

October 2016



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One Spirit - Many Voices

Openness

Byline: *Rev. Dr. J.*

The spiritual practice this month is openness. Openness is about one's ability to go with the flow, without attachment to the outcomes. When we are open, it means we are receptive to the possibilities that the universe brings to us. We do not prejudge what comes our way, we just go with the flow. So often it is not that the Higher Power does not hear and answer our prayers, it is just that

the answer does not always come in the manner we were expecting. Because we were not open to the unexpected and unknown, we may have missed the answer we were seeking. Each spiritual practice that we have reflected on seems to affect the others. For example, practicing empathy helps us to practice openness. When we can open ourselves up to understanding and empathizing with another person's journey, we open ourselves up to a greater understanding of the Divine and how to see it in other people's lives.

When I was in seminary, I read this book by Jorge Rieger called *God and the Excluded*. It made that very point. If all we do is hang out with people who are just like us, our understanding of God is limited to how God shows up and through people just like us. The more of the "excluded" we welcome into our lives and to our table, the more we open ourselves up to experiencing the Divine in their lives. We open ourselves up to a deeper and richer relationship with the Divine.

Practicing openness assists us in broadening our view and understanding of the world. One cannot practice openness and be rigid minded. Being open means that one cannot be closed. When we are practicing openness, we are also practicing optimism. We are positive and open about what is before us. One cannot be pessimistic and open to anything other than more disappointment and pessimism in one's life.

Recently, someone asked me what they could do to help them be more open. I smiled as I recalled a story Anthony de Mello once told in his book *Awakenings*, "I have been four months with you, and you have still not given me a method or technique."

"'A method?' said the Master. 'What on earth would you want a method for?'"
 "'To attain inner freedom.'"

"The Master roared with laughter. 'You need great skill indeed to set yourself free by means of the trap called a method.'"

How does one become more open? Try making one's self available to others? Try meeting and getting to know people who are different than you. Consider letting go of those areas of your life where you are close minded or rigid. How about letting go of the idea that you know how things are supposed to turn out? How about trying something new? Just go with the flow. What if, as Emeli Sandé suggests in her song, "...The River, we open ourselves up to following the river, so we can find the sea..." ♦

Essential Oils: October Healing & Calming

Byline: *Kelleigh Drew Larsson*



“Some natural and helpful tips for October fatigue, anxiety and headaches.”

October is one of the best months of the year. Why? October’s amazingness is due, in part, to its marking the closing of one “life” (time of year) and the birth of a new timeframe. It is during this month that many of us feel the need to clear out the old and get ready for the upcoming months before the end of the year. I have found that for many of us it can also be a high stress time, we are bubbling over with energy while at the same time feeling overwhelmed and drained. This is why I think it is a good time to talk about three situations, the first being “fatigue”, the second “anxiety” and the third “headaches”, as I feel this time of year they can all go hand and hand. When we feel tired, but have a lot to do this can stimulate a high level of stress and/or depression, which in turn can create anxiety, and when all combine can result in that dreaded headache. This is one of the gifts of living a life companioned with essential oils, as help for many of us, is only a drop or bottle away. These are just a few combinations that work for me. If you try them, let me know about your experiences, results. I would love to hear from you.

Below, I have noted some techniques you might consider trying, to alleviate fatigue, anxiety and headaches from your life:

1. While taking a shower place a cotton ball in a small glass and drip on a couple drops of peppermint and orange, and place it in the shower.
2. Place a diffuser in your main living area, change the water daily and add four (4) drops of orange, peppermint, lavender, frankincense or purification.
3. Create a bed mist of stress away and lavender by adding ten (10) drops of each to 6 oz. of water and putting it in a non-plastic spray bottle. I like to spray my sheets when I make the bed in the morning, and then my pillow at night.
4. Make a carpet fresher by mixing 15 drops of myrrh and lemon to a box of baking soda, and lightly sprinkling it on your carpet.
5. Add four (4) drops of lavender and orange to 6 oz. (more if desired) of your favorite natural, leave in, hair conditioner. This is great for people who do not like to wear scents on their body, but still want the effects of the essential oils.
6. Create a roller bottle of white angelica, frankincense, peppermint and lavender to use on your neck, behind your ears, temples, and over the top of your forehead when you have a headache. You will know where to use it based on where ache is located.
7. I also use lemon and sage mixed with jasmine in my wax melters. You can use whatever scents you enjoyed. ♦



*“Times are a changing’,
and so are we! Please
read about our new
offerings”*



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

What's New?

- ♥ We will be out of town the first weekend in October, so there will be no Love and Inspiration or Movie Time this month.
- ♥ At the request of a few people our Book Club will now meet on zoom and in person. This month we will be reading and discussing Solar Storms. It is a novel by Linda Hogan about an encounter with both one's roots and the unknown. After years in foster homes, seventeen-year-old Angel returns to her Native American family. Together with three of her women elders, she journeys through the wilderness to her ancestral homeland. Angel's unique coming-of-age is achieved through the practice of openness on many levels. Join via the following URL: <https://zoom.us/j/200742527>.
- ♥ Rev. Maryanna Mueller will be here on October 23rd to lead us in a Harvest Ceremony as we welcome in and celebrate the changing seasons.
- ♥ We are grateful to Kelly Breuer and Rochester Woman Magazine who invited Rev. Sharon to do a talk this month on consciousness raising in 2016.
- ♥ 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

Inspirital@ymail.com. ♦

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. ♦



Strength of Peace

Byline: *Gary Bertnick*

Peace in the strength of our Lord
 Most powerful presence in the Universe
 His Spirit of Peace the divine Presence within
 Given as the most precious gift from above
 Kingdom jewel that crowns the born again human spirit
 Kingdom gift, Kingdom proof and assurance;
 The wise and the watchful
 Those alert, always ready who pray without ceasing,
 Our eyes look continually to the Lord
 Thoughts fixed, drip with persevering oil of endurance
 Holy Spirit anointing upon the intimate Heavenly call,
 Steadfast in purpose of consuming love;
 Oil lamps always lit and ready
 Abundance of oil at hand,
 "Wise virgins" who faithfully await their Beloved One
 Who look to their Savior, their coming bridegroom
 Covenant love already experienced;
 The greatest commitment possible through the Cross
 Bread of Life, Words of the Spirit in the purest stream
 Living Water that flows from the Throne of Love
 While the Risen King watches each man and woman
 His children that belong
 Secure within the temple tent of the Redeemer
 Shepherd of His chosen flock.

<http://garybertnick.wordpress.com> ♦



"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.



October 2016*

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
2 12:00am - 28 Day Spiritual Cleaning Intensive Begins	3 7:00pm - Healing Harbor	4 7:00pm - Living the Five Agreements Live onsite & on Zoom	5 7:00pm - Living the Five Agreements Live onsite & on Zoom	6	7	8
9 10:00am - Love & Inspiration on Zoom	10 7:00pm - Healing Harbor	11 7:00pm - Living the Five Agreements Live onsite & on Zoom	12 7:00pm - Living the Five Agreements Live onsite & on Zoom	13	14	15 2:00pm - Spirituality Book Club
16 10:00am - Love & Inspiration on Zoom	17 7:00pm - Healing Harbor	18 7:00pm - Living the Five Agreements Live onsite & on Zoom	19 7:00pm - Living the Five Agreements Live onsite & on Zoom	20	21	22
23 10:00am - Love & Inspiration on Zoom	24	25 7:00pm - Living the Five Agreements Live onsite & on Zoom	26	27	28	29
30 10:00am - Love & Inspiration on Zoom	31	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

28 Day Spiritual Cleaning Intensive Begins

Host/Host Organization: Inspiritual

Date: October 2, 2016

Time: 12:00 am

Place/Venue: Wherever 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 October 2, 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 1 hour or more per day for this month. I will also be available in person, by phone or Skype for a 30-minute check in after the completion of each week to assist you in your processing. Supplies needed two journals (each used for a different purpose).

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

This workshop will be offered January, April, July, and October of each year.

Admission Price: \$140.00

Email Address: Inspiritual@gmail.com

Website: <http://inspiritual.biz/calendar-of-events/2014/1/5/28-day-spiritual-cleaning-intensive-begins>

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: October 3 and 17, 2016

Time: 7:00 pm - 8:30 pm

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.

(continued on page 12)



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

Do you have something for next month's calendar? Please complete the online submission form

(<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

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 offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: October 4, 11, 18, and 25, 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 is \$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 October 9, 16, 23 and 30, 2016

Time: 10 am – 11:30 am

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.

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

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Metaphysical & Spirituality Book Club

Host/Host Organization: Inspiritual

Date: October 15, 2016

Time: 2:00 pm – 3:30 pm

(continued on page 13)



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

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

Calendar of Events (cont'd)

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 October, we will be reading and discussing *Solar Storms* by Linda Hogan, which is about an encounter with both one's roots and the unknown. After years in foster homes, seventeen-year-old Angel returns to her Native American family. Together with three of her women elders, she journeys through the wilderness to her ancestral homeland. Angel's unique coming-of-age is achieved through the practice of openness on many levels.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Harvest Ceremony

Host/Host Organization: Inspiritual

Date: October 23, 2016

Time: 2:00 pm - 5:030 pm

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

Description of Event: We will create a community Harvest Ceremony on this Sacred Day in Native American and Peruvian styles. Bring something to eat you enjoy from Mother Nature's bounty, some notes to release and some notes to incorporate into new life-affirming thoughts and patterns for the coming seasons.

If you need a pillow/cushion to bring, personal water, dish to pass, prayers/photos for offering and sound tools.

We may be outside if it's mild and warm.

Let's bless Sharon and Zoe's gardens and bid them good sleep for the winter's comfy visit.

Admission Price: None

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/calendar-of-events/2015/10/18/despacho-ceremony-and-haudenosaunee-harvest-festival>

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/karengrimley>

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/
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 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@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!