

Radiant Light Spiritual Direction

## The Spark - June 2022

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Dear friends,

I am starting a new monthly **Aquarian Rosary** practice group. We will meet the second Wednesday each month at 4pm. This is an esoteric version of the rosary, loosely based on the traditional rosary. We will spend time exploring the esoteric meaning of the mysteries of Christ's life. Learn more below.

**Meditation Part 2:** For those of you who have taken a meditation course from me, (or if you have been meditating for a while), I am offering a **meditation "beyond the basics" class**. We will have time to answer questions and address any challenges you may have with your meditation practice. I will present new practices to support your spiritual journey.

All are welcome to our other monthly meetings:

- **Guided Virtues Meditation**
- **Spiritual Topics Study Group**

Peace and Blessings,  
*Rev. Marilyn L. Buehler, M.Div.*  
*Spiritual Director*  
Radiant Light Spiritual Direction  
[marilynb@radiant-light.org](mailto:marilynb@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, June 15th 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

**Thursday, May 26th at 4:00 to 5:00 pm**

**Thursday, June 23rd at 4:00 to 5:00 pm**

At this monthly meeting we read and discuss various topics of the spiritual quest. We will read from Meher Baba's *Discourses* or other teachings. I will share the pages on the screen, so you do not need a copy of the book.

Meher Baba's *Discourses* and teachings cover 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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## Meditation: Turning Within Part 2

**Wednesday, June 22nd at 2:00 to 4:00 pm**

**Sliding scale: \$50 - \$80**

If you have previously attended one of my meditation classes, this two-hour session is an opportunity to review and answer questions from your personal experience of passive meditation.

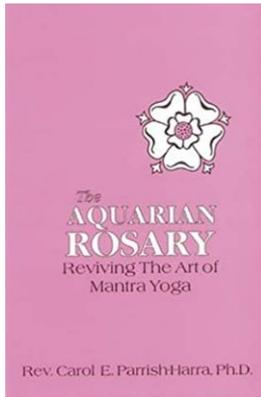
This session expands our understanding of meditation and explores "active" meditation, in which one intently focuses and expands on the meaning of a word, phrase, or sacred reading. We will also explore other practices that may support your inner journey.

Learn to:

- **Build the connection to the higher and intuitive mind.**
- **Increase your awareness of "inner knowing" and wisdom.**
- **Express greater beauty in your daily life.**

Email Marilyn to register for this study and practice: [marilyn@radiant-light.org](mailto:marilyn@radiant-light.org)

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# Aquarian Rosary

Practice Group

Wednesday, June 8th 4 to 5 pm

Sliding scale: \$5 - \$10

This is a new monthly meeting. We will meet each second Wednesday at 4pm.

**Please email to Marilyn to register.** [marilyn@radiant-light.org](mailto:marilyn@radiant-light.org)

The Aquarian Rosary is an adaptation of the traditional rosary that embraces the divine feminine aspect of God. Devotion to Mary invokes our feminine, receptive, and nurturing qualities to balance ourselves and society. The discussion and practice of the rosary is based on the, *The Aquarian Rosary, Reviving the Art of Mantra Yoga* by Rev. Carol Parrish-Harra, Ph.D.

Each month, the group will recite one mystery of the Aquarian Rosary. We will discuss the significance of praying the rosary and the deeper, esoteric meaning of each mystery, as it relates to our unfolding spiritual life.

Experience how the use of beads, reciting the rosary, and contemplation on the mysteries leads us to a peaceful state, and how the use of each mystery as a seed thought for meditation opens us to spiritual insights.

The Aquarian Rosary is a meditative prayer. It consists of four different mysteries which are meditations on the life and death of Jesus from the Annunciation to the Ascension and beyond. These are traditionally grouped by fives into themed sets known as the Joyful Mysteries, the Sorrowful Mysteries, the Glorious Mysteries, and the Luminous Mysteries.

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## Ponder This

“The soul always knows what to do to heal itself. The challenge is to silence the mind”

Caroline Myss

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## What is Spiritual Direction?

Spiritual direction 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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