



Radiant Light Spiritual Direction

## The Spark - December 2021

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Dear friends,

I am sending out the December *Spark* early. In the coming weeks, we can become quite busy.

Mark your calendars for our December meetings, now, to ensure you take time for yourself. All meetings are by Zoom.

Wednesday, December 22nd at 4pm to 5pm, we will have our virtual annual Year-End Meditation and Reflection. Join us for our meditation to reflect upon the past year, and to ponder what virtue you may find helpful for 2022.

On Wednesday, December 1st, join us for a Jin Shin Jyutsu Self-Help class. I am a certified Jin Shin Jyutsu practitioner and Self-Help Instructor. I have not shared this amazing healing art in a while. Please join us for this empowering class!

Also, I have added a special page to my website called "**Finding Peace**". There are many resources for stress management, and tips to bring balance to body, emotions, mind, and spirit. Hope you find some inspiration!

I continue to offer personal spiritual direction and mentoring to support your unique spiritual quest. [Click here to learn more.](#)

Blessings and prayers for this sacred time of the year.

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

*Spiritual Director*

Radiant Light Spiritual Direction

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## Year-end Meditation and Reflection

**Wednesday, December 22nd 4:00 to 5:00 pm**

**All are welcome.**

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 2022.



At the time of the Winter Solstice, the days 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.

Contact Marilyn to receive the Zoom meeting link.

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## **Jin Shin Jyutsu Self-Help Class**

**Wednesday, December 1st 4:00 to 5:00 pm**

Jin Shin Jyutsu is a healing art based on our natural innate ability to balance our life energy.

We will explore simple ways to gently hold our fingers, hands, and/or energy "locks" on the body to restore the flow of life energy in our body. The practice of Jin Shin Jyutsu Self-Help can help balance our emotions, mind, and body.

If you are interested in reading about Jin Shin Jyutsu Physio-Philosophy, this book is a wonderful resource:

[The Touch of Healing: Energizing the Body, Mind, and Spirit With Jin Shin Jyutsu](#) by Alice Burmeister

If this class interests you, please Contact Marilyn to pre-register  
Sliding scale \$15-\$30 for this one-hour session.

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## **Spiritual Reflection Study Group**

**Coming in 2022 - Monthly Meetings**

As a group, we will explore various spiritual topics. Spiritual inquiry and reflection awaken new revelations beyond our beliefs and understanding.

Our first meeting will begin with asking and pondering questions to awaken our inner guidance.

If this Study Group interests you, please Contact Marilyn to learn more.

Pre-registration required.

Sliding scale \$25-\$50 for each 90-minute session.

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## Finding Peace -- Stress Management Tools

I have posted several stress and energy management charts, along with simple charts for setting goals. I have also added links with a variety of tips for balancing body, mind and spirit that you may find helpful.

[Finding Peace](#)

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## Ponder This

**Live according to divine principles.**

Man is divine and, as his divinity unfolds, greater and greater qualities, virtues, and powers slowly develop. The true path of development is not sitting in meditation and developing your own centers or chakras and so on. The best way to develop divine power is to live according to divine principles, standards, and laws. For example, a person who really serves other people with self-forgetfulness, harmlessness, and right speech proceeds very fast in his evolution and development. We do not need to do anything else except dedicate ourselves to the service of others. Love people, sacrifice for them, and think, speak and act in righteousness. By doing these things, our Inner Divinity suddenly begins to unfold and we develop very quickly.

Saraydarian, Torkum. *Talks on Agni, Volume 2*. (T.S.G. Publishing Foundation, Inc. Cave Creek, AZ). Page 34.

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## 2021 Parliament of the World's Religions

I attended the virtual Parliament of the World's Religions. About 5,000 diverse people of the world's global interfaith movement celebrated the work of religious and spiritual communities striving toward a more just, peaceful, and sustainable world. As videos from the 2021 Virtual Parliament are published, I will share them with you.

[Parliament YouTube Videos](#)

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