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The Spark

July 2020



Hello my friends.

As we shelter and spend more time in solitude, you may find your self shifting in new ways. I have moved my teaching focus to provide guided meditations, inner exploration, and practices for personal and planetary transformation.

Now that more people are becoming comfortable with on-line platforms, this frees me from limitations of the centers or library where I hold classes. You will find many new ideas, which are awaiting your response. I am willing to move forward with these on-line offerings, with a small group of individuals. You may browse [my calendar page for these updated offerings](#).

During the COVID-19 shelter in place order, I offer up to four hours of spiritual counseling via phone or Zoom, for no charge.

If you have questions, you are welcome to reach out to me.

My prayers for you, your friends and family.

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

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Meditation and Wellness Topic Video-Conference Call

Join us by WebEx Meeting.

Guided Meditation and Wellness Topic

Monday, June 22nd

Monday, July 27th

at 7:00 pm

Please email me at marilynb@radiant-light.org 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 email me at marilyn@radiant-light.org.

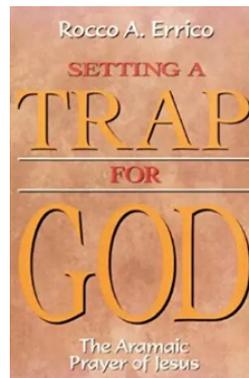
No fee for this on-line offering. You may attend any or all sessions; however, each talk builds on the previous talk. Our on-line meeting times will be determined when there is interest.

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 email me at marilyn@radiant-light.org.

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 meditation on the life and death of Jesus from the Annunciation to the Ascension and beyond. These meditations 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.

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 dream study, please email me at marilyn@radiant-light.org.**

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, July 21st 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.

Compassionate Presence for those at End of Life

Esoteric Insights and Tools for the Caregiver

This workshop will be offered when there is interest of a few individuals.

This workshop provides esoteric insight in to the process that occurs when the physical body begins to shut down in order to release the soul in to the Light. This is a birthing process into the non-physical world, a returning to that from which we came before birth. It may be helpful to observe changes in the physical body and comments from the transitioning person that indicate where they are in the dying process.

Learn to be a compassionate, listening presence.

If you are interested in this on-line workshop, please email me at marilyn@radiant-light.org.

Reconciliation of Opposites

Clearing the Shadow and Transcending Duality

Wednesday, June 24th 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

If in the midst of the darkness of the night you decide to walk, the light of day will come to meet you. But, if you wait until daylight and only then get started, you will only get brief glimpses of light. There is no transformation without faith, nor encounter without quest.

Earth Wellness

When the Earth is sick, the animals will begin to disappear, when that happens, The Warriors of the Rainbow will come to save them.

* * *

Will you teach your children what we have taught our children? That the earth is our mother? What befalls the earth befalls all the sons of the earth. This we know: the earth does not belong to man, man belongs to the earth. All things are connected like the blood that unites us all. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself. One thing we know: our god is also your god. The earth is precious to him and to harm the earth is to heap contempt on its creator.

Chief Seattle

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. Email me at marilyn@radiant-light.org, 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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