

May 2017



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One Spirit - Many Voices

Teachers

Byline: *Rev. Dr. J.*

Shunryu Suzuki wrote one of my favorite quotes about being taught in Zen Mind, Beginners' Mind. He said, "In the beginner's mind there are many possibilities, but in the expert's there are few." We all have something to learn and we all have something to teach. Teachers, however, we call upon them, play an important part in our spiritual journey. So often, we think about teachers as people in specific positions, ministers, priests, rabbis, imams, elders, masters, etc. We look to them to teach us through their sermons, homilies, lives, personal examples, stories, and a myriad of other ways. We expect them to challenge us to grow in our spiritual journeys through spiritual practices, readings, and "homework."

While these individuals have much to teach us, we are all teachers as one of my other favorite quotes about teaching reminds me. I wish I knew who had written this quote, but I do not. I just remember that it used to be on the office door of one of my former professors, Dr. Barbara Wilhite. It said,

Learning is finding out what you already know.

Doing is demonstrating what you know.

Teaching is reminding others that they know just as much as you.

You are all learners, doers, and teachers.

This is so true, we are all learners, doers, and teachers. When we realize this, we realize that everyone we meet is a teacher and we are teaching everyone we meet. It is not just people who are teachers. Life experiences, animals, and nature also have much to teach us. When we realize that the world is a classroom, then we begin to realize that every moment of every day we are a student. We must remember to humble ourselves to that space of living in the beginner's mind and being open to the wisdom which is finding its way to us.

Sometimes we do not open ourselves up to being taught and so we enter what Albert Einstein called the state of insanity. He wrote, "Insanity is doing the same thing over and over again, expecting different results." When we do not open ourselves up to new wisdom and new ways of thinking, we take up residence in insanity. So often it is because we think of ourselves as experts of our lives and allow our pride to get in the way. As one of my favorite proverbs says, 'Pride goeth before destruction'. When we open ourselves up to the beginner's mind, we humble ourselves and allow ourselves to grow and evolve. Otherwise, life becomes like one of those department store doors that keep revolving. When we are revolving, it is because we think we have nothing to be taught. When we are evolving, we are learning.

This month, may we humble ourselves and open ourselves up to the wisdom the Infinite is bringing us in our journey. ♦



“When used properly, essential oils can aid in the healing process for a myriad of health issues. Alleviating the symptoms is one

Natural Sciatica Relief

Byline: *Sherry White*

I had no idea what sciatica was like, only what I had heard from friends. Until, one day at work, I felt this sharp pain run from my buttocks down my leg and I thought I was going to fall. I had spent the day walking and driving all over the place that day.

Anti-inflammatory herbs and herbs specific to the nerves can help a great deal. Any of these herbs can also be applied topically via essential oils. Chamomile, birch, mint, Brahmi (Gotu Kola), lavender, Clary Sage, goldenrod, marjoram and yarrow, to name a few, are known to work well on pain and nerve pain.

Another appropriate, less well-known, essential oil is Helichrysum. It has been used specifically for this condition. To administer, apply the oil directly to the back or hip to reduce pain.

Roman Chamomile essential oil, not the German (blue) chamomile, is highly anti-inflammatory and incredibly soothing to the whole body and spirit. Clary Sage is known for its pain relieving ability and is often used in the case of severe injury, muscle spasms and debilitating premenstrual syndrome (PMS).

Lavender is the choice of most people. They find it comforting and healing. It is commonly used to calm the nervous system.

Peppermint, with its cooling affect, can aid in bringing swelling down and will, in many cases, increase circulation without increasing heat.

¹ Aromatherapy treatments can help with the process. They initially relieve pain and, people who use them appear to heal more quickly than others.

Essential oils are different than infused oils. They're the oils from a distillation process and are highly concentrated. Essential oils are meant for external use, and should be diluted appropriately by adding a few drops to your chosen herbal infused oil.

A great recipe to use when you have a flare up:

- 4 drops chamomile oil,
- 3 drops marjoram oil,
- 3 drops Helichrysum oil (if available),
- 2 drops lavender oil,
- 1 ounce of any good quality ² carrier oil or St. John's Wort oil

Combine the ingredients in a glass or metal container. Apply as needed throughout the day. This recipe is more effective if St. John's Wort oil is used instead of a carrier oil. ♦

¹ Definition for 'aromatherapy': Aromatherapy seeks to enhance an individual's physiological, emotional, cognitive, and psychological well-being through the controlled use of pure essential oils and other aromatic plant compounds. (Derived from website: 'GoodTherapy.org' (<http://www.goodtherapy.org/blog/psychpedia/aromatherapy>)).

² Examples of carrier oils are: Apricot, sweet almond, grape seed, olive, sunflower and nut oils (i.e. walnut, peanut, pecan, fractionated coconut and cocoa butter oils).



“Interested in becoming an Inspiritual community sponsor?”



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

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/> ♦

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).

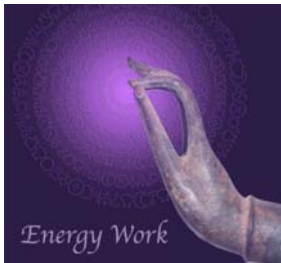
You can plant a seed in these new ministries by making a monthly donation of as little as \$5.00 a month. ♦



Drawn

Byline: *Gary Bertnick*

Drawn into the arms of true love,
As one who wandered, who often stumbled
Who drifted at times with earthly winds
Blown about here and there
Year after year after year;
Insignificant, lost, superficial and alone.
The will to live, inner sense of eternity nearly gone
Yet, the hand of tenderness reached out
A touch of mercy came from beyond the Universe
Beyond the natural, a great gentleness revealed
Kindness from a place far outside this world
Intimate caring from the Throne of all power
Real authority given creative expression in another human life;
Another object of mercy stands free
Suddenly caught up in comforting revelation
Our God who cares, who makes Himself known
Peace and always, always more.
Yeshua who shows us the Father of Glory
Gives life and hope and purpose;
Meaning covers in eternal Spirit rest;
Eyes that can see in and through
Timeless eyes that wept in compassion
Over a friend Lazarus and those who mourned in unbelief
Eyes of purest love that compels
The Light of those eyes of beauty
Draw us near,
His flock, drawn together as one! ♦



“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 events on

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/>)

May 2017*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:00pm - Readings & Reiki Night	2	3 7:00pm - Spiritual Discussion - Teaching	4	5	6 1:00pm - Spiritual Journaling Workshop on Zoom Part 1
7 10:00am - Love & Inspiration on Zoom	8	9	10 7:00pm - Spiritual Discussion - Teaching	11	12	13 1:00pm - Spiritual Journaling Workshop on Zoom Part 2
14 10:00am - Love & Inspiration on Zoom	15 7:00pm - Readings & Reiki Night	16	17 7:00pm - Spiritual Discussion - Teaching	18	19	20 1:00pm - Spirituality & Metaphysical Book Club
21 10:00am - Love & Inspiration on Zoom	22	23	24 7:00pm - Spiritual Discussion - Teaching	25	26	27
28 10:00am - Love & Inspiration on Zoom	29 2:00pm - Memorial Day Potluck Barbecue	30	31 7:00pm - Spiritual Discussion - Teaching			
						Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz
						Inspiritual 25 Bernie Lane Rochester, NY 14624



Month at a Glance



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

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

Readings and Reiki Night

Host/Host Organization: Inspiritual

Date: May 1 and 15, 2017

Time: 7:00pm - 8:30pm

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

Description of Event: Inspiritual is an open space of healing. We invite you to join us on the 1st and 3rd Monday nights where we provide Reiki, Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

Readings & Reiki night is from 7:00 pm – 8:30 pm the first and third Mondays of every month. Most sessions are limited to 15-20 minutes. We are located at 25 Bernie Lane, Rochester, NY 14624.

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 Inspiritual.

Admission Price: Love offerings

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Discussion Night ~ Teaching

Host/Host Organization: Inspiritual

Date: May 3, 5, 12, 19 and 26, 2017

Time: 7:00pm - 8:30pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624 and on **Zoom** <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: May 6 and 13, 2017

Time: 1:00pm - 5:00pm

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.

(continued on page 8)



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

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)

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.

The **Zoom** URL will be shared upon registration

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date May 7, 14, 21, and 28, 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.

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

Spirituality & Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: May 20, 2017

Time: 1:00pm - 2:30pm

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

Description of Event This month we are reading and discussing *Thank You for Being Such a Pain* by Mark I. Rose.

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Memorial Day Potluck Barbecue

Host/Host Organization: Inspiritual

Date: May 29, 2017

Time: 2:00pm - 7:00pm

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

(continued on page 9)



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



Film can be a wonderful and mighty tool for learning!

Calendar of Events (cont'd)

Description of Event Once again, we are opening our home, garage, and backyard for a Memorial Day 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 be providing plates, cups, and serving utensils and ice. We will also be making potato salad, macaroni salad and coleslaw.

We have a huge yard, so bring a blanket/folding chair to sit/lay out on. Hope to see you all then!

Admission Price: Free

Email Address: Inspiritual@ymail.com

Wheelchair Accessible: Yes ♣

What's New

Short and sweet this month - Please note that the event Spiritual Practice Nights is now known as Spiritual Discussion Night and the focus this month is Teachers. ♣

Film as Teacher

Films can be teachers and offer us many lessons through characters, setting, and story. Here are some films that offer lessons about spiritual practice for this month of *teachers*:

Because of Winn-Dixie: A magical story about a lonely girl whose life is transformed by a smiling stray dog who has a spiritual gift for bringing her together with just the right people.

The Big Lebowski: By taking it easy, the Dude becomes a teacher of crazy wisdom.

Coach Carter: An inspirational film about a high school coach who has the gall to suggest that athletes must make their mark in the classroom as well as on the basketball court.

Deliver Us From Eva: An entertaining and insightful comedy about one way to handle a difficult person who is causing major distress in your life.

Diamond Men: Probes the mutual benefits for two salesmen when they choose to go with the flow of their unlikely friendship.

The Fighting Temptations: An entertaining comedy carried by its rousing Gospel choir numbers about the internal makeover of a selfish liar who finds community just when he needs it most.

Finding Forrester: An unlikely friendship between a reclusive Pulitzer Prize winning author and an athletic and academically gifted African American teenager, who turn out to be spiritual teachers for each other.

The Game: An unforgettable spiritual parable that invites every viewer to ask: What whack on the head would it take to wake me up and open my heart?

Music of the Heart: A woman at the end of her rope after she is deserted by her husband finds a path of the heart that enables her to share her gift with the world.

My Life as a Dog: A wonderful Swedish film set in the 1950s showing how a 12-year-old boy learns to cope creatively with substantial losses in his life.

Sylvia: An innovative and moving portrait of pioneer educator Sylvia Ashton-Warner. ♣

Inspirational Community Sponsors

Thank You To Our Sponsors!



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the time to check them
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your organization, or*

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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!

Please contact your consultant Penny Fergguson:

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selevabeauty@gmail.com

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

Inspirational Community Sponsors (cont'd)

Thank You To Our Sponsors!



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the time to check them
out - see if their
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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.

**Please contact:
Pam Perkins**

(585) 233-5619

ocmetaphysical@gmail.com

<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://
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*

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!