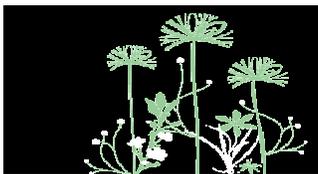


June 2016



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One Spirit - Many Voices

Listen

Byline: *Rev. Dr. J.*

Perhaps the most sacred gift we can give each other is the gift of listening.

We may hear people talking or making sounds around us. However, hearing is not the same as listening. Listening requires us to pay attention to what people are saying. It means we are not thinking about the five hundred things we have to do in life or the other things going on in our environment; we are present and paying attention. It means we are practicing hospitality and welcoming people in a way that they feel our presence with them.

Listening is not something we just do with our ears; it is something we learn to do with every aspect of our being and is a part of other spiritual practices. We listen to the voice of the Divine during our devotional times. We listen to our bodies speak to us about how they need to be nurtured. We listen to the wisdom in the writings of spiritual teachers from the past and the present.

It is through our practice of listening that we not only hear the voices of others, but we are able to hear the voice of the Divine, that voice that speaks to us in the stillness, in the midst of a situation, in the midst of the peace and in the midst of the chaos. When we listen we are practicing developing our connection with our intuitive gifts and the messages which abide within our conscience.

My friend Tracy is raising the sweetest of little boys, Stephen, who by the way is going to be one of the new Fisher Price babies. Watching him and how he pays attention to the world has taught me so much about listening. Every sound is new to him. He notices so many things like music, rhythm, and every little sound that my ears have to learn how to listen to again.

He is a sweet baby, but a quiet baby. What I have come to realize is that he is embodying the advice I read once from a Native American elder that we should speak only half as much as we listen. How much is he learning simply because he is listening?

Listening is such a sacred gift. Think about how many times you have been speaking and not really felt like anyone was listening to you and really hearing what you were saying. How did that make you feel? Now think about the times you felt like someone was truly listening to you. How did that make you feel? For myself, I know that when they are listening, I feel closer to them and a deepening of our relationship.

(continued on page 2)

WHAT'S
New!

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

What's New?

- ♥ Our community garden is slowly taking off and plants are growing. We are so looking forward to being able to “feed” people, literally. Thanks to Kelleigh and Alan for all their hard work and watering.
- ♥ We are also looking for volunteers to help with the maintenance of the prayer and meditation garden this year. We need people to help mow, weed, water, and pray over the garden so that we may continue to keep the garden vibrating at a high frequency. If you are interested in volunteering, please contact us via the website <http://inspiritual.biz/contact/>.
- ♥ Do you know about our Plant A Seed Program. Help support our ability to provide low and no cost offerings to the world by making a monthly donation. All gifts are welcome and appreciated.
- ♥ 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.
- ♥ Our weekly Love & Inspiration sessions are now being recorded. You can view and listen to them from our Facebook group
- ♥ 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. ♦

Listen (cont'd)

Byline: *Rev. Dr. J.*

Listening is not just a gift we can practice with humans. We can practice it with all of creation. Our cats have taught us how to listen to them and hear their needs. We have a conch shell in our bathroom and you can listen to the sounds which live within it still when you hold it up to your ear. When we listen to the sounds of the universe, we gain a greater appreciation for the world in which we live.

Listening requires us to move beyond our own needs and desires and to give and share with others. This month may we practice listening to each other, ourselves, our Higher Power and the world in which we live. ♦

**LISTENING
IS AN
ACT OF
SERVICE**

it changes everything

*"...Listening is an act
of service AND love..."*

☆wishlist

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



“Keep you and your pets safe and comfortable this spring & summer... NATURALLY! “

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. ♦

Spring & Summer Bug Repellents

Byline: Kelleigh Drew Larsson

In the last few newsletters we have talked about specific essential oils, I am guessing that you are now starting to think about how essential oils can be applied to common, everyday uses. As we are now into spring and launching into summer many of us are thinking about our personal health, our animals, and creepy little critters crawling around our homes.

I would like to share with you two recipes that I have personally used and tested that I think you will find beneficial.

The first recipe is directly created to aid in elimination of ants, but because of the variety of oils in it can also help with deterring other pests.

ANT AWAY SPRAY

Ingredients:

1/4 cup purified water

1/4 cup vodka (Used to help suspend the oil in the water. If you don't have any, available you can just use water or vinegar, or witch hazel and shake often)

15 drops of peppermint essential oil

15 drops of tea tree essential oil

7 drops of citrus essential oil (orange, lemon, grapefruit, etc.) or 1-3 drops clove essential oil.

(continued on page 4)

Spring & Summer Bug Repellents (cont'd)

Byline: Kelleigh Drew Larsson



“Essential oils also help to maintain your internal balance. You’ve tried the others now try elements that will work WITH you instead of AGAINST something.”

The peppermint and the tea tree essential oils will mask the pheromone trails bugs leave while the clove and citrus oils can actually kill ants. I find this to be a multipurpose combination. You can mix the above in a five (5) gallon bucket with two (2) cups peppermint castile soap, use it around the foundation, and wash down decks and porches. The soap will actually improve the effect of the oils on the bugs as well and help eliminate pet odors.

We have all heard the saying ‘an apple a day helps keep the doctor away’, the truth is that we need balance and an apple is only one of the elements needed. I am a firm believer in starting the morning with 16 ounces of warm or room temperature water, and have recently started adding two (2) or three (3) drops of lemon essential oil. This quick morning drink has the potential to aid in digestion, cleansing filtering organs, respiratory function, and mood. As a side note if you like juice this is awesome mixed with one apple and cucumber. The oil can give many of the same benefits as juicing a lemon without the sour and bitter taste.

We have had multiple dogs and cats over the past ten years, service and rescue animals, and I am very proud to say that we have never had issues with fleas, ticks, mites, or sand fleas. I attribute this fact to our use of essential oils in the grooming of all of our animals.

TICK, FLEA AND MITE ANIMAL SPRAY

Items/Ingredients:

An 8-ounce glass or metal spray bottle
 2 ounces of witch hazel
 2 ounces of coconut oil or Avon® Skin so Soft
 6 drops of Lavender essential oil
 4 drops of peppermint essential oil
 4 drops of clove essential oil
 2 drops of cedarwood essential oil
 2 drops of citrus essential oil (orange or lemon)
 Top off bottle with water and shake well before each use.

Note: This spray also can make a nice carpet and room spray to help discourage pests as well.

Grooming Procedure:

Lightly mist animal with back of head to tip of tail avoiding eyes.
 Brush fur fully

After completely brushing animal, lightly mist and brush fur again.
 Do not forget to mist each paw and the backs of the legs. ♦



*“...Good seeds for
a pleasant
place
Planted in all
tenderness,
Planted in lasting
loving honesty...”*

Kiss of Truth

Byline: Gary Bertnick

One kiss
One kiss of true love upon the lips
A long kiss of lasting friendship
Becomes truth within the heart,
Good seeds for a pleasant place
Planted in all tenderness,
Planted in lasting loving honesty.
As day turns into night
And the sensitive blossoms are closed
A royal flower with a richer fragrance
An enduring aroma
Carries through the darkness
Greet the morning sunrise
Alert and watchful
Fully awake with its own brightness,
Fully alive in the Light of Eternal Truth
Covenant beauty that endures
Steadfast love that spreads its wings
And clearly soars high above
Confidently through another Earth day;
With more good seeds to plant, to water
Always more love to give
More delightful children wait
If only to be awakened
From a deep and troubling mysterious sleep. ♦

Healing and Energy Work

We offer a wide 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, Integrative Energy Therapy (IET), 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 they 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. Reiki is an ancient Japanese method of healing uses energy to balance the body and mind. This healing modality provides benefits, which can be felt by 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. To learn more about the benefits of Reiki or 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/>. ♦



"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!"



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/>)

Month at a Glance



June 2016*

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|-----|-----|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5 10:00am - Love & Inspiration on Zoom | 6 7:00pm - Healing Harbor  | 7 7:00pm - Living the Five Agreements Live onsite & on Zoom | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 7:00pm - Living the Five Agreements Live onsite & on Zoom | 15 | 16 | 17 | 18 1:00pm - Spirituality Book Club |
| 19 10:00am - Love & Inspiration on Zoom  | 20 Summer Solstice  | 21 7:00pm - Living the Five Agreements Live onsite & on Zoom | 22 | 23 | 24 | 25 |
| 26 10:00am - Love & Inspiration on Zoom | 27 | 28 7:00pm - Living the Five Agreements Live onsite & on Zoom | 29 | 30 | | |
| | | | | | | Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz |

Inspiritual
25 Bernie Lane
Rochester, NY 14624



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/>)

Calendar of Events

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date June 5, 19, and 26, 2016

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: June 6, 2016

Time: 7:00pm - 8:30pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

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

(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/>)

Calendar of Events (cont'd)

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: June 7, 14, 21, and 28, 2016

Time: 7:00pm - 9:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, and on

Zoom <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

Metaphysical & Spirituality Book Club

Host/Host Organization: Inspiritual

Date: June 18, 2016

Time: 1:00pm - 3:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624

Description of Event: We will gather to discuss a book which will assist us with our spiritual evolution and journey or our understanding of the metaphysical. The books will come from a diversity of faith traditions and spiritual writers. Recommendations are welcome from those attending the group. You are responsible for the purchase and pre-reading of the book. Coffee and hot water for tea as well as Crystal Light will be provided. In June we will be continuing reading and discussing *The Community of Kindness: Random Acts of Kindness*. The editors share brief stories about those who have received or witnessed acts of kindness.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spirituality-book-club/>

Wheelchair Accessible: Yes ◆



*"Interested in becoming
an Inspiritual
community sponsor?
Here's how..."*

How to Become a Community Sponsor

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

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

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

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

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

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

Our community sponsor information is our website at - <http://inspiritual.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/karengirmsley>

Marketed by Michelle, LLC



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@gmail.com

We're on the WEB!

Our Website

<http://inspirational.biz>

Twitter Page

@Inspirational

Facebook Page

<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 a 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 photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspirational@gmail.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!