



Radiant Light Spiritual Direction

The Spark

December 2020

Dear Friends,

All are welcome to join us on-line for our annual **Year-End Meditation and Reflection**.
Monday, December 14th at 7pm--review the year and set your intention for 2021.

These courses may be offered in 2021. If you are interested in these on-line courses, please contact me. We can set the dates and times based on interest:

- **Meditation: Turning Within (Part 1 and Part 2)**
- **Reconciliation of Opposites: Clearing the Shadow and Transcending Duality**

My prayers for you, your friends and family during these challenging times.

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

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Year-End Meditation and Reflection

Monday, December 14th at 7:00 pm

Please contact me to receive the WebEx link and instructions.

A short on-line meeting of reflection, gratitude, meditation, and hope. Join us for a guided meditation to receive the blessings of this sacred time of year.

We will review and reflect on the past year, and set our intention for 2021. As we near the Winter Solstice, which is the shortest day of the year, the days will begin to grow longer. Many traditions celebrate the birth of the physical sun as symbolic of the return of the Inner Light. The Winter

Solstice reminds us that there is a divine consciousness within that seeks birth. It is the beginning of a new cycle.

Ponder This

The Evening Review

Review, reassessment, re-analysis, re-investigation, and re-examination

The evening review is spiritually restorative, cultivates and establishes harmlessness.

Before sleep, sit comfortably. In reverse order, review the events of your day. When you observe a difficulty, inappropriate or less than kind actions, thoughts, words, or emotional reactions, use your imagination to change the event into one that is positive and loving.

When the evening review is complete, the day has been harmoniously transformed. You may find that your sleep is more peaceful. The evening review helps to control our speech, develop love, poise, and skill in action.

Apply this review at the end of the year, or even for your entire life!

Rev. Marilyn Buehler, M.Div.
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