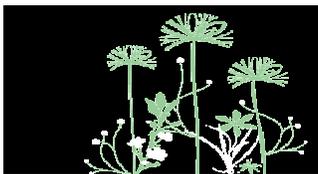


July 2016



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# One Spirit - Many Voices

## Love

Byline: *Rev. Dr. J.*

Love is a word we use so often, but rarely do we talk about it or discuss how to practice it. Love is one of the spiritual practices that regardless of faith or spiritual tradition, we seek to practice. Love radiates from the core of who we are and while it may seem as if it is a natural thing. Learning to practice love requires time and like so many spiritual practices is one that becomes better over time.

Our ability to practice love begins with our ability to practice loving ourselves. We are only capable of loving others to the extent we are able to love ourselves. As we practice loving ourselves, we practice loving the Divine within us and the love of the Sacred for us. It is our ability to love ourselves, which allows us to radiate love to others in our daily lives.

I often tell people that I once thought the opposite of love was hate, but then I came to the realization that the opposite of love is fear. Fear makes us afraid to love others. Fear makes us worry that if we do that others will not love us back. Fear makes us believe we are not enough of something for people to love us. Fear makes us think we have lost the ability to be loved, to feel love or to offer love. Some of us are afraid to open ourselves up to experience and practicing love because of the transformative power of love.

A friend once told me that fear is an acronym for False Evidence Appearing Real. Love is real, fear is not. Fear just appears real. Yet fear is like a self-propagating weed, which seems to take over an entire yard. It continues to keep coming back until you are able to dig them up by their roots and permanently remove them.

The soil in which our fear is planted is in our mind. Our mind is like fertile ground where these weeds exist until we have stalked them down to their roots and removed them. We have a choice as to whether we plants weeds of fear or seeds of love in our minds. When we are impeccable with our word, which is the first agreement in Toltec Wisdom, then our mind is no longer fertile ground for weeds of fear; it is only fertile for seeds of love.

The question then is how do I remove these fears and replace them with love. Toltec Wisdom teaches a process called stalking. According to Sheri Rosenthal, there are ten steps to stalking:

Step 1: Watch ourselves with absolute objectivity, observing how people behave in our presence and how they react to our actions.

(continued on page 2)

**Love (cont'd)**Byline: *Rev. Dr. J.*

*"...Our ability to practice love begins with our ability to practice loving ourselves..."*

Step 2: Create an inventory, through journaling of what we believe about what is happening to us, noting our judgments, opinions, and points of view.

Step 3: Examine our emotional reactions and journal what we believe about each of the emotions we have listed.

Step 4: Look at everything we have journaled to date, and ask if our journaled beliefs reflect the truth.

Step 5: Acknowledge the truth of what is happening in our lives, and accept responsibility for our half of making it happen.

Step 6: Recapitulate our lives by going back in time and seeing where our beliefs and agreements originated.

Step 7: Release all of the expectations we have in life about everything and everyone.

Step 8: Forgive and let go. Forgiveness is not about the other person, but about setting ourselves free and letting go of the past and harmful judgments.

Step 9: Erase our personal history. This is not to say that events did not happen, but that they no longer have an emotional hold on us and hook in us.

Step 10: Become impersonal by totally detaching from the egotistical mind.

Stalking is a way of being which leads us to freedom and happiness. It is about identifying the weeds of fear in our mind, which cloud our vision and removing them so we have greater clarity in life. As we remove the weeds of fear, we are left with the space and the clarity to plant seeds of unconditional love in its place.

Reference:

Rosenthal, S. A. (2005). Complete Idiot's Guide to Toltec Wisdom. New York: Alpha. ♦

## WHAT'S *New!*

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



*"The recipes here  
are just a fraction of  
what you can do when  
cooking with essential  
oils."*

## What's New?

- ♥ We are so excited to be turning 6 years old this July. It is hard to believe we are still alive, growing, evolving and still being of service. We continue to hear from people around the world who are reading our blogs and local people who find us for a variety of reasons. We continue to not do any paid advertising, but we depend on the direction of the Divine to guide those here who are seeking a space for spiritual growth and evolution.
- ♥ 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.
- ♥ 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). ♦

## Cooking With Essential Oils

Byline: *Kelleigh Drew Larsson*

We would like to continue with the theme from last month's newsletter and talk more about essential oils in motion. As therapeutic grade, essential oils are so pure, a few drops here and a couple of drops there can make a huge difference. When cooking, you can add many oils to flavor your food. In this case, much of the therapeutic benefits are diminished in the cooking process. I have personally used oregano, rosemary, thyme, and sage essential oils in homemade sauces; additionally, I have also used orange, lemon, and clove oils in grilling marinades. I recently went to a gathering at a friend's house where she served a sparkling water with fresh watermelon and spearmint oil; it was amazing, even my husband thought it was amazing. We love to juice and make healthy smoothies; here are two recipes that you can try using therapeutic grade oils.

### Pumpkin Yam Blast Ingredients:

1 cup almond milk (or milk of choice)  
1/4 cup carrot juice  
1/4 cup apple juice  
1/2 cup pumpkin puree  
1/4 cup cooked yams  
1/2 cup plain Greek yogurt  
2 frozen bananas

(continued on page 4)

## ☆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 “*



*“Bon appétit!”*

### 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. ♦

### Cooking With Essential Oils (cont'd) Byline: *Kelleigh Drew Larsson*

- 1 teaspoon vanilla extract
- 1 teaspoon pumpkin pie
- 2 drops dōTERRA® On Guard® Protective Blend
- 2 drops clove oil
- 2 drops cinnamon oil
- 2 drop dōTERRA® Sweet Orange Oil
- 1/4 cup oatmeal or other seeds as desired (optional)
- 1 cup ice

Instructions: Combine all ingredients into blender and blend until smooth.

#### Summer Crisper:

- 32 oz. spring water or sparkling water
- 8 oz. cucumber juice
- 4 oz. apple juice
- 8 drops peppermint or spearmint oil
- 4 drops lemon oil
- 2 drops Young Living ®Thieves or dōTERRA® OnGuard
- 1 cup frozen raspberries
- 6 2inch chunks of watermelon

Instructions: Mix water, juices and oils  
Divide fruit into 6 glasses, and add mix  
Garnish with a slice of lime and, enjoy! ♦



*"..Most beautiful flowers  
Colorful, unique in form and fragrance,  
Most vibrant vegetables and fruit as well  
Nutritious health that transcends even physical beauty..."*

## ***In the Wind***

Byline: *Gary Bertnick*

Songs of goodness carried in the wind  
A gentle melody of forgiveness flows  
Pleasant silver streams to comfort the mind  
As fresh spring waters upon a garden of delight  
Most beautiful flowers  
Colorful, unique in form and fragrance,  
Most vibrant vegetables and fruit as well  
Nutritious health that transcends even physical beauty  
Strengthens, invigorates and stirs the spirit and soul,  
As something greater heard, and seen  
Something much greater.  
With songs of powerful praise  
Healing love upon the lips,  
In songs of purest worship  
Before the Throne of True Beauty  
Before the King of all authority  
Who "does not delight in the death of anyone who dies",  
The only One who can embrace all;  
The music of angels resounds in thundering gladness,  
Ones who minister true wealth to the saints  
Those who hunger for God on Earth,  
Who thirst with needs for a lasting touch from Heaven  
Showers of lasting treasures of real love and peace,  
Even as the early and latter rain  
Comes down from above,  
The kindness of our Great God  
Shown in strength and mercy of our Lord of Splendor  
Given freely for each of us to know Him,  
The choice of eternal, majestic fellowship.



*“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 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/>. ♦



*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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 10:00am - Love & Inspiration on Zoom 28 - day Spiritual Cleansing Intensive begins	4 2:00 pm - Fourth of July Pot Luck Barbecue 	5 7:00pm - Living the Five Agreements Live onsite & on Zoom	6 7:00pm - Living the Five Agreements Live onsite & on Zoom	7 7:00pm - Living the Five Agreements Live onsite & on Zoom	8 1:00pm - Spiritual Journaling Workshop Part 2	9 1:00pm - Spiritual Journaling Workshop Part 2
10 10:00am - Love & Inspiration on Zoom	11 10:00am - Love & Inspiration on Zoom	12 7:00pm - Living the Five Agreements Live onsite & on Zoom	13 7:00pm - Living the Five Agreements Live onsite & on Zoom	14 1:00pm - Spirituality Book Club	15 1:00pm - Spirituality Book Club	16 1:00pm - Spirituality Book Club
17 10:00am - Love & Inspiration on Zoom	18 7:00pm - Healing Harbor	19 7:00pm - Living the Five Agreements Live onsite & on Zoom	20 7:00pm - Living the Five Agreements Live onsite & on Zoom	21 7:00pm - Living the Five Agreements Live onsite & on Zoom	22 7:00pm - Living the Five Agreements Live onsite & on Zoom	23 7:00pm - Living the Five Agreements Live onsite & on Zoom
24 10:00am - Love & Inspiration on Zoom	25 10:00am - Love & Inspiration on Zoom	26 7:00pm - Living the Five Agreements Live onsite & on Zoom	27 Inspirational 25 Bernie Lane Rochester, NY 14624	28 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>	29 2:00 pm - Six year Anniversary Celebration	30 2:00 pm - Six year Anniversary Celebration 
31 10:00am - Love & Inspiration on Zoom						

# July 2016\*





*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

### Spiritual Journaling Workshop

**Host/Host Organization:** Inspiritual

**Date** July 2 and 9, 2016

**Time:** 1:00 pm - 5:00 pm

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

**Description of Event:** 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:** \$80.00 for both Saturdays

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

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

**Wheelchair Accessible:** Yes

### 28 Day Spiritual Cleansing Intensive

**Host/Host Organization:** Inspiritual

**Date** July 3 - 31, 2016

**Time:** Daily

**Place/Venue:** Where ever 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. Beginning the evening of July 3, 2016, 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 one (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).

(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)

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** July 3, 10, 17, 24 and 31, 2016

**Time:** 10:00 am - 11:30 am

**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.

RSVP via email to reserve your spot and to receive additional instructions.

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

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

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

**Wheelchair Accessible:** Yes

### 4<sup>th</sup> of July Potluck Barbecue

**Host/Host Organization:** Inspiritual

**Date:** July 4, 2016

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

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

**Description of Event** Once again, we are opening our home, garage, and backyard for a 4th of July potluck and barbecue. Our grill will be up and running. So if you have something you want to grill, bring it. Bring a dish to pass and your non-alcoholic beverage of choice. We will provide plates, cups, and serving utensils and ice. We will also be providing a side dish of our own.

We have a huge yard, so bring a blanket/folding chair to sit on lay on. The sprinkler will be set up for the kids to run around in and get wet. Hope to see you all!

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

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

**Wheelchair Accessible:** Yes

(continued on page 10)



*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:** July 5, 12, 19, and 26, 2016

**Time:** 7:00 pm - 9:00 pm

**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](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes

### Metaphysical & Spirituality Book Club

**Host/Host Organization:** Inspiritual

**Date:** July 16, 2016

**Time:** 1:00 pm - 3:00 pm

**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 July and August, we will be reading and discussing *Inside the Miracle* by Mark Nepo A memoir and deep conversation about cancer, healing, personal transformation, and falling in love with the world.

**Admission Price:** \$5.00

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

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

**Wheelchair Accessible:** Yes

### Healing Harbor

**Host/Host Organization:** Inspiritual

**Date:** July 18, 2016

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

(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/>)

## Calendar of Events

**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 8:10 pm.

**Admission Price:** Love offering

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

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

**Wheelchair Accessible:** Yes

### Six (6) Year Anniversary Celebration

**Host/Host Organization:** Inspiritual

**Date:** July 30, 2016

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

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

**Description of Event** Help us celebrate our six (6) year anniversary. This is not a formal event. It is simply a time to stop by and help us celebrate six (6) years of working to help people transform their lives and evolve spiritually. Come share a story, meet others who have been touched by our ministry and talk to us about what you would like to see us offer in the future. Light refreshments will be served.

Bring a colorful perennial to plant in the prayer and meditation garden.

**Admission Price:** Bring a colorful perennial to plant in the prayer and meditation garden.

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

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

**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](mailto:Darkcelticmermaid@gmail.com)

**Website:** <https://www.jewelryincandles.com/store/karengirmsley>

## Marketed by Michelle, LLC

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**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](mailto: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](mailto: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!**