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**The Spark**

**August 2019**



Dear Friends,

The upcoming monthly Arden-Dimick Library Chair Yoga and Meditation sessions will be held Wednesdays, July 24th and August 28th.

July 28th, I will offer a workshop: **Finding Balance: Journaling and Techniques for Inner Freedom** at the Bread of Life Center. See details below.

*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:***

- ***June 24th***
- ***August 28th***

**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**

**Upcoming Wellness Topics:**

**July: Walking Meditation**

**August: Nightly Review**

**September: TBD; this will be the last class in the series for 2019.**

Starting January 2020, the Chair Yoga series will continue on the fourth Monday each month from 6:30 to 7:30 pm.

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## Finding Balance: Journaling and Techniques for Inner Freedom

July 28, 2019 2:00 pm - 5:00 pm

Bread of Life Center, 1260 Fulton Ave. Suite A, Sacramento, CA

*\$35 - Please register with the Bread of Life at (916) 648-1803 or on-line.*

The afternoon workshop provides techniques to identify charged, and sometimes hidden, emotions or beliefs. Learn to gently free yourself, and find balance through simple, powerful, and fast exercises for creating balance and harmony.

The group will experience practical and liberating techniques to uncover and release the unconscious emotions and beliefs that may draw challenging situations to you. As these states of mind come to light and are released, you naturally find peace and balance.

Learn to find the ascended state and develop your neutral witness amidst polarities. In a world torn apart by polarization, the course offers hope for a way of unity amidst diversity.

This is a dynamic and interactive workshop that is fun and offers tools you can use for a lifetime! Please bring a notebook and pen.

This class is based on *The Marriage of Spirit: Enlightened Living in Today's World* by Leslie Temple-Thurston. For several years, Marilyn studied with Leslie and was authorized to teach this course.

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## Earth Wellness Corner

Reduce using single-use plastic. Plastic pollution is a global health crisis, as accumulated plastic adversely affects wildlife, habitat and humans.

1. Refuse bottled water. Get a water filter and fill your reusable drink bottles at home.
  2. Bring your own coffee cup or thermos to the coffee shop; avoid the plastic lids and stirrers.
  3. Say no to plastic straws.
  4. Get your own cloth shopping and produce bags.
  5. Avoid cling wrap and plastic sandwich bags, choose reusable containers.
  6. Be creative with plastic containers; use them to organize and store items.
  7. Reduce packaging. Buy large sizes of products. Shop in bulk. – take your own jars and containers to fill with rice and grains.
  8. Grow some of your own veggies and herbs to reduce the packaging you need to use.
  9. If you see stray plastics, throw them into a recycle bin; help keep stray plastics out of the ocean.
  10. Switch from disposable diapers to cloth diapers.
  11. Avoid plastic razors.
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## Spiritual Direction at the Bread of Life Center

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

To allow you to inquire and learn more how spiritual direction may be of value for you, the first session is always free of charge. For the summer, if you would like to meet by Skype, I will offer a discounted price for three sessions--meeting once a month for 50 minutes. Contact me, if you are interested.



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## Ponder This

Love, forgiveness, tolerance are qualities that come from within. They are the result of an expansion of the soul. There is but one standard in life, to love and serve and not pay heed to the world. The great thing in any kind of work is to keep ourselves quiet and serene, never fretful or morose. We cannot render true service until we have made our body and our mind fitting channels. When are we happiest? When we have a sense of spiritual relationship with mankind, then the veil of selfishness is lifted from our inner vision and we realize the oneness of our soul with the Great Soul and all humanity.

*[Books of Daily Thoughts and Prayers](#) by Swami Paramananda*



As spiritual workers, you have also to remember that the spiritual wisdom which you desire to convey to others is already latently present in them, and that you have only to be instrumental in unveiling that spiritual wisdom. Spiritual progress is not a process of accumulating from without; it is a process of unfoldment from within.

Meher Baba

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