

# SAN's Sacred Circle

## Reflections, Music & Events

Volume 3, Issue 8

FEBRUARY 7, 2014

**2014 Sacred Circles  
Spiritual Retreats for  
Women**

**First Sunday Potlucks  
2:30—5:30 p.m.**

**March 2**  
Introduction to  
The Art of Stress Relief

**April 6**  
Yoga for You! Creating  
Optimum Health at Any Age

**May 4**  
Ahhhh... Aromatherapy!

**June 1**  
Writing Wrongs

**July 6**  
Reiki for Relaxation and  
Healing

**August 3**  
Creative Crafts to Release  
Stress

**September 7**  
STRESS! Let It Go So You  
Can Flow

**Join Us at this Location:  
Our Father's House**  
26210 Emery Road  
Suite 309  
Warrensville Hts., OH  
44128

**Questions? ... contact  
Shirley A. Nelson (san)**  
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## ~ Creating a Beautiful World ~ One Sacred Soul at a Time



### What Makes You Come Alive?

*"Don't ask what the world  
needs. Ask what makes you  
come alive, and go do it. Because  
what the world needs is people  
who can come alive."*

~ Dr. Howard Thurman

I want to know what makes you come alive? What inspires you and makes you feel a tingling in your soul that might cause you to lose your self control? What's running through the blood in your veins that's calling you to play, to be bold and adventurous without further delay? What's stopping you from living an inspirational life?

Tapping into that place that's inviting you to play is not always easy to do because, in most cases, your obligations are many and it's hard to justify it. But play we must, so that we can release stress and be at our best!

Some experts believe that women are more susceptible to stress than men. They say that women spend less time nurturing their own emotional and physical needs because they don't want to be perceived as selfish and they find it hard to say no to other's requests because it brings up feelings of guilt. Learning how to set boundaries will help but learning to love yourself will heal you to the core and you will make healthy choices naturally.

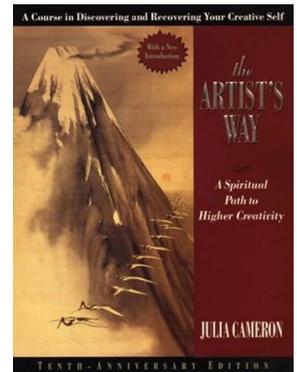
It takes courage to love yourself and to be okay with the world you are creating. It's not your typical challenge because it's not easily identified by you or anyone else. You are called to believe in and stay loyal to something that no one else can see—your own self-worth.

So how do you get there? How do you stay true to yourself? How do you stay tuned? What do you do to maintain that equilibrium that causes you to come alive and stay alive? Perhaps it's in the stripping away more so than in the doing because everything you need to allow love to shine in you so that God can work through you is already there. It only gets obscured during times of anger, discouragement, jealousy, etc. When you let go of feelings of great negativity, love rises once again, free to find its natural level of expression.

Join us at the next retreat, *The Art of Stress Relief*, and find ways to release stress creatively and be the love you're meant to be! What greater gift do we have to give than our healed, revealed self? This is how we come alive and this is how we offer the world the whole enchilada—our whole selves. The introductory session on March 2nd is free and will get you ready to rock and roll when we kick things off in April. See the attached flyer for more details.

*Love & Light ~ Shirley*

### Book Nook



### *The Artist's Way* A Spiritual Guide to Higher Creativity ~ Julia Cameron ~

*The Artist's Way* was written for men and women who are:

- Illustrators, Painters, Writers, etc.
- Shadow artists
- Wanna-be artists
- Evolving artists
- Anyone interested in exploring their creative abilities

We will use the tools in this book like a spiritual chiropractor to achieve alignment with the creative energy of the universe.

### You Will Discover A...

- ◇ Sense of Safety
- ◇ Sense of Identity
- ◇ Sense of Power
- ◇ Sense of Integrity
- ◇ Sense of Possibility
- ◇ Sense of Abundance
- ◇ Sense of Connection
- ◇ Sense of Strength
- ◇ Sense of Compassion
- ◇ Sense of Self-Protection
- ◇ Sense of Autonomy
- ◇ Sense of Faith



*The Many Faces of Prayer ~ A Healing Balm in the 21<sup>st</sup> Century ~ Shirley A. Nelson ~*

## The Many Faces of Prayer

### Open Your Heart

A prayer for the month that we celebrate love: *May we look into the eyes of those in pain with an open heart that says, "Come, you are the ones we have been waiting for."* ~

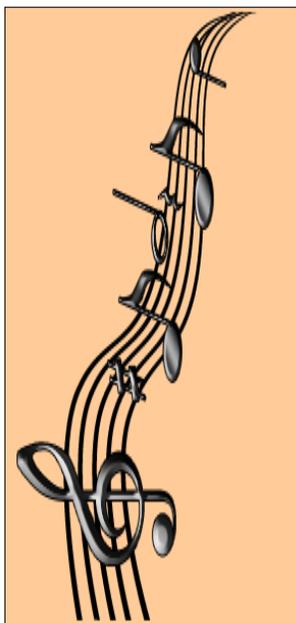
Excerpt from *Science of Mind* magazine submitted by Helen Littlejohn, Denver, CO.

Crimes of the heart are committed by people in pain. Most likely they are not the people who are reading this newsletter, seeking avenues of growth, volunteering, or nourishing themselves spiritually in any manner, shape, or form. However, they could be. Regardless of who or where

they are, hurt people hurt other people.

This month in acknowledgment of Valentine's Day, may you be reminded that it is love that heals the broken hearted and disenfranchised souls, starting with ourselves. In order to see thru the eyes of love, you may need to get out of your comfort zone. When I think about a time that my heart tried to shut down due to a relationship gone sour, I recall how I struggled to not lose myself in hate and anger. It was not easy nor did it feel natural, but I persevered and God showed me a way out.

Praying for someone who had brought so much pain into my life seemed crazy, but I did it. In so doing, a tiny little opening occurred that gave me enough insight to know that I had to learn to love myself first. In time, I came to forgive myself and my villain. Finding ways to be of service to others helped to open my heart more which led to joy and fulfillment until the pain of the past became invisible. Everyone needs love, but the ones who need it most are those in the greatest pain. Open your heart and let them in. <http://www.youtube.com/watch?v=ccPy1uN-CI8>



### Music Picks of the Month

#### "Invisible" and "Same Love"

I'm not a big fan of the Grammy Awards but I did watch some of it this year and I'm glad that I did. It seems the past five years, or so, I simply couldn't get into it. Being a child of the 60's, I'm spoiled. We had GREAT music and there's not a lot that has come along since then that can touch it. Nevertheless, I did watch it last Sunday and was amazed by a couple of

the performers and the messages in their songs.

First was 22 year old Hunter Hayes singing his new hit song *Invisible*. The words are powerful especially when so many young people are dealing with bullying and not being able to accept themselves. Go to his website at <http://www.hunterhayes.com/invisible> and watch the lyrics stroll across the screen as you listen. May the pain of the past in your life also become invisible.

I tuned in again when Queen Latifah announced that Macklemore and Mary Lambert would be performing *Same Love*. Not being familiar with either of them or the song, but intrigued by the title, I thought I'd listen. Once again, I was moved by their message that regardless of who you love, it's all the same. Love is love. *Same Love* has received more than 106,091,572 hits to date on YouTube. Check it out: [http://www.youtube.com/watch?v=hlVBg7\\_08n0](http://www.youtube.com/watch?v=hlVBg7_08n0)



*"No matter what your age or your life path, whether making art is your career or your hobby or your dream, it is not too late or too egotistical or too selfish or too silly to work on your creativity."*

— Julia Cameron, *The Artist's Way: A Spiritual Path to Higher Creativity*

## SIT-UP ~ Stay Tuned Spiritually In Tune for Universal Peace



### Destiny

"Most of us are not raised to actively encounter our destiny. We may not know that we have one. As children, we are seldom told we have a place in life that is uniquely ours alone. Instead, we are encouraged to believe that our life should somehow fulfill the expectations of others, that

we will (or should) find our satisfactions as they have found theirs. Rather than being taught to ask ourselves who we are, we are schooled to ask others. We are, in effect, trained to listen to others' versions of ourselves. We are brought up in our life as told to us by someone else! When we survey our lives, seeking to fulfill our creativity, we

often see we had a dream that went glimmering because we believed, and those around us believed, that the dream was beyond our reach. Many of us would have been, or at least might have been, done, tried something, if... If we had known who we really were."

~ Julia Cameron

# Water the Seeds Not the Weeds

Just a Thought



## Trust

Trust: An assured reliance on the character, strength, or truth of someone or something.

You cannot always tell by circumstances or situations where you are in life however we all must trust that our lives are going in the right direction. The end of a marriage, the loss of a job, or a sense of isolation do not have to spell the worst thing that could happen to you. It is all in how you perceive where life has placed you.

One of the things that can help us regain direction is acceptance. I'm not saying you must set up housing and live permanently in what you may consider to be an unhappy situation. What I am suggesting is until you admit where you are, you cannot mine the

gold of the position you find yourself in. If you are not happy in life, admit that. Accept that. Then begin to look at yourself honestly and this will begin to anchor you in the present moment. The key is to do this with compassion. No judgment, no lists of right or wrong decisions, just observe yourself with compassion. Do not try to figure anything out. Just observe. Remember, God only exists in the present moment.

If you can do this, something will begin to click inside of you and the love that you truly are will come to the forefront. You are now in the present moment where the *Spirit that is everywhere* dwells. If you are consistent in this practice, certain things will begin to unfold such as the feeling that all that is happening to you is for you, and that love is all there is.

We don't always know the answers to life's puzzles, however, there is something that is greater than us that does know. Acceptance is

the first step in realizing this. If you accept where you are and stay in the present moment, you can then give birth to trust. Trust in the Christ within. You will then begin to stop writing your script on how your life should be. This will allow the *Spirit that is everywhere* to write a better plan for your life. We are all trying to remember what we already know.



*Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight*  
Proverbs 3:5-6

Peace ~ Rashid



**Rashid Reaves,**  
Retired fire fighter and paramedic... Planting sacred seeds to enrich your heart and soul. . .

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## Listen for the Word

This is the story of Frank. It took place in the early 1970's and is factual. He lived in the Uptown community of Chicago (one of the poorest of Chicago's communities) after serving in two branches of the Armed Services. He was medically discharged from both when they noticed his Parkinson's disease. He kept it hidden as best as possible so he could serve. Because of the advancing symptoms, Frank ended up on the streets, since he appeared to be suffering from something related to

alcohol (Frank didn't drink). He was homeless, and carried all his possessions in two paper shopping bags. He was desperate for help since he exhausted all of his limited veteran's benefits.

Frank went to the local Episcopal Church where he met the Rev. Bill Burden. Rev. Burden felt overwhelmed by Frank's needs and so brought him to the local community hospital, where the on-duty emergency psych specialist first saw them walking

through the door. This young mental health professional was talented, with skills in several areas of his field. He had been hand-picked for this team, and was more than a little arrogant. He was also agnostic and not happy to see the priest come in with Frank in tow. None-the-less he handled the situation with his usual professionalism. And so the priest and the therapist set to work to hobble together some services to help Frank at 1:00 a.m. on a Sunday morning. See pg. 4



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## SAN's Sacred Circle

*"Seek this creative peace within... Here are beauty and truth and protection and joy in abundance."*

*~ Letters of the Scattered Brotherhood*

Be the Peace that you want to see . . .

SAN's Sacred Circle was established in 1998 as a lay ministry, grass roots, spiritual support group to nurture and develop sustainable practices for emotional healing and spiritual growth and to cultivate an overall sense of well-being within participants.

Inner wisdom is the compass that bridges your humanity and divinity and everyone has access to this amazing tool that lovingly guides and directs us. Access to the "still, small voice within" occurs through music, meditation, quietness, prayer, dance, and creative art inspired activities. In an environment that is sacred as well as playful, workshop participants connect body, mind, and spirit using their inner compass to transform their lives.

*Peace & Blessings ~*  
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*Certified Life Skills Coach*  
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## Listen for the Word (cont'd)

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To say that they failed is being kind. They regularly informed Frank of their efforts, as he waited patiently in the ER waiting area. Things were looking grim, especially considering it was nearing Christmas and the weather had unloaded a huge amount of snow. Back then homelessness was not given the attention it receives today, and homeless shelters were few and filled to capacity that night. After 2 hours of continuous efforts, the priest and the therapist decided to give Frank the bad news that there were no resources for him. After all, his problem was not psychiatric in nature, and so he was not eligible for admission to the psych ward or the regular medical wards since those beds were also full.

Feeling sorry for themselves since there was no easy solution to Frank's problems, the priest and the therapist went out to the waiting area. Frank was sitting there, an innocent smile on his face. When he looked up, they noticed that he had two battered old transistor radios that were barely held together with rubber bands and tape. Frank held one up to each ear, looked at the two "professionals" and said, "Look, I have stereo. Isn't it wonderful?" With tears in their eyes the priest and the therapist went back to work, and eventually came up with a temporary solution which took the cooperation and trust of a number of health professionals who put their positions on the line to find a solution for Frank.

The priest learned about the true spirit of the season, and the arrogant, agnostic therapist learned about listening for a word of hope and redemption. If you haven't guessed by now, I was the arrogant, agnostic therapist. To this day, I am reminded of Frank and his joyous hope in the midst of despair, and I listen for the word (of hope).

**Namaste,  
Will**

