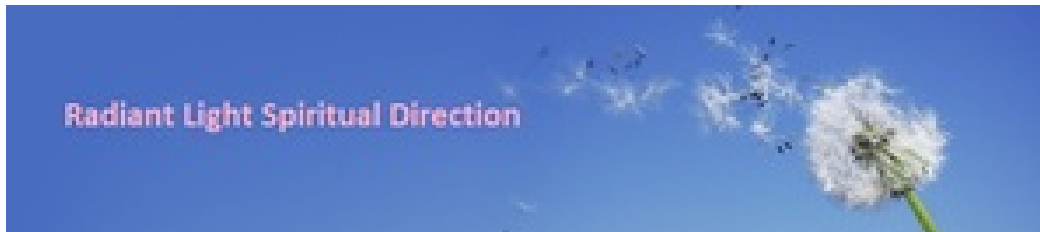




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The Spark

June 2020



Dear Friends,

I hope you are well and healthy. Our May on-line guided meditation will be Wednesday, May 27th at 7:00 pm. Since Memorial Day falls on the fourth Monday in May, we are meeting on Wednesday, the 27th. In June, we will meet Monday, June 22nd.

I have added some new on-line offerings. When there is enough interest, we can determine the best time to meet. Please let me know if you are interested in any of these!

- [The Aramaic Prayer of Jesus](#)
- [Aquarian Rosary: Reviving the Art of Mantra Yoga](#)
- [Explore Your Inner World of Dreams](#)

My prayers for you, your friends and family.

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

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Meditation and Wellness Topic Video-Conference Call

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

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

Guided Meditation and Wellness Topic

Wednesday, May 27th

Monday, June 22nd

at 7:00 pm

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

The Aramaic Prayer of Jesus

Learn the meaning of the Lord's Prayer in Aramaic

If you are interested in this on-line series, please [contact Marilyn](#).

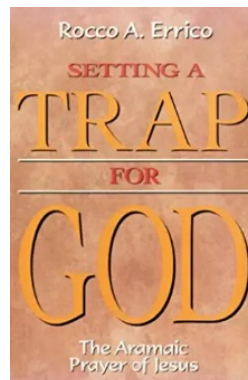
No fee for this on-line offering. You may attend any or all sessions; however, each talk builds on the previous talk. Our on-line meeting times will be determined when there is interest.

Watch six half hour talks by Dr. Rocco A. Errico on *The Aramaic Prayer of Jesus*. Learn to say the Lord's Prayer in Jesus' own language, Aramaic. Dr. Errico's talk will take us through the prayer word by word, line by line. He delves into the meaning of each line bringing fresh insight and a deeper and richer understanding of the Lord's Prayer.

Understand the eight spiritual attunements within the prayer that strengthen your connection with God. Find inspiration from the feeling for what Jesus said as he spoke this powerful message in his native tongue and what those words mean today.

You may want to get Errico's book *Setting a Trap for God*, as a companion to the videos. There will be no fee for this, as I will be learning right along with you! There will be time for discussion after each of Errico's half hour talk. Some of these talks are on YouTube. [Click here to watch](#).

Discover the way of peace, health, prosperity, and understanding as you learn about the true meaning of prayer and how to "set a trap" for the inexhaustible power of God!



Aquarian Rosary: Reviving the Art of Mantra Yoga

If you are interested in this practice, please [contact Marilyn](#).

No fee for this on-line offering. You may attend any or all sessions; however, each talk builds on the previous talk. Our on-line meeting times will be determined when there is interest.

All are welcome to learn about and to pray the Aquarian Rosary. For four sessions, we will meet on-line by WebEx Meetings for about an hour. The Rosary is a meditative prayer. It consists meditations on the life and death of Jesus from the Annunciation to the Ascension and beyond. These are traditionally grouped by fives into themed sets known as the Joyful Mysteries, the Sorrowful Mysteries, the Glorious Mysteries, and the Luminous Mysteries. Each meeting explores the significance of one mystery.

The Aquarian Rosary is an adaptation of the traditional rosary that embraces the divine feminine aspect of God. Devotion to Mary invokes our feminine, receptive, and nurturing qualities to balance our selves and society. This unique version of the rosary is from the book, [The Aquarian Rosary](#).

Reviving the Art of Mantra Yoga by Rev. Carol Parrish-Harra, Ph.D.

- **Learn the history of the rosary in the Christian tradition, and the use of meditation with beads in other traditions.**
- **Learn how the use of beads, reciting the rosary, and contemplation on the mysteries lead us beyond the rational mind, and how the use of each mystery as a seed thought for meditation opens us to spiritual insights.**

Each evening, we will discuss the esoteric significance of praying the rosary and the deeper meaning of each mystery, as it relates to our unfolding spiritual life. The meeting will conclude with practice of the Aquarian Rosary.



The practice of meditation with beads is found in all faith traditions. During the rosary, the fingers move along the beads, the heart focuses on devotion, and the mind contemplates the mysteries. Our attention is lifted to the higher realms. The practice invokes the power of Good into each life, uplifts and stimulates open minds, and builds the heart center of the unfolding human soul.

Explore Your Inner World of Dreams

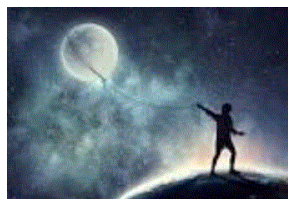
Understand what your dreams bring to you

Six 90-minutes on-line sessions. On-line meeting times will be determined when we have a few individuals committed to attending these six 90-minute on-line sessions. Sliding scale \$40 to \$60. If you are interested in this study, please [contact Marilyn](#).

I will share guidelines for capturing the content, images, and feelings of your dreams. Everyone is encouraged to keep a dream journal.

Dream study touches on many aspects. Each session will include discussion on a topic such as the types of dreams, ways to approach dreams, and how to understand what information your dreams may want to reveal to you.

Each session will include time to work with one or two dreams that participants are willing to share. Learn how to unpack the dream messages, how to let the symbols speak their message to you, and to find the deeper meaning of that dream for the individual and the group.



Meditation Made Simple

Tips for Your Meditation Practice

Tuesday, June 9th at 6 to 8 pm.

This class will be offered on-line through the Bread of Life Center.

Please pre-register with the Bread of Life.

Personal meditation instruction is also an option upon request.

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.

Reconciliation of Opposites

Clearing the Shadow and Transcending Duality

Tuesday, June 23rd at 5:30 to 8 pm.

This class will be offered on-line through the Bread of Life Center.

Please pre-register with the Bread of Life.

Personal instruction is an option upon request.

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.

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, perhaps, you have time to read these, now. Let me know which topics you find of interest!

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 on what you may be experiencing, 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

Earth Wellness

The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope.

Wendall Berry

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. Sliding scale \$55 to \$90.



The [Spiritual Directors International web site](#) provides answers to common asked questions about spiritual direction.

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