



Radiant Light Spiritual Direction

## The Spark - March 2022

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Dear friends,

This month, we continue with our monthly Guided Virtues Meditation and the Spiritual Topics Study Group.

Also, I will offer my favorite workshop "Reconciliation of Opposites." Next month, all are welcome to attend my meditation course.

Blessings,

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

*Spiritual Director*

Radiant Light Spiritual Direction

[marilyn@radiant-light.org](mailto:marilyn@radiant-light.org)

<http://www.radiant-light.org/>

Personal spiritual direction to support your unique spiritual quest. [Click here to learn more.](#)

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## Guided Virtues Meditation

**Wednesday, March 16th at 4:30 PM.**

Join us for an on-line guided meditation focused on a virtue. Virtues are linked to our health, healing, and expansion of consciousness. Focusing on the virtues opens our hearts and helps us to be receptive to our higher intuitive mind.

Please email Marilyn to receive the link for this meeting. [marilyn@radiant-light.org](mailto:marilyn@radiant-light.org)

**No fee for this guided meditation.**

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# Spiritual Topics Study Group

Wednesday, March 23rd at 4:00 to 5:00 PM

This on-line group will read and discuss various topics of the spiritual quest. We will read from Meher Baba's *Discourses*. I will share the pages on the screen, so you do not need a copy of the book. Each month, the group can choose a topic of interest to read and discuss.

The *Discourses* covers many subjects, both practical and highly esoteric. Chapters go into the human search for the Truth and God, spiritual advancement, and the spiritual path.

Please email Marilyn to receive the Zoom link for this meeting. [marilyn@radiant-light.org](mailto:marilyn@radiant-light.org)

**No fee for this study group.**

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## Reconciliation of Opposites

### Clearing the Shadow and Transcending Duality

Wednesday, March 9th - 1:30 to 4:30 pm.

**Sliding scale: \$80 - \$120**



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.

I feel this is the best workshop I offer! Gain profound esoteric insights into the nature of your ego. You will never be the same once you experience these powerful, yet simple ways of viewing your motivations. Everyone who takes this class finds it to be very profound, as well as practical. We could call this "spiritual Spring cleaning"!

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. There is also [an article on my website](#) in which I summarize the techniques.

If you are interested in this 3-hour workshop or personal instruction by Zoom, contact Marilyn.

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## Meditation: Turning Within

### Tips for Your Meditation Practice

Wednesday, April 27th at 2:00 to 4:00 pm

Sliding scale: \$50 - \$80

A daily practice of meditation and contemplation cultivates Self-awareness, inner peace and contentment. It also improves 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.

Marilyn has been practicing meditation since 1971, and teaching meditation since 1976. She has studied and practiced a variety of meditation and contemplative techniques. She shares from her personal experience of this lifetime of spiritual exploration and Self-discovery.

A two-hour session for both beginners and experienced meditators. Explore of several methods of "passive" meditation, in order to learn to relax and regenerate your energy and learn simple guidelines for establishing a daily meditation practice.

You will be empowered to discover a daily, personal practice that you enjoy!

Please contact Marilyn if you would like attend this course.

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## Ponder This

Art will unify all humanity. Art is one—indivisible. Art has its many branches, yet all are one. Art is the manifestation of the coming synthesis; art is for all. Everyone will enjoy true art. The gates of the 'sacred source' must be wide open for everybody and the light of art will influence numerous hearts with a new love. At first this feeling will be unconscious but after all it will purify human consciousness, and how many young hearts are searching for something real and beautiful! So give it to them. Bring art to the people—where it belongs. We should have not only museums, theatres, universities, public libraries, railway stations and hospitals but even prisons decorated and beautified. Then we shall have no more prisons.

—Nicholas Roerich, *Beautiful Unity*

<https://www.theculturium.com/nicholas-roerich-beautiful-unity/>

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## What is Spiritual Direction?

Spiritual direction is important, because it supports you on your spiritual journey, making it a less isolated experience. Spiritual direction is an opportunity to tend to the awareness of the sacred in your life and to how you are being prompted to express that sacredness.

Our first meeting is always free of charge. During an initial 50 minute on-line meeting we will explore your interests and needs to determine if spiritual direction will be of value to you. I am a member of Spiritual Directors International. [Browse their website to learn more.](#)

***The wisdom you seek is already written in your heart***

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