Lemon Essential Oil



“Lemon is one of YL’s most popular essential oils. It can be used for a variety of personal and household tasks “

Cold-pressed from lemon rinds, Lemon essential oil has a strong, purifying, citrus scent that is revitalizing and uplifting. It contains 68 percent d-limonene, a powerful antioxidant. Lemon can also be used to enhance the flavor of foods and water and may be beneficial for the skin.

Lemon is also one of Young Living’s most popular essential oils. It is included in our Everyday Oils™ and Essential 7™ collections because it is versatile as well as a great choice to introduce people to Young Living.

Fun Fact: Jean Valnet, MD, estimated that it takes 3,000 lemons to produce one kilo of Lemon essential oil. In his book *The Practice of Aromatherapy*, Valnet wrote that lemon is a tonic for supporting the nervous and sympathetic nervous system.* Learn more about Lemon essential oil here.

Tips from Young Living:

- Use 1 - 2 drops to remove gum, oil, grease spots, glue or adhesive, and crayon from most surfaces.
- Combine 2 - 3 drops with water in a spray bottle to help cleanse and sanitize surfaces.
- Place a drop on oily skin or blemishes to help balance oil glands and minimize oil production.
- Add to water or a smoothie for a refreshing pick-me-up.
- Diffuse to help replenish your mind, body, and spirit.
- Place a few drops on a cotton ball and put in the refrigerator or trash can to help eliminate odors.

Tips from Young Living Facebook Fans:

“I use Lemon on stains on laundry. It pulls anything out of the clothes, including grease, dirt, etc. Plus, it brightens whites on the clothes lines in the summer.” – Ashley N., YL Executive

“I use a couple of drops in a bowl of water to wash my fruit. It makes strawberries taste amazing!” – Sierra P., YL Distributor

“To give myself a lift, I like to put a drop or two in my palm, rub my hands together, and then inhale the wonderful scent.” – Susan H., YL Distributor

“We had gum stuck to our wood floors. I tried scraping it up with a razor, no good. I decided to grab my Lemon essential oil, put a few drops on the gum, and it immediately came up with ease!” – Niki K., YL Star

“I put three drops in my garbage disposal while running warm water through it after washing supper dishes! Smells great and sanitizes it!” – Tricia W., YL Distributor

“My dog chewed up a black ink pen on our brand-new, light-colored carpet. I immediately put a few drops of Lemon oil on it, let it soak in, shampooed over the top of it, and it was gone! It took very little effort. It just came right out.” – Amanda S., YL Distributor

How do you use Lemon essential oil? Tell us in the comments.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Article source: <https://www.youngliving.com/blog/how-to-use-lemon-essential-oil/>. ♦



Sing

Byline: *Gary Bertnick*

A new song
A song of purest worship
As thanksgiving flows from the open heart in joy.
The small gate, the narrow door
Opened to experience all the wonderful things of God.
Now Divine wisdom made known to us in our Yeshua Messiah
Heaven's abundant Gift revealed generously to each of us,
In new life from the dead!
We have all once walked in darkness
Blind to eternal reality
Completely vulnerable to the "father of lies"
Wicked slave master, destroyer of every good
Relentless enemy of God, enemy of true Jews
Lucifer, enemy of Israel
Enemy of Jerusalem...
But the only Shepherd stood up for us in absolute strength,
Words spoken in absolute authority
Works done in absolute power;
He has crushed the serpent's head,
And then reached out in mercy for us all!
We can sing in new freedom
In true freedom
New songs from a new life given
Captivating songs of greatest joy
Intriguing, skillful music played artfully
Loving songs as expressions of the New Day of Honor
As zealous lips form praises of our God of righteousness and justice
Deepest gladness rests in the new eternal sunshine of our Lord,
Eternal Light of the beauty of the most Holy "Risen Son". ♣



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/>)

●●● August 2015*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 11:30am - QiGong Instruction 2:00pm - Spiritual Journaling Workshop Week 1 of 2 on Zoom	2 10:00am - Love & Inspiration on Zoom	3 7:00pm - Healing Harbor	4 7:00pm - Healing Prayer & Meditation Garden	5 7:00pm - Art & Soul: Prayer & Meditation Garden	6 7:00pm - Oneness Blessing	7 11:30am - QiGong Practice 2:00pm - Spiritual Journaling Workshop Week 2 of 2
8 10:00am - Love & Inspiration on Zoom Noon - Reiki II	9 7:00pm - Healing Harbor	10 7:00pm - Healing Harbor	11 7:00pm - Art & Soul: Prayer & Meditation Garden	12 7:00pm - Art & Soul: Prayer & Meditation Garden	13 7:00pm - Healing with Herbs	14 11:30am - QiGong Practice
15 10:00am - Love & Inspiration on Zoom	16 7:00pm - Healing Harbor	17 7:00pm - Healing Harbor	18 7:00pm - Art & Soul: Create A Free Little Library	19 7:00pm - Art & Soul: Create A Free Little Library	20 7:00pm - Oneness Blessing	21 11:30am - QiGong Practice
22 10:00am - Love & Inspiration on Zoom	23/30 7:00pm - Living the Five Agreements	24 7:00pm - Living the Five Agreements	25 7:00pm - Art & Soul: Create A Free Little Library	26 7:00pm - Art & Soul: Create A Free Little Library	27 7:00pm - Healing with Herbs	28 9:30am - Integrated Energy Therapy (IET) - Basic Level 11:30am - QiGong Practice



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

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Calendar of Events

QiGong Instruction & Practice

Host/Host Organization: Inspiritual

Date: August 1 (**instruction**) and August 8, 15, 22, and 29 (**practice**), 2015

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

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

Description of Event: QiGong (chee-gung) is an ancient Chinese science and art, developed centuries ago. It is the science of cultivating our Life Force (Qi) through specific practices, and then the art of applying this energy in service of the greater good (gong). Shaolin monks have long incorporated Qigong into their daily living. Now days, it is practiced by many diverse peoples across the world, to develop one's body, mind and spirit.

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 us a new set of postures. 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 on Zoom

Host/Host Organization: Inspiritual

Date: August 1 and 8, 2015

Time: 2:00pm - 6:00pm

Place/Venue: **Zoom**

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

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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)

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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: August 2, 9, 16, 23, and 30, 2015

Time: 10:00am - 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.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: August 3 and 17, 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, 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.

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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)

Admission Price: Love offerings
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/healing-harbor/>
Wheelchair Accessible: Yes

Art & Soul: Prayer & Meditation Garden

Host/Host Organization: Inspiritual
Date: August 4 and 11, 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 about "Faith" and I feel like planting and adding Art to a garden is a perfect way to kick-off this "Faith based", creative experience. Also, we will be donating all of our plants and garden art to Inspiritual's gardens as a "thank you" for allowing us a space to gather together and joyfully create. So, there will be no fee for any of the four classes this month. I only ask that you bring some type of perennial plant or some bulbs to add to their Meditation garden and I will supply all of the Art materials to create some garden sculptures.

Guest Teacher: Sam Akin
Admission Price: A perennial plant or bulbs
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/art-qnd-soul/>
Wheelchair Accessible: Yes

Midweek Meditation

Host/Host Organization: Inspiritual
Date: August 5, 12, 19, and 26, 2015
Time: 7:00pm - 8:30pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: There are many benefits to meditating with others. Meditation generates inner peace and the ability to connect with yourself at a deeper level. When you sit with others, it can be powerful to influence one another in a community setting. There is power in numbers and creating intentions. Coming together with a shared intention can have profound impacts on our lives, our communities, and our universe. "Meditating in a group is very powerful," says Gabrielle Bernstein, New York Times bestselling author and motivational speaker. "The shared intention of the group elevates each individual. When one or more gather with the intention to heal and grow, great shifts can occur. The group's collective energy has a massive impact on the world." Each week we will focus on new techniques and/or a common intention.

Admission Price: \$10.00
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/new-page/>
Wheelchair Accessible: Yes

Oneness Blessing

Host/Host Organization: Inspiritual
Date: August 6 and 20, 2015
Time: 7:00pm - 9:00pm

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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)

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

Reiki II

Host/Host Organization: Inspiritual

Date: August 9, 2015

Time: noon – 5:00pm

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

Description of Event: This one day course is the follow up training to Reiki I. This course will enable you to provide higher healing energy whether you use it for your own healing, giving treatments to friends, family, pets, incorporating elements of Reiki within your profession, or even expand to the community as a volunteer or in a private practice.

You will receive the Reiki II symbols, which will enable you to: increase the power of your healing energy, be able to clear negative energy out of rooms, send energy to balance emotions and help heal relationships, and send Reiki distantly to another person. You will learn the many uses of Reiki in your everyday life. You will receive the Reiki II attunement and have hands-on practice using the Reiki II symbols.

You will receive a certificate of completion for Usui Reiki II as a Reiki II Practitioner.

Guest Teacher: Heidi Condello

Admission Price: \$200.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing with Herbs

Host/Host Organization: Inspiritual

Date: August 13 and 27, 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 Thursdays to 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 how to treat some common ailments.

Guest Teacher: Heidi Condello

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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)

Admission Price: \$20.00
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/healing-wheidi-condello/>
Wheelchair Accessible: Yes

Art & Soul: Creating a Little Free Library

Host/Host Organization: Inspiritual
Date: August 18, 2015
Time: 7:00pm - 9:00pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event The last two weeks of August we will work on creating a "Little Free Library" that we can donate somewhere. Check out the "Little Free Library" website (<http://www.littlefreelibrary.org>) to learn more about this wonderful program. I will provide a "Little Library" that we can decorate and fill with books. The cost of this class will be a book or two or three, etc. to donate and fill the shelves of this free Library. We will also help Inspiritual to creatively promote their free lending Library, so come and have fun and spread the joy of Art and Reading out into the world.

Guest Teacher: Sam Akin
Admission Price: Books to donate
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/art-qnd-soul/>
Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual
Date: August 24, 2015
Time: 7:00pm - 9:00pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event Over eight years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation. This group will discuss his two books *The Four Agreements* and *The Fifth Agreement* and discuss what we are learning about ourselves as we live these agreements. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

Admission Price: Love offering
Email Address: Inspirital@ymail.com
Website: <http://inspiritual.biz/living-the-five-agreements1/>
Wheelchair Accessible: Yes

Integrative Energy Therapy (IET) - Basic Level

Host/Host Organization: Inspiritual
Date: August 29, 2015
Time: 9:30am - 5:00pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event Even though we call this class "basic level" this class provides you

(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](https://inspiritual.biz/community-event-submission-form/) (<https://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

with everything you need to do a powerful Integrated Energy Therapy® session on yourself or on another person (either in person or absentee). This class has been designed to be a wonderful entry level class for those students wanting to use energy therapy to heal their lives, an ideal class for students wanting to begin an energy therapy practice, and it provides a wonderful complement to other holistic techniques such as Massage, Reiki, and Therapeutic Touch. Only IET Master-Instructors are authorized to teach this class.

Basic Attunement: You will receive a special Basic Level “energy attunement” that will permanently open your energy field to the power of Integrated Energy Therapy® Basic level ray. Our Basic Level attunement expands, realigns, and restructures the 1st pair (physical) and 2nd pair (emotional) of your 12 Strand DNA. Once attuned to the Basic Level IET Ray, you will have the ability to clear cellular memory of physical and emotional blockages.

Angelic Heartlinks: Integrated Energy Therapy® is known as “Healing with the Energy of Angels”. You will learn to access the energy of angels through a simple yet powerful process that we call a Heartlink.

A “Heartlink” is a connection made with the angelic realm in which you visualize a golden chord going from your heart, through your throat, up through your head and then up to the angelic realm or to a specific angel, usually Angel Ariel or one of the other “Healing Angels of the Energy Field”. Once your Heartlink has been established, you will learn how to send love up to the angelic realm or that specific angel and you will find that the love returned is multiplied from the angels to further assist you in the healing of yourself or others. This Heartlink is invaluable in and of itself, however, when it is used in conjunction with the accessing of the energy system, it becomes extremely powerful and effective.



The Magic Presence by M. DaCamara, copyright 1942, St. Germain Press, is a good depiction of a Heartlink

Clearing Cellular Memory: you will learn about the nine cellular memory areas where we can unconsciously store “issues in our tissues” that can negatively affect our life. More importantly, you will learn simple yet powerful techniques to get the issues out of your tissues (as well as out of the tissues of others). Clearing of cellular memory is made quick and easy by means of nine sets of Integrated Energy Therapy® Integration Points that allow you to energize, integrate, and clear the nine cellular memory areas.

Special Empowerment Imprints: In Integrated Energy Therapy® clearing harmful energy blocks is only half the task. After energy blocks are cleared, you will learn to channel angelic energy to form an empowerment imprint that fills the cellular memory with the opposite of what you cleared. For example, you will learn to clear the energy of guilt and

(continued on page 13)



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)

imprint the energy of innocence.

Class Materials: you will receive a fully illustrated 26 page Integrated Energy Therapy® Basic Level Guide and an official Integrated Energy Therapy® Basic Level Certificate.

Guest Teacher: Deborah Blish

Admission Price: Class Fee: The fee for this class within the US is \$195.00. There is a \$20.00 non-refundable deposit, due no later than August 15, 2015.

Review Fee: The suggested fee to repeat this class (as a reviewing student) within the US is \$65.00.

Email Address: Inspirital@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/>.

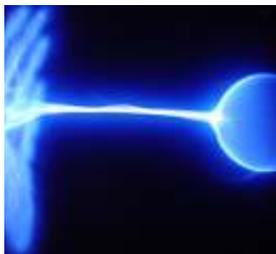
Healing Harbor ~ Healing Harbor is an open space of healing. We invite you to "sail" into the safety of our harbor to receive healing before you "sail" back out into the waters of everyday life. We provide a diversity of approaches to healing including Reiki, IET (integrative energy therapy), Toltec 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/>.

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.

(continued on page 14)

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! Please regularly check our website, groups (i.e. Facebook, Meetup) and/or newsletter to stay informed.”

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/>. ♦

Inspiritual Community Sponsors

Marketed by Michelle, LLC
Stand out from the rest.
51F Railroad Avenue, Hilton, NY 14468
585-749-5059

Michelle Frechette Ames, MBA
Marketing Diva
michelle@marketsbymichelle.com
www.MarkedByMichelle.com

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- Social Media
- Email Marketing
- Interviewing Coaching



“ 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!