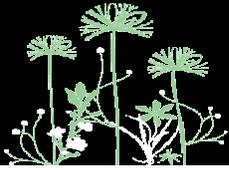


November 2017



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One Spirit - Many Voices

Yearning

Byline: *Rev. Dr. J.*

How often do you feel stuck? Does your life feel like nothing is changing or evolving and that everything is just staying status quo? Are you yearning for a more fulfilling life? If so, then this month's spiritual practice of yearning may be just what is needed in your life. Yearning is more than just an intense longing for something in one's life, it is also that which draws us into a deeper relationship with our Higher Power. Yearning comes from

this state of being where we feel incomplete and desire something we know we cannot achieve on our own. Yearning is that feeling we have in our soul that says that there is something more for us in our lives. It is yearning which helps us to move beyond the wants and desires of our ego and the self-constructed boundaries we have confined ourselves within.

When we practice yearning, we become increasingly aware and sensitive to the presence of the Sacred in our lives. Yearning fuels our need to feel at one with all that exists. As we practice yearning with the Divine, we may find that we begin to yearn a deeper and more fulfilling relationship with others as well.

You can practice yearning by intentionally working to rekindle your desire through study and devotion. Be mindful of who and what attracts you. As you do, honor the timeless and boundless qualities of what is pulling you towards it. Allow yourself to move beyond the status quo to a greater level of fulfillment and yes even ecstasy.

So often we become stuck and comfortable with what is. We cease to work towards or even desire a world or possibilities that challenge us to move beyond our boundaries. We settle for stability, even when it stifles us. We sometimes find it hard to believe that a life other than what we have become accustomed to is even possible. Practicing yearning is about releasing our fears, deconstructing our jails, and living our dreams and allowing our heart and our relationship with our Higher Power to direct and guide us. John Kirvan wrote about this so clearly in his book *There is a God, There is no God*,

There comes a moment
when there arises in your soul
a movement that you are
at a loss to describe.

It moves you to desire
you know not what,
only that it is beyond your imagining.

It is God at work within you.

Let God do his work.
Let him lead you, as he will.
He needs only your consent

Be content not to see,
and put aside your need to know.

Accept that someone is moving
lovingly within you,
even if you do not recognize
that it is God at work." ♦

Top Ten Essential Oils - Part 3 (Lemon)Byline: *Sherry White*

“Lemon oil can be used to prevent hair loss, aid in lifting/tightening skin, preventing wounds from becoming septic, etc.”

Lemon (Citrus limonum)

This is one of the best essential oils for home use, as it can be used for more than you could imagine.

Lemon essential oil is known for its antiseptic, antiviral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative qualities. This oil helps protect wounds from becoming septic, all the while inhibiting viral and bacterial growth.

It has been used in the prevention of hair loss. Also, it lifts skin, induces firmness in muscles, stops hemorrhaging, fights infections, and aids in fever reduction.

A few drops of lemon EO added to olive oil makes a gorgeous furniture polish.

Add the EO to dish detergent, homemade laundry soap, floor cleaners, and spray cleaners. You can add a drop or two to a mixture of coarse salt and baking soda and then use that as an antibacterial scour for wooden cutting boards and butcher blocks.

Lemon oil added to a diffuser may help alleviate anxiety and give an uplifting feeling. Blended with aloe gel, it acts as an anti-microbial hand sanitizer.

One thing to keep in mind is that lemon essential oil can make your skin photosensitive, so don't slather it on and then go sunbathing: wait 12 hours before exposing your skin to sunshine.

On a physical level, Lemon EO is cleansing and detoxifying, supports the immune system and aids digestion.

It also, fantastic for your office or workplace, because it increases concentration, better focus and memory.

Studies indicate that it is protective for liver and kidney health as well as having antimicrobial properties.

I have a cyst on my Adrenal Gland that causes a high dose of Cortisol, to be pushed into my system. Because of this, it causes me to have panic attacks or unnecessary anxiety. There have been studies that show Lemon to lower corticosterone levels (stress response involved with anxiety and pain) in rats, when exposed to lemon oil for a period of two weeks. I sometimes diffuse lemon essential oil for the uplifting fragrance.

Lymphatic Cleanse Massage Oil 🌿

This mixture stimulates elimination and detoxification, while alleviating emotional stress and tension. To create, follow recipe below:

Mix in 8oz amber glass bottle

Fill with carrier oil of your choice, just to the neck.

Add - 20 drops lemon essential oil
 25 drops cedarwood essential oil
 18 drops juniper essential oil
 12 drop lavender essential oil

(continued on page 6)



"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. ♦



"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/>. ♦



*“...Unique in place and purpose
Every fruitful beauty within and about
Miraculously woven together as DNA blossoms
Mystical genetic designs with a heavenly breath
Made as a special creature of God...”*

Each One

Byline: *Gary Bertnick*

Each one of us
Eternal qualities
Eternal destiny,
Good seeds scattered by Noble Hands
Unique in time as flowers with rare scents
Unique in place and purpose
Every fruitful beauty within and about
Miraculously woven together as DNA blossoms
Mystical genetic designs with a heavenly breath
Made as a special creature of God
Singular patterns blended into singular earthly circumstances
Even new Holy Spirit creations in Messiah Yeshua!
Just as nations newly birthed
With tribes and languages
All splendid in appearance
Qualities unmatched in all the Earth
Special purposes for existence expressed artfully from above
In the greatest knowledge of the Lord of Creation,
Each nation, each land, each person
Held up in new light
While the sun rises
Growth and development in wonder
Until the majestic sun sets for the common rest;
New birth into new life
As vessels of highest honor
Meant for the One enthroned
A river of purifying fire that flows out
From beneath the Glory Throne,
Holy zeal consumes;
As countless new songs of beauty are heard
Music for the heart and soul of each one
Beauty of worship moves freely on the winds of power
Lifts the bodies and spirits of those who truly listen
Who can embrace spiritual pleasure, encouragement without end,
Nations as well meant to stand in harmony
In creative balance of oneness throughout the Earth
Each one giving their gifts freely to the other
Each one receiving with a thankful heart
And returning gifts multiplied
In perfect union, in perfect freedom together
All done in honor of our God of love and peace
Eternity set before His Throne as a crystal sea
Everyone and everything seen clearly with fire eyes of jeweled purity
The Ancient of Days before whom the Universe and each one of us will stand.

<https://garybertnick.wordpress.com> ◆

Top Ten Essential Oils - Part 3 (Lemon) (cont'd)

Byline: *Sherry White*

“Lemon oil can be used to prevent hair loss, aid in lifting/tightening skin, preventing wounds from becoming septic, etc.”

Lemon Lavender Body Scrub 🌿

Use this mixture **ONLY** on your body, not on your face. Don't forget to wash your shower walls/floor afterwards, as oils can be very slippery!

In a glass or steel bowl, mix the following:

- ½ cup brown sugar
- ¼ full of carrier oil, of your choice
- 15 drops lemon essential oil
- 10 drops lavender essential oil

Lemon-Pine All Purpose Cleaner 🌿

- In a glass Jar add
- 2 ½ cups of water
 - 2 tablespoons of liquid castile soap
 - 10 to 20 drops of lemon essential oil
 - 5 drops scotch pine essential oil

Purity and quality you can trust! Order today and see for yourself why thousands of people now get their oils from barefüt! <https://barefut.com/?a=637> ♦



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



November 2017*

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

Inspiritual
25 Bernie Lane
Rochester, NY 14624

Inspirational Community Sponsors (cont'd)

Thank You To Our Sponsors!



*“We’d like to say
THANK-YOU to our
sponsors. Please take
the time to check them
out - see if their
products and/or
services can assist you,
your organization, or
someone you know!*



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

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Phone: 585-729-6113
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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 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!