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**The Spark**

**April 2020**



Dear Friends,

The April *Spark* is being sent early to share wellness tips regarding coronavirus.

The Sacramento City Library has suspended group events. The March 23rd Chair Yoga and Meditation class is cancelled. The April 27th Chair Yoga class is still on the schedule.

When the library Chair Yoga class is cancelled, I will offer a 30-minute video conference call through Zoom. The call begins at 7:00 pm, the evening of the scheduled library class. The call will include a guided meditation and wellness topic. If you are interested in the March 23rd video conference call, please [contact me](#). I will send you a link to access the call.

[Unity of Sacramento](#) sponsored a live stream town hall service, ***Going Viral***, to address concerns regarding the coronavirus. It provides helpful and enlightening information regarding the coronavirus pandemic. Speakers included medical and public health experts explaining the situation. Spiritual teacher and author Marianne Williamson video-called in to the town hall. If you would like to hear her spiritual perspective--start just before 32 minutes into the recording.

**GOING VIRAL: Launching a Spiritual, Scientific, Sociological, and Civic Strategy for Countering Pandemic Crisis, Confusion, and Chaos!**

**[Click here to watch GOING VIRAL](#)**

*Blessings and Peace,*  
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## **Chair Yoga and Meditation**

**Fourth Monday of each month--April 27 at 6:30 to 7:30 pm**

*(Depending upon the Library being open for group events)*

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

Simple Chair Yoga -- If can sit, you can do this!  
Easy Meditation for Relaxation  
Wellness Topic

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## Spiritual Support

We are experiencing unexpected changes in our world. I am available for spiritual support by phone, Zoom, or Skype. If you feel the need to speak to someone with a spiritual perspective, or for prayer, [contact me](#). No fee.

The coronavirus pandemic may trigger a spiritual crisis or "spiritual emergency". Drastic life changes can cause a spiritual emergency. When your reality changes too rapidly, you may feel confusion, ungrounded, disconnected, frightened.

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As in all great critical periods of human history, humanity is now going through the agonizing travail of spiritual rebirth. Great forces of destruction are afoot and seem to be dominant at the moment, but constructive and creative forces which will redeem humanity are also being released through several channels. Although the working of these forces of light is chiefly silent, they are eventually bound to bring about those transformations which will make the further spiritual advance of humanity safe and steady. It is all a part of the divine plan, which is to give to the hungry and weary world a fresh dispensation of the eternal and only Truth.

*[Discourses](#) by Meher Baba*

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## Ponder This

I am sure you have been alerted to many preventive measures against coronavirus. I am adding a few wellness tips to encourage you.

- Sip warm water or liquids every 15 minutes. Drinking warm water is effective for all viruses.
  - Think positive thoughts. Your thoughts are your prayer.
  - Pray.
  - Meditate.
  - If self-isolating, take walks outside.
  - Keep your immune system strong. Eat healthy foods; avoid excess sugar.
  - If you feel the need to wear a mask and do not have one, tie a scarf over your nose and mouth.
  - Gargle as a prevention. A simple solution of salt in warm water will suffice.
  - Make your own hand sanitizer. Add a few drops of antiviral essential oil such as orange, lemon, tea tree oil. Do a Google search for hand sanitizer recipe ideas.
  - Sip warm water; stay hydrated.
  - Help someone else.
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## Reconciliation of Opposites

*Clearing the Shadow and Transcending Duality*

**Monday, April 27th at 9:30 to 12:30 - By Zoom Video Conferencing**

**Offered through the [Bread of Life Center](#)**

\$30 to \$70 Sliding scale. Please register, call the Bread of Life at 916-648-1803 or [register on-line](#).

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.

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## Earth Wellness

Al Gore's 2019 Atlanta Climate Reality training included an interfaith service with diverse faith leaders speaking on Climate Change from their faith perspective. Watch the video of this service:

[Faith Leaders speak at the Ebenezer Baptist Church: Moral Call to Action on the Climate Crisis](#)

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## Spiritual Direction at the Bread of Life Center

Spiritual direction is an opportunity to explore your relationship with the Sacred, with the Divine, with God. It can help to reveal the work of the Spirit in your life. I offer Spiritual Direction by Skype or Zoom, and at the [Bread of Life Center on Fulton near Hurley](#).

There is no fee for your first spiritual direction session, as 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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