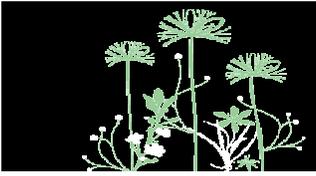


September 2015



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One Spirit - Many Voices

Forgiveness

Byline: *Rev. Dr. J.*

Forgiveness is one of those spiritual practices that so many misunderstand. I remember speaking with a woman who had been abused by her father forty years ago. To this day she carries with her anger, guilt, shame and a whole host of feelings. When I asked her why she could not forgive him, she said she would take her feelings with her to her grave. I think for many people the idea of forgiveness is that someone needs to take responsibility for what they have done before we can forgive them. So when they can't do that, we hold on to all our feelings and as this woman will do we can wind up taking it to our graves or perhaps it helps to carry us to our graves.

When I first began studying Toltec wisdom, the teachings about forgiveness made me realize that my traditional thinking on forgiveness actually kept me in a place of emotional, mental, and spiritual imprisonment where I was imprisoning myself and others. What I learned was that the original meaning of the word forgiveness means to reject the giving. Giving something to the one we think we have wronged does not move us forward in our evolution, nor does someone giving us something, if we think they have wronged us, move us forward.

Giving out of guilt does not lead to forgiveness; it keeps imprisoned. True forgiveness is an inside job. It means we have to learn from the situation, grow because of it, and resolve any feelings we might have about it, so that we might move forward. Life is all about the journey and learning all that we can from every experience. As Meg Christian once sang, "Great wisdom through painful experience is an inside job." as we begin to open the doors to our self-constructed prisons, we should be asking ourselves "What has this taught me? What lessons can I learn: about myself, about others and about my life? How can I use this new knowledge to change my thinking and behavior and help others avoid the same trap?"

When we reject the giving, we reject the imprisonment, and we receive valuable lessons about ourselves, others, and the Creator that will assist us in our life journey.

Thich Nhat Hanh once wrote about forgiveness. "I forgive you. I forgive myself. I set us both free." Forgiveness is not about forgetting what happened, but giving ourselves the gift of healing. Sometimes the one we seek to forgive is ourselves. We may seek to forgive ourselves for all the times we put ourselves down because we did not achieve some artificially constructed sense of perfection or guilt for not living up to a standard others set for us and we internalized. Other times, the forgiveness is about our relationship with others, whether it is someone we are intimate with or someone we barely know, if at all. Sometimes we need to know that our Higher Power forgives us. There is a peace that comes when we know the Divine has forgiven us and loves us for who we are.

No matter what faith tradition one is following, forgiveness is one of the spiritual practices. Yet it is one of those practices that some find hard to practice. Looking back at my own journey and practice of forgiveness, I remember learning to start with something small.

(continued on page 5)



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



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

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 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/>. ♦

WHAT'S New!

"...Times are a changing', and so are we! Please read about our new offerings"

What's New?

- ♥ Nothing ever stays the same here, which is a symbol of our ongoing growth and evolution. As we announced last month 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. After just two months of re-existence, the group said they wanted to meet more than once a month. So our Living the Five Agreements group has moved to Tuesday nights and will be meeting every Tuesday night at 7:00pm. Suggested donation is \$5.00.
- ♥ A few of our offerings are off the calendar for September. Mary Meissner who teaches QiGong and leads our Oneness Blessings is on vacation this month. Sam Akin who was teaching our Art & Soul group for a few months is also taking a break to focus on creating her own art. We hope Mary has a great vacation and wish Sam nothing but the best as she invests in her own gifts and talents.
- ♥ Brian McGrath will be back on September 12th from 2:00pm - 5:00pm for our quarterly crystal and stone party. If you have not yet been to one of our parties, come and experience all that Brian brings. If you are looking for something specific, let us know and we will ask Brian to bring that with him.
- ♥ Of course, we could not transition into the fall season without one last pot luck BBQ. So join us on September 7th from 2:00pm - 7:00pm for our Labor Day potluck BBQ. We will provide serving materials, ice, and condiments and one or two sides. We ask that you bring whatever you want to throw on the grill and an appetizer, side or desert to share. All are welcome. The more the merrier.
- ♥ 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 Face book. You can also follow us on Twitter @inspiritual or on Facebook on our group <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz>. We also have a page just for our Young Living Essential Oils <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>.
- ♥ We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.
- ♥ As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

Look What's New at Young Living™



“There were many new products introduced at the Young Living’s 2015 International Grand Convention, held last month. We’ve highlighted a few products here. Go to the website for more information.”

Young Living is continuously offering great new products they know members will love, as well as limited-time and specially priced offerings. Get to know our new and limited-availability products now! This month, we are just going to focus on four of them: the new Thieves® products.

Thieves® Dish Soap ~ With naturally derived ingredients, Thieves® Dish Soap effectively cleans your dishes without chemicals, dyes, or synthetics. Young Living pure essential oils - Thieves®, Jade Lemon™, and Bergamot - work with other plant-based ingredients to leave your dishes sparkling clean.

Thieves® Fruit & Veggie Combo Pack ~ Enjoy eating your fruits and vegetables as nature intended with Young Living’s Fruit & Veggie Combo Pack. Bundled together, our Fruit & Veggie Spray and Fruit & Veggie Soak utilize naturally derived ingredients and the cleansing power of Thieves® essential oil blend to effectively wash produce at home or when on the go.

Thieves® Fruit & Veggie Spray is great for single-use servings or when you are away from home. The convenient 2-oz. spray bottle fits in a purse, backpack, or carry-on, making it easily accessible. With just a few spritzes, you can quickly and efficiently clean fruits and vegetables no matter where you are.

Thieves® Fruit & Veggie Soak is a perfect choice when cleaning larger amounts of produce. With the help of DiGize™, Purification®, and Thieves® essential oil blends, you can prepare produce for a wonderful meal or a healthy snack.

Thieves® Laundry Soap ~ With a plant-based formula, Thieves® Laundry Soap gently and naturally washes your clothes, leaving them truly clean without any chemical or synthetic residue. Natural enzymes and powerful essential oils add to the formula’s strength to leave your clothes fresh and clean with a light citrus scent.

Thieves® Laundry Soap can be used in all washers, including high-efficiency, and its highly concentrated formula (6x) will provide around 64 loads with just 32 fl. oz. (946 ml).

Thieves® Waterless Hand Purifier ~ Thieves® Waterless Hand Purifier utilizes powerful essential oils to clean and purify hands. Moisturizing emollients, Aloe Vera and vegetable glycerin, enrich our formula and add their hydrating benefits.

The larger 7.6 oz. bottle is ideal for every room in your house. Making a family-sized bottle readily available could increase your family’s use and motivate children to be proactive in keeping their hands clean. Use Thieves® Waterless Hand Purifier as an optimal tool when trying to increase your family’s overall hygiene. ♦

Visit website for more info. about new products, <https://www.youngliving.com/blog/convention-products/>



Thieves® Dish Soap



Thieves® Fruit & Veggie Combo Pack



Thieves® Laundry Soap



Thieves® Waterless Hand Purifier



Eyes of Perfection

Byline: Gary Bertnick

The treasures of earthly perfection
A mystery hidden
Even in all the desires of those who seek
Who tirelessly search
Tenacious will driven to grasp the riches seen
To hold near,
To embrace what cannot be held
Much as a breath held until the lungs gasp for air,
More than illusive
More fleeting than hummingbirds of imagination
The perfect scent of a nectar of exquisite delight
The fragrance of such a flower of peace in the wind
Aroma of inner freedom at the next mountain top
Seen again faintly off in the distance;
Human nature pines at the struggle
The mind at times in torment.
But, when all is lost
Everything the self life of this world has to offer forgotten,
Human effort in humility of brokenness, bows on the earth;
And then, a divine golden eagle swoops low
Carrying an angelic banner that reads.

"TRUE WEALTH TO THE ONE WHO BOWS THEIR EARTHLY LIFE
TO HEAVEN'S REST IN HEAVEN'S PEACE"

Poem's source: <http://heavensees.wordpress.com> ♦

Forgiveness (cont'd)

Byline: Rev. Dr. J.

I began by looking at one hurt I was not able to forgive. I then practiced living as if I was free from that pain and that allowed me to heal. It did not mean I forgot what happened, but I set myself free of that which was imprisoning me and whipping me on a consistent basis. The inability to forgive whipped me and kept me in pain.

Other steps may be necessary for healing – a confession of your contribution to the conflict, making amends, changing behavior, a commitment to the community = but giving up your claims for, and sometimes against, yourself is where you have to begin.

One of the most powerful things I was taught to do was to ask forgiveness from all I knew, whether I knew for sure I had offended them or not. At first, it felt strange, however, over time I came to realize that by my saying I am sorry to anybody; I was beginning my own healing process of letting go. What surprised me was the reaction of others. Some wondered why I was asking for their forgiveness. I would say "what I have done to one I have done to all, so please accept my apology for all those who have hurt you." I came to realize that not only was I helping to set myself free, but I was also helping others to set themselves free.

In contrast to behaviors, which usually erect walls between our self and others, forgiveness is freeing. It means that we can heal, evolve, and move on with our lives. Best of all, it enables us to be reconciled with our neighbors and with God so that once again we feel part of the greater community of the spiritual life. ♦



*"...Thich Nhat Hanh once wrote about forgiveness. "I forgive you. I forgive myself. I set us both free."
Forgiveness is not about forgetting what happened, but giving ourselves the gift of healing..."*



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/)



September 2015*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:00pm - Living the Five Agreements	2	3	4	5
6 10:00am - Love & Inspiration on Zoom	7 2:00pm - Labor Day Potluck BBQ	8 7:00pm - Living the Five Agreements	9 7:00pm - Midweek Meditation	10 7:00pm - Healing with Herbs	11	12 2:00pm - Crystal & Stone Party with Brian McGrath
13 10:00am - Love & Inspiration on Zoom	14	15 7:00pm - Living the Five Agreements	16 7:00pm - Lightworks! What is Spiritual Journaling	17	18	19
20 10:00am - Love & Inspiration on Zoom	21 7:00pm - Healing Harbor	22 7:00pm - Living the Five Agreements	23 7:00pm - Midweek Meditation	24 7:00pm - Healing with Herbs	25 7:00pm - Spiritual Journaling Week 1 of 8	26
27 10:00am - Love & Inspiration on Zoom	28	29 7:00pm - Living the Five Agreements	30 7:00pm - Midweek Meditation	Inspiritual 25 Bernie Lane Rochester, NY 14624 Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz		



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

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: September 1, 8, 15, 22, and 29, 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 are 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: suggested donation \$5.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements1/>

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: September 6, 13, 20 and 27, 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: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Labor Day Potluck BBQ

Host/Host Organization: Inspiritual

Date: September 7, 2015

Time: 2:00pm - 8:00pm

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 Labor Day 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, serving utensils and ice.

(continued on page 8)



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 have a huge yard, so bring a blanket or folding chairs to sit or lay out on. Kids are welcome! We will have the sprinkler hooked up for all "kids" to play in.

Hope to see you all then!

Admission Price: Bring a side or desert to share and whatever you want to grill and drink (non-alcoholic).

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Midweek Meditation

Host/Host Organization: Inspirital

Date: September 9, 23, and 30, 2015

Time: 7:00pm - 8:30pm

Place/Venue: Inspirital, 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 self 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 per session

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/new-page/>

Wheelchair Accessible: Yes

Healing with Herbs

Host/Host Organization: Inspirital

Date: September 10 and 24, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: This group, which will meet on the 2nd and 4th Thursdays 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 how to treat some common ailments.

Guest Teacher: Heidi Condello

Admission Price: \$20.00 per session

Email Address: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

(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)

Crystal & Stone Party with Brian McGrath

Host/Host Organization: Inspiritual

Date: September 12, 2015

Time: 2:00pm - 4:00pm

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

Description of Event: Brian McGrath of Brown Dog Natural Creations will be here with a portion of his collection of stones and crystals with him. If you are interested in coming, please RSVP and let me know if you are looking for anything in particular. I will be forwarding him your requests as they come in so he knows what to bring. Please RSVP by the 11th so he has time to get my email and pack those stones to bring.

Admission Price: Free

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: September 21, 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.

Admission Price: Love offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: September 25, October 2, 9, 16, 23, 30 and November 6 and 13, 2015

Time: 7:00pm - 9:00pm

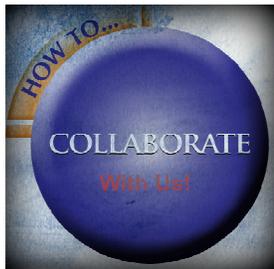
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

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

(continued on page 10)



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



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

Calendar of Events (cont’d)

things you find in the world, may be the universe’s way of catching your attention.

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

Please bring a quote, image, feeling or artifact and a sheet of poster board with you to the first session. Also, bring a journal to write in and something with which to write.

Admission Price: \$10.00 per session

Email Address: Inspirational@ymail.com

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

Wheelchair Accessible: Yes ♣

How to Become a Community Sponsor

Inspirational is a space where all can come for spiritual growth, evolution, and transformation regardless of income. We are intentional about increasing the Gross National Happiness in this world. Our community sponsors help us in one of two ways.

One way is through a reciprocal flow of energy in promoting one’s organizations and events. We strive to create individualized programs to meet the needs and level of reciprocity we have with each sponsor.

The second way is through an annual donation of \$60.00. Both approaches will ensure that your organizational information and logo are listed on our community sponsor page. The latter, however, also provides you with a business card size ad in our monthly newsletter, which is currently emailed out to approximately 400 people. We also ask that you list basic information about Inspirational and our services on your website. Our community sponsors are the only ones who we allow to advertise in our newsletter.

If you are interested in either of our programs, please let us know which one you are most interested in being involved. In either case, we will need the following information:

Name of Organization

Description of Organization

Contact Person:

Phone

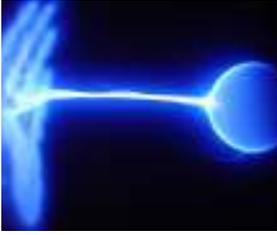
Email

Website

Your logo (in jpeg or gif format)

If you would prefer to participate via a reciprocal flow of energy, please let us know what you are willing to provide to help promote and support our efforts to help people heal, evolve, and transform spiritually as well as how we can support you in return.

Our Community Sponsor information is on our website - <http://inspirational.biz/community-sponsors-resources/> ♣



“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!”

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/>.

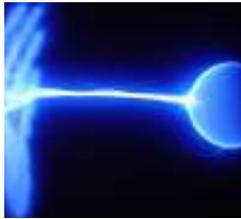
Angel Card Readings ~ These readings will offer you comforting, uplifting, and healing messages. The readings also function as a divination tool, as you can ask a question and find the message that gives you guidance and answers. These readings can offer you guidance to help you stay centered in peacefulness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

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/>.

(continued on page 14)



“ We have some type of healing and/or energy work going on several times a week.”

Healing and Energy Work (cont'd)

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/>. ♦

Inspirital Community Sponsors

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About Us



Inspirational

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We're on the WEB!

Our Website
<http://inspirational.biz>
Twitter Page
[@Inspirational](https://twitter.com/Inspirational)
Facebook Page
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<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. ♠

Seeking Contributors



"Are you ready, willing, and able to share some of your talent 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, art work, poetry, prose, a reflection, book or movie review, and 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!