



*San's Sacred Circle ~
Reflections, Music & Events*

Volume 3, Issue 9
MARCH 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

LOCATION:
26210 Emery Road, #309
Warrensville Hts., OH 44128

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*~ Creating a Beautiful World ~
One Sacred Soul at a Time*

*The Freedom of
Forgiveness*

After many years of suffering for a crime that she did not commit, Sarah Collins Rudolph is creating a path to freedom by telling her story of the bombing of the 16th Street Baptist Church in Birmingham, Alabama on September 15, 1963.

“The Diary of a Sole Survivor” is a program that was hosted by Tri-C Metro campus on Tuesday evening, February 25th, and at Tri-C eastern campus on Wednesday afternoon, February 26th. I was there on Wednesday to hear her story and she touched my soul in ways that cannot be put into words. I wept throughout the entire presentation.

I wept with joy for the gracious and courageous woman she has become in spite of the odds. I wept sorrowfully for the child/woman who was lost in the wilderness for many years after the attack before she found her way back again. I wept for the many losses she and her family endured as a result of that bomb ripping their lives apart. I wept for the people who were at the church when it happened. And I wept whenever I thought about hatred and ignorance that was so internalized by those who committed the crime that they never even thought twice about what they were doing. For most of us, that kind of hatred is incomprehensible.

Throughout the years, there have been news stories, documentaries, and commemorations for the four girls who were killed, however, not a lot has been said about the fifth survivor, Sarah Collins Rudolph, who is now 63 years old.

Although photos of her bandaged eyes and scarred face on the cover of Life Magazine helped fuel the outrage and spur the movement

Events Around Town . . .



Shirley A. Nelson and Sarah Collins Rudolph

that led to the passage of both the Civil Rights Act of 1964 and the Voting Rights Act of 1965, there are reasons why we did not hear a lot about the fifth survivor. For the most part, the incident left her frightened and bewildered. Today, when people experience extreme violence, they are immediately ushered off to a therapist. There was no therapist for her to go to and while her scars were healing she went back to school under duress. Somehow she got through school but inevitably was unable to function without experiencing extreme nervousness and fear. For many years that wreaked havoc in her life and led her down some paths that resulted in more pain and suffering from addictive behaviors.

Today, fifty years later, she says that being able to forgive has freed her from hatred. Finding peace through her love for Jesus has released much of her fear and anxiety. Although some find it hard to believe that she forgave them, we know that without forgiveness you cannot heal. She was only 13 years old at the time that it happened and her sister, Addie Mae Collins, was just a year older. The other three friends were all around the same age—little girls and innocent victims. ***Lord have mercy.***



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

The Many Faces of Prayer

Meditation: Opening to the Light

“As modern forgiveness research evolves, the findings clearly show that forgiving transforms people mentally, emotionally, spiritually, and even physically.”

- ◇ Close your eyes and follow your breath.
- ◇ When you feel centered, imagine yourself in a safe place.
- ◇ In the center of your safe space is a box with many drawers.
- ◇ The drawers are labeled. The inscriptions show hurts you have yet to forgive.
- ◇ Choose a drawer and open it. Rolled or folded or crumpled up inside it are the thoughts and feelings the incident evokes.
- ◇ You can choose to empty out this drawer.
- ◇ Bring your hurt into the light and examine it.
- ◇ Unfold the resentment you have felt and set it aside.
- ◇ Smooth out the ache and let it drift up into the sunlight and disappear.
- ◇ If any feeling seems too big or too unbearable, set it aside to look at later.

- ◇ When the drawer is empty, sit for a moment with it on your lap.
- ◇ Then remove the label from this drawer.
- ◇ As the label comes off, you will see the drawer turn to sand. The wind will sweep it away. You don't need it anymore.
- ◇ There will be no space left for that hurt in the box. That space is not needed anymore.
- ◇ If there are more drawers still to be emptied, you can repeat this meditation now or later.

Excerpt from Spirituality & Health magazine



Sacred Music Pick of the Month

Jahta Beat: Chanting with Tigers

By D.J. Drez

Chanting With Tigers is mantra music by urban beat master D.J. Drez. It is an exploration through hip-hop and down tempo and it is relaxing, intriguing, and peaceful.

There is an Indian vibe in the background influenced by D.J. Drez and Jahta

Beat. The devotional band Kirtaniyas brings sweet suns to the tracks “Sentient Sunshine” and “Maha Dub.”

“Whether your music collection is full of devotional kirtan or your headphones are pumping urban bass beats, *Chanting with Tigers* is a world music blend that is danceable, eclectic, and easy on the ears; it's a mystical mix destined to open hearts and minds.”



Check out a preview at: <http://www.youtube.com/watch?v=Kn1yYRzyc8w>

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



“...to the soul, the most minute details and the most ordinary activities, carried out with mindfulness and art, have an effect far beyond their apparent insignificance.”

— Thomas Moore, *Care of the Soul: A Guide for Cultivating Depth and Sacredness in Everyday Life*

Spiritual Health

~ Thomas Moore ~

“... You're spiritually healthy when you have your own vision of how life works, what you're here on earth to do, and you can appreciate and support others who have their own, very different visions. You're spiritually healthy when you can give your life

to the ideals of the Gospels — and also be grateful for the teachings of Laotzu and the Buddha. You're spiritually healthy when you can live simply and decline any compulsive need to possess wealth. You're spiritually healthy when you can enjoy the things of nature and human-made things. . . . It takes as much effort to be spiritually healthy as it does

to keep your body in shape. Just as you may have to lose some weight to feel better, so you may have to abandon many truths you've held sacred for years. Above all, to be spiritually healthy you need to live on a diet of good ideas and excellent ideals. You shouldn't eat junk food, and you shouldn't think junk thoughts.”

Water the Seeds Not the Weeds

Just a Thought



How We See

I think it bears repeating that the outside world is a reflection of what's going on inside of you. Know this, you will see exactly how you feel. So if you believe this statement, hang with me. The vision of your life is determined by how you feel. Feelings come from beliefs. That is what we all do—we believe something, we see something.

You may be unhappy, impatient, or you think you're the wrong color, and maybe you don't think you're enough, maybe you think you're too poor—you can even believe you are too rich and the money is getting in the way of your life. Remember, your vision of life is conditioned by how you feel about yourself. I have said that

feelings are driven by beliefs. Do you think you are unworthy or there's something wrong with you?

I would suggest that we all get in touch with what we believe and how we feel about ourselves before we try to interpret anything we're looking at. If you are overwhelmed, that is the vision you bring to whatever you look at. If you are happy and peaceful, you will bring that vision to what you see in your life and the world.

Now, what should we do about this? To improve our vision it is not always necessary to add anything to our lives. Sometimes it is more important to eliminate things from our lives. So, can we first realize that we are much more than we see when we look in the mirror? We all have a love and a force inside of us that is greater than any failures or obstacles we may be currently experiencing. The more we realize this fact, the more loving and secure we can feel. Then

we can begin to remove those feelings that alter our vision of our life and our world. We can eliminate the fear, doubt, apathy, etc. etc.

Remember, we will only see in life how we feel about life. If we learn to love ourselves unconditionally, trust in the love that we really are, and let go and let God, we will begin to see life differently. Seeing is not believing. Believing is seeing. Once again, the outside world is a reflection of an inside condition. Think about it.

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

There is one thing my mother left me that I treasure more than anything else she could have left me: laughter! How that woman could laugh, and once she started it was hard for those around her to resist the urge to laugh with her. She was at her best when she was laughing at herself and her own foibles. Too many of us who seriously pursue spiritual paths seem to forget the spiritual and health filled benefits of laughter, especially at ourselves.

Mind you, I'm not talking about the sort of laughter that puts us down, but rather that reminds us that even when we make complete fools of ourselves, it's not the end of the world.

Early in my mental health career, I was working at a state mental health facility in Chicago. As part of my duties, I had to regularly take a shift of Intake duty. I was usually paired with another young therapist who was as inexperienced as I was. We typically had Friday mornings for our

shift of Intake duty.

On the Friday morning in question, my partner (Pete) and I were sitting and talking in the Intake office, when a man was shown in and we launched into our standard routine. We asked the man how we could be of assistance to him. After peering under the tables and chairs in the room, and looking behind anything that was against the wall, he informed us that the FBI was after him. The more the man spoke, the more my partner and I (See pg. 4)



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San's Sacred Circle

Know the true nature of your Beloved. In His loving eyes, your every thought, word, and movement is always, always, beautiful. ~ Hafiz

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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Listen for the Word (cont'd)

were convinced that we had a true paranoid schizophrenic on our hands. He was such a clearly classic example of the diagnosis that we felt compelled to send out a memo to all who might be interested for teaching or research purposes that we had just admitted a "classic" paranoid schizophrenic to the hospital. This was standard procedure since this was a teaching and research facility.

About two weeks later, Pete and I were called to the hospital superintendent's office. He asked if we recalled the classic case we referred to in our memo. After we gave the superintendent all the details of the case, he quietly said to us, "Well gentlemen, I want you to meet those two men sitting on the couch. They are from the FBI and they

are after that him." As it turns out, the man had simply memorized a good Psych 101 text description of a paranoid schizophrenic, and used that information to trick us into hiding him away in the hospital for two weeks, hoping the FBI wouldn't be able to follow him there. The carpet in the superintendent's office was not deep enough for us to shrink and hide in.

Our embarrassment was complete when we had to send around another memo, detailing the mistake we had made. For a year following that, anytime Pete and I were on duty together, some senior clinician would stick their head into the office and inquire, sarcastically, if we had seen any good "classic" paranoid schizophrenics lately.

Mortified? You bet! But we both learned a lot from that experience, including that we could and would survive even the most public of embarrassments. And I learned to laugh at myself and my foibles ever since. In fact, the more I find myself able to enjoy the absurdity of parts of my life, the more I find myself spiritually attuned to the fact that this life is to be enjoyed with a large dose of laughter. Thanks Mom!

Are you listening for the word? The word is laughter. Can you hear it?

Namaste,
Will

