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The Spark

October 2019



Dear Friends,

Our last Chair Yoga and Meditation class for the year will be held Wednesday, September 25th.

Currently, I am working with the Bread of Life Center to get on their November schedule for an evening workshop of Contemplative Practices. Details will be in next month's newsletter.

The evening of Monday, December 16th, we will have a Year-End Reflection and Meditation at the Arden-Dimick library. Review the year, and set your intention for 2020.

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:

- *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**

In 2020, Chair Yoga and Meditation will be held the fourth Monday of each month at 6:30 pm.

Ponder This

NIGHTLY REVIEW

The following exercise has an ancient history as an important discipline in many traditions. Simply put, it is recalling the events of the day in reverse order. Retrospection is useful for clearing the mind.

Practiced before sleep, review the day backward to capture situations needing repair or resolution. This practice copes with mishandled situations daily rather than permitting an accumulation to be confronted after death.

Recall the events of the day in reverse order. Identify the corrections you chose to make in your daily life. Visualize how you would handle a situation with a more harmonious response.

The nightly review expands our consciousness and helps us see and correct areas of our behavior, automatic reactions, attitudes, or habit patterns detrimental to our spiritual growth.

Review the astral pictures etched upon the ethers. We go into the memory of the event, call it up, and reconstruct "the file".

Earth Wellness Corner

Native Plants Matter

Help your local environment by including native plants in your garden. Native plants are adapted to the local environment. Once established, they require lower maintenance and less water. This saves time, money, and our most valuable resource, water.

Plant a few native plants and delight in the new birds, butterflies and humming birds that visit your garden.



Next time you visit your local nursery ask to see what native plants are available. Many nurseries have areas devoted to Native Plants.

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. Contact me if you are interested in learning more.



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