

August 2017



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# One Spirit - Many Voices

## Vision

Byline: *Rev. Dr. J.*



This month's spiritual practice is about vision. It requires us to call on our values and our imagination. The spiritual practice of vision encompasses the discovery of fresh insights about the way things are and the cultivation of different outlooks on what can be. You might have heard about people creating vision boards. This is one way of practicing vision. Practicing vision helps you tap into your inner wisdom and be in tune with Spirit. Practicing vision requires you to draw on all your gifts and skills. As numerous teachers have taught me, "if you cannot see it, you cannot achieve it." Sometimes what we vision involves us drawing on our judgment, skills and sense. Other times our vision may come to us in other ways, like through dreams or other forms of revelation.

Sometimes practicing vision requires us to examine our belief system. If we do not believe we can do something then we cannot practice envisioning ourselves doing it. Practicing vision is more than just seeing ourselves doing X, it is also about envisioning how we are going to feel when we achieve X. For example, a friend of mine has a vision board where she not only has symbols of what her vision is, but cards from friends with positive energy as she wants to be a source of positive energy when she achieves her X.

Sometimes practicing vision means we have to have a new attitude. Maybe you are like a lot of people and do not like doing housework. Then practice envisioning it (whatever 'it' is, your desired outcome) as an act of service. As I once heard, "If you always do what you've always done, then you will always get what you've always gotten." So, for example, if I said I hate doing laundry, then I am always going to hate doing laundry. On the other hand, if I realign myself and envision myself enjoying doing laundry because I can see how it is enabling me to be of service to my wife and to those who love me, as they won't have to smell me in dirty clothes or watch me go commando (LOL).

Practicing vision requires one to be open to dreaming, to being romantic, to being able to have this utopic view of the situation, and to be willing to be, as Gandhi said, the change you want to see in the world.

If you can't see the change you want, try cleaning off your glasses. I know whenever I clean my contact lenses I have a new vision of what is before me. So doing so reminds me to be willing to think clearly about the situation and how I am seeing it. Some time ago, I temporarily lost the vision in one of my eyes. A friend loaned me one of her magnifying glasses and it allowed me to see things differently. Look for things which remind you of a better world and use that memory to remind you to practice vision this month. If you want, let us know what you are visioning differently. ♦



*“ Do essential oils REALLY have therapeutic benefits? “*

## What is an Essential Oil?

Byline: *Sherry White*

### An Essential Oil is...

So, WHAT exactly is an essential oil? WHERE do they come from? HOW are they helpful? es·sen·tial oil | ə'sen(t)SHəl oil/ (noun) - a natural oil typically obtained by distillation and having the characteristic fragrance of the plant or other source from which it is extracted.

Did you know that essential oils have been used for thousands of years because of their therapeutic and healing properties, for practice in aromatherapy. They are derived through the processing of leaves, flowers, stems or roots of various plants that are known for their health properties.

Distillation of the plant components yields a highly concentrated liquid. We call the derived liquid an essential oil, which will contain the characteristic fragrance, properties and essence of its' plant/plants of origin.

Can you see how this highly potent extract from plants or herbs can be extremely useful for many purposes? Ok, so you've heard it, but do essential oils really have therapeutic benefits?

While still in plant form, the inherent oils provide the plant with protection against predators, disease, and assist the pollination process. These properties carry over into the essential oils. That's why folk medicine, since ancient times, used essential oils for medicinal purposes.

### What is a “100% Pure” Oil?

It is an oil that comes from a single plant, with no synthetic additives. Yep, it's that simple! The main difference between essential oil and fragrance is that essential oils are more complex. Recently, the trend in essential oils has more to do with healthcare than perfume.

The Food and Drug Administration is cracking down on health claims, leaving companies to adopt a more general language such as "promotes wellness" or "may be an important part of a daily health regimen."

However, there is a large body of researchers looking into therapeutic uses of essential oils. In some cases, these effects are very straightforward. Such as, laboratory studies demonstrate that lavender and tea tree oil kill common strains of fungi and bacteria. The menthol in peppermint oil stimulates cold-sensitive nerve receptors and produces a "cooling" sensation without actual temperature change and desensitizes nerve receptors in the airways, suppressing the cough reflex. Clove oil has long been used to treat toothaches. Clove contains a numbing agent that inhibits neural response, much in the same way as a local anesthetic. There have been some studies that show people exposed to pleasant odors, through the use of aromatherapy, report improved mood and increased productivity.

Essential oils can be use in many different ways. It can be applied topically to the skin. It is wise, to do a test spot and use a carrier oil, as a dilution. One can make massage oils. The most common areas of uses are to the skin on the neck, temples, back, knees, palms and soles of the feet.

Another use is inhalation, through the nose or mouth. Most of the time, essential oils are put into a diffuser for inhalation. But you can use sprayers, cupped hands, or make nose inhalers.

(cont'd on page 8)



*“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).

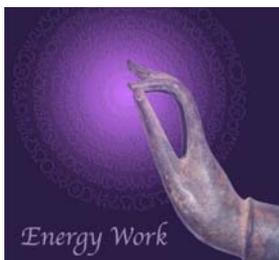
You can plant a seed in these new ministries by making a monthly donation of as little as \$5.00 a month. ♦

**Seeds Planted**Byline: *Gary Bertnick*

*"...Hope wrapped  
about in love for  
another ..."*

The joy of planting good seeds  
 As Truth spoken in love,  
 Truth in times "as a kiss on the lips".  
 Much delight in expectations  
 Such pleasure in practical purposes,  
 Hope wrapped about in love for another;  
 This seed placed in special nourished soil  
 Growth already seen in Spirit visions,  
 A glimpse or two of the end from the beginning  
 Healthy wheat, healthy corn  
 Healthy grains and beautiful fruit!  
 So many from just One  
 A new life birthed given freely for others  
 Even as the early Apostles  
 And the many disciples with purest loyalty  
 Rough hands, strong hands often covered with dirt,  
 Faithful human spirits at work in the richest soil;  
 Harvest done always in honor of the Master Gardener,  
 Today the only fulfilling delight we can know! ♦

<https://garybertnick.wordpress.com>



*"We offer and/or keep you informed about a diversity of healing and energy work services, from multiple venues, via numerous practitioners. Visit our website (<http://www.inspiritual.biz>), read our monthly newsletter, and/or investigate our social media pages to find out what's new, fun*

## 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/>. ♦

# HELLO AUGUST

*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/>)

# ●●● August 2017\*



## Month at a Glance

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

Inspirational  
25 Bernie Lane  
Rochester, NY 14624

Phone: 585-729-61  
E-mail: [inspiritual@gmail.com](mailto:inspiritual@gmail.com)  
Website: <http://inspiritual.biz>



*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/online-submission-form)  
([http://inspiritual.biz/  
community-event-  
submission-form/](http://inspiritual.biz/community-event-submission-form/))

## Calendar of Events

### Spiritual Discussion Night

**Host/Host Organization:** Inspiritual

**Date:** August 2, 9, 16, 23, and 30, 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. This month the focus is on vision

**Admission Price:** Suggested donation \$5.00

**Email Address:** [Inspiritual@gmail.com](mailto:Inspiritual@gmail.com)

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

**Wheelchair Accessible:** Yes

### Spiritual Journaling Workshop on Zoom

**Host/Host Organization:** Inspiritual

**Date:** August 5 and 12, 2017

**Time:** 1:00pm - 5:00pm

**Place/Venue:** **Zoom.** URL will be sent to all those who express an interest in joining us.

**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.

You will be given the URL to join once you have registered.

**Admission Price:** \$80.00

**Email Address:** [Inspiritual@gmail.com](mailto:Inspiritual@gmail.com)

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

**Wheelchair Accessible:** N/A

### Love and Inspiration on Zoom

**Host/Host Organization:** Inspiritual

**Date** August 6, 13, 20 and 27, 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.

(continued on page 8)

HELLO  
AUGUST

*Looking for  
something to do?  
We have plenty  
of low OR no*



*“A good bug spray  
is worth its weight  
in gold, in the  
summertime!”*

## Calendar of Events (cont'd)

### Spiritual Journaling Workshop

**Host/Host Organization:** Inspiritual

**Date:** October 7 and 14, 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](mailto:Inspiritual@ymail.com)

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

**Wheelchair Accessible:** Yes ♣

## What is an Essential Oil? (cont'd)

Byline: *Sherry White*

### Post 1 Bug Spray

It's summertime and that's right, bugs are everywhere!

Here are a few Essential Oils good for keeping them away: peppermint, citronella, eucalyptus, Vetiver, Texas Cedarwood, lemon and lemongrass.

A simple recipes I use:

1. Mix five (5) drops of peppermint and eucalyptus in a 28oz glass or metal spray bottle;
2. Add four (4) to five (5) drops of lemongrass oil
3. Fill remaining space with water.
4. You can add or minus the amount of each oil, to your liking.

I spray the solution on my bed, floors, around the outside door to my bedroom, and everywhere bugs (i.e. ants, spiders, flies, etc.) like to hide. Plus, the smell is great!

The fun and exciting thing about essential oils is you have limitless blends you can make and make them to your preference.

So, there we have it, the basics of essential oils. There's much more information out there and if you found this even the slightest intriguing, I hope you go and explore (read. learn and purchase) these and other essential oils available through the barefüt Essential Oils website (barefüt Essential Oils (<https://barefut.com/?a=637>)). ♣

## Inspirational Community Sponsors

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Please contact your consultant Penny Fergguson:

503-841-1366

[selevabeauty@gmail.com](mailto:selevabeauty@gmail.com)

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

**Inspirational Community Sponsors (cont'd)**

**Thank You To Our Sponsors!**



*“We'd like to say  
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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](mailto:rocmetaphysical@gmail.com).**

**Please contact:  
Pam Perkins**

**(585) 233-5619**

**[ocmetaphysical@gmail.com](mailto: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](mailto:inspirational@ymail.com)

### **We're on the WEB!**

**Our Website**

<http://inspirational.biz>

**Twitter Page**

**@Inspirational**

**Facebook Page**

<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](mailto: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!**