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The Spark

January 2020



Happy New Year!

I hope your 2020 has gotten off to a hopeful and positive start! Take a few moments to reflect on the intangible gifts of love, friendship, and time spent with family and friends.

Our monthly Chair Yoga and Meditation sessions resume each fourth Monday of the Month. First session for 2020 is Monday, January 27th.

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

916-812-9496

marilynb@radiant-light.org

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

Chair Yoga and Meditation

Monday, January 27th at 6:30 to 7:30 pm

Arden-Dimick Library, Community Room, 891 Watt Avenue, Sacramento

Free and open to the public.

New time for 2020: Fourth Monday of each month from 6:30 pm to 7:30 pm

Simple Chair Yoga -- If can sit, you can do this!

Easy Meditation for Relaxation

- Chair Yoga is beneficial for seniors
- Decreases pain and fatigue
- Improves physical health
- Increases flexibility and mobility
- Good for the heart & circulation
- Yoga makes you happier
- Yoga brings more peace
- Classes offer community
- Chair Yoga is accessible for all abilities and levels of health

Reconciliation of Opposites

[Clearing the Shadow and Transcending Duality](#)

Saturday, February 22nd, 2020 at 9:30 to 12:30

[Incarnation Monastery](#), 1369 La Loma Avenue, Berkeley, CA

\$20

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.

<http://radiant-light.org/calendar/reconcillation-of-opposites/>

Ponder This

Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.

– Winston Churchill

People don't listen to understand. They listen to reply. The collective monologue is everyone talking and no one listening. – Stephen Covey

Everyone is God speaking. Why not be polite and listen to Him? – Hafiz

Earth Wellness Corner

Silicon Food Storage Bags: Recently, I learned about an alternative to plastic food storage bags! Look for re-usable and washable food-grade Silicone storage bags on-line or natural foods stores. No more used baggies in the trash. Find what might work for your kitchen.

Spend Time in Nature: With the increase use of technology, we can too easily spend hours looking at a cell phone or computer screen. When we spend time in Nature and commune with the birds, flowers, trees, and the earth and sky, we can establish a loving relationship with Nature. It seems when we culture this relationship, we will spontaneously make choices to heal the Earth.

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. Cost for on-going spiritual direction is on a sliding scale. The fee for sessions by Skype or Zoom is significantly reduced.



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

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