

February 2017



Inside this issue:

What's New?	2
Our Wish List	3
Enhancing Your Pet's Life With Oils	3
<i>To Honor</i>	4
Enhancing Your Pet's Life With Oils (cont'd)	4
Healing & Energy Work	5
Month at a Glance	6
Calendar of Events	7-10
How to Become a Community Sponsor	10
Inspiritual Community Sponsors (New Sponsor!)	11-13
About Us	14
Seeking Contributors	14

One Spirit - Many Voices

Reverence

Byline: *Rev. Dr. J.*

A reverence for life
needs to be
developed, in which
all things are sacred.

Frederick Lenz

A few years ago, I made a list of all the spiritual practices I could think of and decided to work through them one by one and in alphabetical order. I am forever amazed, and in awe of the work of the Divine. My spiritual practice for this month is *reverence*, and perhaps it could not have come at a more appropriate time and for so many reasons.

Reverence is about honoring and recognizing the sacred in everything and everyone. It is the practice of radical respect for ourselves, others, all of

creation, and for one's Higher Power; however one defines that. It is about having radical respect for everything that has come to us and through us because they are blessings from the Creator.

Reverence means we back up our thoughts and words with our actions. I have not always treated my body with reverence. I have not always eaten right, gotten enough rest or exercised enough. Abusing my body is not a sign of reverence; neither is abuse of the earth, environment, animals, or other human beings.

Reverence is also that feeling of deep awe and wonder; that feeling of radical amazement that we experience when we experience the mystery and wonder of the world. Reverence is about recognizing that everything and everyone in this world has worth and is sacred. As we practice reverence in our lives we build our own self-esteem and contribute to the self-esteem of others.

As with any spiritual practice, there are opposite actions or consequences resulting from the failure to incorporate and or practice it. In this case, the opposite is to be irreverent. When we are irreverent, we denigrate the Creator. We do not have to look very far to see evidence of the ways humanity has 'dissed' the Creator. We have pollution, over consumption of world resources, animal cruelty, exploitation of natural resources, overuse of the land, and blatant disregard for the humanity of others.

Its opposite is irreverence, the 'dissing' of the Creation. Examples aren't hard to come by, environmental pollution, wasteful consumption, cruelty to animals, exploitation of forests and overuse of the land are just some instances. There is this feeling of ennui, which seems to permeate the world. Ennui is a feeling of dissatisfaction, which comes about when we lack excitement or the ability to see things reverently. Ennui is a sign of chronic irreverence.

This month, may we be intentional about practicing reverence. May we remember it when we pass by a long-standing tree, when we listen to a person of great wisdom, when we are in or around any of God's creations. Perhaps most importantly may we practice it when we are around people who do not appear to care about animals, nature or other human beings. May we balance their irreverence with our commitment to reverence. ♦



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



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

What’s New?

- ♥ There have been enough changes in our country this month, so we are staying focused, balanced and centered on the spiritual practice for the month.
- ♥ We did make one change and that was to move It’s Movie Time to the 2nd Friday of each month at 6:30pm. This month we will be watching and discussing *The March of the Penguins*.
- ♥ All of our other groups are now being offered on **Zoom** either at the same time as our onsite groups, or at different times.

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 welcomed 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. ♦

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. ♦



“Essential oils and animals can work well together.”

Enhancing Your Pet's Life With Oils

Byline: *Kelleigh Larsson*

When discussing using essential oils in caring for our animals it often results in a debate regarding the safety of the animal. I am of the mind that each individual needs to make decisions based on the knowledge they have, and their comfort level. The same is true when using essential oils. If you're unsure or uncomfortable administering essential oils to care for their animals, don't do it, and always do your research.

It was about ten years ago that we made the decision to use essential oils in the care of my animals. Currently, my household includes five dogs. Over the years of sharing our life and home with a number of rescues, there have been multiple bouts with fleas, ticks, ear infections, skin infections and sores. In fighting these ailments, we've used essential oils to treat and aid in maintaining the health and comfort of our animals ~ primarily dogs.

The six oils we keep in our “doggie care kit” are: Roman Chamomile, peppermint, lavender, geranium, cedar wood, and sweet orange. There is a lot of information out there about these oils and others that I will mention. I recommend that you research them, and talk to your vet before use.

Question: I realize there are probably lots of essential oil combinations and pet health issues out there. However, would you provide me a couple of recipes that I might try?

Answer: In creating the following mixtures, ensure that you're using an eight ounce glass or metal container to mix and administer from. Never use a plastic container. The essential oils will degrade the plastic container.

Wound Care - mix the following essential oils to create a blend to disinfect and help prevent inflammation:

20ml coconut oil	1 drop of Helichrysum oil
2 drops of Sweet Marjoram oil	5 drops of Lavender oil and
1 drop of Niaouli oil	

Clean the affected area with warm water and treat with a couple drops of mixture.

Flea & Tick - the following essential oils will aid in alleviating pest infestation and relief of skin irritation:

6 drops of lavender oil	6 drops of cedar wood oil
3 drops of peppermint	3 drops of Geranium oil and
2 ounces of sweet almond oil	

Rub the mixture into the coat/skin.

Grooming Spray - is used to moisturize, aid in fur manageability and give the coat a healthy sheen.

(continued on page 4)



*“...The Faithful One
who paid the price
Gave all He was and
is for us
For His Father's*

To Honor

Byline: *Gary Bertnick*

This very day
They step forward in love
Grown powerfully in integrity
Honesty a clean robe worn daily
Step by step, moment by moment
Inner knowledge of the Kingdom
Inner Spirit knowledge of the King.
The Faithful One who paid the price
Gave all He was and is for us
For His Father's honor;
The God who is love
God above all deception
Above the Universe, dwelling in the Third Heaven
Enthroned in Glory
"Above all things", in a song sung by a few
Understood fully by the few who bow in humility
Bodies and souls covered by wisdom in revelation.
We now walk the "Shepherd's walk"
Hand in hand
Brothers and sisters shoulder to shoulder
Young and old together as Kingdom children
Who see and hear
With ears to hear the Voice of the Holy Spirit
With eyes to see the High Priest at our side,
Always at His Father's side;
"Truth in time a ready kiss on the lips",
Greater friendship
Greater honor brought before the Majestic Throne
As our constant act of sacrifice
Our bodies of beauty and strength as vessels of Truth,
Holiness openly shown to the world. ♣

**Enhancing Your Pet's Life With Oils
(cont'd)**

Byline: *Kelleigh Larsson*



*“ Please do your
homework before using
essential oils on you
AND your furry*

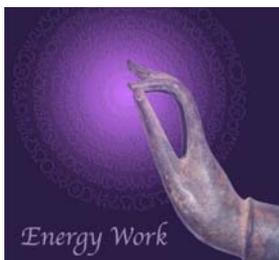
4 ounces of witch hazel oil 4 drops of sweet orange oil*
4 drops of cedar wood oil 4 drops of Roman Chamomile or peppermint
Top off with sweet almond oil and
coconut oil

Lightly mist dog before brushing thoroughly.

* After applying Sweet Orange dogs should avoid prolonged sun exposure.

NOTE: Always use therapeutic grade oils. If you wouldn't use it on yourself, don't use on your animals.

An additional resource: *Essential Oils For Pets: 40 Essential Oils Recipes To Make Your Dog Or Cat Playful And Healthy* by Lily Lorene. ♣



"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

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/>.

Readings & Reiki Night - Readings & Reiki Night 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 Readings & Reiki Night. Learn more about our healing staff at <http://inspiritual.biz/readingsreiki/>.

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

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



February 2017*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3	1 7:00pm - Spiritual Practice Night	2	3	4 1:00pm - Spiritual Journaling Workshop Part 1
5 10:00am - Love & Inspiration on Zoom	6 7:00pm - Readings & Reiki Night	7	8 7:00pm - Spiritual Practice Night	9	10 6:30pm - It's Movie Time	11 1:00pm - Spiritual Journaling
12 10:00am - Love & Inspiration on Zoom	13	14	15 7:00pm - Spiritual Practice Night	16	17	18 1:00pm - Spirituality & Metaphysical Book Club
19 10:00am - Love & Inspiration on Zoom	20 7:00pm - Readings & Reiki Night	21	22 7:00pm - Spiritual Practice Night	23	24	25
26 10:00am - Love & Inspiration on Zoom	27	28				
				Inspirational 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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events

Spiritual Practices Night

Host/Host Organization: Inspiritual

Date: February 1, 8, 15, and 22, 2017

Time: 7:00pm - 9:00pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624 and, on **Zoom** via the following URL: <https://zoom.us/j/903992515>

Description of Event Each month we focus on a different spiritual practice. To help us with our growth and evolution, we will meet weekly for discussions, journaling exercises, meditations, and creative expression. Every week is different, but all are designed to help us grow and focus on a specific spiritual practice.

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/spiritual-practice-night/>

Wheelchair Accessible: Yes

Spiritual Journaling Workshop on Zoom

Host/Host Organization: Inspiritual

Date: February 4 and 11, 2017

Time: 1:00pm -5:00pm

Place/Venue: **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 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. Be sure you have a journal available, to write in, and something to write with.

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date February 5, 12, 19, and 26, 2017

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.



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

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

Calendar of Events (cont'd)

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

Readings & Reiki Night

Host/Host Organization: Inspiritual
Date: January 2 and 16, 2017
Time: 7:00 pm - 8:30 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624
Description of Event: Readings & Reiki Night exists in an open space of healing. We invite you to come into the safety of our space to receive healing before you return to your 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 Readings & Reiki Night.

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

It's Movie Time

Host/Host Organization: Inspiritual
Date: Friday, February 10, 2017
Time: 6:30pm - 9:00pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624
Description of Event We will be watching and discussing *March of the Penguins*. This film is an extraordinary French documentary on the lives and habits of Emperor penguins, in Antarctica.

Admission Price: \$5.00
Email Address: Inspiritual@ymail.com
Website: <http://its-movie-time1/>
Wheelchair Accessible: Yes

Spirituality & Metaphysical Book Club

Host/Host Organization: Inspiritual
Date: February 18, 2017
Time: 1:00pm - 2:30pm

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

Calendar of Events (cont'd)

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

Description of Event: In *Somebodies and Nobodies*, Robert W. Fuller presents a watershed work calling for a dignitarian movement based on reverence for the personhood of all people.

Admission Price: \$5.00

Email Address: Inspiritual@gmail.com

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

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: April 2, 2017

Time: Daily, at your convenience

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 January 1, 2017, 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 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 are two journals (each used for a different purpose).

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

Admission Price: \$140.00

Email Address: Inspiritual@gmail.com

Website: <http://inspiritual.biz/28-day-spiritual-makeover-intensive/>

Wheelchair Accessible: N/A

28 Week Spiritual Cleansing Program

Host/Host Organization: Inspiritual

Date: Begins April 2, 2017

Time: At your convenience throughout the week

Place/Venue: Wherever you are

Description of Event If you are ready to do some spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the Saturday before each week begins, you will receive weekly readings, homework assignments and an affirmation from me.



(continued on page 10)



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



“Interested in becoming an Inspiritual community sponsor?”

Calendar of Events (cont'd)

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 hour or more, per week, for 28 weeks.

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

Supplies needed two journals (each used for a different purpose).

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/28-week-spiritual-makeover/>

Wheelchair Accessible: N/A ♣

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

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

Our community sponsor information is on our website at - <http://inspiritual.biz/community-sponsors-resources/> ♣

Inspirational Community Sponsors

Acti-Labs

Thank You To Our Sponsors!



*"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*



Eco-friendly line of affordable French products that are free of animal testing, parabens, nano-particles, talc, synthetic fragrance, synthetic colours. We use science to get the best out of nature!



Contact: **Penny Ferguson**

Phone: 503-841-1366

Email: selevabeauty@gmail.com

Website: <https://acti-labs.com/me/lorretta-ferguson>

Inspirational Community Sponsors (cont'd)

Jewelry in Candles

Thank You To Our Sponsors!



*"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*



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>

Inspirational Community Sponsors (cont'd)

ROC Metaphysical

Thank You To Our Sponsors!



*"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*



What's so metaphysical in the Greater Rochester area? Find out in ROC *Metaphysical*, a community on-line magazine with articles written by local and soon to be national writers on a variety of topics. There's also a calendar, want ads, gratitude listing and lots of space to advertise.

Free to view on line at <http://www.rocmetaphysical.com>. If you'd like to contribute or advertise, please email me at rocmetaphysical@gmail.com.

Contact: Pam Perkins

Phone: (585) 233-5619

Email: ocmetaphysical@gmail.com

Website: <http://www.rocmetaphysical.com>

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://](https://www.facebook.com/inspirational.biz)

[www.facebook.com/](https://www.facebook.com/inspirational.biz)

[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*

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, on or before 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!