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The Spark

August 2020



Hello my friends.

I hope this email finds you well. Occasionally, I browse YouTube to listen to a talk by Caroline Myss. Recently, I came across this talk by Caroline Myss, in which she reflects on "[The world is going to start over again](#)". Perhaps, this will inspire you with new insights for these times. She reminds us that prayer is more powerful than you know.

Your positive thoughts, prayers, intentions enter the collective and support our planet and humanity. You may find these short, simple [Prayers for a Holy Life](#) helpful.

I have various ideas for online classes. Browse [my calendar page for the updated offerings](#).

My prayers for you, your friends and family,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

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Guided Meditation Video-Conference Call

Join us by WebEx Meeting.

Guided Meditation and Reflection

Monday, July 27th

Monday, August 24th

at 7:00 pm

Please email me at marilynb@radiant-light.org to receive the WebEx link and instructions.

Compassionate Presence for those at End of Life

Esoteric Insights and Tools for the Caregiver

This workshop will be offered when there is interest from 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 to those at end of life. Contact me if you are interested. marilyn@radiant-light.org.

Ponder This

When a person's inner attitude is positive and full of joy, happiness and intention to help and sacrifice, he does not become infected because he is charged with psychic energy. Psychic energy destroys germs. If a person lives in fear, thinking he is going to become infected, or if he is angry and irritable, he will become ill.

A positive attitude creates psychic energy and psychic energy heals. We are going to charge ourselves with Beauty, Goodness, Righteousness, Joy and Freedom, as well as good feelings optimism and lovingness, gracefulness, solemnity — with virtue. Virtue will create such an energy within us, like a shield around us as we live in this polluted environment.

Torkum Saraydarian , *Talks on Agni, Volume 2*



Earth Wellness

Walking In Beauty

Today I will walk out, today everything unnecessary will leave me,
I will be as I was before, I will have a cool breeze over my body.
I will have a light body, I will be happy forever,
nothing will hinder me.

I walk with beauty before me. I walk with beauty behind me.
I walk with beauty below me. I walk with beauty above me.
I walk with beauty around me. My words will be beautiful.

In beauty all day long may I walk.
Through the returning seasons, may I walk.
On the trail marked with pollen may I walk.
With dew about my feet, may I walk.

With beauty before me may I walk.
With beauty behind me may I walk.

With beauty below me may I walk.
With beauty above me may I walk.
With beauty all around me may I walk.

In old age wandering on a trail of beauty, lively, may I walk.
In old age wandering on a trail of beauty, living again, may I walk.
My words will be beautiful.

Navajo Blessing

Spiritual Direction by Zoom

Spiritual direction is an opportunity to explore your inner life, and to foster your response to the wee, small voice within.

To provide an opportunity for you to inquire and learn more how [spiritual direction](#) may be of value for you, the first session is free of charge. Email me at marilyn@radiant-light.org, to learn more. Sliding scale \$55 to \$90.



The [Spiritual Directors International](#) provides answers to common questions about spiritual direction, sometimes referred to as spiritual companionship.

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