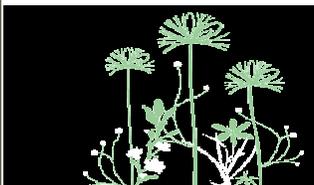


March 2014


Inside this issue:

Sonrise	2
Diffuse Into Your Home	2
Plant a Seed or Become a Micro Patron	3
What's New?	3
The Elephant Among Us	4
Diffuse Into Your Home (cont'd)	5
What's New (cont'd)	6
Diffuse Into Your Home (cont'd)	6
Awareness (cont'd)	7
All In All	7
The Passage	8
Month at a Glance	9
Calendar of Events	10 - 16
About Us	17
Making Submissions to Your Newsletter	17

One Spirit - Many Voices

Awareness
Byline: *Rev. Dr. J.*

Awareness is about opening one's heart, mind, and soul to experiencing the present moment in one's life, and all that surrounds us. It is about living in the moment, observing your self, and experiencing the gifts, which are happening right before your eyes. When we are living in the past or the future, we are not aware of what is happening in this very moment. How many gifts have we missed in life because we were not in this moment? We were not even aware we were not here. So this month, I am going to challenge each of you to come and be aware of the moment. Learning how to do this may not be easy in the beginning, but as we practice it, we will begin to see things we had not seen before, and we may even become addicted to the blessings and vision that comes with awareness.

There's a story I once heard Anthony De Mello share in one of his readings about a disciple who went to the master and said, "Could you give me a word of wisdom? Could you tell me something that would guide me through my days"? It was the master's day of silence, so he picked up a pad. It said, "Awareness." When the disciple saw it, he said, "This is too brief. Can you expand on it a bit"? So the master took back the pad and wrote, "Awareness, awareness, awareness." The disciple said, "Yes, but what does it mean"? The master took back the pad and wrote, "Awareness, awareness, awareness means ~ awareness."

Awareness is about us reprogramming ourselves to live in the moment and be mindful of what we are feeling, how we are feeling it, and where we are feeling it. It is that and more. It is in part about being what I call a Sacred Observer. Being a Sacred Observer is about being aware of what one thinks and what one has to believe about one's self, or others to have had those thoughts. It is about observing ourselves through the eyes of the Divine. Nobody can show you how to live in a state of awareness because everyone has to find his or her own way of being in this state. If I show you then I am teaching you what works for me. What works for me is about my path, based on my life and my experiences. You are not me, nor have you lived my life so, you must find your own path to learning how to be in a state of awareness. We are each our own best teacher. As we observe ourselves, we are creating our own text to study and attempt to understand. We are the creators of our own path.

Awareness comes from self-understanding. The more we understand about ourselves, the more we are able to grow and evolve. We cannot change what we do not understand. So what do we do with what we do not understand? Either we seek to understand it or we repress it. Each of us has the potential to grow in our own awareness, but we will do it in our own time and on our own timeline.

I remember reading a story about a lion who came upon a flock of sheep, and to his amazement he found another lion among the sheep.

(continued on page 7)



*“...Hear the voice of
God speak
Not to the mighty but
the weak
As the humbled will
be made whole
So those with power
will be made low...”*



*“...Diffuser
combines the
multifunctional
benefits of a
humidifier, air
purifier, atomizer,
and aromatherapy
diffuser...”*

Sonrise

Byline: *Nina P. Ploetz*

The sun comes up another day
The darkness it wipes away
God in heaven has come down
Upon his head a thorny crown
Lived as us through all our pain
And yet for us there's no distain
Only Love for His children
Giving us a fruitful garden
We are to live as He; with Love
It is our gift from above
So listen when your heart is worn
For the veil God has torn
Hear the voice of God speak
Not to the mighty but the weak
As the humbled will be made whole
So those with power will be made low
We all are equal in God's sight
Inside us, Holy Spirit's might
Now you see we are never alone
God with us, He will atone
So lift you eyes to the Son
For as is written...It Is Done ♠

Diffuse Into Your Home

You can use Young Living oils in a number of ways. One way is to diffuse them into your home. Young Living carries a number of diffusers. This month, I want to share with you information the benefits, uses, operation, and maintenance home diffuser.

Young Living’s newly designed home diffuser combines the multifunctional benefits of a humidifier, air purifier, atomizer, and aromatherapy diffuser into one easy-to-use product. Its ultrasonic technology breaks the mixture of essential oils and water into millions of micro-particles and disperses it into the air, activating the powerful plant constituents found in Young Living’s pure essential oils. The diffuser’s lightweight design allows you to enjoy varies benefits in any room of your home, and includes a convenient, automatic shut-off feature.

Primary Benefits

- The ultrasonic frequency generates waves at 2.5 million times per second, releasing essential oil molecules into the air to help transform your surroundings and create a relaxing, spa-like atmosphere in your home or office.

(continued on page 5)



“ Thank-you to those who have helped in the past, and all those who will find it in their heart to assist in the future. “



“We have several special events happening this month. Please go to our website’s ‘Special Events’ page, under the menu’s ‘Events’ section, for more information.”

Plant a Seed or Become a Micro Patron

For the last three (3) years we have been committed to providing low and no-cost offerings so that all, who seek a space for spiritual growth and evolution, may have a space to go. This has not always been easy in a struggling economy. Each month, we ask you to consider helping us grow and evolve so we may continue to ensure all are fed. You can assist us in one of two ways. One is to become a part of our Plant a Seed program, by making a monthly donation, which will assist us in raising the funds needed for our growth and expansion. The other is to become a micro patron. Micro-patronage is a way to support Inspiritual through a micro (small) donation. Those who donate \$50.00 or more will be listed on our Micro Patrons page for that year.

As a thank you to those who have expressed a commitment to helping us grow, we are offering the following:

Those donating \$50.00 or more will receive an Inspiritual stress ball.
Those donating \$100.00 or more will receive an Inspiritual mouse pad.

Your investment in us will be used to support the following:

- ♥ Advertisement in a local community newspaper (\$130.00 every six weeks)
- ♥ Advertisement in The City newspaper's 'Mind Body Spirit' section (\$120.00 per week)
- ♥ Professional printing of brochures (\$250.00)
- ♥ Trademarking our name (\$325.00)
- ♥ Continued support to allow us to continue offering low and no cost offerings to those seeking to grow and evolve spiritually. ♦

What's New?

Just a reminder, we have expanded our social media outreach and now have a Meetup group 'Inspiritual' <http://www.meetup.com/Inspiritual-biz/>. If you want to receive invitations to our events and stay informed, this is just one more way to do that. Please note that only our physical gatherings are listed on the meetup calendar. Our Skype events are listed on our website and Facebook group page. You can follow us on Twitter @inspiritual or, on Facebook on our group <https://www.facebook.com/groups/154921854555618/> and business page <https://www.facebook.com/inspiritual.biz>. We also have a page for our Young Living Essential Oils <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>.

In February, Mary Grace joined us for a discussion of her book, The Communion of the Saints on Friday, February 14th and Thursday, February 20th. Our discussion included conversations about her book, near death experience, and a question and answer segment.

To help bring focus to our special events and guest teachers, we now have a 'Special Events' page. You can view all our special events at <http://inspiritual.biz/special-events>.

March start with a visit from Intuitive Artist, JD Arrichi, who will spend time with us on Thursday, March 6th and Friday, March 7th, creating Spirit Drawings and leading workshops. With Spirit Drawings, JD follows his guidance throughout creating the picture. He said, "It is often that the images literally appear to me on the paper.

(continued on page 6)



“These gentle leaders are ever observant of their surroundings, their family members, and make a point of staying connected to others in the group using touch and sound to gather information about the mood and needs of each member, and of the group in general.”

The Elephant Among Us

Byline: *Samuel M. Akin*

I was asked by my friend/sister/teacher, Rev. Sharon, why I feel like she is similar to the matriarch of an elephant herd. What follows is my reply, based on what little bits I have learned about these amazing animals.

The matriarch of an elephant herd (family), tends to be the oldest female in the group, and is usually the closest family member to the previous matriarch. Sharon has a very strong bond with her Mother and Grandmother, who showed and taught her so many things about faith, family and cooking, to name just a few.

Matriarchs lead by quiet example to those who are following behind them, communicating with sometimes subtle, sometimes exaggerated movements of their trunks, ears and tails. These gentle leaders are ever observant of their surroundings, their family members, and make a point of staying connected to others in the group using touch and sound to gather information about the mood and needs of each member, and of the group in general. Sharon always seems to "sense" the needs of each person who comes to her, and even those who don't know fully yet that they are on their way to her. Her "family" is always learning from her about themselves and their world, just as the elephant herds do from their matriarchs.

Herds naturally follow strong leaders, and at times when a Matriarch becomes too old, ill, or if a new matriarch is not a good leader, then the herd will "choose" to follow a female who shows better leadership qualities as it is critical to the health of the group to have the best matriarch. This is also true in the human world, as we tend to gravitate to the healthiest, strongest leaders. That does not mean they lead by physical strength but again, just like elephants, people tend to follow the leaders who lead by example. Sharon "walks her talk" and very rarely does she have the need to strongly set someone in their place. I feel she puts forth an image demonstrating one with a big 'heart'; a heart at least as big as an elephant's.

Lastly, matriarchs are not only compassionate with members of their own herd, but also those members of other herds, and all they share a common environment with. Matriarchs know they are all dependent upon each other for the entire community's well-being. Sharon always sees the "bigger picture" and helps us to see that there is more to life, love, faith, etc. than just ourselves and our single lives. She provides many opportunities for us to grow in a nurturing environment, where we are surrounded by other supportive members of our "group/family" until we are strong enough to go out on our own and share with others our individual gifts and talents we have been personally blessed with. May the spirit of this gentle "Giant" shine forth the light of the Divine for all of eternity. ~ Peace ~ ♦



“This newly designed product is easy to use and maintain. There are also several beneficial results derived from its use.”

Diffuse Into Your Home (cont'd)

- The ultrasonic technology also gently disperses essential oils throughout the air to remove odors.
- The home diffuser helps replace harmful household chemicals with effective, all-natural essential oils.
- The constant, humidified air helps keep skin moisturized and feeling fresh.
- The diffused molecules cover ten (10) square meters.

Who Should Use The Home Diffuser?

- Those seeking to create an immersive essential oil experience at home or in the office.
- Individuals who need a simple way to introduce the benefits of Young Living essential oils to others.

Suggested Use

- Open the water reservoir by lifting the clear lid. Add room-temperature water (purified or distilled water is recommended) into the reservoir, up to the fill line. Do not exceed the fill line.
- Add 8 - 12 drops of your favorite Young Living essential oil into the water.
- Replace the clear lid to cover the water reservoir.
- Plug in the Home Diffuser and push the on/off button to start and stop diffusing.
- When the water is all used, the diffuser will automatically shut off.

***NOTICE:** When removing excess water from the reservoir, pour from the rear of the diffuser to avoid spilling on the operating buttons or getting water in the internal air inlets. If water leaks into the air inlets, it will spill out through the bottom of the diffuser.*

Cleaning

- If essential oil begins to build up on the ultrasonic plate of the home diffuser, gently wipe it off using the included cleaning sponge or a cotton swab dipped in rubbing alcohol.
- Do not use aerosol sprays, solvents, or abrasives to clean the plastic housing.
- Clean the ultrasonic plate regularly for best performance.

Did You Know?

- The lipid-soluble structure of essential oils allows them to easily penetrate the cell membranes of the nose and enter into the bloodstream. Once in the bloodstream, the oils can help transport oxygen and nutrients into the cells.
- Ultrasonic diffusion disperses essential oils into the air without heating or burning, unlike aroma lamps or candles that reduce the therapeutic benefits and can even emit toxic compounds.
- Hippocrates, known as the father of modern medicine, used aromatic smoke and vapors to purge Athens of the plague.

Complementary Products

- Lavender - relaxes and soothes
- Peppermint - boosts mental sharpness
- Lemon - invigorates the senses
- Purification - helps eliminate odors
- Peace & Calming - calms and comforts

(continued on page 6)



“...Rev. Vicki Snyder will be joining us for an introduction to Angel Card Reading.

In April there will be a workshop, with Ruth Hosenfeld, for those interested in basic IET.

Read the entire ‘What’s New?’ newsletter article for more information, and sign up for those activities that pique your interest. “



“Try the diffuser with various Young Living oils. “

What’s New (cont’d)

I simply highlight and outline them to be readily visible to those not accustomed to seeing in such a manner.” Spirit Drawings are created in black or grey charcoal on white paper. JD will be meeting with people individually on the 7th and conducting two workshops on the 6th. One workshop will be geared toward youth 10 through 18 years of age, taking place from 4:00 pm - 6:00 pm, and the other is for adults, happening from 7:00 pm - 9:00 pm. At both he will teach participants how to create spirit drawings. We will be scheduling appointments with JD throughout the day. Please call 585-729-6113 ASAP to schedule your appointment, and for more information. You can view samples of JD’s work at <https://www.storesonlinepro.com/store/1397999>.

Vicki Snyder will be joining us as a guest teacher on March 11th, from 7:00 pm to 9:00 pm, to provide an Introduction to Angel Card Reading. Vicki is a certified angel card reader through Doreen Virtue. She will teach us how we can work with the angels, using oracle and angel tarot cards, to help us in our daily lives. Angel cards are a great way to add clarity and empower us on our life paths. They can provide clarification into the past, present, and future. They are a wonderful tool to verify that you are on track, and to check in with your authentic self. Cost is \$20.00. Space is limited, so please register with us in advance via Facebook, Meetup, or email.

If you are interested in learning Basic IET, join us on April 26th for an all day training session (8:30 am -4:30 pm) with Ruth Hosenfeld. According to Stevan J. Thayer, who developed IET, it “...uses the violet angelic energy ray, as brought to us through the nine Healing Angels of the Energy Field, to work directly with our 12-Strand Spiritual DNA. IET supports you in safely and gently releasing limiting energy patterns of your past, empowering and balancing your life in the present, and helps you to ‘reach for the stars’ as you evolve into your future. We chose the term “Integrated” in our name to convey our healing vision of “integrating the pain of the past, into the power of the present, to bring about the joy of the future.”. This one day course is \$195.00 for first time students and \$65.00 for those taking it for review. There is a non-refundable \$20.00 deposit, due at least seven (7) days prior to the workshop, to cover the cost of book and certificate.

We are always open to new opportunities to assist you in your spiritual journey. If you have an idea for something you would like to see us offer, please let us know. We are here to support you in your spiritual evolution and transformation.

As always, we are ever so grateful for your ongoing love and support. If you would like to offer a course here, please contact us at 585-729-6113 or via email at Inspiritual@ymail.com. ♦

Diffuse Into Your Home (cont’d)

- Thieves - defends and protects

https://static.youngliving.com/en-US/PDFS/PIP_HomeDiffuser.pdf

This diffuser also comes as a part of two of the starter packages. If you are interested in receiving yours as part of your enrollment package or just purchasing one for home use, please contact me at Inspiritual@ymail.com or sign up on your own at <https://www.youngliving.com/signup/?site=US&sponsorid=1514998&enrollerid=1514998> ♦

AWARENESS

“Awareness is about us reprogramming ourselves to live in the moment and be mindful of what we are feeling, how we were feeling it, and where we are feeling it.”



*“The Source of all meaning carries,
A Cross that opened the very door to Heaven!
A Savior takes each one by the hand”*

Awareness (cont'd)

Byline: *Rev. Dr. J*

The other lion had been brought up by the sheep, ever since he was a cub. He would bleat like a sheep and run around like a sheep. The lion went straight for him, and when the sheep-lion stood in front of the real one, he trembled in every limb. And the lion said to him, "What are you doing among the sheep?" And the sheep-lion said, "I am a sheep." And the lion said, "Oh no you're not. You're coming with me." So he took the sheep-lion to a pool and said, "Look!" And when the sheep-lion looked at his reflection in the water, he let out a mighty roar, and in that moment, he was transformed. He was never the same again.

For some of us, our ability to become aware of our authentic self will come in a moment like the story of the sheep-lion. For others, it will come over time. When we learn how to live in the moment and be aware of the gifts each moment brings, we begin to experience life in a new, exciting, and ever unfolding way. We experience ourselves and life for what it is at each moment in time. ◆

All in All

Byline: *Gary Bertnick*

Death swallowed up by Life,
What is impossible for every man
Impossible for every woman
Every child whose mind wanders through a flower garden,
Thoughts of such beauty and origin and perfection,
Stimulates the brain, stirs emotions
Rushes within and through the soul
Body senses leap joyfully into the spirit,
The whole being pulses mysteriously
Those ecstatic moments when you literally taste being alive;
While expressing most honest love to another
Given selflessly without shame of nakedness
Inner confidence is built up
Assurance is strengthened, lifted high
Understanding settles on the momentary wonders of being "you",
Along with intuitions of something much greater
As a graceful flight soars on peaceful wings of satisfaction, of redemption
The Source of all meaning carries,
A Cross that opened the very door to Heaven!
A Savior takes each one by the hand
Leads the children once lost, seemingly abandoned in the world
Rejected, now found, in the knowledge of their spirits
In the simplicity of humility
All thoughts and understanding righteously caressed,
The greatest discovery yearned for
Wraps all within all
Every true lasting experience given to body, soul and spirit
Enclosed within and without by eternity
The gift of life wrapped completely in love
Placed in honor before the merciful Father
By the wise touch and wounded hands of His Son. ◆

The Passage



" . . . There's a blaze of light in every word
It doesn't matter which you heard
The holy or the broken Hallelujah
Hallelujah, Hallelujah
Hallelujah, Hallelujah . . ." ~ Leonard Cohen

Photograph by Sharon Forsythe Hinkson ♦



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/) (<http://inspiritual.biz/community-event-submission-form/>)



March 2014*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Inspiritual 25 Bernie Lane Rochester, NY 14624 Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz						
2:30 pm Meditational Mandalas	3 7:00 pm Healing Harbor	4 7:00 pm Intro to Angel Card Reading	5 6:30 pm Love & Inspiration	6 4:00 pm Spirit Drawing Workshop for Kids 7:00 pm Spirit Drawing Workshop	7 Spirit Drawing w/ JD Arrichi 11:00 am - 9:00 pm by appointment	8 9:30 am Networking Breakfast Noon Spiritual Journaling Workshop on Skype Part 2
9 10:00 am Skype Love & Inspiration 2:30 pm It's Movie Time!	10 7:00 pm Healing Harbor	11 6:30 pm Love & Inspiration	12 6:30 pm Love & Inspiration	13 6:30 pm Spirituality Book Club	14 6:30 pm Spirituality Book Club	15 2:30 pm Writing with Your Soul
16 10:00 am Skype Love & Inspiration	17 7:00 pm Healing Harbor	18 6:30 pm Love & Inspiration	19 6:30 pm Love & Inspiration	20 6:30 pm Skype Spirituality Book Club	21 7:00 pm Living the Five Agreements	22 Noon Skype Living the Five Agreements
23 10:00 am Skype Love & Inspiration	24 6:30 pm Love & Inspiration	25 6:30 pm Love & Inspiration	26 6:30 pm Love & Inspiration	27 7:00 pm Living the Five Agreements	28 7:00 pm Living the Five Agreements	29 7:00 pm Living the Five Agreements
30 10:00 am Skype Love & Inspiration	28 day Spiritual Cleansing Intensive begins	'A space for spiritual evolution and transformation'				

Month at a Glance



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

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

Spiritual Journaling Workshop on Skype

Host/Host Organization: Inspiritual

Date: March 1 and 8, 2014

Time: noon - 5:00 pm

Place/Venue: Skype

Description of Event: Spiritual journaling is more than keeping a diary where you log the events of your life. It's a place where you share your innermost thoughts with yourself and your Higher Power. As you become more comfortable and skilled in doing that, you will sense a deeper spiritual direction for your life. Most spiritual journaling writers suggest there are two rules about spiritual journaling. In *Life's Companion: Journal Writing as a Spiritual Quest*, Christina Baldwin states there are only two rules for spiritual journaling: Date your entries as you go, and don't make any other rules.

Spiritual journaling provides you with an opportunity to reflect on the spiritual understandings, which may be struggling to rise within your consciousness. Anything, which catches your attention in daily life, such as quotes, images, feelings, or things you find in the world, may be the universe's way of catching your attention.

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. Each session I will teach four (4) different strategies for you to use. We will begin with the most basic strategy - streaming. Subsequent sessions will all incorporate streaming in combination with other strategies. 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. Last, add SAJEWord as a contact.

Admission Price: \$80.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Love and Inspiration on Skype

Host/Host Organization: Inspiritual

Date: March 2, 9, 16, 23, and 30 2014

Time: 10:00 am - 11:30 am

Place/Venue: Skype

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.

The group is limited to eight (8) people each week. RSVP, via email to reserve your spot and to receive additional instructions.

(continued on page 11)



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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Meditational Mandalas

Host/Host Organization: Inspiritual

Date: March 2, 2014

Time: 2:30 pm - 4:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: David Fontana, a teacher of meditation and of mandalas once wrote, "The mandala is like a mirror that helps us to discover who we are. If the mandala is a suitable one, it is already a reflection of something deep inside ourselves, a reflection that does not judge or condemn, that does not flatter or deceive, that does not compare us with other people and find us better or worse, that simply reveals to us things as they are. When we stop to think about ourselves we become aware of all sorts of strengths and weaknesses, but the mandala is not interested in these. Like a mirror, it accepts all that it sees. It teaches us not to hide from ourselves. It teaches us to stop pretending that we are somebody we are not and to experience what it is to be ourselves rather than becoming lost in an artificial world of concepts, prejudices and needless hopes and fears about ourselves."

Mandala is the Sanskrit word for circle. Mandalas are circular images whose amazing power goes far beyond mere decoration. They have been used in healing for centuries by cultures all over the world because of their transformative effect on the body, mind, and spirit.

Each month, we begin with a guided meditation associated with a specific gift or emotion. Then we have quiet time to meditate with the various colors, listening to our intuitive response to each color and its placement in a pre-drawn mandala. Using pre-drawn mandalas allows one to focus on our relationship with color, rather than form. Time and space will be provided to color one's mandala and reflect on the messages behind the colors used.

Coffee, tea, water, and Crystal Light will be provided. Crayons and colored pencils will be provided. However, feel free to bring your own coloring supplies if you prefer

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/meditational-mandalas/>

Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual

Date: March 3 and 17, 2014

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Because you are the creator, the impact is not only more personal, but more powerful." For more information about JD, his work, and examples, Visit:

www.infinitecreations.net

(continued on page 12)



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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Yes, it is true, **no artistic “ability” or experience is needed** for this workshop. In many prior workshops, those with less experience are able to grasp the process and demonstrate it in their works easier than those with an artistic background.

Important notes: In this workshop we will be working in charcoal or pastels. Both can get messy and have strong staining potential. It is highly recommended to wear at least a “smock” or expendable clothing. The more free we can flow with the energy (without worrying about ruining our clothes) the better the experience can be. Handy wipes will be provided.

Admission Price: \$20.00

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/special-events/>

Wheelchair Accessible: Yes

Spirit Drawing Workshop with JD Arrichi

Host/Host Organization: Inspirital

Date: March 6, 2014

Time: 7:00 pm - 9:00 pm

Place/Venue: Inspirital, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: **Spirit Drawing** is truly more an experience in learning to “see”, initially on paper creating a drawing, but ultimately in your life. The process allows you to experience you inner sight outside of what you may be used to; therefore, creating an opportunity for growth beyond conventional means and without limitations. We will be working with charcoal on white paper. Most attendees complete three (3) - four (4) drawings in the class.

JD Aricchi has been a spirit artist for over 11 years. JD will share his stories and experiences to demonstrate how creating through spirit is truly unlimited. “Looking within and knowing yourself allows you to find your own way of expression and insight. Because you are the creator, the impact is not only more personal, but more powerful.” For more information about JD, his work, and examples, Visit: www.infinitecreations.net.

Yes, it is true, **no artistic “ability” or experience is needed** for this workshop. In many prior workshops, those with less experience are able to grasp the process and demonstrate it in their works easier than those with an artistic background.

Important notes: In this workshop we will be working in charcoal or pastels. Both can get messy and have strong staining potential. It is highly recommended to wear at least a “smock” or expendable clothing. The more free we can flow with the energy (without worrying about ruining our clothes) the better the experience can be. Handy wipes will be provided.

Admission Price: \$35.00

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/special-events/>

Wheelchair Accessible: Yes

Individual Spirit Drawings w/JD Arrichi (by appointment)

Host/Host Organization: Inspirital

Date: March 7, 2014

(continued on page 13)



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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Time: 11:00 am - 9:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: One part psychic reading, one part art, & one part intuitive tool, Spirit Art is all about you. The process of creating spirit art is by channeling a picture intended for you, or a person of your choosing. This is done by connecting to divine guidance and trusting the outcome. JD has been doing Spirit Art and Spirit Drawings for over 10 years with many satisfied clients.

Your Spirit Art or Spirit Drawing is an original piece of art created for you; which is a rarity. Additionally, you will receive a "general interpretation" of the art. Interpretations are similar to a reading, but the interpretation is truly just the starting point. Because the picture is created via "channeled energy", in its own right, is energetically alive. Now before anyone cringes or gets "creeped out", keep in mind it is divine energy. The same energy we are all a part of and connected to. The energy in the picture can literally show you things about yourself and about your path. It is a tool for guidance.

5 x 7 drawings are \$35.00 and 8 x 10 drawings are \$40.00. Both take about a 1/2 hour. They come matted in a clear sleeve with a backing board and written interpretation. Please private message to schedule an appointment with your top three time choices.

Email us at inspiritual@ymail.com, or call 585-729-6113 to schedule your appointment.

Admission Price: Cost for a 5 x 7 drawing is \$35.00, and \$40.00 for an 8 x 10 drawing.

Email Address: inspiritual@ymail.com

Website: <http://inspiritual.biz/special-events/>

Wheelchair Accessible: Yes

Metaphysical Practitioners Networking Breakfast

Host/Host Organization: Inspiritual

Date: March 8, 2014

Time: 9:30 am - 11:00 am

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: This is a potluck networking breakfast. Coffee, tea, crystal light, water, and serving materials will be provided. Bring a dish to pass as well as any promotional materials about your services and special events you want others to know about. We will be meeting the 2nd Saturday of each month.

Email Address: inspiritual@ymail.com

Website: <http://inspiritual.biz/metaphysical-and-spirituality-practitioners-directory/>

Wheelchair Accessible: Yes

It's Movie Time

Date: March 9, 2014

Time: 2:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: The 2nd Sunday of each month we will gather at 2:30 pm to view a film and discuss the spiritual lessons. Feel free to bring BYOB (bring your own beverage). Popcorn will be provided. This month we will be viewing and discussing *Wake Up*. Jonas Elrod was leading an ordinary life until he woke up one day to a totally new reality.

(continued on page 14)



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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

He suddenly could see and hear angels, demons, auras and ghosts. The documentary *Wake Up* follows this fascinating story of an average guy who inexplicably developed the ability to access other dimensions. With his loving but skeptical girlfriend by his side, Jonas crisscrosses the country as he searches for answers and delves deeper into this thrilling world of the phenomenal and spiritual. *Wake Up* is a call to consciousness for everyone who sees it; an invitation to accept that there is more to this life than meets the eye.

Admission Price: Love Offerings accepted
Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/its-movie-time1/>
Wheelchair Accessible: Yes

Intro to Angel Card Reading w/Vicki Snyder

Host/Host Organization: Inspiritual
Date: March 11, 2014
Time: 7:00 pm - 9:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: Vicki Snyder is a Certified Angel Card Reader™ through Doreen Virtue. Come learn how you can work with the angels using oracle and angel tarot cards to help you on a daily basis. Angel cards are a great way to add clarity and empower you on your life's path.

Who is Doreen Virtue? Doreen Virtue, PhD is a spiritual doctor of psychology who works with the angel realm. She is the Queen of Angel knowledge. Doreen is a Clairvoyant, Author and Teacher. She has written many books on working with angels and created numerous oracle/tarot decks.

What the class will be covering:

- Mediation to meet your guardian angel;
- Basic overview of the seven (7) Archangels;
- Calling on the Archangels for assistance, working with each one;
- Discussion of the different oracle and angel tarot decks; and
- Practice doing simple readings for yourself and others.

Admission Price: \$20.00
Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/special-events/>
Wheelchair Accessible: Yes

2nd Friday Spirituality Book Club

Host/Host Organization: Inspiritual
Date: March 14, 2014
Time: 6:30 pm - 8:00 pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113
Description of Event: This month, we will be reading and discussing the book *The Five Love Languages* by Gary Chapman ISBN 978-0802473158
Admission Price: Love offerings accepted
Email Address: Inspiritual@ymail.com

(continued on page 15)



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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Website: <http://inspiritual.biz/2nd-friday-spirituality-book-club/>

Wheelchair Accessible: Yes

Writing with Your Soul

Host/Host Organization: Inspiritual

Date: March 15, 2014

Time: 2:30 pm - 4:00 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Each month, there will be a reading to ponder, a time for reflection and meditation, a time to allow Spirit to reveal to you through your journaling, and a time to share. The cost for this workshop will be \$15.00 per month. Please bring writing materials, of your choice, and any other creative medium you may wish to use (paints, pencils, crayons, etc.). You may attend this gathering in person or via **Skype** (by adding SAJEWord as a contact and pre-registering for this offering at <http://inspiritual.biz/writing-with-your-soul/>).

Admission Price: \$15.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/writing-with-your-soul/>

Wheelchair Accessible: Yes

Spirituality Book Club on Skype

Host/Host Organization: Inspiritual

Date: March 20, 2014

Time: 6:30 pm - 8:00 pm

Place/Venue: **Skype**

Description of Event: This month, we will be reading and discussing the book *The Five Love Languages* by Gary Chapman ISBN 978-0802473158

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Living the Five Agreements ~ Skype

Host/Host Organization: Inspiritual

Date: March 22, 2014

Time: noon -2 pm

Place/Venue: **Skype**

Description of Event: Over eight (8) years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation. This group will discuss his two books, *The Four Agreements* and *The Fifth Agreement*, and discuss what we are learning about ourselves as we live these agreements.

Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*. The group is limited to eight (8) people each month, RSVP via email to reserve your spot and to receive additional instructions.

(continued on page 16)



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/) (<http://inspiritual.biz/community-event-submission-form/>)

Calendar of Events (cont'd)

Admission Price: Love offerings accepted via our 'Help Us Grow' webpage.

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements-skype/>

Wheelchair Accessible: Yes

Living the Five Agreements

Host/Host Organization: Inspiritual

Date: March 28, 2014

Time: 7:00 pm - 8:30 pm

Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Over eight (8) years ago, Don Miguel Ruiz published *The Four Agreements*. Reading the book for many has been life changing. Living these agreements, however, is an ongoing journey of self-examination, evaluation, and transformation. This group will discuss his two books, *The Four Agreements* and *The Fifth Agreement*, and discuss what we are learning about ourselves as we live these agreements. Exercises will also be offered to help us master our awareness of what we believe and what we have agreed to in our lives as we seek to evolve and grow in our own journey to the authentic self. We will begin with discussing and working through *The Four Agreements*.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/living-the-five-agreements1/>

Wheelchair Accessible: Yes

28 Day Spiritual Cleansing Intensive

Host/Host Organization: Inspiritual

Date: March 30, 2014 - April 26, 2014

Time: At your convenience

Place/Venue: Inspiritual (website and/or in person), phone, and/or **Skype**

Description of Event: If you are ready to do some intense spiritual, physical, emotional, and mental cleansing, then this is the workshop for you. Beginning the evening of March 30, 2014, 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 Skype for a 30-minute check in after the completion of each week, to assist you in your processing. Supplies needed are two (2) journals (each used for a different purpose).

Admission Price: \$140.00

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes ♣

About Us



Inspiritual

25 Bernie Lane
Rochester, NY 14624-1152

Phone: 585-729-6113
E-mail: Inspiritual@gmail.com

We're on the WEB!

Our Website
<http://inspiritual.biz>

Twitter
@Inspiritual

Facebook
<https://www.facebook.com/inspiritual.biz>

Meetup
<http://www.meetup.com/Inspiritual-biz/>

Inspiritual 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. ♣

Making Submissions to Your Newsletter

We're excited to share Inspiritual'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 Inspiritual. All includes YOU!

The submission process is simple. If you have an article, event, photograph, reflection, book or movie review, 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 Inspiritual;
- Create your documents using an 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 all photo/graphic formats (i.e. jpeg, gif, tiff, png, and bmp);
- Send your files to us prior to the submission deadline via email, Inspiritual@gmail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 11:00 pm.

Please realize that your submissions may be edited and/or not used in the upcoming month (i.e. due to space and/or content). Should you have questions or comments, please contact us.

Remember this is YOUR newsletter. Submit, and submit often!



Are you ready, willing, and able to share some of your talent and time with the Inspiritual community? Do you know anyone else who might be interested? If so, drop us an email!

**"Remember this is
YOUR newsletter.
Submit often!"**