



Healing in the Sea of Life

Volume 4, Issue 1
JULY 7, 2014

A Faith Lift ...

Our job is to keep doing the work and to trust the process.

**2014 Sacred Circles
Spiritual Retreats for
Women**
First Sunday Potlucks
2:30—5:30 p.m.

July 6
Reiki for Relaxation and
Healing

August 3
Creative Crafts to
Release Stress

September 7
STRESS! Let It Go So
You Can Flow

Retreat Location
26210 Emery Road, #103
Warrensville Hts., OH
44128

Questions? Contact:
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**Join us in the next
Circle!**



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This month, San's Sacred Circle newsletter celebrates its four year anniversary and with it comes a faith lift... a new logo, changes to the design, a website, and a focus on healing in its multitude of manifestations.

Over the past few years, we have provided articles and led retreats to shed light on various modalities of healing from the inside out that include universally accepted practices such as prayer, meditation, music, and journaling, as well as holistic approaches like Reiki, Aromatherapy, Yoga, and more.

Many of you have worked long and hard to be free of negative feelings and overwhelming emotions but you can't put your finger on how much progress you have made because the process of healing is often subtle. I recall asking my spiritual director how to know when I have healed and released negative emotions and she said it will be a sensation like a flower opening up and it will feel like a burst of energy. Sure enough, shortly after that, it happened one morning when I least expected and an issue that had been creating a lot of angst simply dissolved into nothingness—poof!

We walk by faith and not by sight and, like a flower, we bloom when it is time.

That is where the mystery dwells in the process of healing and where you are on the journey is not important in contrast to how you be. You heal every time you introduce new thoughts into your mind that cause you to wake up. A lot happens in the process that leads to a shift in perspective and a healthier state of being. In this new awareness, things you no longer need fall away and who you really are begins to take shape. Simply because you can't see it, doesn't mean it's not happening.

Navigating rough waters in life can be extremely challenging especially when you are not able to release the past. Inspirational speaker and author, Wayne Dyer, captures this thought in his use of metaphor based on boat-related experiences when he served in the Navy: "It is the present-moment energy that is being generated by the wind or the engine. That is what is making the boat go forward, and that is what is making your life go forward. Whatever present-moment energy you are generating right now is propelling you forward, and it has nothing to do with your history or your story."

*So, what's in your wallet?
Are you generating thoughts that are moving you forward, taking you backwards, or causing you to remain stuck?*

You are more powerful than you can dream or imagine and when you direct your energy appropriately, every atom and molecule in the universe aligns to support you. Every day, through your thoughts, you get to create the experience of better living. Be the peace you want to see. Be the love that you desire. Be the joy that you are missing. Be the spark, be the fire. Be the healed and the healer.

Remember, we are here to support you in the process of healing and revealing truth. In the meantime, you are invited to go deeper into the mystery.

*To be a conscious being is to be organic
~ always growing and evolving.*

Shirley A. Nelson
San's Sacred Circle



The Many Faces of Prayer ~ A Healing Balm in the 21st Century ~ Shirley A. Nelson ~

The Many Faces of Prayer

Cure for Alzheimer's ~ Prayer!

Because you are reading this article, it is probably safe to assume that prayer is important to you. Throughout the years, there has been much speculation as to whether or not prayer works and, if so, how? For many, it is not enough to simply believe—they need proof. It might be a case of “If I can’t see, touch, smell, or feel it, I simply don’t believe it.” Who knows?

One of the foremost researchers on this topic is

Dr. Harold Koenig of Duke University’s Center for Spirituality, Theology, and Health. He has been studying the connection between spirituality and well-being since 1985. **One of his conclusions is that prayer, and other spiritual practices, have been scientifically proven to be beneficial.** Some of the findings are that those who are religious or spiritually oriented are less depressed and anxious, enjoy a greater sense of well-being, and they are less inclined to become addicted to drugs and alcohol. In addition, they have less cardiac disease and hypertension and better measurable immune function.

According to Dr. Koenig, “Many studies show religious and spiritual practices delay the onset of memory loss associated with aging and slow dementia related to actual memory disorders like Alzheimer’s. They also confer a longevity benefit — an extra seven years of life among whites and 14 years for African Americans.”

The Secret to Youth and Happiness

Be positive and prayerful and hold kind thoughts for your self and others. Smile. Laugh...a lot! No amount of make-up can compensate for your joy.

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



Take the One-Month Gratitude Challenge

Some time or the other, while making your way home, you will come across the intersections of *Wow! What a Blessing* and *More of the Same*. At that point, you have a choice. *Wow! What a Blessing* might resemble a leap of faith and doing what is most beneficial to move your life forward. Whereas, *More of the Same* is just that — more of the same old thing.

More of the Same might have you feeling as if you’re caught in a trap and making the same ineffective choices over and over again — spending too much money, not taking care of your health, attracting potential love interests who look different but feel the same, and so on. At this particular intersection, that’s how it is — people change, cities change, jobs change but nothing on the inside of you changes, therefore, you can’t see the difference.

Transformation begins within. Start with an attitude of gratitude.

More often than not, it takes a very simple adjustment to experience a better life and it could just be a matter of looking at things differently. If you catch yourself making any of the following statements on a regular basis, then it’s time for an adjustment:

- **I wish he/she were different.**
- **Why can’t they see it my way?**
- **What’s wrong with them?**
- **They just don’t understand.**
- **Lord, please change them...**

Stinkin’ Thinkin’ getting you down?



In the name of love before you break your heart!

Think it over.

Gratitude is a spiritual practice that changes your perspective and allows you to see how truly blessed you are. Following is an exercise that can change your life for the better.

Start by writing your “problems” down in detail as a list.

- Consciously begin to list things in your life that you find satisfying, valuable, good, beautiful or productive (initially you may write down some very inane things, like sunny days, hot showers, chocolate, etc., but keep at it).
- Do this for one complete month, and every day list at least 10 things per “problem” that are good in your life.

What you’ll find is that the things of most value in your life become more prevalent and easier to see.

Your perspective will transform so that you begin to look for good things in life, and your issues will become less distracting. Ninety-nine percent of life is remarkable, beautiful and awesome. *Wow! What a Blessing!*

Water the Seeds Not the Weeds

Who Moved?

Life is moving along for you and then it happens. You know what I'm talking about. The job you love is closing down and management tells you without any notice. Also, the pension plan that you had counted on is in trouble. That last doctor visit didn't go as planned. You are told that you may have an inoperable cancer. Your options from the medical experts are depressing. Or, maybe the midlife crisis you are currently experiencing is about to ruin your marriage of 35 years.

The question I want you to answer is, who moved?

When certain events happen in our lives, sometimes we act as if God moved and left us hanging. I ask the question again, who moved?

There is a consistent loving presence operating in this universe at all times. This

presence does not stop and then start. It is always present everywhere, all the time, 24/7. So, when we are experiencing a sudden change of events we need to gather ourselves. First, we tune in to our inner guide. You know, the Christ within. One of the ways this is done is to become still and we can ask our inner guide certain questions, such as:

*In this situation what do you want me to do?
Where do you want me to go?
What do you want me to say?
And, to whom?*

We should not wait on answers but we should continue with whatever we are doing. Remember, I asked you a question. Who moved?

When we panic in situations, and we will, know that the movement is coming from you. This loving presence in the universe has never moved anywhere.

Let us be about the business of placing our minds back up under this loving presence. This is not the time to focus on the events. This is the time to listen, trust, and focus on the presence.

Know what you don't know. If the job is ending trust that something better is coming. No man, regardless of his title, can ultimately define the state of your health. And, finally, any midlife crisis you are having is an opportunity for growth if you would see it as so.

We must listen during these times. We cannot define what is occurring in our lives until we become still. We could easily miss blessings that to us look like misfortunes. Not judging our conditions allows us to experience this loving universal presence.

So, since God never moves then this should be a simple question to answer. Once again, who moved?

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

I am always amazed at how children can find the wonder in this world when the rest of us have somehow mislaid our sense of wonder and just can't seem to find it regardless of where we look. Some years ago I witnessed an example of a child caught up in the joys of wonder, while his mother had apparently gone far beyond misplacing her sense of wonder all the way to losing it completely.

It was a summer evening and I was dining with two friends at one of my favorite restaurants on the north side of Chicago. We were having a pleasant conversation punctuated by great food. To my right there was a young boy sitting with his mother and her companion. While most of the people in my section of the restaurant were paying attention to a woman seated to my left, who was engaged in some attention getting behavior, I was caught up in watching the wonder unfold in the mind

of the boy off to my right.

The boy was probably 3 or 4 years old and wonderfully verbal. He was well behaved for someone so young in a restaurant oriented primarily to adults. At the time I started watching him, he was already enraptured by his ham sandwich. Some minutes passed, when he started tugging at his mother's sleeve. She brushed his hand away a few times and continued her conversation with her friend. (cont'd on pg. 4)



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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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Be the Peace that you want to see . . .

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Listen for the Word (cont'd)

"There are no seven wonders of the world in the eyes of a child. There are seven million."

— **Walt Streightiff**

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After several attempts to capture his mother's attention, the boy gently picked up the piece of ham that was the mainstay of his sandwich and held it up by a corner to better contemplate it. I noted that there was a neat, round hole in the ham. From where I was sitting, it was obvious the boy was considering the hole in his ham.

The boy stared at the hole in his ham a bit longer and finally decided to try one last time to grab his mother's attention. With his free hand he once again began tugging at his mother's sleeve.

When she gave him the briefest moment's attention, he posed his simple question. "Mom, how do you eat the hole in the ham?"

Simple though the question seemed to be, it was obvious to me he had given it a lot of thought, and had posed it as a sincere query.

I wish I could say his mother was as awed by his question as I was. I wish she would have noticed how his mind was grappling with this perplexing issue. Sad to say, she noticed none of it. With a disgusted look, she dismissed his question as stupid and made some disparaging remarks about his intelligence. Granted, in the overall scheme of things, his question was hardly the most profound philosophical query, but the boy's sense of wonder reminded me of the joy and wonder of discovery in my own life. Over the years

I've wondered if that boy was able to maintain any sense of wonder, or if it was squelched early on.

What about your sense of wonder? Do you know where it is? Is it alive and thriving, or barely breathing? Do you nurture it, or dismiss it summarily as foolishness? What could stir up your sense of wonder and awe: God almighty, or the smallest flower trying to push up through the snow from Cleveland's long winter? Can you recognize the wonder in others and encourage it? Can you recognize it in yourself?

Listen for the word, and this month the word is wonder, and it's all around you just waiting to be discovered.