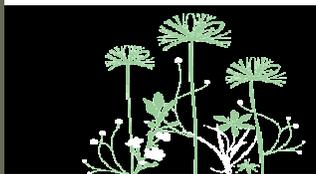


June 2017



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One Spirit - Many Voices

Transformation

Byline: *Rev. Dr. J.*



Whether we are conscious of it or not we are always in a state of transformation. We may not be aware of it or even sense it but we are. The air we breathe is never the same, the cells in our being are never the same, we are in a constant state of transformation. Practicing

transformation, however, brings us to a higher place of awareness and mindfulness. It provides the opportunity to deepen our relationship with our Higher Power, whatever or however we call upon it.

Transformation is about us moving from one space to another. It is about us releasing that which has held us back and weighed us down so that we can evolve in our lives. If we are not evolving, then we are revolving. Transformation is about us saying yes we are reading to grow and evolve. It is about releasing the fear and ways of thinking which hold us back.

Practicing transformation does not always involve major life changes. It can be something simple, like changing a habit. When you let the Higher Power know you are ready to make a change then the Universe will assist you. Maybe it is just that you walk a different path so you see something new. Maybe you choose to break a habit. Whatever it is, anytime you accept change in your life you are better able to be a change agent in the world.

Whatever you choose to change do it for you. My son used to try to make changes to please me, but they did not last. He learned, as have I, that you have to make these changes for yourself. You have to want to grow and evolve. We are the only ones who keep us from this transformation.

What if you made decisions to follow your heart and not your head? What if you stopped living in fear of what might happen if you followed your heart? We are the creator of the limitations in our life. Recently, someone shared their dream about leaving their career to pursue their passion. What was keeping him? Real things like rent, utilities, bills, food for his family, etc. What happened though was that he scaled back on his "career" and within a year was gone and making enough at his passion to fulfill all his obligations. However, now he was living his passion and not staying in a job that was slowly killing him.

I am not suggesting that we recklessly pursue change, rather that we embrace the inner transformation and follow our hearts, making decisions out of love for ourselves and our lives.

(cont'd on page 4)



“Fibromyalgia is a syndrome that includes long-term, all over the body pain, in the muscles and connective tissues.

Relief of Fibromyalgia Pain

Byline: *Sherry White*

The pain of Fibromyalgia is something I am not personally familiar with. However, I have a sister and a couple of friends who suffer from it. I know when they are in pain, and it hurts my heart to see them suffering.

Fibromyalgia is a syndrome that includes long-term, all over the body pain, in the muscles and connective tissues. And can be accompanied by fatigue, headaches, not resting well, anxiety, and depression. Females in the age group 20 to 50 are the most likely to suffer from fibromyalgia.

[The Main Two Essential Oils use by Fibromyalgia suffers](#)

#1 Helichrysum oil has been shown to decrease muscle pain, improve circulation and support healing of nerve tissue, and an effective natural treatment for fibromyalgia.

#2 Lavender oil is excellent in reducing emotional stress, associated with fibromyalgia.



These oils are not a cure, but they can help to temporarily alleviate some symptoms.

Essential oils can be used in your bath, as a body massage oil, airborne in a diffuser, or by inhaling them. If you want to use these oils to massage the skin, you should blend them with a carrier oil¹.

[Here are other Essential Oils that can be used to crate blends](#)



For pain relief: spike lavender, sweet marjoram, lavender, petitgrain, Roman and German chamomile, clary sage, lemongrass, helichrysum, peppermint, ginger, and black pepper.

Spike lavender, peppermint and helichrysum blends, create an anti-inflammatory synergy.



For stress/anxiety relief: frankincense, clary sage, sweet orange, bergamot, grapefruit, ylang ylang, sandalwood, neroli, sweet marjoram, petitgrain, mandarin, lavender, rose geranium, tangerine, and jasmine.



For stress/anxiety relief: frankincense, clary sage, sweet orange, bergamot, grapefruit, ylang ylang, sweet marjoram, petitgrain, lavender, geranium, and tangerine.



Fatigue is what often keeps someone suffering with Fibromyalgia confined to bed. There are several essential oils that **help provide energy**, such as peppermint, eucalyptus, rosemary, basil, and geranium.



For a more peaceful sleep: Lavender, marjoram, chamomile.



For headaches: Lavender, peppermint, marjoram, chamomile.

¹Examples 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).

(cont'd on page 9)



“Interested in becoming an Inspiritual community sponsor? Here’s how...”



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

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. ♦



“...Transformation is about us moving from one space to another. It is about us releasing that which has held us back and weighed us down so that we can evolve in our lives. ...”



“...New the birth of a soul redeemed...”

Transformation (cont'd)

Byline: *Rev. Dr. J.*

This June I will be 61 years old. As I look at pictures of me when I was bought home from the adoption center, I am reminded of all the changes I have undergone. I did not become 61 overnight. It took me a long time to get here. The changes you are seeking to make in your life may not happen overnight, but they will not happen if you do not open yourself up to making them. This month may we remember that it is the Sacred One who lives in and through all our transformation. It is the Divine who assists us through this metamorphosis being mindful to allow us to go through the process on our own, but always feeling the presence of the Divine. ♦

Blue the Sky

Byline: *Gary Bertnick*

Blue the sky and red the rose
 Green the grass in a perfect meadow
 Bright the days of a man triumphant
 White covers the sins of a new born heart
 Great the mercy of One who cares
 Clear they eyes of the "Blood bought" son
 Wise the heart of the woman who draws near
 New the birth of a soul redeemed
 Strong the stature of those so loved
 Humble the Lord who bought His own
 Confident the flock that now stands true
 Delightful the pleasure of being His sheep
 Free the gladness of one in that flock
 Absolute control, the hands of the Creator
 Sovereign the touch of the Maker
 Complete the creation from smallest to the largest,
 Closest to farthest, seen and unseen.
 Eternal the future of the children of the King
 Forever the Love that always surrounds,
 Eternal the fire, a tragic, simple fact for all the lost.
 Still and quiet the waters below this blue sky
 Calm the waves on each and every distant shore. ♦



"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/>.

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 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

••• June 2017*



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 10:00am - Love & Inspiration on Zoom	5 7:00pm - Readings & Reiki Night	6	7 7:00pm - Spiritual Discussion - Teaching	8	9	10
11 10:00am - Love & Inspiration on Zoom	12	13	14 7:00pm - Spiritual Discussion - Teaching	15	16	17 1:00pm - Spirituality & Metaphysical Book Club
18 10:00am - Love & Inspiration on Zoom	19 7:00pm - Readings & Reiki Night	20	21 7:00pm - Spiritual Discussion - Teaching	22	23	24
25 10:00am - Love & Inspiration on Zoom	26	27	28 7:00pm - Spiritual Discussion - Teaching	29	30	

Inspirational
 25 Bernie Lane
 Rochester, NY 14624
 Phone: 585-729-61
 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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: June 4, 11, 18, and 25, 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@gmail.com

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

Wheelchair Accessible: Yes

Readings and Reiki Night

Host/Host Organization: Inspiritual

Date: June 5 and 19, 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 7:00pm - 8:30pm the first and third Mondays of every month. Most sessions are limited to 15-20 minutes.

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@gmail.com

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

Wheelchair Accessible: Yes

Spiritual Discussion Night ~Transformation

Host/Host Organization: Inspiritual

Date: June 7, 14, 21, and 28, 2017

Time: 7:00pm - 8:30pm

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

(continued on page 8)



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)

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

Spirituality & Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: June 17, 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 *The Fatigue Artist* by Lynne Sharon Schwartz, Laura is a 40-year-old novelist living in Manhattan who comes down with chronic fatigue syndrome. The illness opens her up to new possibilities. In Tai Chi classes, she learns about flexibility and rooting herself in the earth. She visits an herbalist and tries homeopathy. The illness is a catalyst to her transformation both as a woman and as an author.

Admission Price: Suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop

Host/Host Organization: Inspiritual

Date: July 1 and 8, 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. I will share four different techniques each week in this two week series. We will begin with the most basic technique- streaming. Subsequent technique will incorporate streaming in combination with other technique. Space will be provided for anyone who feels comfortable or desires to share his or her writing.

Please bring a quote, image, feeling or artifact and a sheet of poster board with you to the first session. Also, bring a journal to write in and something with which to write.

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spiritual Journaling Workshop on Zoom

Host/Host Organization: Inspiritual

Date: August 5 and 12, 2017

(continued on page 9)



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



"...Each sufferer of fibromyalgia experiences the syndrome in his or her own unique way..."

Calendar of Events (cont'd)

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. 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 ♠

Relief of Fibromyalgia Pain (cont'd)

Byline: *Sherry White*



For increased circulation: Rosemary, ginger, black pepper, peppermint, lemongrass, and geranium.

A long soak in a hot bath with Epsom salt is an excellent way to help the body detoxify, reduce stress, and minimize pain. Adding essential oils to your bath helps even more.

Essential Oils

Each sufferer of fibromyalgia experiences the syndrome in his or her own unique way. Personally I don't believe that there is one right blend of oils for everyone. Patients of fibromyalgia need both physical and mental relief during the treatment.

Accordingly, aromatic massaging has proven to be one of the best ways of application of the pain relieving essential oils.

Recommended blending of essential oils

Add about 10 to 15 drops of the aromatic oil with about one ounce of any carrier oil like coconut oil, almond or grape seed.

Here is a recipe you can use:

40 drops lavender

20 drops orange

20 drops marjoram

Mix in a two ounce glass, amber bottle of grapeseed carrier oil and gently shake. Then, pour some into a glass, amber roller ball bottle for easier application. ♠

Inspirational Community Sponsors

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your organization, or
someone you know!"*

ROC Metaphysical
YOUR BODY, MIND & SPIRIT CONNECTION

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 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, 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!