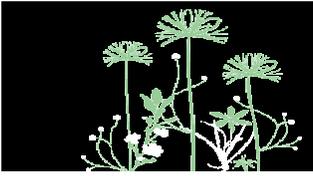


March 2015



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One Spirit - Many Voices

Being Present

Byline: *Rev. Dr. J.*

As many of you know I also teach part time for a local college, SUNY Brockport. When I meet with my class, one of the first things I have them do is sign the attendance sheet so I know they were present. However, as I have thought more about this, I have come to realize that signing the sheet does not mean they were present; it just means they were in the room. The same can be said of our spiritual lives. Some of us are present in the sense that we are here physically. Others have evolved to a place where we are practicing being present in the moment.

Recently, I came across a story about practicing being present in a book by Sandy Boucher, author of *Opening the Lotus: A Woman's Guide to Buddhism*. She wrote about the practice of being present from a Buddhist perspective. "The word 'practice' covers everything that Buddhists do in their efforts to achieve clear understanding and benefit other beings... Last week I spoke with a Buddhist friend who had just had a baby. 'How is it caring for a little girl?' I asked. She replied without hesitation, 'It's twenty-four hours a day of practice.' She was being called upon to pay attention to, and to act with compassionate caring toward this tiny human being constantly throughout day and night. And she was attempting to do it, not by rote but, with full presence of mind and spirit. This is Buddhist practice."

Buddhism is just one of many world religions that recommend the practice of being present. While they may not use the language of being present, they do talk about making the most of every moment and being aware of the presence of the Divine in daily life. Practicing the presence of God is about seeing how the Divine is a part of everything we do in life. Thich Nhat Hanh, in his book *Peace Is Every Breath*, talks about seeing the Divine in the most simplistic of things in our life, like brushing your teeth or washing your face.

I was once told the two most dangerous places to live are the past and the future. The most powerful space to be is the present. When we are in the past, we are reviewing things that have already happened and trying to explain the past. Often times we do this as a way of avoiding responsibility for our lives and attempting to place guilt or blame on others. When we live in the future, we are spending our time and energy thinking about what might be, what might happen, what somebody might say, and creating storylines that have not and may not happen.

(continued on page 6)

Ice CastlesByline: *Doris Richardson
- Edsell*

“...Find some ways today to make your own sunshine if it is dull outdoors Put some color into your life...”



You piled the snow up in large hills as you weathered the storm, and now the ice castles are coming down.

I ask myself the question; “What is getting in my way?” every once in a while, especially when I think that things are becoming difficult, or I feel a struggle coming along. I usually have something in my life that I have to work on every day to keep myself in check. You know the drill; *mustering up* some positive thoughts so that you can smile, or at least put on a happy grin for others you may see. Smiling is a good way to start the day. There are many theories on the benefits of smiling, and how it automatically helps you to feel better.

If you live in a cold climate, winter is difficult and can make it impossible to stay on the positive side of life with the lack of light and the sun hidden from view. But remember that the sun is still there, hidden behind a cloud but there for you. Find some ways today to make your own sunshine if it is dull outdoors Put some color into your life. Wearing bright yellows, purples and orange hues can help you to create a *sunshiny and healing way* for your day.

Physical Blocks

Today was different, it was not an emotional discord that was keeping me from my daily routine; it was a physical one. I looked at the end of my driveway and the large icy boulders had fallen into my path making it impossible for me to leave. I literally had to remove each icy boulder in order to move on today.

Castles that fall

I looked around to see if there was a snow plow that had just gone by that had knocked down my castle at the end of the driveway. No plow was in sight, but there was some sunshine. Could it be that the sun had caused a mild thaw of my castle, causing the large ice boulders to move, dropping their icy ways into my path?

(continued on page 5)



“ We wish to thank those that have and/or will generously give their time and resources in support of Inspiritual.”



“ We’ve begun to host quarterly stone and crystal parties with Brian McGrath. The spirituality and metaphysical book club has also taken on some changes. Please read about it, and other things, here!”

Help Us Grow

For the last four (4) 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 three ways.

Become a part of our Plant A Seed Program by making a monthly donation, of as low as \$5.00 a month, which will assist us in raising the funds needed to support our ministry.

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.

Contribute to the funding of our community prayer and meditation garden. You can learn more about that by visiting our meditation and prayer garden page <http://inspiritual.biz/meditation-prayer-garden/>. We will be listing our costs for the implementation of this public meditation and prayer space on our donations page. Thus far, we have been able to purchase the benches, construct the berms, and begin filling them with plants, shrubs, grasses and stones. However, we are still working to raise funds to put in pavers, a wheelchair accessible sidewalk into the yard, and solar lighting to illuminate the space once the sunsets.

100% of your donations go to support our ability to provide low and no cost offerings to those seeking to grow and evolve spiritually, many of whom we never get to physically meet because they live around the world. ♡

What's New? (cont'd)

- ♥ Rev Sharon continues to grow stronger each day and is back to her normal self. She still has two surgical procedures to go, but for now she is radiating as much love and positive energy into the world as she can. Thank you for all your prayers and support.
- ♥ We are excited that Brian McGrath, from Brown Dog Natural Creations, will be back on March 14th from 2:00pm - 4:00pm for our quarterly stone and crystal party. Please let us know in advance what stones you would like Brian to bring with him.
- ♥ The spirituality and metaphysical book club has taken on a new form and moved to a new day and time. We have been invited to read, discuss, and review the writings of some local authors as well as authors around the country. We will now be meeting the 3rd Tuesday of each month, 7:00pm - 9:00pm. The book we will be reading and discussing in March is *Peace Is Every Breath* by Thich Nhat Hanh (HarperOne). This book offers personal anecdotes, meditations, and advice for mindfully connecting with our present experience. Thich Nhat Hanh shows us how we can discover within the here and now our own innate ability to experience inner peace and happiness. We do not need to escape reality to harness the joy that is possible with every breath we take.

(continued on page 6)



“ Young Living offers a wide array of products to help you get through your work day.”

Your Work Survival Kit Must Include



Do you take your Young Living products to work? Here are 10 things we suggest you bring to work and why? Tell us what you bring to work!

Brain Power ~ Brain Power™ gives your brain a boost with essential oils that are high in sesquiterpenes. Use it to clarify thought and develop greater focus.

Highest Potential ~ Highest Potential™ is an exotic blend designed to increase your capacity to achieve your highest potential. It combines the uplifting and inspirational qualities of Australian Blue with the power of Gathering to help bring greater unity of purpose. Jasmine is added to enhance self-confidence, while ylang ylang calms, soothes, and harmonizes.

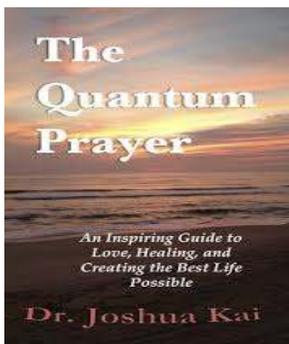
Motivation ~ Motivation™ helps enable a person to surmount fear and procrastination while stimulating feelings of action and accomplishment. It enhances the ability to move forward in a positive direction.

Ningxia Nitro ~ NingXia Nitro™ combines 100% pure, therapeutic-grade essential oils with naturally powerful ingredients to lift mental clarity and focus while also providing a surge of energy when needed. Each box contains 14 single-serve tubes (20 ml each).

(continued on page 7)



"...Nature has a way of telling us things, and I believe that something in life today needed to be slowed down to allow me to be where I was supposed to be, and a little delayed..."



*"...Dr. Kai is offering a FREE copy of his book for reading his new book, **The Quantum Prayer** ..."*

Ice Castles (cont'd)

Byline: *Doris Richardson - Edsell*

I was the only one that this icy explosion had happened to; I looked carefully down the street to see if anyone else was shoveling the icy boulders, but their driveways were clear. Yes, it was just me; a sign for just me to see. Maybe it is time for me to slow down. I thought carefully about this and decided that I was delayed because I was supposed to be. You know, "Life unfolds every day as it should."

Nature has a way of telling us things, and I believe that something in life today needed to be slowed down to allow me to be where I was supposed to be, and a little delayed. I looked at the situation; knowing that I had time to shovel the boulders but also realized that they were big and I had to chop the icy blocks before I could lift them. It was a difficult task that I usually had my husband to help me with. However, I am strong and knew I could do this job.

It took me almost an hour of constant shoveling, chopping with heavy breath to move the obstructions from my driveway, but I did it. Sometimes you have to physically move things from your life in order to make things better. In addition, this experience allowed me to look at things from a different perspective, thinking about the other things that may be getting in my way down my path.

What do you have in your life that needs tending today? ♦

Book Review Invite

Byline: *Dr. Joshua Kai, ND*

Hello Everyone! I'm reaching out to offer a free copy of my new book that I just released to anyone who would be interested in providing a book review for me on Amazon.com and Goodreads.com. The book is titled, "The Quantum Prayer: An Inspiring Guide to Love, Healing, and Creating the Best Life Possible".

If you would like to see more about the book, you can find it on Amazon.com (at this link <http://amzn.to/1E5Ts5d>) or on Goodreads.com (at this link <http://www.goodreads.com/book/show/24855318-the-quantum-prayer>)

If you would like to provide a book review for me, just send me an email at Josua@MakaioLight.com and let me know. There are three (3) options I can offer:

- 1) **Send you a paperback version if you provide me your mailing address,**
- 2) **email you a PDF version,**
- 3) **if you subscribe to Kindle unlimited, you can download it for free on your Kindle at Amazon.**

Book reviews are very helpful because it gives other potential readers insight and perspective as they are deciding to read a book. I would consider it a great honor and look forward to sharing this important work with anyone who is interested.

This is the book description from Amazon.com, which will provide a bit more detail: Introducing, The Quantum Prayer, an inspiring, deeply personal, chronicle of how the author, Dr. Joshua Kai, remarkably transformed his entire life in the course of just one year.

(continued on page 8)



*“Do you have an idea/
suggestion you think
we should consider?
Please let us know. “*



*“I was once told the
two most dangerous
places to live are
the past and the
future.”*

What's New? (cont'd)

- ♥ This month we also begin our eight (8) - week Psychic Development program taught by Heidi Condello. <http://inspiritual.biz/healing-wheidi-condello/> Heidi will be working with us in the development of our psychic abilities as we begin with learning how to create sacred space and end eight (8) weeks later with the opportunity to practice what we have learned on others.
- ♥ Just a reminder that we have expanded our social media outreach and now have a Meetup group <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, however, that only our physical gatherings are on the meetup calendar. Our **Skype** events are only listed on our website, and Facebook. You can also follow us on Twitter @inspiritual or on Facebook on our group <https://www.facebook.com/groups/154921854555618/> or business page <https://www.facebook.com/inspiritual.biz>. We also have a page just for our Young Living Essential Oils <https://www.facebook.com/pages/Inspirituals-Young-Living-Essential-Oils/325078654299144>
- ♥ 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. ♦

Being Present (cont'd)

Byline: *Rev. Dr. J.*

Whether our storylines are positive or negative is not important, what is important is that when we are living in either the past or the future, we are not in the moment. We are not in the present. We are missing out on all the Divine is doing in our lives right now.

Daily life provides us with an abundance of moments to practice being present. Whether it is caring for a child, sitting at a stop light, brushing our teeth, breathing, washing our hands, drinking a cup of tea, holding a loved one, or some other moment of the day, we have an opportunity to practice being in the here and now and not in the past or the future. This month, may we practice being present in the moment and being in the presence of the Divine. ♦



“Visit our website for more information about these, and other products. “

Your Work Survival Kit Must Include (cont'd)

Primary Benefits: *Increases mental fitness, cognitive alertness, and physical acuity* *Enhances athletic performance and endurance* *Boosts energy and serves as a daily pick-me-up.

Stress Away Roll On ~ Stress Away Roll-On (patents pending) is a unique blend of vanilla, lime, copaiba, and other pure essential oils that relieves daily stress, encourages relaxation, and reduces nervous tension.

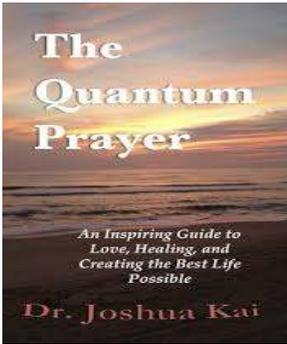
Thieves Dental Floss ~ Thieves® Dental Floss is made with strong fibers that resist fraying and breakage and easily glides between teeth for those hard-to-reach places. Saturated twice with the power of Thieves essential oil blend and peppermint essential oil, this hard-wearing floss provides two layers of essential oils, offering double the protection to freshen your breath.

Thieves Mints ~ Enjoy the cool, invigorating taste of Thieves® Mints. The sugar-free ingredients include the power of Thieves and Peppermint essential oils, providing a healthy alternative to freshen your breath.

Thieves Wipes ~ Thieves® Wipes are ideal for use on door handles, toilet seats, and any surface that needs cleaning to protect from dust, mold, and undesirable microorganisms. Keep a pack handy in your bathroom, kitchen, car, office, or anywhere else you want to keep your environment clean.

USB Diffuser ~ Diffuse your favorite essential oils wherever you go with Young Living's USB Diffuser. Use it with your laptop, your car, your office, or bring it along when you travel. It's mobile, compact and silent with 10 second, 30 second, or 60 second diffusion interval settings. This diffuser functions as an air purifier and aroma diffuser in one simple-to-use product. Its atomizing technology transforms essential oils into a vapor of millions of micro particles, dispersing into the air the powerful plant constituents found in Young Living essential oils. Available in four colors: Black, White, Pink, and Purple.

To order any or all of these ten (10) items, or any other Young Living product go to <http://youngliving.org/inspiritual>. If you are a new member, please use our number **1514998** when setting up your first order. We look forward to helping you with your Young Living needs. ♦



“...At odds with his work, relationships, home life, finances, and health, he made the...choice to...walk away from disharmony, ... and create a...life of what he describes as Heaven on Earth...”



“...Floods the spirit, nothing left hidden, Everything put on open display in every realm; Truth exulted in such a humble way Meant for little children to grasp in their innocence...”

Book Review Invite (cont'd)

Byline: Dr. Joshua Kai, ND

Like so many people today, Joshua found himself at a point where he was simply “enduring” his life.

At odds with his work, relationships, home life, finances, and health, he made the courageous choice to systematically walk away from disharmony, embrace his own authenticity, and intentionally create an extraordinary life of what he describes as Heaven on Earth. Joshua shares every detail beginning with his background in metaphysics, his work as a channel, how he discovered Quantum Prayer, and even the divine synchronicities that led him to ultimately meet the love of his life.

Expanding on his revolutionary new work, Joshua outlines his vision for humanity as we continue to evolve into higher vibrational living. He explains in simple terms and with clear insight how you too can use this unique guidance in your own life to manifest, create, heal, prosper, and even discover your own life purpose.

Thank you and please feel free to email me with any questions or to let me know if you would like to participate in the book review process!

Dr. Joshua Kai, ND - Joshua@MakaioLight.com. ♦

Fragrance and Aroma

Byline: Gary Bertnick

The true path of Kingdom peace we now walk
 Kingdom of mercy as a living revelation traveling through time,
 Gone only once before with strides of power and authority
 The Ancient One, mighty Anointed One, King Eternal
 Absolute, triumphant in obedience,
 Faithful love, eternal conqueror of death.
 Honesty looks completely into our eyes
 Pierces the soul
 Floods the spirit, nothing left hidden,
 Everything put on open display in every realm;
 Truth exulted in such a humble way
 Meant for little children to grasp in their innocence
 To hold tightly with tiny hands
 Ones that eagerly clutch onto toys
 And small blankets at night,
 Who hold cookies and treats with flashes of pure joy,
 Who hold on tightly with a trust lost by nearly every adult,
 Discovered once again by only a few.
 A woman, a mother walks in quiet confidence
 Lasting beauty at rest within
 Tried and tested, a proven disciple of the only worthy Teacher,
 Spirit of Messiah most intimate
 Precise and delicate and timely,
 Living words lived out in another so precious
 Treasure discovered in her field,
 Tender pruning of her life

(continued on page 9)



Our lives are like a Christ-like fragrance rising up to God 7 Cor. 2:15

“...Fragrance of life a far reaching scented cloud before and trailing after, Atmosphere of divine revelation, of divine knowledge Light gives birth to even more light In Heaven's righteous law of abundance...”

Fragrance and Aroma (cont'd)

Byline: *Gary Bertnick*

Kind touches of guidance, forgiveness sown and reaped,
Heavenly wisdom pours, flows from these lips freely as healing balm
As ancient written words come forcefully alive in one more.

She walks in confident peace
Every need met

Trust settled into final assurance of Sabbath rest,
Body and soul bathed often in aromatic oils and fragrant perfumes
Clothed in glowing beauty more than Esther
Whitest robe embroidered with silver and gold
Radiant flowers as a colorful crown on her head

True beauty beyond earthly breath

Aroma of Christ all about

Fragrance of life a far reaching scented cloud before and trailing after,
Atmosphere of divine revelation, of divine knowledge

Light gives birth to even more light

In Heaven's righteous law of abundance,

Draws near a child so chosen

One who believed and received

Mysterious Tree of Life a longing come true

A banner of honor stretched above from horizon to horizon

Continual feast at the richly scented table of delight

Bowed as Mary and others at the Master's feet those early days

Greatest pleasure of inner being

Its essence revealed, carried along in gentle Spirit winds.

Once the Glory Light on the face of most humble Moses

Divine Words carried, written on stone,

Now eternal glory of the Holy Spirit

Written on youthful hearts of flesh;

They move in triumphal procession in Yeshua

Small Gate of His cross, our cross

Narrow road of perseverance and endurance walked

Heaven's joy a gift fully received,

Fragrance of life carried on wings of destiny to distant shores

Things too wonderful, too beautiful

Described without limited human words

Greatness made known in the greatness of our God;

A royal train follows royalty into the golden temple of His love

Jewels sparkle all about, jewels sing as angels, exquisite melodies,

Thundering songs of worship, rumbling voices of praise.

Hushed reverence as she enters

Another daughter of Eve

Faithful daughter of Jerusalem

In holiness offers the pure sacrifice of thanksgiving for life

Honor before the Majestic Throne of the One who dwells in unapproachable Light.



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 2015*

Month at a Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00am Love & Inspiration on Skype	2 7:00pm Healing Harbor	3 6:00pm Love & Inspiration	4 6:30pm Love & Inspiration	5 7:00pm Oneness Blessing	6 Psychic Development - Week 1 of 8 at 7:00pm	7 11:30am QiGong Instruction
8 10:00am Love & Inspiration on Skype	9 7:00pm Healing Harbor	10 6:00pm Integrated Healing Sessions	11 6:30pm Love & Inspiration	12 6:30pm Love & Inspiration	13 Psychic Development - Week 2 of 8 at 7:00pm	14 11:30am QiGong Practice 2:00pm Private Stone Party w/ Brian McGrath
15 10:00am Love & Inspiration on Skype	16 7:00pm Healing Harbor	17 7 pm Spirituality & Metaphysical Book Club	18 6:30pm Love & Inspiration	19 7:00pm Oneness Blessing	20 Psychic Development - Week 3 of 8 at 7:00pm	21 11:30am QiGong Practice
22 10:00am Love & Inspiration on Skype	23 7:00pm Healing Harbor	24 6:00pm Integrated Healing Sessions	25 6:30pm Love & Inspiration	26 6:30pm Love & Inspiration	27 Psychic Development - Week 4 of 8 at 7:00pm	28 11:30am QiGong Practice
29 10:00am Love & Inspiration on Skype	30 7:00pm Healing Harbor	31 6:00pm Integrated Healing Sessions	Inspiritual 25 Bernie Lane Rochester, NY 14624 Phone: 585-729-6113 E-mail: inspiritual@gmail.com Website: http://inspiritual.biz			



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Calendar of Events

Love and Inspiration on Skype

Host/Host Organization: Inspiritual
Date: March 1, 8, 15, 22, and 29, 2015
Time: 10:00am - 11:30am
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 nine (9) people each week, RSVP via email to reserve your spot and to receive additional instructions.

Admission Price: Love offerings accepted
Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/love-inspiration-skype/>
Wheelchair Accessible: Yes

Healing Harbor

Host/Host Organization: Inspiritual
Date: March 2 and 16, 2015
Time: 7:00pm - 8:30pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

Description of Event: Healing Harbor 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, IET (integrative energy therapy), 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 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 Healing Harbor.

Coffee, tea, and water are provided. Services are provided on a first come, first serve basis. Our doors will close to new arrivals at 8:10pm.

Admission Price: Love offerings
Email Address: Inspiritual@ymail.com
Website: <http://inspiritual.biz/healing-harbor/>
Wheelchair Accessible: Yes

Love and Inspiration

Host/Host Organization: Inspiritual
Date: March 4, 11, 18, and 25, 2015
Time: 6:30pm - 8:00pm
Place/Venue: Inspiritual, 25 Bernie Lane, Rochester, NY 14624, 585-729-6113

(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)

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.

Admission Price: Love offerings accepted

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Oneness Blessing

Host/Host Organization: Inspiritual

Date: March 5 and 19, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: A non-denominational healing experience where there is a transfer of physical energy, awakening our connection with the Oneness in everything, allowing each of us to deepen our relationship with our life and the world. The blessing giver places their hands on the recipient's head for several seconds to a few minutes, and allows the energy of the Divine to flow through them to the person receiving the healing.

When time permits, the group may do a meditation before the blessings are given, to enrich the healing experience. We meet the first and third Thursday of each month at 7:00pm.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/oneness-blessings/>

Wheelchair Accessible: Yes

8-week Psychic Development Series w/Heidi Condello

Host/Host Organization: Inspiritual

Date: March 6, 13, 20, and 27 and April 3, 10, 17, and 24, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: We are all born with psychic gifts. Some access and develop these gifts more easily than others. In this series, I will show you techniques to connect with higher energies/Spirit so you can develop your own unique style.

Week 1: Creating Sacred Space - In this class we will discuss the importance of creating sacred space and how to do so. Basic clearing techniques will be discussed, as well as charging/empowering your space with energies that are right for you. Bring a notebook, pen and your own ideas to share.

Week 2: Meeting the "Clairs" - In this class we will experiment with different ways of connecting with Spirit. In this class, we will experiment with different ways of connecting with Spirit. In this class, we will experiment with different ways of connecting with Spirit.

(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)

We will play with all the "Clairs" (clairvoyance, clairaudience, claircognizance, clairsentience, clairalience and clairgustance). Bring an open mind and lots of positive energy!

Week 3: Meet Your Spirit Guides - In the class we will journey to Avalon. You will create a safe haven to meet your Spirit Guides. Bring a notebook, pen and imagination. This is your magical kingdom to romp and frolic through!

Week 4: Understanding How Energy Works - We work with energy, vibration and frequency every day, yet most People don't have any idea what that is exactly or how to work with it. In this class, we will explore these concepts and see, feel and experience our energy. We will work on directing our energy, so bring a high vibration as well as a pendulum and/or dousing rods if you have them!

Week 5: Colors, Numbers and Symbols Many times our guides give us colors and symbols to work with. In this class, we will work with colors and symbols so you can start your personalized correspondence book.

Week 6: What is Mediumship We will explore the fantastic world of mediumship. We will briefly discuss the hows, but the majority of the class will be practice.

Week 7: Psychometry - We will explore the art of psychometry utilizing the skills we have been working on. Bring a photo or personal item sealed in an envelope. This will be a hands-on practice class.

Week 8: Open Readings for the Public

Admission Price: \$160.00 (\$20.00 per class) or prepay by March 6, 2015 (\$140.00).

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/healingwheidi-condello/>

Wheelchair Accessible: Yes

[Integrated Healing Sessions w/Mary Meissner](#)

Host/Host Organization: Inspirital

Date: March 10 and 24, 2015

Time: 6:00pm - 8:00pm

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

Description of Event: Integrated Healing is exactly what it sounds like. It is a time where Mary Meissner, our IHS specialist, uses her intuition and mediumship skills in creating an integrated treatment for each person. Techniques include Reiki, QiGong, Color, Sound, Visualization, Therapeutic Touch, Meridian and Chakra Balancing, Oneness Blessings, and more. The process involves working with the person, to remove blocks and obstructions, facilitating energy flow, and energizing the life force (Qi). Bringing about balance and harmony in Body, Mind, and Spirit. Quieting the emotions, healing the body, and recharging the Spirit

Admission Price: \$25.00 for 30-minute session. \$55.00 for 1 hour session, or \$85.00 for 90-minute session.

Email Address: Inspirital@ymail.com

Website: <http://inspiritual.biz/integrated-healing-session-ihs/>

Wheelchair Accessible: Yes

(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)

QiGong w/Mary Meissner

Host/Host Organization: Inspiritual

Date: March 7 (instruction) and March 14, 21 and 28, 2015 (practice)

Time: 11:30am - 1:30pm (instruction) and 11:30am - 12:30pm (practice)

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

Description of Event: QiGong (chee-gung) is an ancient Chinese science and art, developed centuries ago. It is the science of cultivating our Life Force (Qi) through specific practices, and then the art of applying this energy in service of the greater good (gong). Shaolin monks have long incorporated Qigong into their daily living. Now days, it is practiced by many diverse peoples across the world, to develop one's body, mind and spirit.

Admission Price: \$10.00

Email Address: Inspiritual@ymail.com

Website: <http://inspiritual.biz/qi-gong/>

Wheelchair Accessible: Yes

Private Stone and Crystal Party with Brian McGrath

Host/Host Organization: Inspiritual

Date: March 14, 2015

Time: 2:00pm - 4:00pm

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

Description of Event: Brian McGrath, of Brown Dog Natural Creations, will be here and bringing a portion of his collection of stones and crystals with him. If you are interested in coming, please RSVP and let me know if you are looking for anything in particular. I will be forwarding him your requests as they come in so he knows what to bring. Please RSVP by the 12th so he has time to get my email and pack those stones to bring. Thanks.

Admission Price: you pay for what you purchase

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes

Spirituality and Metaphysical Book Club

Host/Host Organization: Inspiritual

Date: March 17, 2015

Time: 7:00pm - 9:00pm

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

Description of Event: This month we are reading and discussing *Peace Is Every Breath* by Thich Nhat Hanh (HarperOne). This book offers personal anecdotes, meditations, and advice for mindfully connecting with our present experience. Thich Nhat Hanh shows us how we can discover within the here and now our own innate ability to experience inner peace and happiness. We do not need to escape reality to harness the joy that is possible with every breath we take.

Admission Price: love offering

Email Address: Inspiritual@ymail.com

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

Wheelchair Accessible: Yes ◆

Psychic Development 8 Week Series



“In this series you will be provided with techniques to connect you with higher energies”

Series Overview:

\$160.00 (\$20.00 per class) or prepay by March 6, \$140.00. Fridays from 7:00pm-9:00pm.

We are all born with psychic gifts. Some access and develop these gifts more easily than others. In this series I will show you techniques to connect with higher energies/Spirit so you can develop your own unique style.

Week 1: Creating Sacred Space - March 6, 2015:

In this class we will discuss the importance of creating sacred space and how to do so. Basic clearing techniques will be discussed as well as charging/empowering your space with energies that are right for you. Bring a notebook, pen and your own ideas to share.



Week 2: Meeting the “Clairs” - March 13, 2015:

In this class we will experiment with different ways of connecting with Spirit. In this class we will experiment with different ways of connecting with Spirit. We will play with all the “Clairs” (clairvoyance, clairaudience, claircognizance, clairsentience, clairallience and clairgustance). Bring an open mind and lots of positive energy!



Week 3: Meet Your Spirit Guides - March 20, 2015:

In this class we will journey to Avalon. You will create a safe haven to meet your Spirit Guides. Bring a notebook, pen and imagination. This is your magical kingdom to romp and frolic through!!



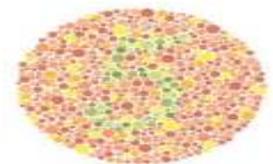
Week 4: Understanding How Energy Works - March 27, 2015:

We work with energy, vibration and frequency every day, yet most People don't have any idea what that is exactly or how to work with it. In this class we will explore these concepts and see, feel and experience our energy. We will work on directing our energy, so bring a high vibration as well as a pendulum and/or dousing rods if you have them!



Week 5: Colors, Numbers and Symbols - April 3, 2015:

Many times our guides give us colors and symbols to work with. In this class we will work with colors and symbols so you can start your personalized correspondence book.



(continued on page 16)

Psychic Development 8 Week Series (cont'd)



“In this series you will be provided with techniques to connect you with higher energies”

Week 6: What is Mediumship - April 10, 2015:

We will explore the fantastic world of mediumship. We will briefly discuss the how's, but the majority of the class will be practice.



Week 7: Psychometry - April 17, 2015:

We will explore the art of psychometry utilizing the skills we have been working on. Bring a photo or personal item sealed in an envelope. This will be a hands-on practice class.



Week 8: Open Readings for the Public - April 24, 2015:





“Interested in becoming an Inspiritual community sponsor? Here’s how...”

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
- Description of Organization
- Contact Person:
- Phone
- Email
- Website
- Your logo (in jpeg or gif format)

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 - <http://inspiritual.biz/community-sponsors-resources/> ♦

Inspiritual Community Sponsors

A business card for Rev. Vicki Snyder. On the left is a square image of a white dove in flight against a dark blue night sky with a crescent moon and a colorful horizon. To the right of the image, the text reads: "Rev. Vicki Snyder", "Certified Psychic Medium", "Certified Angel Card Reader", "Spiritual Counseling", and "Reiki & IET". At the bottom left, it lists "585-208-8707", "By appointment", "vickisnyder138@gmail.com", and "www.vickisnyder.webs.com". At the bottom right, it lists "3380 Monroe Avenue #217" and "Rochester, NY 14618".

Rev. Vicki Snyder
Certified Psychic Medium
Certified Angel Card Reader
Spiritual Counseling
Reiki & IET

585-208-8707
By appointment
vickisnyder138@gmail.com
www.vickisnyder.webs.com

3380 Monroe Avenue #217
Rochester, NY 14618

About Us



Inspirational

25 Bernie Lane
Rochester, NY 14624-1152

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

We're on the WEB!

Our Website

<http://inspiritual.biz>

Twitter

@Inspirational

Facebook

[https://www.facebook.com/](https://www.facebook.com/inspiritual.biz)

[inspiritual.biz](https://www.facebook.com/inspiritual.biz)

Meetup

[http://www.meetup.com/](http://www.meetup.com/Inspirational-biz/)

[Inspirational-biz/](http://www.meetup.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. ♣

Making Submissions to **Your** Newsletter



“Are you ready, willing, and able to share some of your talent and time 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, 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 Inspirational;
- 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, Inspirational@gmail.com For example, June 1st newsletter submissions should be forwarded to us by the close of May 20th, by 11:00pm.

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!