

October 2015



## Inside this issue:

<i>Betrayal is an Inside Job</i>	2-3
Help Us Grow	4
What is Spiritual Partnership?	4
New Moon Psychic Festival & Holistic Healing Expo Flyer	5
What's New?	6
Look What's New at Young Living™	6
Look What's New at Young Living™ (cont'd)	7
<i>Day of Harvest</i>	8
Look What's New at Young Living™ (cont'd)	8
Month at a Glance	9
Calendar of Events	10-14
Healing and Energy Work	15
How to Become a Community Sponsor	16
Inspiritual Community Sponsors	16
About Us	17
Seeking Contributors	17

# One Spirit - Many Voices

## Grace

Byline: *Rev. Dr. J.*

Growing up I remember hearing people talk about God's grace and I always thought of Grace as a part of God's family. It was not until later in my life that I realized that Grace is a gift from the Creator. Grace is that gift that keeps on giving and comes to us whether we want it, think we need it, feel we deserve it, or that we are even worthy of it. Grace just comes to us because the love of the Divine for us is unconditional. Grace just is.



I was always taught about receiving God's Grace. However, if Grace is something that comes from our Higher Power, then what does Grace look like as a spiritual practice? How does one practice Grace? Practicing Grace can be a challenge as it means that we begin by practicing that we are accepted and loved unconditionally. Every time we agree we are accepted; we are practicing Grace. Every time we practice receiving, whether it is an object, love, or assistance, we are practicing grace. When we notice the things and people that come to us without effort, we are practicing Grace.

Practicing Grace is in many respects counter cultural. Culture teaches us that we are in control of our lives. Grace teaches us to trust God and let go. Thomas Green discussed Grace as the distinction between swimming and floating. He wrote, "The image of floating has come to dominate my thinking about prayer more and more, because it seems to capture perfectly for me the goal towards which the whole purifying process of the dark night is leading us. If we want to reach a goal that we ourselves have chosen, we would be well advised to learn to swim rather than to float. The swimmer is intensely active and is going somewhere, the floater yields to the flow of the water and savors fully being where he is. He too is going somewhere, but that is the concern of the current, which carries him. His major decision is whether to trust the tide. If he does not, he must guide himself by his swimming strokes. If he does, he can relax and surrender himself totally to the tide, and live fully the present moment... The problem is that we must decide whether we want to swim or to float."

Life teaches us to be swimmers. Grace teaches us to float. Life teaches us that we are in control. Grace teaches us to trust the path God is leading us. Life teaches us we must recognize the plan, and Grace teaches us to trust when the plan is unrecognizable.

In the process of opening ourselves up to receiving God's Grace there are things we release. As we open ourselves up to practicing Grace, we give up practicing shame. We cease practicing the belief we are not worthy. We cease practicing the belief we do not deserve that with which we have been blessed. When we practice Grace in our lives, we give up all the negative self-talk, the doubt, and the lies. Grace does not recognize or listen to any form of doubt or negativity. Grace is not something we actively work to achieve. Grace just happens because we are. Therefore, this month, may we practice floating in the sea of God and allow ourselves to experience the current of God's Grace, which will bring us where we need to be. ♦



*“...If it is too heavy for you to keep, imagine the burden that is placed on someone else who may be dealing with his or her own heavy experiences...”*

### ***Betrayal is an Inside Job*** Byline: *Claude Bowen*

No one can betray another person without the participation of the person feeling betrayed. Think about it!

What information was given away that you knew would hurt if it were ever uncovered or revealed? Where did you place your trust?

Sure, you were disappointed when that friend or family member spoke out of turn about your personal business, yet other than being disappointed nothing else exists.

The betrayal came from you because your trust in who you are, was compromised when you told someone else something that you were ashamed of, and possibly had some level of guilt attached to it. You betrayed you when you did not allow the authority that is greater than you are forgive all and bring comfort and understanding to a private matter.

Once something, private takes on the composition of a secret, the potential for disappointment becomes too great. Much too often the information you shared is too much for them to hold onto. It becomes a burden and while we all need or desire someone to confide in, a person must never become a receptacle for anything that can bring on pain.

If it is too heavy for you to keep, imagine the burden that is placed on someone else who may be dealing with his or her own heavy experiences.

Private is what is no one's business, and absent of shame and guilt. Secrets are the opposite and the breeding ground for embarrassment and shame. When you tell a secret, you are trying to remove your own shame and guilt. Betrayal is your own set up.

Be responsible and accountable for all of your own actions and reactions to life's experiences; and learn from them all. A lesson learned eliminates repeating experiences that are painful and difficult to handle. They also eliminate the need to confide stuff that is too heavy for you to bear.

Remember a confidant is that person who listens without judgment and will speak to you in truth without prejudice, not a co-conspirator or co-author of confusion.

*Note to self:* Betrayal-Facing can bring with it a great deal of pain and blaming others, in addition to what I am experiencing. I sat and reviewed not only the situation but also, also my participation, and in that frame of mind I also evaluated what I saw, and defined just what I thought other people had added to the situation, that created ill feelings and discomfort. The residue of what I blamed on other people was mine because at this point, I owned my participation. I realized no one had done anything to me that I had not allowed, or given permission to interfere, by giving them information that would cause hurt and harm.

The realization that betrayal is an inside job came while reading the life of Judas. Somewhere in reading about his life and the close relationship that he had with Jesus, I realized that Judas did not betray Jesus. Judas did as his friend and teacher asked him to do. When Jesus told him to do what he had to do quickly; he was telling his friend that he knew it was hard for him, yet Jesus trusted Judas to do what the others possibly could not do. Jesus knew his life was in danger, as he lived in the shadow of danger throughout his ministry; and that he faced arrest and trial for treason in any of the cities

(continued on page 3)



*"...How could these scholars agree on what happened, when only Jesus and Judas knew what they talked about?..."*

## Betrayal is an Inside Job (cont'd)

Byline: *Claude Bowen*

in which he appeared. He knew the Rabbis saw him as a threat to their power structure, and the Romans were beginning to wonder if his popularity would lead the people in a rebellion against Roman tyranny.

The gospels writers each tell a different version of the incident. I turned to the Gnostic text to get the words from the gospel of Judas and in it, I found the following passage: "You will become the apostle cursed by all others, Judas; you will sacrifice this body of man which clothes me."

The "Gospel of Judas" ([http://www.beliefnet.com/story/189/story\\_18903\\_1.html](http://www.beliefnet.com/story/189/story_18903_1.html)), is a document written on papyrus discovered in Egypt in the 1970's, in fragmentary form. It claims that Jesus asked Judas to hand him over. According to Jesus, Judas would set Jesus' spirit free from his earthly shell so he would ascend to heaven. This act would ensure that Judas was set apart from the other disciples and guarantee him a place above them in heaven. If this is indeed true then Judas was obedient. Why would I put more value on the account of the other writers when none of them agreed on what took place? How could these scholars agree on what happened, when only Jesus and Judas knew what they talked about?

Another real human deduction that I made is, how is it that Peter, who denied Jesus, received Sainthood? According to the gospels, they all deserted him. In my thinking they should have all gone down in historical disgrace, yet they did not, only Judas. My conclusion led me to believe the outcome boiled down to the human need for a scapegoat.

I needed one and in that space, I allowed all sources of pain and disappointment I and I alone sorted out my mess, my feeling of disappointment, disillusionment, anger and alleged betrayal. I forgave me so that I could heal and release others from the bitter jaws of hate.

In doing so, I was able to see what and who was a healthy addition to my existence. Betrayal is indeed, an inside job!

\*For those that believe no proof is necessary for those that do not, no proof is possible.\*





*“ 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/>. ♦



*“...Experience a warm, lively, neutral environment where you can explore alternative holistic approaches to healing and well-being in an affordable non-intimidating manner...”*

## NEW MOON PSYCHIC FESTIVAL & HOLISTIC HEALING EXPO

The 14<sup>th</sup> annual New Moon Psychic Festival & Holistic Healing Expo offers a broad array of holistic healers, psychics, mediums, metaphysical & wellness-minded vendors, jewelry, crystals, authors, artists, musicians and much more. This year’s headliner will be the John of God Crystal Healing Bed. We will again have food, beverages and desserts offered in a heated food tent.

New Moon Expo is dedicated to the wellness of the mind, body and spirit. Experience a warm, lively, neutral environment where you can explore alternative holistic approaches to healing and well-being in an affordable non-intimidating manner. Curious? Come discover what works for you! Ask questions and open your world to infinite possibilities! There will be exciting door prizes and free lectures available from the Expo participants throughout the event.

Our **LOCATION** overlooks beautiful Irondequoit Bay!

**The Damascus Shrine Center, 979 Bay Road, Webster, NY 14580**  
**October 17 & 18, 2014**  
**Saturday 10:00am - 7:00pm, Sunday 10:00am - 6:00pm**

New Moon Expo, produced by Rev. Barbara Konish and sponsored by Rochester Woman Magazine, is proud to support the efforts of Shriners Hospitals for Children.

Handicap accessible, and interpreting for the deaf will be provided.

For more information and a list of participants and lectures, please go to our website: <http://www.NewMoonForYou.com/>. Please ‘Like’ our Facebook page (New Moon Expo).

Come join us at the 2015 New Moon Expo and experience **ALL** the community Love! ♦



# WHAT'S New!

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



*"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."*

## What's New?

- ♥ After prayer and meditation, we have decided to not renew our Meetup group. It is one place where we could cut costs, especially when they raised their prices. You can 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 cutting back on other costs as well so that we can be more frugal about our resources. Some of the groups which were no longer being utilized have been eliminated. Rev Sharon will be using her time more efficiently in working 1:1 with people, and in developing workshops she has put on hold for a while.
- ♥ We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.
- ♥ As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at [Inspiritual@ymail.com](mailto:Inspiritual@ymail.com). ♦

## Look What's New at Young Living™

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 five of them: the new Diffusers and Diffuser covers. Dino Land Diffuser Cover ~ The exclusive Dino Land Diffuser Cover is designed to be used with Young Living's proprietary, interchangeable diffuser motor (sold separately) and features color-illuminated vapor "erupting" from a prehistoric volcano, surrounded by menacing T. rex, triceratops, and pterodactyl figures. Captivate your children's imaginations and transport them into a Jurassic wonderland, all while enjoying the benefits of diffusing Young Living's 100% pure, therapeutic-grade essential oils.

This patents-pending, interchangeable diffuser cover includes:

- Four white under-panel soft LED night-lights with on/off settings



Dino Land  
Diffuser &  
Diffuser Cover



Dolphin Reef  
Diffuser & Diffuser  
Cover



Rainstone™  
Ultrasonic Diffuser

(continued on page 7)



*“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.”*

## Look What’s New at Young Living™ (cont’d)

- Six “volcanic eruption” LED light settings (red, white, green, blue, alternating, and off)
- Power and light control buttons

**Dino Land Ultrasonic Diffuser** ~ Young Living’s Dino Land Ultrasonic Diffuser features color-illuminated vapor “erupting” from a prehistoric volcano, surrounded by menacing T. rex, triceratops, and pterodactyl figures. Captivate your children’s imaginations and transport them into a Jurassic wonderland, all while enjoying the benefits of diffusing Young Living’s 100% pure, therapeutic-grade essential oils. The patents-pending Dino Land Ultrasonic Diffuser acts as an atomizer, aroma diffuser, and night-light all in one fun-filled, simple-to-use product and includes:

- A proprietary, interchangeable diffuser cover system
- Innovative diffuser motor compatible with additional diffuser covers (other covers sold separately)
- Continuous or intermittent (10 minutes on/10 minutes off) ultrasonic diffusion with automatic shutoff
- Four white under-panel soft LED lights with on/off settings
- Six “volcanic eruption” LED light settings (red, white, green, blue, alternating, and off)

**Dolphin Reef Diffuser Cover** ~ The exclusive Dolphin Reef Diffuser Cover is designed to be used with Young Living’s proprietary, interchangeable diffuser motor (sold separately) and features a playful mother dolphin and her calf swimming through color-illuminated vapor released by pink sea sponges. The colorful coral, starfish, sea anemones, and a pearl-bearing giant clam will captivate your children’s imaginations and transport them into an undersea wonderland, all while enjoying the benefits of diffusing Young Living’s 100% pure, therapeutic-grade essential oils.

This patents-pending, interchangeable diffuser cover includes:

- Four white under-panel soft LED night-lights with on/off settings
- Six vapor LED light settings (blue, white, red, green, alternating, and off)
- Power and light control buttons
- Giant clam that can be used to store jewelry and other small treasures

**Dolphin Reef Ultrasonic Diffuser** ~ Young Living’s Dolphin Reef Ultrasonic Diffuser features a playful mother dolphin and her calf swimming through color illuminated vapor released by pink sea sponges. The colorful coral, starfish, sea anemones, and a pearl-bearing giant clam will captivate your children’s imaginations and transport them into an undersea wonderland, all while enjoying the benefits of diffusing Young Living’s 100% pure, therapeutic-grade essential oils.



Dino Land Diffuser  
& Diffuser Cover



Dolphin Reef Diffuser  
& Diffuser Cover



Rainstone™ Ultrasonic  
Diffuser

(continued on page 8)



**Day of Harvest**

Byline: Gary Bertnick

Wonderful day of harvest  
 Joy of tenderly touching a man's soul  
 Beauty of gently encouraging a woman's spirit  
 Delight of confidently following the Shepherd  
 As He steps and powerfully leads into one person's life  
 Then another, and always another  
 Fields of wheat ripe as was spoken  
 Grain made ready  
 Hearts made willing  
 Ears and minds made able  
 To hear, to understand  
 To believe and to receive  
 As rich mysteries of Heaven are revealed  
 One Seed of Promise at a time,  
 Longing come true  
 Deepest yearning as thirst  
 Satisfied from a Holy Temple Vessel  
 Overflowing with Living Water  
 How blessed the servant who offers the drink  
 Who prayerfully lifts the cup to dry, parched lips  
 Drops of Spirit revelation  
 Then, an eternal flow of Truth!

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

**Look What's New at Young Living™ (cont'd)**

The patents-pending Dolphin Reef Ultrasonic Diffuser acts as an atomizer, aroma diffuser, and night-light all in one fun-filled, simple-to-use product and includes:

- A proprietary, interchangeable diffuser cover system
- Innovative diffuser motor compatible with additional diffuser covers (other covers sold separately)
- Continuous or intermittent (10 minutes on/10 minutes off) ultrasonic diffusion with automatic shutoff
- Four white under-panel soft LED lights with on/off settings
- Six vapor LED light settings (blue, white, red, green, alternating, and off)
- Giant clam that can be used to store jewelry and other small treasures

**Rainstone™ Ultrasonic Diffuser** - Young Living's Rainstone™ Ultrasonic Diffuser combines state-of-the-art ultrasonic technology and traditional Chinese craftsmanship with robust features, including up to eight (8) hours of diffusion, ambient light settings, a negative ionizer, and a remote control. ♦



*“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.”*





*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/>)



## October 2015\*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspirational 25 Bernie Lane Rochester, NY 14624	Phone: 585.729-6113 E-mail: <a href="mailto:inspiritual@gmail.com">inspiritual@gmail.com</a> Website: <a href="http://inspiritual.biz">http://inspiritual.biz</a>			1	2 7:00pm - Spiritual Journaling Week 2 of 8	3 2:00pm - Spiritual Journaling Week 1 of 2
4 10:00am - Love & Inspiration on Zoom	5 7:00pm - Healing Harbor	6 7:00pm - Living the Five Agreements	7 7:00pm - Midweek Meditation	8	9 7:00pm - Spiritual Journaling Week 3 of 8	10 2:00pm - Spiritual Journaling Week 2 of 2
11 10:00am - Love & Inspiration on Zoom	12	13 7:00pm - Living the Five Agreements	14 7:00pm - Midweek Meditation	15	16 7:00pm - Spiritual Journaling Week 4	17
18 10:00am - Love & Inspiration on Zoom	19 7:00pm - Healing Harbor	20 7:00pm - Living the Five Agreements	21 7:00pm - Midweek Meditation	22	23 7:00pm - Spiritual Journaling Week 5 of 8	24
25 10:00am - Love & Inspiration on Zoom	26	27 7:00pm - Living the Five Agreements	28 7:00pm - Midweek Meditation	29	30 7:00pm - Spiritual Journaling Week 6 of 8	31

### Month at a Glance

**Calendar of Events**



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

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

**Spiritual Journaling Workshop**

**Host/Host Organization:** Inspiritual

**Date:** October 2, 9, 16, 23 and 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 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 Friday

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

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

**Wheelchair Accessible:** Yes

**Spiritual Journaling Workshop**

**Host/Host Organization:** Inspiritual

**Date:** October 3 and 10, 2015

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

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

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

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

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

**Admission Price:** \$40.00 per Saturday

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

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

**Wheelchair Accessible:** Yes

(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)

### 28 Day Spiritual Cleansing Intensive

**Host/Host Organization:** Inspiritual

**Date:** October 4 through 31, 2015

**Time:** At your convenience

**Place/Venue:** Where 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. This program will be offered four times during the year January, April, July, and October. If these months are not convenient, please let us know what month you would like to begin your journey. Beginning the evening before the first Sunday, 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 Zoom for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose)

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

**Admission Price:** \$140.00

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

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

**Wheelchair Accessible:** Yes

### Love and Inspiration on Zoom

**Host/Host Organization:** Inspiritual

**Date:** October, 4, 11, 18, and 25 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.

**Admission Price:** Suggested donation is \$5.00.

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

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

**Wheelchair Accessible:** Yes

(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)

### Healing Harbor

**Host/Host Organization:** Inspiritual

**Date:** October 5 and 19, 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](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### Living the Five Agreements

**Host/Host Organization:** Inspiritual

**Date:** October 6, 13, and 27, 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:** suggested donation \$5.00

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

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

**Wheelchair Accessible:** Yes

### Midweek Meditation

**Host/Host Organization:** Inspiritual

**Date:** October 7, 14, 21, and 28, 2015

**Time:** 7:00 pm - 8:30pm

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

(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)

**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

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

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

**Wheelchair Accessible:** Yes

### [Despacho Ceremony and Haudenosaunee Harvest Festival](#)

**Host/Host Organization:** Energy to Go

**Date:** October 18, 2015

**Time:** 2:00pm - 5:00pm

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

**Description of Event:** Join us for a fun and sacred afternoon in October at Inspiritual. A caravan will leave Pittsford that day if you are coming with Maryanna- time of departure is 12 Noon.

A Despacho ceremony is medicine. When going to see a Peruvian Q'ero Shaman, no matter what the condition or desire- to heal from losing a loved one, to welcome a new soul to the earth, to honor a birthday, to heal from a break up, to call in love, to start a business, to experience physical healing, whatever the cause for the visit, the first thing often done is a Despacho!

The Despacho is a gift to spirit, or the organizing principles of the Universe, and is a ritual of energetic exchange for healing, re-establishing right relationship and protection. Let the ceremony be simple. You say thank you. You say thank you for as much as you can think of. Then you keep saying thank you until you feel like you could say thank you for hours. Beware of your resistance to gratitude.

Despacho: The intention behind a Despacho ceremony can range from something as noble as world peace, to something as down to earth as offering thanks for a bountiful harvest, to something as personal as relief from joint pain. You could even include prayers for all three in one Despacho!

### **The Power of Intention**

A personal Despacho is an opportunity to focus on any areas of your life where you feel you need support or would like to ask for blessings. It is quite a powerful way to set your intentions and let them go. You may be surprised to recognize in the weeks and months following a Despacho ceremony that you are indeed receiving the things you asked for, though perhaps in an unexpected or unusual form, perhaps in a way more appropriate or powerful than you could have dreamed of on your own.

(continued on page 14)





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

### Calendar of Events (cont'd)

Bring colorful leaves, twigs, bits of candy, written prayers, particles of things you wish to rid of (old wreath, paper of a sort, etc.), and cookies. These will be placed on a mesa, or plate to use in talking to our spirits, to be burned at the end after we have filled the mesa. For yourself bring your water, a dish to pass, cushion, folding chair, rattle or drum, compassion for yourself and the world.

**Haudenosaunee (formerly Iroquois) Harvest Festival:** It is the time for giving thanks to the Creator for the warm sun and rains that helped the corn and plants to grow. The festival lasted for four days at which time they set out to harvest their crops. This was one of the busiest times of the Iroquois year - the people of the village all worked together to gather the crops for the long winter to come. Finally, there was a Harvest Festival, something like our Thanksgiving, in honor of the three sisters, which were corn, beans and squash.

We will create a simple Iroquois, now Haudenosaunee, festival of Gratitude to Source/Creator/Mother/Father/God for all we receive and all who we are. Feel free to bring gourds, squash, beans or corn for eating or decoration.

The cooks at Inspiritual and Energy To Go! will prepare our contemporary White Corn Soup in the ancient tradition and Gazpacho for our Despacho!

**Admission Price:** Donations accepted

**Email Address:** [energytotonow@gmail.com](mailto:energytotonow@gmail.com)

**Website:** <http://energytogo.org>

**Wheelchair Accessible:** Yes ♣



*“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/>.

**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/>. ♦



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

## How to Become a Community Sponsor

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

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

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

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

- Name of Organization
- Description of Organization
- Contact Person:
- Phone
- Email
- Website
- Your logo (in jpeg or gif format)

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

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

## Inspirational Community Sponsors



**Marketed by Michelle, LLC offers a variety of products and services:**

- Web Design      Press Releases      Copy Writing      Resume Development
- Newsletters      Print Advertising      Postcards      Brochures
- Rack Cards      Flyers      Tag Lines      Mission/Vision Statements
- Social Media      Email Marketing      Interviewing Coaching

## About Us



*Inspirational*

25 Bernie Lane  
Rochester, NY 14624-1152

Phone: 585-729-6113  
E-mail: [Inspirational@ymail.com](mailto: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/>

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

<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.

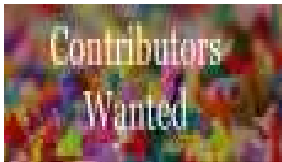
### **We seek the spiritual in everyday life.**

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](mailto: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!**