

August 2017

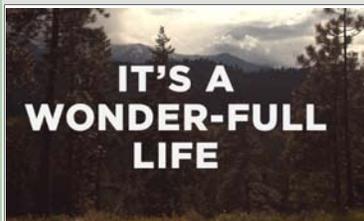


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One Spirit - Many Voices

Wonder

Byline: *Rev. Dr. J.*

Twinkle Twinkle

*Twinkle, twinkle, little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!*

How often do we wonder in life. **Wonder** starts internally and is experienced in our senses. It comes alive in our imagination. It thrives as we live in amazement and worship of the Divine. Wonder comes from our curiosity about life and our desire to understand that which is not understandable. Wonder increases our capacity to travel to places and explore things we might not otherwise explore or go.

There are no limits to what we can wonder about. We can wonder about anything. We can wonder about those twinkling stars. We can wonder about the smell that comes from freshly cut grass. We can wonder about the changing colors of the fall leaves. There are so many things in life we can wonder about.

Practicing wonder in our spiritual lives is about giving ourselves permission to relax, rejoice and play. Wonder requires us to slow down and tune into all that is happening in the world. Wonder cannot happen when we are speeding to get somewhere or to get things done.

When we have stopped wondering, we can become so detached that we no longer care and can seem indifferent to life and the world. When we stop wondering, we forget what it is like to be surprised, astonished, or amazed. When we are zooming through life we forget to take time to smell the roses. We cannot notice the little things in life.

What I love about practicing wonder is that it reminds me to keep seeing things with the same innocence I had as a child when I truly wonder what those twinkling stars were and why I still wonder about them today. ♣



“Using lavender essential oil has many benefits “

Top Ten Essential Oils - Part 1 (Lavender)

Byline: *Sherry White*

Each month for the next ten months I am going to be sharing about one of the oils every household should have. This month, my focus is on lavender.

Lavender - *Lavandula angustifolia*, aka *Lavandula officinalis*. If you want to start out with just one essential oil, it should be lavender. Lavender is an herb native to the Mediterranean region.

Historical uses of lavender:

It was once used to mummify bodies in Egypt, and as a bath additive in Greece and Rome. Other common uses for this multi-faceted herb were as a general purpose antiseptic and for mental health purposes. Today, lavender is used as a traditional or complementary remedy for relaxation.

It is a gentle and fragrant herb with many uses. It is sometimes referred to as a “*medicine cabinet in a bottle*”. It is nourishing for most skin types, and is can be used to soothe bites and irritations by reducing inflammation and promoting healthy skin. Lavender is one of the most popular essential oils in aromatherapy because of its many therapeutic properties. As an added bonus, for those interested in being good environmental stewards, Barefüt Lavender (grown in the high altitudes of Bulgaria) is 100% ethically produced.

Uses/possible benefits of using lavender essential oil:

A great way to administer lavender is with other essential oils and/or via aromatic means. Instructions for creating a simple mixture for using lavender as a calming agent:

- Three (3) drops of lavender oil
- Three (3) drops of Frankincense oil

Add the above oils to your diffuser for a calming scent which can aid in achieving a feeling of relaxation and a reduction in stress levels.

You can also dilute the above mixture with a carrier oil, and then add a drop of said mixture to each temple. Or you can put a few drops on a cotton ball, put in a jar or cup in hands and breath in deeply a couple of times.

To receive benefits towards achieving more beautiful skin, apply lavender to combat the symptoms and other effects of eczema, psoriasis, scars and minor burns. This solution is great for those over the age of two years of age.

Things to keep in mind BEFORE using lavender:

- ♥ If you suffer from a bleeding disorder or are taking medication that may increase bleeding, exercise caution when using lavender.
- ♥ When taken with drugs such as aspirin, warfarin, ibuprofen, and naproxen lavender may increase the risk of bleeding.
- ♥ Possible medication interactions when using lavender are: has the potential to increase the drowsiness caused by other treatments for SAD, such as Xanax (and other benzodiazepines) and St. John's Wort (and other herbal supplements). The same effects may be seen with barbiturates, narcotics, seizure medications, and alcohol. Lavender may also increase the toxicity of antidepressant medications and herbs and supplements taken for depression.

(cont'd on page 9)



“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.

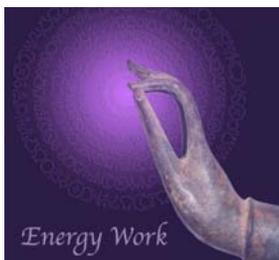
Our community sponsor information is on our website at - <http://inspiritual.biz/community-sponsors-resources/> ♦

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. ♦



"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/>. ♦



*"...Small things can
become great ..."*

Mustard Seeds

Byline: *Gary Bertnick*

Small things can become great
Tiny seeds that grow very large plants
Just as simple words of Truth spoken in love
Become wonders from above unimaginable,
Things in awe too great for the human mind
A mere man in his selfish pride
Also a woman in her chosen arrogance.
Treasure discovered in a new cultivated field
Becomes a plentiful harvest,
The Master Gardener sends out many workers
Yet, much more waits to be done;
One Holy Seed planted into the soil of Creation
Explodes as a starburst into majestic abundance,
The eyes of countless souls now glow from within
Kingdom joy reaped from what Messiah has sown,
More than the stars above
Given from this Faithful One, the Ruler of All,
Multiplied beyond mere numbers. ♦

<https://garybertnick.wordpress.com>



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/>)



September 2017*

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

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

Love and Inspiration on Zoom

Host/Host Organization: Inspiritual

Date: September 3, 10, 17, and 24, 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

Spiritual Discussion Night

Host/Host Organization: Inspiritual

Date: September 6, 13, 20, and 27, , 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 wonder

Admission Price: suggested donation \$5.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Readings and Reiki Night

Host/Host Organization: Inspiritual

Date: September 18, 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, readings, Toltec wisdom lessons, Oracle card readings, and spiritual partnership. We offer these services in an atmosphere of friendship and love.

(continued on page 8)



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

Calendar of Events (cont'd)

Readings & Reiki night is from 7:00pm - 8:30pm on the first and third Monday 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@ymail.com

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

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive on Zoom

Host/Host Organization: Inspiritual

Date: October 1-28, 2017

Time: Daily

Place/Venue: Weekly meetings on Zoom

Description of Event If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. This program will be offered four times during the year January, April, July, and October. If these months are not convenient, please let us know what month you would like to begin your journey. Beginning the evening before the first Sunday, 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 (1) 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@ymail.com

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

Wheelchair Accessible: Yes

(continued on page 9)



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



“Educate yourself before using any product...this includes essential

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

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

Wheelchair Accessible: Yes ♣

Top Ten Essential Oils - Part 1 (Lavender) Byline: Sherry White (cont'd)

- ♥ Check your medication's package insert and, speak with a health care professional or pharmacist about possible interactions.
- ♥ Associated risks of lavender - caution should be used when driving or operating heavy machinery if lavender is combined with medications causing drowsiness.
- ♥ Lavender essential oil can be poisonous if taken by mouth.
- ♥ The U.S. Food and Drug Administration does not regulate the production of herbs and supplements.
- ♥ Most herbs and supplements are not thoroughly tested, and there is no guarantee regarding the ingredients or safety of the products. ♣
- ♥ 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

Thank You To Our Sponsors!



*“We’d like to say
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services can assist you,
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:

503-841-1366

selevabeauty@gmail.com

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

Inspirational Community Sponsors (cont'd)

Thank You To Our Sponsors!



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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.

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>

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!