



Radiant Light Spiritual Direction

The Spark - February 2022

Dear friends,

For February, we will meet for our monthly Guided Virtues Meditation on Wednesday, February 16th at 4:30 pm.

Also, I'd like to start a Spiritual Topics Reading Group. Our first meeting will be Wednesday, February 23rd at 4 to 5pm. We will read from Meher Baba's [Discourses](#).

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

[Personal or small group meditation instruction](#) by request. [Other classes are also offered by request, too!](#) Take a look. If something interests you, let me know. All classes are offered by Zoom.

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

marilyn@radiant-light.org

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

Guided Virtues Meditation

Wednesday, February 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 Zoom link for this meeting. marilyn@radiant-light.org

Spiritual Topics Reading Group

Wednesday, February 23rd at 4:00 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.

Meher Baba's *Discourses* covers many subjects, both practical and highly esoteric. Some chapters go into the human search for the Truth and God, spiritual advancement, aspirants, various states of God-realized beings, the Avatar and discipleship. Other chapters deal methodically with several aspects of spiritual advancement and the spiritual path, such as the formation and removal of sanskaras (mental impressions), various aspects of meditation, transcending good and evil, and clarify Meher Baba's views on such topics as occultism, reincarnation and maya.

Please email Marilyn to receive the Zoom link for this meeting. marilyn@radiant-light.org

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.

Ponder This

The Wolf You Feed

One evening a wise grandfather told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two "wolves" inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The wise grandfather simply replied, "The one you feed."
