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The Spark

May 2019



Dear Friends,

The upcoming monthly Arden-Dimick Library Chair Yoga and Meditation sessions will be held Wednesday, April 24th and May 22nd.

I am considering offering a class on **The Lord's Prayer in Aramaic**. Aramaic is the language Jesus spoke. I have a set of 6 half-hour talks by Dr. Rocco Errico, an Aramaic scholar, who translates and explains the prayer, word by word. Your understanding of the prayer will never be the same. Dr. Errico also pronounces each word slowly, so that you can learn to pray the Lord's Prayer in Aramaic. [Here is a YouTube's that gives you a glimpse of the content of this course.](#)

If this class interests you, please let me know. Thank you!

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

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Chair Yoga and Meditation

Harmony for Mind, Body, and Spirit

4th Wednesday each month at 6:30 pm to 8:00 pm:

- *April 24th*
- *May 22nd*

Arden-Dimick Library, Community Room at Watt and Northrop Avenues, Sacramento, CA

Each meeting includes:

- **Simple Chair Yoga for beginners** (*If can sit, you can do this!*)
- **Easy meditation for relaxation**
- **Short talk on a health and wellness topic**

April wellness topic: Earth Wellness: [Praying for Mother Earth](#)

May wellness topic: **Active Meditation: Seed thought meditation**

(If you arrive after 7:00 pm, the library will be closed. Enter through the Community Room door--on the Northrop side of the library.)

Chair Yoga and Meditation at the Bread of Life Center

- **Thursday, April, 25th, 2019 at 2-3 pm**
- **Thursday, May 23rd, 2019 at 2-3 pm**

[Bread of Life](#), 1260 Fulton Ave. Suite A, Sacramento, CA

\$10 for each session - Pre-register with the Bread of Life at (916) 648-1803 or [on-line](#).

This will be a one-hour class with about 40 minutes of chair yoga and a 10 minute meditation.

Each meeting includes:

- **Simple Chair Yoga for beginners**
 - **Easy meditation for relaxation**
-

Earth Wellness Corner

World Healing Meditation

See the planet gently turning on its orbit against the indigo dark sky with a Cosmic background. Watch the planet turn, and as you do, see lights coming on in every country, every race, every nation, and every ideology. We see lights coming on, individuals awakening to the soul nature, and growing brighter and brighter.

As these lights burn brighter and brighter, they ignite other lights around themselves. Soon we begin to see clusters of souls working together. These clusters of light burn brightly against the image of the Earth, lighting it up, firing and energizing the areas in which they exist.

We acknowledge these lights as we think of the many healing groups, meditation groups, study groups, schools, mosques, churches, temples, communities and groups of souls working to gain high consciousness as each seeks to find rightful expression. Each group is seeking to fulfill its part of the greater plan. We see these groups developing in every country, in every race, in every religion and land. Each is striving to be awake and ready to receive impressions from the higher reality.

Now take the laser light of our minds and draw lines of light and love from cluster to cluster, and cluster to cluster, and cluster to cluster all around the planet as it continues to turn gently in its orbit. We strengthen the grid of light to support and maintain stability for the planet herself as well as all life upon it as the energies of the old withdraw. New energies come into play; change is manifesting, and fresh vibrations of new life bathe the planet. We reinforce the well-being of all life and steady the grid that maintains planetary life.

And now give thanks that we have heard the call and that we have been drawn from many places to do our work, our service. We rejoice that we are awakened to higher life and that our lives have

moved in wondrous ways to allow us to love and to serve.

For the bounty of our lives, the goodness that guides us, and the grace that flows to strengthen us each day, we give thanks. Amen.

Spiritual Direction at the Bread of Life Center

I am a member of the [Spiritual Director team](#) at the [Bread of Life on Fulton near Hurley](#). I offer [Spiritual Direction](#) sessions on weekdays at the Bread of Life. If you live out of the area, I offer spiritual direction by Skype.



Ponder This

Articles by Marilyn

In my seminary studies for my Master's of Divinity and for my Chaplaincy training, I wrote papers on various topics. I have started to post these papers on my web site. Some of these papers were written quite a while ago. You may still find them of interest!

Find them on my website under [Resources/Articles by Marilyn](#).

Enjoy!

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