



[Click to view this email in a browser](#)

The Spark

September 2019



Dear Friends,

The upcoming monthly Arden-Dimick Library Chair Yoga and Meditation sessions will be held Wednesdays, August 28th and September 25th.

On Wednesday, September 4th, I will offer the workshop: "Reconciliation of Opposites -- Clearing the shadow and transcending duality." To learn more, see below.

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

916-812-9496

marilyn@radiant-light.org

<http://www.radiant-light.org/>

Chair Yoga and Meditation

Harmony for Mind, Body, and Spirit

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

- **August 28th**
- **September 25th**

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**

Wellness Topics:

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.

Reconciliation of Opposites

Clearing the Shadow and Transcending Duality

Wednesday, September 4th at 6:30 pm to 9:00 pm

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

This workshop is free of charge.

Please RSVP to: marilyn@radiant-light.org -- I need to know how many handouts to prepare. Also, if there is very low enrollment, the class may be cancelled.

Do you sometimes feel stuck, or find yourself in the same situation over and over again? This workshop presents practical and liberating techniques to uncover and release the unconscious emotions and beliefs that may draw these situations to you.

As these states of mind come to light and are released, you will naturally find peace and balance. Learn to gently free yourself, and find balance through simple, powerful, and fast exercises for creating balance and harmony.

In a world torn apart by polarization, the course offers hope for a way of unity amidst diversity.

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.

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](#).

The first spiritual direction session is always free of charge. This provides an opportunity for you to inquire and learn more how [spiritual direction](#) may be of value for you. 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.



Earth Wellness Corner

Here are some helpful tips that you can do now!

Transportation: Combine trips - car pool - drive an energy efficient car - size your vehicle to your needs - keep your tires properly inflated.

Food: Buy local/California grown foods - shop at a farmer's market - eat chicken or fish in place of beef - choose organic options - try a vegetarian meal once a week.

Water: Run clothes & dish washers with full loads - let your lawn go dormant in the summer - use commercial car washes - take 3 to 5 minute showers - fix leaky sinks & toilets - use environmentally friendly cleaners & products -.turn off water when brushing your teeth.

Ponder This

What you think upon grows. Whatever you allow to occupy your mind you magnify in your life. Whether the subject of your thought be good or bad, the law works and the condition grows. Any subject that you keep out of your mind tends to diminish in your life, because what you do not use atrophies. The more you think of grievances, the more such trials you will continue to receive; the more you think of the good fortune you have had, the more good fortune will come to you.

Emmet Fox

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Radiant Light Spiritual Direction
Marilyn Buehler, M.Div.
2443 Fair Oaks Blvd. #212
Sacramento, California 95825-7684
US

[Read](#) the VerticalResponse marketing policy.

**vertical
response**
A DELUXE COMPANY
Free Email Marketing >>