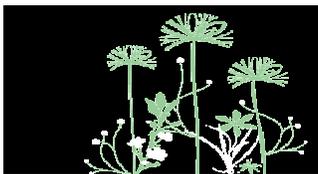


February 2016



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One Spirit - Many Voices

Imagination

Byline: *Rev. Dr. J.*

Recently I heard about an article in the New York Times called "Your Brain on Fiction"¹. The article talked about the findings of neurological studies that showed how the emotions evoked by reading fiction, or the use of any words or requests that evoke our senses has a direct impact on our brain and the way it responds. Asking someone to imagine slicing a lemon can evoke the same effect as actually slicing through the bright yellow rind into the juice filled translucent center while knowing that we are always in touch with the rind, which serves as the perimeters of the lemon. Even writing this sentence, my mouth was responding to the tartness of the lemon that I was not near or even slicing. Our imagination is powerful.

Imagination is about our ability to create something in our mind or externally that is new or different or takes us places we cannot go without it. Imagination enables us to enter the experience and experience it sensorially without necessarily experiencing it physically, such as slicing a lemon. It is what enables us to see someone throwing an apple at us as we read about it in a story, or to feel the clunk when that apple hits us on the head, without it ever hitting us.

Imagination is that practice that enables our brain to take us on spiritual journeys our brain might not think of on its own. Donald McCullough, in this book, *Say Please, Say Thank You: The Respect We Owe One Another*, tells a story about Ghandi's use of imagination to transform a situation. He wrote:

"One day Gandhi stepped aboard a train as it started to move, and one of his shoes slipped off and dropped on the tracks. Unable to retrieve it, he calmly took off his other shoe and threw it back along the track to land close to the first. When an amazed passenger asked why he had done that, Gandhi smiled and said, 'The poor man who finds the shoe lying on the track will now have a pair he can use.' With the eyes of his imagination, Gandhi saw a man with bare feet, saw him coming across a lone shoe and desperately searching for the other, and saw the disappointment on his face when he didn't find it; seeing these things, Gandhi did what he could to help."

¹http://www.nytimes.com/2012/03/18/opinion/sunday/the-neuroscience-of-your-brain-on-fiction.html?_r=0

(continued on page 2)

One Spirit - Many Voices

Page 2



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



“Imagination enables us to enter the experience and experience it sensorially without necessarily experiencing it physically, such as slicing a lemon.”

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. ♦

Imagination (cont'd)

Byline: *Rev. Dr. J.*

We can use our imagination to envision how we can assist others. We can also use our imagination to envision how we can assist ourselves in our own spiritual journeys. We can imagine ourselves being at the place we want to be in our journeys and feel how that feels. We can imagine the ways the Divine is speaking to us in the language of clouds, in the colors of leaves, or in the dreams that float through our mind while we sleep.

We have each been blessed with the gift of imagination. The question is whether we actively practice it in our journeys. When we look at a picture, can we envision ourselves in it? When we smell something cooking, can we envision what is on the plate and what it tastes like before it ever arrives? When we read a book can we be like Bastian in the Never Ending Story and allow it to take us places we are not able to go on our own?

When we think about the spiritual leaders and teachers who have come before us in this world's journey do we consider how they used their imagination to enhance their own lives? Do we understand that they, like Gandhi, used their imagination in ways that allowed them to practice other gifts like humanity, compassion, grace, and peace? This month, may we practice using our imagination and open ourselves up to messages from the Divine. ♦

☆wishlist

“ If you'd like to assist in growing or maintaining one or more of our ministries this holiday season, here are a couple of possibilities thank-you “



“...When the New Day dawns... “

What is on Our Wish List?

We have a few things on our Wish list for this year. So if you feel led to give us a gift, here is what we are seeking:

- Scholarship Fund (\$40.00 per month) - love offerings for those who cannot afford our offerings/partnership work;
- Gift Certificates to Home Depot or The Garden Factory for Prayer & Meditation Garden;
- Gift Certificate to Wegman's, for coffee/tea/paper products;
- Cairn for center (approximately two feet in diameter);
- Tibetan prayer flags which will hang from one of the existent trees;
- Small outdoor sculptures of animals to be tucked in and throughout the grasses;
- Concrete path for garden;
- Advertise in local community newspaper (\$130.00 every six weeks);
- Advertise in City newspaper's Mind Body Spirit section (\$120.00 per week);
- Professional printing of brochures/rack cards (\$250.00); and
- Trademark our name (\$325.00)

You can plant a seed in these new ministries by making a monthly donation of as little as \$5.00 a month. ♦

Morning Message

Byline: *Gary Bertnick*

With darkness surrounding
A hint of fear as a night chill in the air
The hoot of an owl above in a nearby tree
Carries a message
Clearly trumpets,
With an alertness
And watchfulness
Always poised, ready for any prey
Or any silent predator.
Sounds as echoes from the Creator
Spoken so long ago in the ancient land
Place of Abraham, home of King David
Even Israel now on the threshold of rebirth;
Words of encouragement from Heaven-
"Stay strong"
"Be ready"
"Be alert"
"Be watchful"
"Stand strong till the end",
"When the New Day dawns
And the Morning Star rises in your hearts!"

<http://garybertnick.wordpress.com> ♦

WHAT'S New!

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



"...ginger has some significant holistic benefits and is found in many essential oil blends.."

What's New?

- ♥ Looking for us on social media? 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>. You can also find us on Pinterest, <https://www.pinterest.com/inspiritual/>;
- ♥ As our personal lives are overflowing in February, our calendar of events has been scaled back to the groups that are up and running. We will be adding some special programs to the March and April calendars, so stay tuned;
- ♥ 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@gmail.com. ♦

Your Grandmother's Ginger Snaps, More Than Just a Spicy Treat

Byline: *Kelleigh Larsson*

A couple of months ago a friend of mine bought me a box of ginger/lemon tea. Ginger is often associated with ethnic foods, holiday baked goods and spicy drinks however; ginger has some significant holistic benefits and is found in many essential oil blends. Ginger root, also known as *Zingiber officinale*, can be applied topically, preferable on the bottom of the feet, inhaled, diffused and in therapeutic grade, ingested. Ginger is more commonly known for its powerful effects in aiding digestive issues including, indigestion and nausea. Young Living Essential Oils™ makes use of it in one of their most popular blends, DiGize™. I have also personally used it in a coconut Shea Butter mixture to alleviate hives, caused by anxiety. The mixture I use is comprised of the following ingredients: two (2) Tbsp. of shea butter, one (1) Tbsp. of coconut oil and four (4) drops of ginger oil. I carry a small bottle in my purse, right along with peppermint, so if I am out and need either a little warm up from inside, or have a touch of nausea; I can add a couple of drops to any cold beverage and feel better in minutes.

On a metaphysical/spiritual level, ginger has been known as the power or fire oil. It creates an inner feeling of warmth and strength to help one face such emotions as fear and helplessness. I have also found that rubbing two (2) drops on my hands, rubbing them together and inhaling deeply assists with my anxiety.* So, the next time you are feeling a bit out of sorts, or a little nauseous, give yourself a treat and order that ginger and lemon tea and cookie.

*Before using ginger oil, and all other essential oils, it is recommended that a skin test be performed. The skin test is carried out by applying one (1) drop of oil to the skin, in a non sensitive area. Never apply oils to the face, neck, genital or any of your known sensitive areas. ♦



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/)



February 2016*

Sun	Mon	Tue	Wed	Thu	5	6
	1	2 7:00pm - Living the Five Agreements Live onsite & on Zoom	3	4		
7 10:00am - Love & Inspiration on Zoom	8	9 7:00pm - Living the Five Agreements Live onsite & on Zoom	10	11	12	13 1:00pm - Crafts & Inspiration
14 10:00am - Love & Inspiration on Zoom	15 7 pm Healing Harbor	16 7:00pm - Living the Five Agreements Live onsite & on Zoom	17	18	19	20 1:00pm - Crafts & Inspiration
21 10:00am - Love & Inspiration on Zoom	22	23 7:00pm - Living the Five Agreements Live onsite & on Zoom	24	25	26	27 1:00pm - Crafts & Inspiration
28 10:00am - Love & Inspiration on Zoom						
				Phone: 585-729-6113 E-mail: inspiritual@ymail.com Website: http://inspiritual.biz		

Month at a Glance



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

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

Calendar of Events

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: February 2, 9, 16, and 23, 2016

Time: 7:00pm - 9:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624 and on [Zoom](https://zoom.us/j/903992515), <https://zoom.us/j/903992515>.

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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date February 7, 14, 21, and 28, 2016

Time: 10am - 11:30am

Place/Venue: **Zoom.** The 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.

Please 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

Crafts & Inspiration

Host/Host Organization: Inspiritual

Date: February 13, 20, and 27, 2016

Time: 1:00pm - 3:00pm

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. Rather, it is a space to share space with each other,

(continued on page 7)



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)

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: Inspirital@ymail.com

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

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspirital

Date: February 15, 2016

Time: 7:00pm - 8:30pm

Place/Venue: Inspirital, 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: Inspirital@ymail.com

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

Wheelchair Accessible: Yes ♣



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

How to Become a Community Sponsor

Inspirital 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 Inspirital 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://inspirital.biz/community-sponsors-resources/> ♦



*"We'd like to say
THANK-YOU to our
sponsors. Please take
the time to check
them out —see if
their products
and/or services can
assist you, your
organization, or
someone you know!"*

Inspirational Community Sponsors

Jewelry in Candles



As candle lovers, we ventured into the candle industry looking for ways to enhance the candle experience. Our dream was to create candles that last longer, smell great, and are an eco-friendly alternative to paraffin candles.

We started with 100% soy wax that is natural and burns clean in your home. Then, we added premium fragrances that transform your home into a relaxing and blissful experience.

In our pursuit, we discovered a variety of unique scents that make our candles simply irresistible. We continue to explore and expand our scent collection, offering new scents every week. When you light our surprise candles or tarts, you unlock a delightful experience that will transform your home and take you to paradise. Explore our fragrances and discover your Jewelry In Candles experience, now!

Contact: Karen Grimsley

Email: Darkcelticmermaid@gmail.com

Website: <https://www.jewelryincandles.com/store/karengrimsley>

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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://inspiritual.biz>

Twitter Page

@Inspiritual

Facebook Page

<https://www.facebook.com/inspiritual.biz>

Inspiritual 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 Inspiritual'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 Inspiritual. 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 Inspiritual;
- 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, Inspiritual@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!