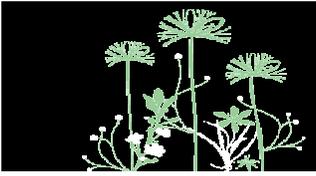


November 2015



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One Spirit - Many Voices

Gratitude

Byline: Rev. Dr. J.

"If the only prayer you say in your life is 'thank you,' that would suffice." – Meister Eckhart

Gratitude is more than an attitude, it is a way of being. It is a spiritual practice, which has been shown to have significant impacts on the quality of one's life. Two psychologists, Michael McCollough of Southern Methodist University in Dallas, Texas, and Robert Emmons of the University of California at Davis, wrote an article about an experiment they conducted on gratitude and its impact on well-being. The study split several hundred people into three different groups and all of the participants were asked to keep daily diaries. The first group kept a diary of the events that occurred during the day without being told specifically to write about either good or bad things; the second group was told to record their unpleasant experiences; and the last group was instructed to make a daily list of things for which they were grateful. The results of the study indicated that daily gratitude exercises resulted in higher reported levels of alertness, enthusiasm, determination, optimism, and energy. In addition, those in the gratitude group experienced less depression and stress, were more likely to help others, exercised more regularly, and made greater progress toward achieving personal goals.

Dr. Emmons, who has been studying gratitude for almost ten years and is considered by many to be the world's leading authority on gratitude, is author of the book, *"Thanks!: How the New Science of Gratitude Can Make You Happier"*. The information in this book is based on research involving thousands of people conducted by a number of different researchers around the world. One of the things these studies show is that practicing gratitude can increase happiness levels by around 25%. This is significant, among other things, because just as there's a certain weight that feels natural to your body and which your body strives to maintain, your basic level of happiness is set at a predetermined point. If something bad happens to you during the day, your happiness can drop momentarily, but then it returns to its natural set point. Likewise, if something positive happens to you, your level of happiness rises, and then it returns once again to your "happiness set-point." A practice of gratitude raises your "happiness set-point" so you can remain at a higher level of happiness regardless of outside circumstances.

In addition, Dr. Emmons' research shows that those who practice gratitude tend to be more creative, bounce back more quickly from adversity, have a stronger immune system, and have stronger social relationships than those who don't practice gratitude. He further points out that "To say we feel grateful is not to say that everything in our lives is necessarily great. It just means we are aware of our blessings."

All too often we take for granted the abundance of blessings in our life. Thich Nhat Hanh, in his book, *Peace is Every Breath*, talks about how at Plum Village, in France, their water was cut off periodically. During these times without water he gained a new appreciation for the water and the path it traveled to reach him and the others staying there. A friend of mine temporarily lost the ability to drive while she was recovering from surgery. She was so grateful to regain that ability once she had healed enough. People

(continued on page 2)



“... All too often we take for granted the abundance of blessings in our life... Now imagine what your life would be like if after not having any of those items”

Gratitude (cont'd)

Byline: Rev. Dr. J.

complain all the time about driving, but imagine what it would be like if you could no longer drive or if you could no longer even get in a car.

Imagine the little things you take for granted each day. Imagine not being able to go to the restroom without someone to help you. Imagine not being able to shower or bathe without assistance. Imagine not being able to breathe without assistance. Imagine not having a roof over your head. Imagine not having a job and no other source of income. Imagine not having a toilet inside your home. The list of things we take for granted on a daily basis is amazing.

Now imagine what your life would be like if after not having any of those items, they were restored. My guess is that you would feel this sense of gratitude for this previously unrecognized blessing.

When I was in seminary, I read this book by Sabina Wurmbrand's called “The Pastor's Wife.” She told the story of what she and her husband Richard endured during his pastorate in Rumania. She wrote about how the Rumanians imprisoned her and her husband for believing in God and preaching his faith. Their young son had to be cared for by friends during the time they were imprisoned.

One day, as the women prisoners were marched along the road, from the factory where they performed forced labor, back to their bleak, comfortless dormitory, a friend of Sabina's surreptitiously plucked two raspberries growing beside the road, and carried them along in the palm of her hand. When they got back to the dormitory, she opened her hand, showed them to Sabina, and gave her one of them. They were so delighted with those two lonely, partially crushed little raspberries because they didn't have anything else.

I think of that sometimes when I feel like complaining. Two lonely, little raspberries. I have so much more in my life, then two lonely little raspberries.

Writing in a gratitude journal is just one way to develop and maintain a sense of gratitude in life. You can write letters to people who you are grateful for in your life or who have touched you in some way. A friend of mine has worked her way through the alphabet focusing each day on a different letter of the alphabet. In my gratitude journal, I have taken turns focusing on people, events, senses, and feelings.

Regardless of how you choose to develop a spiritual practice of gratitude, may we be grateful for all the Infinite is doing in our lives every day. May gratitude become like breathing for us. May it become something we don't just do to heal and liberate ourselves when things are bad, but something we do in all circumstances. Take a minute and think about what you have to be grateful for and then do something to express your gratitude.



“ 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”



“...As you are visiting with your provider, go in with a plan to help you navigate a positive and productive conversation...”

What's New?

- ♥ Looking for us on social media? You can follow us on Twitter @inspiritual or on Facebook, on our group page, <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/>.
- ♥ Several people have requested a space to talk with and inspire each other while working on their current craft project. So our newest group Craft & Inspiration will begin the first Saturday in November and meet weekly on Saturdays at 1:00 pm. Coffee, tea and water will be provided. Occasionally snacks may appear as well. Suggested donation is \$5.00. For more information, visit <http://inspiritual.biz/crafts-inspiration/>.
- ♥ We will be gathering as always on Thanksgiving Day at 2 pm for our Pot Luck Gratitude Dinner. Bring a dish to pass or donate food to us ahead of time if you do not cook. Contact us for what is needed. All our welcome. We will have a small turkey and a small ham and whatever else shows up. Please RSVP on FB or Twitter or via email to let us know you are coming and what you might be bringing.
- ♥ 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 Inspirital@ymail.com. ♦

How to Talk to Your Health Care Provider About Young Living Products

Have you ever felt hesitant about bringing up the topic of our essential oil-infused dietary supplements with your health care provider?

We want to help you have productive conversations that will ease any nervousness! Using our dietary supplements as part of a wellness regimen is important to any Young Living member, and as with any other supplement or wellness product, we recommend the common sense approach of consulting with your licensed health care provider prior to use.

As you work to address your personal wellness, **it's important that you advocate for yourself.** Everyone reacts to and uses our products a little differently, so it's essential to openly discuss the personal wellness choices you want to make. As you are visiting with your provider, go in with a plan to help you navigate a positive and productive conversation. Remember: Both you and your provider want you to live with wellness and vitality, so don't hesitate to work as a team!

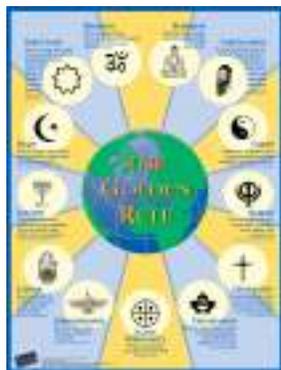
SHARE YOUR POINT OF VIEW

- Bring in the dietary supplements you commonly use to your appointment so your provider can look at them firsthand, read the labels, and see their recommended uses.

(continued on page 5)



“Seek a provider who has experience and skills in using essential oils and dietary supplements.”



No matter what the religion, ethical tradition, or spiritual philosophy; the ‘Golden Rule’ seems to be the central theme regarding how we should treat one another.

How to Talk to Your Health Care Provider About Young Living Products (cont’d)

- Share your thoughts about the products and what you’ve noticed while you have used them.

EMPHASIZE WORKING TOGETHER

- Seek a provider who has experience and skills in using essential oils and dietary supplements.
- If given advice that differs from your point of view and/or from the label’s recommended uses, don’t argue or act defensively. Instead, thank your provider for his or her opinion and time.

PROVIDE INFORMATION

- Read labeling on each product with your provider and seek advice that aligns with the label’s suggestions. If you have questions, you can always find additional information on YoungLiving.com under the “Products” tab.

Having open and candid conversations is a simple way to share perspectives, emphasize teamwork, and provide information. By using these tips, you can learn to feel comfortable discussing how you use Young Living products to support the most optimal and wellness-focused life possible!

POSTED BY YOUNG LIVING - 10/14/2015. Source page- <https://www.youngliving.com/blog/how-to-talk-to-your-health-care-provider-about-young-living-products/> ●

The Universal ‘Golden Rule’

The Golden Rule teaches that we should treat others as we, ourselves, would wish to be treated. This basic ethic is repeated in a multitude of variations in the texts of all the great religions of the world.

And, really, what else is there to say?

Bahá’í Faith

If thou lookest for justice, choose thou for others what thou chooses for thyself.

Buddhism

Hurt not others in ways that you yourself would find hurtful.

Christianity

As ye would that men should do to you, do ye also to them likewise.

Confucianism

Surely it is the maxim of loving-kindness: Do not unto others that you would not have them do unto you.

Gnosticism

If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.

Hinduism

This is the sum of all true righteousness: deal with others as thou wouldst thyself be dealt by. Do nothing to thy neighbor, which thou wouldst not have him do to thee after.

Islam

No one of you is a believer until he desires for his brother that which he desires for himself.

Jainism

Indifferent to worldly objects, a man should wander about, treating all creatures in the world as he himself would be treated.

(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/>)



November 2015*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00am - Love & Inspiration on Zoom	2 7:00pm - Healing Harbor	3 7:00pm - Living the Five Agreements	4 7:00pm - Midweek Meditation	5	6	7 1:00pm - Crafts & Inspiration
8 10:00am - Love & Inspiration on Zoom	9	10 7:00pm - Living the Five Agreements	11 7:00pm - Midweek Meditation	12	13 7:00pm - Spiritual Journaling Week 7 of 8	14 1:00pm - Crafts & Inspiration
15 10:00am - Love & Inspiration on Zoom	16 7:00pm - Healing Harbor	17 7:00pm - Living the Five Agreements	18 7:00pm - Midweek Meditation	19	20 7:00pm - Spiritual Journaling Week 8 of 8	21 1:00pm - Crafts & Inspiration
22 10:00am - Love & Inspiration on Zoom	23	24 7:00pm - Living the Five Agreements	25 7:00pm - Midweek Meditation	26 2:00pm - Open House Potluck Gratitude Dinner	27	28 1:00pm - Crafts & Inspiration
29 10:00am - Love & Inspiration on Zoom	30	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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

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

Healing Harbor

Host/Host Organization: Inspiritual

Date: November 2 and 16, 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

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: November 3, 10, 17, and 24, 2015

Time: 7:00pm - 9:00pm

(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)

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

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

Wheelchair Accessible: Yes

Midweek Meditation

Host/Host Organization: Inspiritual

Date: November 4, 11, 18, and 25, 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: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Crafts & Inspiration

Host/Host Organization: Inspiritual

Date: November 7, 14, 21, and 28, 2015

Time: 1:00pm - 2:30pm

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

Description of Event: Come and bring whatever you are working on. There are tables to draw on, a sewing machine to sew on, space to knit, crochet, or work on whatever your project is for that day.

This is not about learning how to do something, although we can definitely share with each other.

(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)

Rather, it is a space to share space with each other, celebrate each other's gifts, and inspire each other through conversation.

Coffee, tea, and water will be provided and periodically something to snack on.

Admission Price: \$5.00

Email Address: inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: November 13 and 20, 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

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

Wheelchair Accessible: Yes

Open Pot Luck Gratitude Dinner

Host/Host Organization: Inspiritual

Date: November 26, 2015

Time: 2:00pm - 7:00pm

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

Description of Event: It is time for our annual Open House Pot Luck Thanksgiving Dinner. We will be making a ham and possibly a small turkey and a tray or two of macaroni and cheese. We ask that you RSVP and tell us whether you are planning on bringing an appetizer, a side dish or a desert.

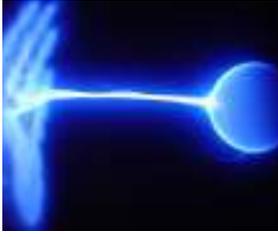
Also bring a container so you can help take home some leftovers. Please RSVP via inspiritual@ymail.com to let us know you are coming and what you are bringing.

Admission Price: Donations accepted

Email Address: inspiritual@ymail.com

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

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

We're on the WEB!

Our Website

<http://inspirational.biz>

Twitter Page

@Inspirational

Facebook Page

[https://www.facebook.com/](https://www.facebook.com/inspirational.biz)

[inspirational.biz](https://www.facebook.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!