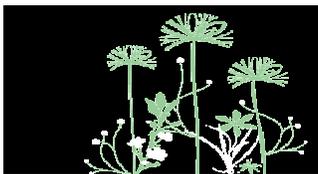


November 2016



Inside this issue:

<i>Essential Oils: Maintaining Focus</i>	2
What's New?	3
What Is On Our Wish List?	3
<i>Balance and Symmetry</i>	4
Healing and Energy Work	5
Month At a Glance	6
Calendar of Events	7-9
How to Become a Community Sponsor	10
Inspiritual Community Sponsors	11
About Us	12
Seeking Contributors	12

One Spirit - Many Voices

Peace

Byline: *Rev. Dr. J.*

Growing up, one of the songs I remember singing about peace began with the words “Let there be peace on earth and let it begin with me.” I always thought about this as a call to be a peacemaker in the world, to be about working to make peace between people. As I have grown and evolved in my journey, I have come to realize that peace is one of those practices that is connected to other practices, such as compassion, justice, and unity. Peace is about promoting calm and cooperation in the world, but also achieving a state of calm within

one’s self. In the Jewish tradition, we use the word Shalom, which among other things means ‘peace and wholeness’. It is about achieving both the internal and external calm.

One thing that has helped me in promoting internal and external peace is my practice of Toltec Wisdom and specifically, *The Four Agreements*. By being impeccable with my thoughts, words and deeds and not taking anything personally, these practices have assisted me in staying calm no matter what others are saying or doing. When I work at staying peaceful in my own life, I am better equipped to radiate peace to the universe.

Another practice that has helped me is a teaching called Satyagraha, which I have blogged about before. It has transformed the way I see those I once thought of as my adversaries. When I remember that those I once labeled as adversaries are the same as me, it changes the way I see both of us and interact with others.

When I start to feel crazed, I realize that my emotions are off center and I have lost the balance in my life. When I am in balance, I am even tempered and move with peace and serenity. As one of my clients said, “...you have such a calming aura.” It is the peace. Calm is energizing, peace is energizing, and agitation is draining. As we radiate calm and peace into the world, we energize ourselves and the planet. So this month may we practice being at peace with ourselves and the world. ♦

Essential Oils: Maintaining Focus

“There are many YoungLiving™ essential oils to help in alleviating and managing stress, emotional and physical issues.”

This month as we continue to explore essential oils, I will focus on some specific Young Living™ blends that I have found helpful during difficult times. This time of year, the holiday season, is a season of transition, high stress and intense emotions for many. When some people experience stress it can manifest in a multitude of ways, whether it be emotional distress, physical exhaustion, a lack of focus and or concentration or a combination thereof.

The first blend I would like to talk about is Brain Power™. This blend consists of oils such as Sandalwood, Blue Cypress and Frankincense. I would like to start with this oil blend because I believe everything starts with our thoughts and when we are unable to think and process information it can become rather disruptive. Adding a necklace or bracelet diffuser (available online¹) to your morning routine can aid in getting you through those unfocused periods in your day. Depending on the type of diffuser you have, you will add a couple of drops of the essential oil to the pendant or charm (which may be made of clay), accompanying lava beads or refill pad. You can inhale it, throughout the day, whenever it’s needed.

The second blend, also from Young Living™ I will discuss is Grounding™. I do a lot of spiritual work, not only in my personal life, but professionally. I find it extremely necessary to maintain grounding. This blend is a good link when we are feeling a bit foundationless. The blend alone will not ground you, but it can assist in the process and reconnection. I use this oil in a few different ways. I use it in the diffuser in my Reiki treatment room. I will frequently apply oil to the palms of my hands, when I am carrying out daily activities, if I need an added ‘boost’. I also oil many of my crystals with it before I give them to clients.

The third and last oil blend of this trio is by far the most complex and is most effective when used in aromatherapy, which means it works the best when inhaled, is Awaken™. Awaken™ helps with establishing, restoring a sense of alertness and awareness to both the spiritual and physical realities in which we live. I consider it the “turn on the light switch” essential oil. If I’m feeling disconnected or exhausted, breathing in the oil’s scent helps. Awaken™ consists of almost three dozen different oils. I love using this oil mixed in pot-pourri, put into small sheer bags, then spread randomly within my environment, or as gifts for friends and family.

All three of these blends can be used in a variety of ways. Each one is different, and there are a variety of different ways to incorporate them into your life. I consider this trio a must have set!

Next month we are going to start talking about oils that can be used in religious or spiritual practices and rituals. One such oil is Egyptian Gold™. ♦

¹There are a variety of neckless diffusers, made from various materials. This is a link to a Google search which can give you some ideas https://www.google.com/search?q=unique+diffuser+necklaces&source=lnms&tbm=isch&sa=X&ved=0ahUKewijvqnm3oLQAhVE44MKHV9eBpMQ_AUICSrC&biw=1139&bih=770&dpr=1.13#imgrc=



*“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?

- ♥ Due to a previously scheduled meeting, the book club will not be meeting in November.
- ♥ The Movie for November is Whale Rider - The Whangara people believe their ancestor Paikea was saved from drowning by riding home on the back of a whale. The tribal group has since granted leadership positions to the first-born males, believing them to be descendants of Paikea. But then a young mother dies in childbirth along with her newborn male son. His twin sister survives, and the little girl, Pai, is brought up by her grandparents. Learning the skills of chieftom from her uncle, Pai shows that she possesses a natural leadership ability. The cost is \$5.00.
- ♥ Our annual Thanksgiving Pot Luck Dinner will be held on Thanksgiving Day. We will provide a turkey, ham, and utensils, and plates. Please sign up in advance for an appetizer, side dish, or desert. Bring a take home container or two to bring some left overs home with you.
- ♥ 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.

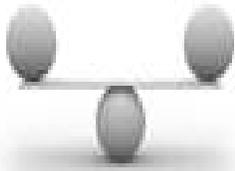
As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

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. ♦



Balance and Symmetry

Byline: *Gary Bertnick*

The human body in balance
 Universe in balance
 All in His hand,
 Along a beach in a sunrise or sunset
 The beauty of a woman's form
 Symmetry of shape and function from the hands of the Divine Artist,
 And the strength of a man ordained with purpose;
 Infinite creativity a constant, brilliant display
 As a woman reveals as a wife the deepest secrets.
 The Earth and sky
 Dance along with clouds
 Take pleasure in the "four winds"
 That carry life and breath and moisture throughout the planet,
 Water from above
 Water from below
 In intricate balance throughout the lands of nations;
 From ocean to ocean above and deep below
 Sea to sea,
 Rivers that flow
 Currents that circulate about the oceans
 Even as the heavenly winds high above,
 Even waves of energy from our sun;
 The moon and sun in precise alignment
 One mass pulls against the other,
 Planets all in exact movements about the sun
 Heat and cold, light and darkness in the finest balance,
 Stars beyond understanding draped over all that can be seen.
 The heart and soul of a man, a woman's spirit
 Prayers of "need" lift from the heart
 And the Spirit of the Lord moves;
 The human body as a good vessel
 An exquisite tent that encloses
 Thoughts within flow through as a stream
 The strength of will acts out
 And the enlightened spirit dances in true praise!
 He stands in awe of Holiness
 She bows in reverence
 Humbly before the revelation of the Creator of all
 Majestic Creator of our complete lives
 Divine Master, Shepherd of our abundant eternity,
 Infinity within, infinity without
 We are but reflections of His Majestic Eternity
 In the eyes of our Creator, our Lord
 Our Eternal Savior
 Our God of Peace.



"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



November 2016*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7:00pm - Living the Five Agreements Live onsite & on Zoom	2	3	4	5 1:00pm - Spiritual Journaling Workshop on Zoom, Part 1 of 2
6 10:00am - Love & Inspiration on Zoom	7 7:00pm - Healing Harbor	8 7:00pm - Living the Five Agreements Live onsite & on Zoom	9	10	11	12 1:00pm - Spiritual Journaling Workshop on Zoom, Part 2 of 2
13 10:00am - Love & Inspiration on Zoom	14	15 7:00pm - Living the Five Agreements Live onsite & on Zoom	16	17	18	19
20 10:00am - Love & Inspiration on Zoom	21 7:00pm - Healing Harbor	22 7:00pm - Living the Five Agreements Live onsite & on Zoom	23	24 2:00pm - Thanksgiving Potluck Dinner	25	26
27 10:00am - Love & Inspiration on Zoom	28	29 7:00pm - Living the Five Agreements Live onsite & on Zoom	30			
Inspiritual 25 Bernie Lane Rochester, NY 14624				Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz		



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

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

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

Calendar of Events

Living the Five Agreements

Host/Host Organization: Inspiritual

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

Spiritual Journaling Workshop on Zoom

Host/Host Organization: Inspiritual

Date November 5 and 12, 2016

Time: 1:00 pm – 5:00 pm

Place/Venue: On **Zoom**

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 (4) 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 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. URL will be sent after payment received.

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date November 6, 13, 20, and 27, 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.

(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)

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: \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

It's Movie Time

Host/Host Organization: Inspiritual

Date: November 6, 2016

Time: 2:30 pm – 5:00 pm

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

Description of Event Martin Scorsese once said, "I can see great similarities between a church and a movie-house. Both are places for people to come together and share a common experience."

While this space is neither a church nor a movie house, each month, we will be watching a film with some surprising – even unlikely – cinematic choices. Then we will discuss the spiritual messages and lessons that we can take from the story and the characters as we enhance our understanding of who we are and how we are in the world.

The 1st Sunday of each month we will gather at 2:30 pm to view the film and discuss the spiritual lessons. Feel free to bring BYOB. Popcorn will be provided. Love offerings accepted.

November - *Whale Rider* - The Whangara people believe their ancestor Paikea was saved from drowning by riding home on the back of a whale. The tribal group has since granted leadership positions to the first-born males, believing them to be descendants of Paikea. Then a young mother dies in childbirth along with her newborn male son. His twin sister survives and the little girl, Pai, is brought up by her grandparents. Learning the skills of chieftom from her uncle, Pai shows that she possesses natural leadership ability.

Admission Price: \$5.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/its-movie-time1/>

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: November 7 and 21, 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.

(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)

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 offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Thanksgiving Potluck Dinner

Host/Host Organization: Inspiritual

Date: November 24, 2016

Time: 2:00 pm - 7 pm

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

Description of Event Once again, we are opening our home for our Thanksgiving Potluck Dinner. We will provide the turkey, ham, plates, cups, and serving utensils and ice. We will also be providing a side dish of our own. We ask that you sign up in advance for an appetizer, side dish or dessert and bring a take home container or two with you.

Admission Price: None

Email Address: 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

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

About Us



Inspiritual

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: Inspiritual@ymail.com

We're on the WEB!
Our Website
<http://inspiritual.biz>
Twitter Page
@Inspiritual
Facebook Page
[https://
www.facebook.com/
inspiritual.biz](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 Inspiritual 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 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, 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!