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**The Spark**

**May 2020**



Dear Friends,

I pray that all of you are doing well and finding creative ways to spend your time sheltering.

On Monday, April 27th at 7:00 pm, I will offer a video conference call through WebEx. The call will include a guided Virtues meditation, a wellness topic, and time for discussion. If you would like to join the April 27th video conference call, please [contact me](#).

Also, I am offering 2 workshops by Zoom. Please register through the [Bread of Life Center](#).

- [Reconciliation of Opposites](#)
- [Make Meditation Simple](#)

*Stay safe and healthy!*

*Rev. Marilyn L. Buehler, M.Div.*

*Spiritual Director*

Radiant Light Spiritual Direction

916-812-9496

[marilynb@radiant-light.org](mailto:marilynb@radiant-light.org)

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

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## **Meditation and Wellness Topic Video-Conference Call**

**Fourth Monday of each month--April 27 at 7 pm.**

**Our Chair Yoga and Meditation meeting at the Arden-Dimick Library is cancelled.**

In place of our Chair Yoga Class, join us by WebEx.

**Guided Meditation and Wellness Topic**

**April 27th at 7:00 to 7:30 pm**

Please [contact me](#) to receive the WebEx link and instructions.

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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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## **Make Meditation Simple**

*Tips for Your Meditation Practice*

**Tuesday, April 28th at 6:30 to 8:30 pm - *By Zoom Video Conferencing***

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

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

Meditation cultivates your ability to focus on what's happening in the present, without being so distracted about what has happened in the past, or what will happen in the future. People who meditate find they are calmer and better able to focus.

This class is an exploration of several methods of meditation. Learn how to relax and regenerate your energy. Learn simple guidelines for establishing a daily meditation practice

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## **Ponder This**

On my website, I have posted research papers that I wrote for seminary and for my chaplaincy training. If you have not explored this page, [here is the link](#). Perhaps, you have time to read these, now. Let me know which topics you find of interest!

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## **Spiritual Support**

We are experiencing unexpected changes in our world. I am available for spiritual support by phone or by Zoom. 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.

\* \* \*

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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## Earth Wellness

Wednesday, April 22 is Earth Day. Search on-line for webinars and virtual events to celebrate the 50th anniversary of [Earth Day](#).



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## Spiritual Direction by Zoom

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 phone, [Zoom](#), or (once the "Stay in Place order is lifted) 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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Radiant Light Spiritual Direction  
Marilyn Buehler, M.Div.  
2443 Fair Oaks Blvd. #212  
Sacramento, California 95825-7684  
US

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