



*San's Sacred Circle  
Reflections, Music & Events  
Creating a Beautiful World  
One Sacred Soul at a Time*

Volume 3, Issue 11  
MAY 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, #103  
Warrensville Hts., OH  
44128

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*Trust Your Intuition*

Your intuition is a way of acquiring knowledge about yourself and the world around you that is beyond all logic. It is a rich resource that allows you to make the best choices for yourself and your family. By listening to your intuition when you ask for help or insight, you tap into your Higher Power for wisdom and "Divine Guidance". How do you know when it is an intuitive response and not some worrisome thoughts that parade through your minds? Following are a few tips:

*Emotions* ~ Your emotions will inform you when something simply doesn't "feel right". You might experience a sense of distrust about an individual or a situation but you have no logical reason why that is so. Pay attention.

*Inner Voice* ~ Your inner voice is often identified as a "still, small voice" and it usually communicates with you in a compassionate, loving manner. It is distinctly different from your normal inner chatter. By asking your intuition questions, you can get a response from this inner voice.

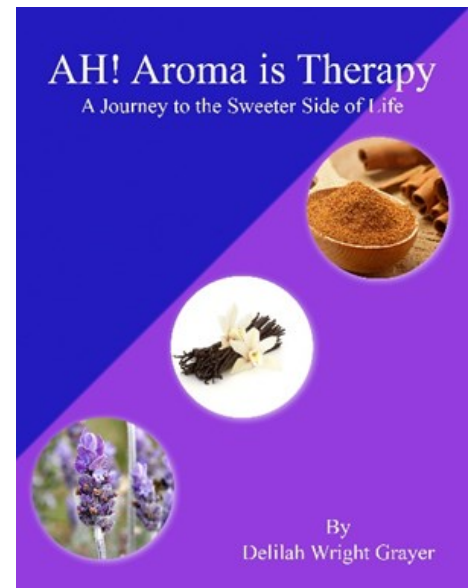
*Physical sensations* ~ When you make a wrong decision, your body feels heavy but when you choose correctly, your body will feel light or you experience "chills". These sensations are known as a "gut feeling" and can lead you down the correct path.

*Dreams* ~ You can ask for intuitive insight before you drift off to sleep. Your answer may come in fragments of dreams upon awakening. Keep a pen and paper handy so you can write it down.

*Instant knowing* ~ You may have what's known as an "Aha Moment." These are times when useful information comes when it's least expected—washing the dishes, vacuuming the floor, driving to work, taking a shower, etc. Go with the flow!



*Book Nook*



*AH! Aroma is Therapy  
A Journey to the Sweeter Side  
of Life  
By Delilah Wright Grayer*



Delilah Grayer has just written a new book that was recently released. It is about the ancient art of "oil of perfume", also known as aroma therapy. This workbook will open up a rainbow of treasures, embedded over 5,000 years ago by the Egyptian hieroglyphics in using essential oils. Everything we need to survive and thrive grows from the root up. The essences can awaken your senses and stimulate your mind and allow you to journey to the sweeter side of life. For more information and to place an order go to: [www.delilahgrayer.com](http://www.delilahgrayer.com).

*Congratulations Delilah!*



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

## The Many Faces of Prayer

### A Mother's Intuition

A mother's intuition is a powerful tool and, as a result, many of us have been spared undue hardship and pain because our mother's prayers go forth.

I am sure you have had experiences that caused you to scratch your head and say "How did she know?" How did she know I was sick? How did she know the right words to say? How did she know to call in that moment?

Like many of you, my mother's ESP stretched

across the globe and my living in California and her being in Cleveland made no difference. There are a couple of incidents that I recall all too vividly.

I walked into work one day and my telephone was ringing and it was my mother. She didn't know it, but I was shaken and unsettled and had just been in a frightening car accident. I didn't tell her about it because I didn't want her to worry and simply said that her timing could not have been more perfect. On another occasion, I got sick at a seminar that was 60 miles from where I lived.

It started with cramps and an upset stomach shortly after arriving at 9 a.m. I got home at 10 p.m. and was sick as a dog. The phone rang within moments of getting in and it was my mother. She could tell in my voice that I wasn't well and when I explained the symptoms she told me to go to the hospital immediately. I thought it was just the flu so I went reluctantly. But it was more—much more, and an emergency surgery was performed the next day.

*Happy Mother's Day to all Women and Men who have that loving, healing and nurturing energy!*

## Sacred Music Pick of the Month - Beautiful

### Beautiful by Mali Music

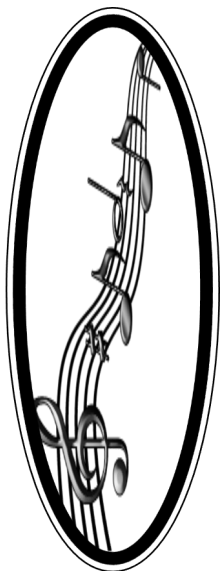
In Mali Music's new video for 'Beautiful,' the singer narrates a story of a dancer's struggle to join a ballet troupe. But there is a small twist. During the day the young dancer goes to auditions but at night she shakes her money-maker at a strip club. "It's a blessing to see people, with their heads up to the sky still / 'Cause honestly for the same people, life can be so

real," sings Mali Music as he walks down the streets of Los Angeles. In the end, Mali Music offers a message of encouragement and positivity with his inspiring video.

Life is sacred, but everyone doesn't feel that way. A sense of hopelessness can cause people to feel angry, frightened, bitter and invisible. Young people have a saying today that I love and it speaks to the need within all of us: "I see you". I think what they mean is: "I

know you have to do some things that you really don't want to do and in spite of how others judge you, "I see you" — the real you. Or, "You touch a lot of lives with your love and you need to know that others recognize that, "I see you".

The dancer in Mali's video depicts a slice of life that may be hard for some to digest. However, the possibility of hunger and homelessness might shape your choices too. See YouTube: <http://theboombox.com/mali-music-beautiful-video/>



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

### Tune in to Your Intuition

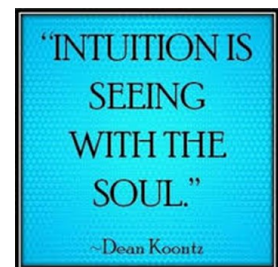
You are connected to the Universe through your intuition and all you have to do is tune in through the heart. That is the channel you must be on in order to hear the message that vibrates in your intuitive field. God can work through an open heart.

Here is a simple practice (excerpt from *Science of Mind* magazine): When you get a feeling about something, check in with your heart to see if it is open. If not, pause and don't make a decision until your heart aligns. Intuition often speaks from and through the heart. The practice of listening and connecting to your intuition is transformative.

It takes time and practice, but it will support you in living more powerfully.



*Cease trying to work everything out with your mind. It will get you nowhere. Live by intuition and inspiration and let your whole life be a Revelation.*  
~ Eileen Cady



# Water the Seeds Not the Weeds

## Just a Thought



### You Are Enough

This is for everyone who takes the time to read my musings in the newsletter. I believe in you. I know you are enough to handle whatever greets you as you live your respective lives. I know you are enough. Yes, paychecks are shrinking, the weather is crazy, there are wars and rumors of wars. I believe in you. I know you are enough. You are made of the finer qualities. We are much more than our respective bodies. There is something inside of you that is eternal, limitless, and changeless.

This inner guide makes a way out of no way. It leads to revealing the cause of the events in your life instead of dwelling on effects of the events in your life. This is known by many names; the Christ within, the Son,

or the Way Shower. This is who we truly are. We are spiritual beings going through a human experience. As we become more aware of this fact, we no longer seek answers to life's problems. We realize that as we awake to our inner life, we are the answer we have been looking for. Our agitation is replaced with a peace that passes understanding.

What we see in the mirror is our cover/our day job. We begin to know that life is lived inside out. As we go along we become more connected to who we really are, a perfect child of God. All things are for our good. When we believe that this connection is lost we suffer confusion. Know that you can never really lose this connection. That is why I believe in you. You will always be enough. You just have to remind yourself.



Peace ~  
Rashid

### Channeled Poem You Are Enough

*You are enough.  
The road behind you is well-  
paved and well-worn.  
It carries with you your past  
struggles,  
Your heartaches,  
And your footprints from  
another time.*

*The new path in front of you  
may not have shown itself,  
The sand may be smooth  
beneath your feet,  
You may have brambles and  
leaves around you,  
Making it hard to work  
through,  
Making it hard to see.*

*Rest assured that all you  
need to know will be revealed.  
In Divine and Perfect  
Timing,  
Breathe deeply into your  
heart.  
Feel your heart beat.  
It will lead you back home.  
Back to us.  
For us Angels have been with  
you since the beginning.  
And we are here still.*

*Can you feel our love?*

Arch Angel Raphael and  
Diana (Diana Dorell)



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

Phone  
216-218-0015

## Listen for the Word

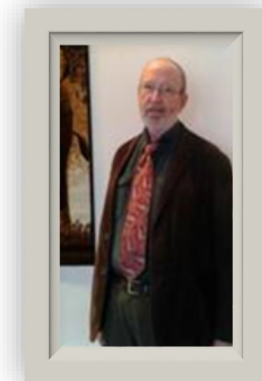
I hate pain! Any kind of pain, but especially emotional pain. I grew up as a scrawny, sickly kid. I wasn't beat up physically very often, but when it came to my emotions, I felt as though I was constantly being "beat up". It seemed to come from all directions. From my parents came comments about my "buck teeth" and big ears that stuck out prominently. At school I didn't have the physique or athletic skills of the popular jocks. My fellow students had all sorts of unpleasant names they

used on me. Later as a young man, I wasn't fashionable enough or at work I didn't have the "right" kind of degree or training, or enough experience. In a sense you could sum up my early life as a matter of being "not enough" on a variety of levels.

As I said, I hate pain. In fact, for most of my life I ran from pain. I'd run as far and as fast as possible. In my first year of high school, I joined the school's bowling league. I was

lousy, so lousy that at the beginning of my second year in high school, all the teams wanted me because my handicap was the biggest in the entire league, which could help their teams. However, I only saw that as a put-down on me, and so I refused to join the bowling league for the rest of my high school years. I was running from the pain of what I perceived as an insult and put-down.

The Rev. Tony Senf of the Unity Center of the Heights tells the story of how lions hunt. When the (cont'd on pg. 4)



**William E. (Will)  
Seifert-Kessell**  
Semi-retired  
Psychotherapist and  
Behavioral consultant

Email  
wm.e.seifert-  
kessell@juno.com

## San's Sacred Circle

Faith is taking the first step even when you don't see the whole staircase.

~ Martin Luther King, Jr.

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.

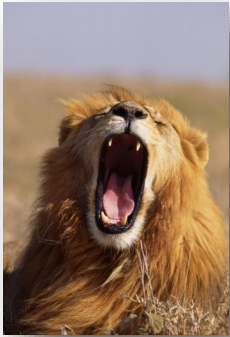
Inner wisdom is the compass that bridges your humanity and divinity and everyone has access to this amazing tool that lovingly guides and directs us. Access to the "still, small voice within" occurs through music, meditation, quietness, prayer, dance, and creative art inspired activities. In an environment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

*Peace & Blessings ~*  
Shirley A. Nelson  
Workshop Facilitator  
Certified Life Skills Coach  
Phone: 216-978-2626  
sanscircle@gmail.com



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## Listen for the Word (cont'd)



**William E. (Will) Seifert-Kessell**

*Semi-retired  
psychotherapist and behavioral consultant*

Email  
wm.e.seifert-  
kessell@juno.com

lions spot their prey, the females (who actually do the hunting) move to one side of the herd of prey, while the old males (who couldn't hunt, even if they wanted to) move to the other side of the herd of prey. Then the old males do what they can still do – they **roar!** The prey immediately run away from the roar which scared them, right into the mouths of the waiting females.

Like the scared prey, I spent a lot of my younger years running away from what scared me, from what I felt was "hurting" me. It wasn't until much later in life that I learned that I needed to run toward the roar, even through the roar, that was scaring me. It was only then I found out that most of what appeared to be fearful or painful, wasn't nearly as

bad as I imagined, that I had created and exacerbated my own pain by running from it.

So what are you running from? What is the roar that is scaring you? Isn't it time to face it down, and run toward, or even right through the roar? **Listen for the roar**, and then run toward it, maybe even right through it.



### Effective Communication for Everyone

What a winter we've been through! Too much snow and cold to go outside for much of anything. Being cooped up together with others for a long stretch can really emphasize where communication needs improvement.

Beginning May 3<sup>rd</sup> and running twice a month through

July, we will be learning about why communication is so difficult under the best of circumstances, and how to overcome those difficulties. We will examine how to communicate with particularly difficult individuals both at home and at the office. And we will learn how to use active listening to improve communication at all levels, plus much more.

These courses will be conducted at Office Net Central, 2720 Van Aken Blvd., where there is plenty of parking in the rear of the building and up the ramp next to the Hair Depot sign. Fees will be \$10 a session for ONC members and \$15 a session for non-members. Discounts available when you sign up for all six sessions.

For more information, or to sign up for the courses (any or all of them), call Will at 216-229-3002.

