

## *Minister's Letter*

I recently shared the following story on a Sunday morning:

There was a farmer who grew award-winning corn. Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it.

The reporter discovered that the farmer shared his seed corn with his neighbors. "How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?" the reporter asked.

"Why sir," said the farmer, "Didn't you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn."

So, this farmer was very much aware of the connectedness of Life. His corn cannot improve unless his neighbor's corn also improves.



And so it is in other dimensions. Those who choose to be at peace will help their neighbors to be at peace.

Those who choose to live well will help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy will help others to find happiness, for the welfare of each is bound up with the welfare of all.

I think if we want to be the change we want to see in the world, as Gandhi suggested, it is important to put our attention on the many ways we can support the good in the lives of others as well as ourselves. Because change is happening all the time anyhow. As we connect with the good in Life and affirm that good in the lives of all, the change we wish to see will come about.

I celebrate the harvest of good corn for all of us.

***Blessings,***

*Reverend Lynn*



Sequim  
Center for Spiritual Living

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Kathy Purcell

Sequim Center for Spiritual Living  
Sunday Services  
10:00 a.m.  
Pioneer Memorial Park, Sequim  
For information contact:  
Rev. Lynn Osborne  
crevlynn@olypen.com  
or visit us at  
www.cslsequim.org



*I set my bow in the clouds  
and it shall be a sign  
of a covenant between me  
and the earth. – Genesis 9:13*

## **EDITOR's ESPRIT**

Dear Friends,

Most of you know I am a member of Soroptimist (serving currently as club treasurer). We recently had our Northwestern Region Conference. It occurs every spring. This year it was in Anchorage, Alaska. I was nominated for District 1 Secretary, running with four other women – including the incumbent.

For the last several years, I have been the substitute secretary at the Sequim Center for Spiritual Living, filling in whenever Secretary JoAnn has been unavailable. I felt qualified to fill the shoes of the Soroptimist District 1 Secretary.

Since I have been taking SOM classes I have been expanding my consciousness, and looking for new opportunities to express Spirit. Was the District 1 Secretary position, one of those opportunities? I was uncertain so I did Treatment for guidance, knowing the best for all concerned was being revealed.

On Friday afternoon of the conference, each candidate was invited to give a one minute speech. Knowing this, I had prepared something in advance; I did not bring any notes. As I walked up the steps to the stage, the Nominating Committee Chairman leaned over and told me to state my name and the office I was running for. YIKES! That wasn't the sequence I had prepared, I had to re-think things in mid-stride. Advancing to the microphone, I stated my name and said "I am a future District 1 Secretary." I heard some laughs from the delegates in the audience. The words that came out were surprising – were they a premonition? I had planned to say: "I am THE future District 1 Secretary." The polls opened early Saturday morning. The votes were tallied and during the morning session the results were announced. There was a run-off for District 1 Secretary; it was between the incumbent and Debbie Daniels. I wasn't disappointed, nor was I surprised. I went into the experience Treating for the highest and best for everyone.

The polls opened again between the morning and afternoon sessions. The new results produced a new District 1 Secretary. I wasn't surprised. In fact, I had voted for Debbie. Of all the speeches, I thought hers was the most compelling. I could hear her passion for Soroptimist. Debbie's words showed she was ready for the secretary's job. I was happy for Debbie and I congratulated her. She was beaming! She has been chosen to record the Minutes for District 1 for the next biennium.

This experience left me thinking about minutes. How do we record the minutes of our life? How do we spend our time – the minutes that make up our day? Do we record them at all? A lot can be revealed if we become aware of what we spend time thinking about. If we are unhappy about something in our life, we can change it. But it requires our conscious choice. Ernest Holmes tells us: "Change your thinking, change your life."

After the election several friends approached me asking if I was ok. The question brought a smile to my face. Reassuring them, I then turned the conversation to thoughts of the joy of Debbie being elected. We all got to share that happiness. We are all winners because we are all one. I left Alaska ever grateful and ever open to the endless possibilities yet to be revealed. I joyfully continue to move with Spirit into a deeper level of understanding.

With Gratitude and Love,  
Kathy Purcell, *Editor*



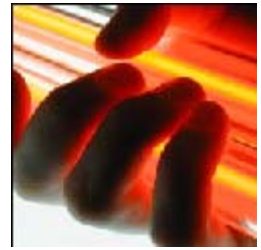
**“Praying without ceasing is not ritualized, nor are there even words. It is a constant state of awareness of oneness with God.” ~ Peace Pilgrim**

## TREATMENT

### All is Well

By: Rev. Michael Laakso

Infinite Mind is Whole, Complete and Perfect. This Mind is my mind now. This Mind is All Love, All Intelligence and All Power. This Mind is my mind now. I am immersed in the Energy of God, the Flow of God, the Purpose of God. Here and now I remember my divine Source and Identity. I breathe in this Universal Life that is living me as this life here and now.



Because God is Love, Intelligence and Power I am always safe. These Limitless Qualities ensure my constant protection. The all-encompassing Good that God is ensures I have only good to contact. No matter where I find myself only Good exists. Any sense of endangerment in my mind is now shined away by the Light of Divine Love. No darkness of fear can hold off this Light I now invite into my deepest consciousness. Gently, I welcome this Love fully into my heart-mind and into my conscious mind. I feel my perfect safety now. I feel enfolded in the Divine Heart and Hands. I sense the Love that is the only Power all through my mind, my body, and all through the body of my affairs. The ancient anxiety is gone and the Permanent Love is my constant fascination.

I trust Life. I trust Love. As I go out into my world, I know only Love is there to greet me. As I push off into the great flow of Life again today, I feel this Life is the Love that created me, that upholds me, nurtures me and protects me. I know wonderful experiences are already planned for me. In this, another new day, I am enthusiastically open to meeting new people and to giving from my talents and love. I am open to ever greater blessings as I walk my world. I know God is my only Source and has innumerable channels through which to supply me with my good. Therefore I welcome every change knowing ever greater good is thereby finding its way into my experience.

I bless with heartfelt gratitude this Ever-Mindful Love surrounding and interpenetrating me and my environment. I thank God for gifts of joy and peace, strength and plenty. I welcome the inner communication of intuition guiding me every day. In gratitude and trust I live this life.

I release this word to that Law that cannot fail but must always work. And so it is.

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## NEW LIFE

Brendan McNamara reported that Amanda Dorrrough delivered their baby boy at home on April 5, 2010. He weighed in at 8.5 lbs. They named him **Kaydance Michael Joy Dorrrough-McNamara**. The delivery with the mid-wives went well and the baby couldn't be sweeter or more peaceful. Brendan says he is sorry that Amanda has not completed her thank you notes for the lovely shower gifts they were given by the congregation. He expressed his own appreciation for all the support they received, both before and after the delivery.



Unfortunately, due to the stress of having a new born and the fact that Amanda didn't seem able to sleep, plus Post Partum issues that were upsetting to her, Amanda ended up not doing very well. She is now down in Bremerton receiving medical help as well as therapy; Brendan trusts that all will go well, and Amanda will be returning home soon. He asked the congregation on April 25th – when he brought the baby to church – to visualize Amanda returning home completely stabilized. In the meantime he is taking care of the baby.

Brendan thanks us for all the support and prayers.

Ida Nordquist

# APPRECIATION

We gratefully acknowledge the wonderful, loving support of the following people.  
The team effort that supports this work is greatly appreciated.

## VOLUNTEERS:

Ida Nordquist  
Walter Clark  
Jack Hubley  
Elaine DeLap  
JoAnn Fisher  
Kathy Purcell  
Deb Nygaard  
Elizabeth Van Sickle  
Kali Bradford  
Mary Norris  
Dan Cummings

Mary Marx

Carol Durran  
Joan Hathaway-Sheldon  
Jean Cameron  
Jan Boyungs  
Marcie Matthieu  
Laura & Tom Maes  
Rod & Mary Harp

## MUSIC:

Sylvia Boss  
Joan Hathaway-Sheldon

## SPEAKERS:

JoAnn Fisher  
Jean Cameron  
Dan Cummings  
Deborah Nygaard  
Kathy Purcell  
Ed Marx  
Victoria Kelley  
Jan Boyungs

## BOOKS:

JoAnn Fisher

## FLOWERS:

Elaine DeLap  
Elizabeth Van Sickle  
Ida Nordquist

## WEBSITE/PROGRAMS:

Kathy Purcell  
JoAnn Fisher



**USHERING IN GRATITUDE:** Thank You to the teams that have been ushering for the last few months. They are: Marci Mathieu and Rod Harp the first Sunday; Kathy Purcell and Walter Clark second Sun; Tom and Laura Maes third Sun; Mary and Rod Harp the 4th Sun; and Jan Boyungs and Jean Cameron the 5th Sun - when there is one. Substitutes have been Keith & Cindy Meyer, Kali Bradford, Sandy Roy, Debbie Nygaard and Ida Nordquist, Usher organizer.

## CONGRATULATIONS, DEBORAH!

Ministerial Student, Deborah Nygaard, was recently presented with her Certificate of Completion for SOM 400, Ministerial Course. Lots of hard work and dedication made this award possible. We are so blessed to have Deborah's commitment to the Integrity and Truth of these teachings as an ongoing contribution to the Consciousness of the Sequim Center for Spiritual Living. Deborah, you have the love and support of all of us - Congratulations for a job well done!

## MOTHERS DAY SPECIAL...



We thank Joan and her son Matthew for their duet gift of song on Mothers Day!



Another treat for Mothers Day was David Michael sharing his beautiful Celtic harp music. Thank you, David!

## Celebrate Life!

### MAY

19 Sylvia Latshaw  
25 Ed Marx  
28 Kassandra Kersting

### JUNE

4 Bill Hays  
6 Jim Rhodes  
11 JoAnn Fisher  
25 Jack Hubley  
28 Michele Hirsekorn  
29 Maralee Johnson



### JULY

2 Annie James  
4 Marilyn Ward  
4 Barbara Bolles  
12 Ariel Hagstrom  
13 Elaine DeLap  
17 Kathy Purcell  
18 Bonnie Spiva  
23 Jane Simoneux  
29 Deborah Abell

## MISSION STATEMENT

To Serve and Support each other  
in Living from Spirit.



## VISION STATEMENT

We are a growing spiritual community  
expressing Love and Oneness with all.

### COURSE IN MIRACLES

Meets Thursdays from 3:00 pm - 4:30 pm  
At Jo Ann Fisher's House  
Facilitator: Michael Laakso  
Love Offering

### SOM 102

Wednesdays from 3:00 - 5 PM  
At JoAnn Fisher's House  
Facilitator: Rev. Lynn Osborne  
Tuition: \$110 for Credit

### SOM 201

Tuesdays from 7:00 - 9 PM  
At JoAnn Fisher's House  
Facilitator: Rev. Michael Laakso  
Tuition: \$110 for Credit

*"To forgive is to set a prisoner free and discover  
that the prisoner was you." ~ Lewis B. Smedes*

### MARK YOUR CALENDARS

A **FORGIVENESS WORKSHOP** is planned for your  
Spring Cleaning

When: 10 AM - 12:30 - **Saturday, May 22**

Where: **JoAnn Fisher's house**

Suggested Donation: **\$20**

Learn what is not forgiveness, the difference  
between traditional forgiveness and radical  
forgiveness, what are the blocks to forgiveness and  
how to make room for the miracle of forgiveness.

Spring is a wonderful time to let go of the past in a  
loving, supportive atmosphere. Come and join us.

Facilitated by **Rev. Lynn Osborne and Practitioner Deborah  
Nygaard**

Sequim Center for Spiritual Living  
is "Open at the Top."

We welcome members of the  
community to join us.

For membership information,  
please contact Rev. Lynn at 681-7451

### THE WISH LIST

Let us know that all Good is now being  
drawn to our Center by right of our  
Consciousness. This includes the growth  
in body, mind and spirit and the many  
ways that can show up in our experience.  
We are open to the demonstration of outer  
manifestation to meet our every need and  
are willing to surrender the ways and  
means to God.

### WE WELCOME THE FOLLOWING NEW MEMBERS:

Annie James

Heike Ward

Mary Harp

Rod Harp

Barry Pennington

Susan Pennington

Diane Ruff

Pauline Preti

Carol Durran



### INCOME & EXPENSE REPORT 2010

	<u>JAN 10</u>	<u>FEB 10</u>	<u>MARCH 10</u>
Income	\$5375	\$3,696	\$4,469
Expenses	\$4474	\$3,937	\$4,210
Income minus Expenses	\$901	(\$241)	\$259
Attendance	229	168	189

## WHAT'S IN A WORD?

Sometimes we read or hear a word or phrase, and something quite different than the typical meaning comes to mind. This column is a place to share what's in a word for you. Below are three examples. If you have any meaningful words you would like to share, we welcome you to submit them to Kathy Purcell.

**UPRAISE / APPRAISE** – We **UPRAISE** ourselves and others when we **APPRAISE** the Truth within. The value of this is worth praise.

**LIABLE / LIE ABLE** – We may be **ABLE** to **LIE** to others, but in the process we are **LIABLE** to loose sight of the Truth.

**OBJECT / OBJECT** – If we **OBJECT** to the way something is showing up in our life, we can change the manifestation of the **OBJECT** appearing, by changing our thoughts.

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L I A B L E  
J  
U P R A I S E  
C  
T

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## Abundance everywhere Abundance everywhere

Our January Prosperity workshop was an Abundant success! We had great attendance and shared our experiences and reviewed our knowledge of the laws of prosperity. Knowing that thoughts are things and we attract what we think we must be vigilant with our thinking process. We are like magnets attracting to us what we are.

Learn to think with awareness and watch out for those excuses of why we cannot have what we desire. We took several quizzes to uncover some of our erroneous thoughts that sabotage our prosperity. We had some ah ha moments and shared with the group. We could feel the love in the room and the willingness to commit to the time and effort to uncover and change whatever may be holding us back from the rich live we deserve. We reviewed the scientific material that backs up the information on the workings of the mind and the subconscious and then broke for lunch.

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**“Expect your every need to be met. Expect the answer to every problem, expect abundance on every level.”~ Eileen Caddy**

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When we resumed we installed our Anti-Virus software for our minds. Thinking with awareness, Meditation, Visualization, Self Talk, Subliminal CD's, Affirmations, Prayers of Gratitude, Passion and writing our gratitude list.

I sincerely thank everyone for attending and know that we grew in knowledge, commitment and abundance.

Love and blessings, Victoria Kelley R.Sc.P.

### ANNUAL CONGREGATIONAL MEETING

Our Annual Congregational Meeting was held on March 14 and attended by 20 of our Members. All departments shared their growth during the year and all reports were well received and approved. We congratulate our new Board Members - Susan Pennington and returning Member, Deborah Nygaard. Thank you to outgoing Members, Kathy Purcell and Rev. Michael Laakso for your outstanding support of our Center. To all our Members, we look forward to a most joyous and life-affirming journey in 2010

## The Happy Booker Review

by: JoAnn Fisher



### *SPONTANEOUS EVOLUTION - Our Positive Future (and a way to get there from here)*

By Bruce H. Lipton, Ph.D, and Steve Bhaerman

If you haven't discovered this book yet, you are in for a great reading experience. Those at the Center I know, who have read it, highly recommend it and glow with enthusiasm when discussing it.

To quote Gregg Braden, "Spontaneous Evolution is the life-map we've all been waiting for! With just the right blend of spiritual humor and rock-solid science, Bruce Lipton and Steve Bhaerman cast a holistic new light on an emerging new civilization. And from Deepak Chopra," The implications of this powerful book have the potential to change the world."

An excerpt from *Spontaneous Evolution* is on the back of the cover and is there to convince you of the importance of this book.

"This is a love story. A love story for the entire Universe, you, me and every living organism.

.....For millennia, our spiritual teachers have been pointing us in the direction of love. Now science is confirming that ancient wisdom. We are each and all cells in the body of an evolving giant super-organism we call humanity. Because humans have free will, we can choose to either rise to that new level of emergence or, in the manner of dinosaurs, fall by the wayside.

*Spontaneous Evolution* introduces the notion that a miraculous healing awaits our planet once we accept our new responsibility to collectively tend the Garden rather than fighting over the turf. When a critical mass of people truly own this belief in their hearts and minds and actually begin living from this truth, our world will emerge from the darkness in what will amount to a *spontaneous evolution*."

It is exciting to find out that Steve Bhaerman, aka, Swami Beyondananda, will be speaking in Port Townsend Fri, May 7<sup>th</sup>. There is an overwhelming abundance of spiritual and scientific information coming to us at this time. Which gem to spend time with becomes a delicious mission. Bon Appetit!



Gay Hendricks, Ph.D., author & president of the Hendricks Institute, has served for more than 35 years as one of the major contributors to the fields of relationship transformation and body-mind therapies. Along with his wife, Dr. Kathlyn Hendricks, Gay is the co-author of many bestsellers, including *Conscious Loving*, *Spirit-Centered Relationships*. He is also the author of 32 books, including *The Corporate Mystic*, *Conscious Living*, *Five Wishes* and *the Big Leap*.

In recent years he has been active in creating new forms of conscious entertainment through inspirational films and media. He has appeared on more than 500 radio and television shows, including *The Oprah Winfrey Show*, CNN, CNBC, and *48 Hours*. You won't want to miss Dr. Gay Hendricks' Wednesday Evening Keynote Address at the 2010 Asilomar Retreat, as he gives us his insight on *Making All Things New*. Register today by visiting: <http://www.gifttool.com/registrar/ShowEventDetails?ID=1666&EID=6406>

*"He who obtains has little. He who scatters has much."* Lao-Tzu

*"The value of a man resides in what he gives and not in what he is capable of receiving."* Albert Einstein

We hear the quotes and read the verse but do we really accept into our subconscious the act of giving and receiving. Do we give with the right attitude? Jesus said, "It is more blessed to give than to receive, Acts 20:35. Inherently we know this to be true with the warm loving feeling that we get when we donate to one of our favorite charities or an organization that we hold passion for.

I like numbers and mathematics because it is provable and constant. Two and two always adds up to four. Our Law of Abundance is absolute. What we give out we receive back in abundance. There is never a lack in the Universe or in our lives as we are part of the Oneness, an intricate part of the Whole.



Money needs to flow. When you are paying your bills, give thanks for the money you have to meet your obligations. While shopping for groceries mentally say "love and gratitude" for the food that will nourish your body. Give freely with appreciation to the organizations that support you or give your life joy. Thoughts are things and we attract our habitual thoughts. We need to be vigilant of our thoughts. We need to update our anti-virus software for the mind as we do with our computers.

What is anti-virus software for the mind? Thinking with Awareness, Meditation, Visualization, Self Talk, Affirmations, Prayers of Gratitude, Journaling, Subliminal Tapes, and writing a Gratitude List to name a few. This month let's update our personal software. I have listed a few short affirmations you can use while on the go. Remember; "He which soweth sparingly shall reap also sparingly, and he which soweth bountifully shall reap also bountifully." 2 Corinthians 9:6

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### **AFFIRMATIONS:**

My world is limitless, with only my highest good being manifested. I welcome the constant flow of complete abundance in my life, NOW.

As I give I receive and my world is enveloped in love and gratitude.

I am a worthwhile, loving and perfect Divine being, deserving of Abundance to have, to share and to spare.

I accept my perfect world and know that I manifest all of my desires as I let go and let God.

I expect complete and successful fulfillment of the thoughts of increased good which I now establish.

I have complete faith and acceptance that all the worthwhile ideas I now affirm will be fulfilled as I have believed.

Submitted by Victoria Kelley R.Sc.P.

## DEMONSTRATIONS

We have a new Column for the *Reflections* newsletter. It highlights demonstrations of answered Prayer Treatment. Our Word released into Law brings into our experience that which we accept as our Truth. The acknowledgement and gratitude of one, strengthens the awareness for us All. Our Highest and Best await joyfully to express thru us. ~kp

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My sister, Nancy, had a knee replacement in early March, which put her into intensive care with renal failure resulting from the surgery and complications with diabetes. After your treatment for her she quickly began to regain full renal function and is walking around as if nothing happened.



My brother, Bob, recently had a stroke in mid March, and I asked for treatment for him. It worked very well, because he seems to have recovered almost all of his body motion and has no tell-tale signs of speech impairment nor loss of mental faculties.

I have to thank all of our church members for their treatments resulting in these wonderful demonstrations.

~Ed Marx



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On New Years Day I spoke with my youngest brother, Dave. He lives in Illinois, as does the rest of my family. Dave said he had half expected me to surprise everyone and show up at the family gathering at Christmas. He said he missed me, that it seemed a long time since he'd seen me.

It had been several years since I'd been home. I used to go every year, often the week of Memorial Day. For many years there were nieces or nephews graduating around that time. I'd usually take the red-eye on Friday night. It was surreal. The sky was dark when the plane left the ground, but as it approached O'Hare airport, the sun would be starting to show its face. Reflecting on all this, I knew it was time for a visit to see family.



The following Monday I looked for flights to Chicago. No airlines had a red-eye and none had any good options. I kept checking every couple of days – still no good options. Finally I stopped looking, trusting the right flight would show up.

In early February I decided to take a quick look. To my surprise there was a red-eye available and at a reasonable price. Within minutes I had secured a seat on the flight. This was an answered prayer. I know that releasing my thoughts of my needing to get it done, allowed Spirit to get it done for me. It's the way It works.

We often notice the demonstrations of cancer cured, relationships healed, new jobs obtained, a house sold. We sometimes miss the ones like my red-eye flight showing up. Spirit does not recognize big or small. It takes our thoughts, energized by our feelings, and manifests them in our experience. I am so grateful for the demonstration, and for the awareness of it.

~Kathy Purcell

## THOUGHTS on TRANSPARENCY

by Joan Hathaway-Sheldon

Have you noticed the number of reality shows on TV these days? Where are the sitcoms, prime-time soap operas and dramas of the past? In addition to dramatic crime series like *Law and Order* or *CSI*, we have the real thing in *Cops*. We can now watch how-to shows on food, building, sewing, gardening, etc. and watch reality contests in fashion, modeling, makeup, talent, surviving, and dancing (to name a few). We know about all the newest weapons, how things are made and how they work, history, biology, nature, scientific discovery and finance. We have debunked the myths and embraced the marvels of modern living. About the only thing we don't have a reality show about is politics and warfare - they still call that *the news!* Facebook, Twitter and other social media give a transparency to our "private" lives and news of international events and interest travels instantaneously via cell phone to the internet. Where we choose to place our attention has always been our choice, but now we have a veritable smorgasbord of *facts, effects and fantasies* available to choose.



In the last 5 years, we have seen tremendous change in our world as the dealing behind closed doors has been exposed prominently in the media and the "solid" foundations of our world...the *way it's always been done*...have become openly available to scrutiny and found unacceptable.

As the economy has changed and jobs have been restructured, the way we live our lives is being exposed as we reach out to others for support and creative solutions. We are both outraged and consoled, but we can no longer hide. Our world is becoming increasingly transparent as the "technology of truth" reveals the dirt that was so easily swept under the carpet or hidden in the closet. Change becomes not only desirable, but demanded.

On a personal level, we view our personal histories and look beyond the facade. We demand to understand why we hold certain beliefs and look for ways we can change them. The basis of Religious Science is "change your thinking, change your life" and we see that Truth play out on both a personal and planetary stage. Ernest Holmes often said that "we have a Power for Good within us" that can create the change we desire. When we stand in the circle at the end of service and ask for treatment, either aloud or in the quiet of our hearts, we use that massed power of belief that knows that God always says "Yes". "Ask and you shall receive, seek and you will find, knock and the door will be opened unto you."



The consciousness of the world is opening and expanding with awareness. Transparency reveals to our eyes what we want to change, and Divine Source flowing through us gives us the response-ability and the Power to *become the change* we want to experience.

## MEDITATION WORKSHOP

On Saturday, 24 April 2010, another Meditation Workshop was held at JoAnn Fisher's home. Seven people participated. After opening with treatment we began going through handout materials first on the benefits of meditation. Universities have studied the effects of meditation since the 1970's. An extensive catalog of benefits has been observed: physical benefits such as reduced heart rate, a blood pressure drop, and heightened endocrine functioning; mental benefits such as increased learning ability, increased problem-solving ability, greater emotional stability; and spiritual benefits such as greater contact with subconscious thoughts and feelings and closer contact with one's true personality, capabilities, creativity and possibilities.



We discussed the purpose of meditation: to awaken more and more to the Spirit that is our Source – by direct contact in the meditative state. We also looked into the chakras, energy loci with physical connections in the ductless glands of the body. Each chakra and gland holds within it many levels of consciousness. Our consciousness rises in clarity and effectiveness as we meditate due to the gentle cleansing of false and unworkable ideas embodied in the chakras and glands. Every chakra has a natural spiritual function and, cleansed, that spiritual function is set free to operate unencumbered and unhindered by the static of false belief.

At this point we took a quick break and then settled into a guided meditation. After that, we explored correlations between the body and ancient temples. The body is the original temple of Spirit. Ancient temples were built on that pattern as reminders of our inherent spiritual structuring even while embodied. Then we discussed a metaphor for how Mind is structured, illustrating the saying, "Go within" and why it makes sense that God is the center of our being.

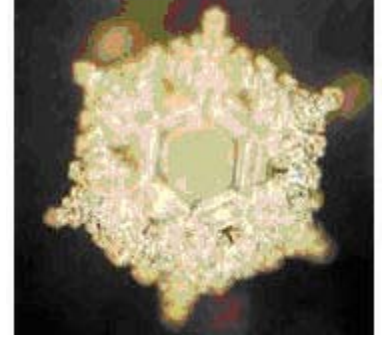


We closed with a second meditation, the "Universal Mind Meditation," which utilizes our imaginative abilities to free our mind of material concerns and, rising up, enter into and connect with the Universal Presence. In this meditation we entered into the Silence for nearly ten minutes.

We cover a lot of ground in these workshops. Each person brings new questions to explore. Two and a half hours seems not enough time to cover all the possibilities, which is why we offer this Workshop twice yearly: spring and fall. All are invited to attend, for an introduction to meditation, for a refresher, or for support in a continuing meditation practice.

Respectfully submitted by Rev. Michael Laakso

Water exposed to  
Gratitude & Love



Remember the prayer for water...

TO: A Very Valuable Worthwhile Person

Sequim Center for Spiritual Living  
Rev. Lynn Osborne  
P.O. Box 2708  
Sequim, WA 98382



Please join us at  
Sequim Center for Spiritual Living  
Sunday Service  
10:00 a.m.  
Pioneer Memorial Park  
Sequim

*Kassandra Kersting*  
Anger Management Classes



Call for Information  
360-582-0812

