

December 2017



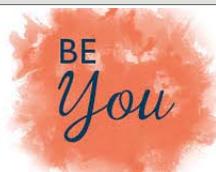
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One Spirit - Many Voices

You

Byline: *Rev. Dr. J.*



So here we are at the end of the year, so as we prepare to move from an end of one year to the beginning of a new year, perhaps this is a time for us to work on being us. See each of us is a work in progress. We are all on a journey to become the most authentic, us that we can become. Practicing being you challenges each of us to become all we were meant to be as human and spiritual beings. When we remember that we are Divine by

design because we were designed by the Divine, it reminds us to become the work of art we were created to be. We become more intentional about becoming more in tune with and attuned to the higher self and mission we were created to fulfill.

This is an important practice at this time of year when so many are torn between their belief in being of service to others but also being intentional about taking time to nurture ourselves. It can create this tension between wanting to be selfless and selfish, between wanting to be there for others and ourselves. It can be a hard balance to maintain where we are taking care of ourselves and being there to support and love others in this world.

Practicing you means that you start by recognizing that we are indeed Divine by design but we are also surrounded by others who are Divine by design as well. We can be proud of who we were created to be and humbled to be surrounded by so many others who were also created by the Divine. We can practice living in that state of balance by being assertive and yielding when we need be. We can remember to practice both sides of any spiritual or emotional seesaw so that we practice balance. We can practice remembering that we are more than our evaluation of ourselves and at times we are not the hot stuff we would like to believe we are. At the same time, we can know it is all good, because our practicing being who we were created to be is part of the journey we are on and as I always say, it is all about the journey.

Practicing being you is important because many of us have spent way too many years earning a Ph.D. in self-doubt, negativity, fear, self-loathing, and other feelings of negativity and inferiority. When we are practicing being all of who we are, then we learn to live with all of who we are and who we were created to be. We begin to recognize that even what we may consider a weakness is part of who we were created to be and offer to the Universe. Practicing being you means you walk in the fullness of who you are.

Life is filled with opportunities to practice being authentically us. Each time I look in the mirror I am reminded to practice and cherish each part of myself. There are parts of me I have found it easier to cherish than others, but that is part of my journey and that which keeps me humble.

Today I had a conversation with a friend who saw me as inspiring. I saw myself as normal. She saw me as one who excels and overcomes obstacles. What she saw as obstacles I overcome, I saw as my normal day to day life. At the same time, I find her inspiring for so many reasons. We each, in our own way, serves as reminders that we are called to fulfill our destiny's.

One way to practice you is to tap into what is called the Sacred Listener. It is when you listen to what you are saying and lift yourself up every time you hear yourself putting yourself down. So often we tear ourselves down, but this is not the voice of the Divine who created us, it is the voice of the lies we have internalized. So this month let's practice being the one who lifts ourselves up and rejoices when we are living in the fullness of who we were created to be. ♦



“ Ancient remedies have used peppermint essential oil or peppermint in general, for many holistic cures. Below, are only a few tried and true uses of peppermint essential oil. “

Top Ten Essential Oils - Part 4 (Peppermint) Byline: Sherry White

Peppermint (Mentha piperita):



Did you know that the peppermint plant is a hybrid mint? Yep, it's a cross between a water mint and a spearmint plant. It used to be primarily found in Europe and the Middle East. However, the plant is now used for so many things that it's grown and found in many regions of the world.

Ancient remedies have used peppermint essential oil or peppermint in general, for many holistic cures. Below, are only a few tried and true uses of peppermint essential oil.



Digestion

Many people use peppermint essential oil to aid in the digestive process. Sipping on a warm cup of peppermint tea may help alleviate nausea or an upset stomach. How many of you know a mixture of a massage oil blend of a carrier oil and peppermint essential oil to be used topically, on the abdomen, to assist in the relief of stomach cramps and queasiness?



Muscle Pain

Using peppermint essential oil is commonly used for pain relief, in muscles. When applied to the skin, peppermint essential oil provides a mentholated, cooling sensation, which can offer a feeling of relief to sore muscles.



Headaches

Muscle tension can cause long-lasting headaches and migraines. The use of peppermint oil has been recognized as a soothing agent in the relief of headaches. I frequently use peppermint essential oil at the onset of a headache.

If you are prone to headaches, I highly recommend keeping a bottle of peppermint oil on hand. I carry a thick, dark case with many of my oils, in my purse, and peppermint essential oil is ALWAYS among my 'arsenal'.

When seeking relief from a headache, simply apply a couple drops of carrier oil, followed with a drop of peppermint essential oil to the temples, forehead sinus areas and the back of the neck. Gently rub mixture into the skin. This will help soothe headache and pressure from sinuses. When applied topically, peppermint oil leaves a soothing, cooling sensation that tends to work wonders on pain.

Placing a few drops of peppermint oil around cracks in walls will also deter rodents and spiders. They can't stand the scent of peppermint.



Stress

Like many other essential oils, peppermint is a powerful aid in relief from stress, depression and mental exhaustion due to its refreshing nature. Peppermint oil raises energy levels, improves focus and mental clarity.

From experience, I've found peppermint essential oil to be very effective against anxiety and restless. If I am feeling pressured and stressed, I combine peppermint and lavender essential oils. It's a great blend!

(continued on page 6)



“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.

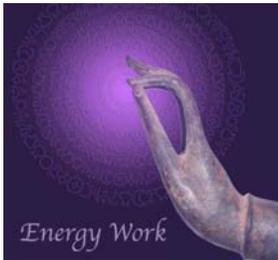
Our community sponsor information is on our website at - <http://inspiritual.biz/community-sponsors-resources/> ♦

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/>. ♦



*"... Today a shout from
Heaven shakes the
Earth*

*And all that are on it-
Nothing by chance, luck
a foolish notion;
There are no random
circumstances!..."*

More Waiting

Byline: *Gary Bertnick*

Countless others with expectations
As the trillions of stars beyond eye sight
Many so restless
In nations filled, struggling, tired and bored
Blown about by dry desert winds as sand,
They often stand alone in frustration
Stare at the setting sun
And wonder if it mirrors their own personal life;
Oh, the common human dilemma-
"Without God and without hope"
In this world of "Self" and fear and lust, pride and greed and confusion!
Yet, the fire of Israel's Messiah, His Holy Spirit zeal burns powerfully
A holy fire of Love
Peacefully tempered, displayed with greatest Wisdom from Heaven;
All footsteps divinely ordered
Even those many knowingly by their Lord of Truth.
Today a shout from Heaven shakes the Earth
And all that are on it-
Nothing by chance, luck a foolish notion;
There are no random circumstances!
Blazing eyes gaze within a Royal Robe of Compassion
Each soul seen as precious
Every human life of great value
"More than many sparrows",
The death of the wicked not a delight of the Lord
But met with sadness at the eternal loss;
Male and female, young and old
Rich and poor, near and far away
All longed for, yearned to draw closer to Kingdom reality.
Their cost greater than all gold
Their price more than all silver
Highly valued gems and diamond stones as gravel compared to what God has "spent"!
The God of Love moves always among us,
Angels of power as well
Disciples of the Master walk in faithfulness
Selfless men and women discerned as true
Who know the price of salvation
Who carry their cross daily;
The weight of eternity for mankind upon our Savior's shoulders
Carried daily for us all,
The billions seen or unseen far beyond digital screens
Each one with a flame of foreknowledge hanging over their heads;
We bow in prayerful honor
Seek only good, pray only for peace
Then pick up our Sword of Truth
With Holy Spirit power of Living Words
And wage a Holy War for this our lost generation!



“ Those that elect to use essential oils should be aware of some of the effects that can be experienced by those with

Top Ten Essential Oils - Part 4 (Peppermint) (cont'd)

Byline: *Sherry White*



Congestion

Menthol provides effective relief from many respiratory problems including nasal congestion, sinusitis, asthma, bronchitis and the common cold. Just like the relief you get from commercial mentholated vapor rubs, inhaling diffused peppermint oil can help to relieve sinus blockage.

If you have a cough, try massaging with peppermint essential oil (along with a carrier oil) onto your chest, or drop three (3) to five (5) drops into a humidifier to help clear sinus and lung congestion.

If your head is stuffy or you're suffering with a persistent coughing, try a peppermint oil steam. Pour boiling water into a metal or glass bowl, and add five (5) drops of essential oil (eucalyptus and rosemary are good combinations with peppermint). Then drape a towel over your head and position your face 10-12 inches above the bowl and breathe in the steam.



Fever

Peppermint essential oil's cooling effects is an excellent natural treatment to assist in bringing a fever down. A mixture of peppermint essential oil, with carrier oil (i.e. coconut oil) makes a natural rub. Massage it onto your neck and on the bottoms of your feet to help stabilize a fever, in a holistic way!



Fresh Breath

Peppermint's antimicrobial properties can help freshen your breath and soothe digestive issues. I personally use it for both. It's been used by many, for years.



Words of Caution

- Inhalation of large doses of menthol may lead to dizziness, confusion, muscle weakness, nausea and double vision.
- Orally consuming peppermint essential oil is not recommended.
- People with gallbladder disease, severe liver damage, gallstones and chronic heartburn should avoid the intake of peppermint oil.
- Do not use on children under 30 months of age.
- Do not apply undiluted peppermint essential oils to the feet.

<https://barefut.com/?a=637> ♦



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



December 2017*

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/>)

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 2017 Holidays						
1st - World AIDS Day 10th - Human Rights Day	21st - Winter Solstice 12th thru 20th - Hanukkah	25th - Christmas Day 26th thru 1st - Kwanzaa				
3 10:00am - Love & Inspiration on Zoom	4 7:00pm - Readings & Reiki Night	5	6 7:00pm - Spiritual Practice Night Zoom	7	8	9
10 10:00am - Love & Inspiration on Zoom	11	12	13 7:00pm - Spiritual Practice Night Zoom	14	15	16 1:00pm - Spirituality & Metaphysical Book Club
17 10:00am - Love & Inspiration on Zoom	18 7:00pm - Readings & Reiki Night	19	20 7:00pm - Spiritual Practice Night Zoom	21	22	23 2:00pm - Holiday Gift & Recipe Exchange
24 10:00am - Love & Inspiration on Zoom	25	26	27 7:00pm - Spiritual Practice Night Zoom	28	29	30
31 10:00am - Love & Inspiration on Zoom						
				Inspirational 25 Bernie Lane Rochester, NY 14624		Phone: 585-7296113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz

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*



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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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!