



Volume 4, Issue 3
SEPTEMBER 7, 2014

2014 Sacred Circles and Events

September 28

10:30 a.m.

Shirley Nelson, Guest Speaker

Summit Spiritual Center
2307 Sackett Avenue
Cuyahoga Falls, Ohio

October 5

Women's Retreat
"Soothe Your Soul"
2:30—5:30 p.m.

November 2

Women's Retreat
"Happiness is an Inside Job"
2:30—5:30 p.m.

Retreat Location

26210 Emery Road, #103
Warrensville Hts., OH

Questions?

Call Shirley at 216-978-2626
Email: sanscircle@gmail.com
Website:
www.sanssacredcircle.com

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What Does Your Life Ask of You?

*"Before I can tell my life what I want to do with it, I must listen to my life telling me who I am."
~ Parker Palmer*

Have you found your purpose? Or are you one of those people who find yourself wanting to scream if one more person suggests that you even have one? Don't worry, you're not alone.

It's one of those things that's made more complicated than it need be. People who live their purpose don't give it a lot of thought. They step into their lives and do what has to be done.

Sometimes your purpose isn't pretty. It can be the thing in front of you that needs the most immediate attention such as being a care giver for a loved one or getting your own self well after a bout with a serious illness. When it's about healing or care giving, not even the most glamorous purpose will trump that. First things first.

Too often we think it has to be something big and showy and we struggle trying to figure out what the heck it is. When it can be quite small and irrelevant to everyone except you.

There was a story recently in the news about a woman who will be 100 years old next year. Over the course of time, she has sewn dresses for girls in need and shipped them to Africa for a charity. By the time she reaches 100, she expects to have sewn 1,000 dresses. Little by little, step-by-step she is living her purpose.

You will find your purpose when you find your passion. What are you passionate about? Neither of them are "figure-outable". It's definitely not a job for your itty-bitty head.

Spiritual Retreats for Body, Mind, and Soul Stress Relief



A good place to start is in your beautiful heart. Is there something that you do that makes your heart sing? And once you get into it, time flies and you come alive? It may not be something you can take to the bank, but it can certainly be a clue about what's true for you.

Do your passion and you will find your purpose. It may be more than one thing, and that's okay. It simply means you have a lot of interests. Make a list and then get busy.

Think about it. Finding your purpose is not a goal to be achieved but it is a gift to be received. When you live authentically and in alignment with what you value in life, you are living your purpose. It is not an outward acquisition, it is an inner recognition.

"Our deepest calling is to grow into our own authentic self-hood, whether or not it conforms to some image of who we ought to be. As we do so, we will not only find the joy that every human being seeks — we will also find our path of authentic service in the world. True vocation joins self and service... the place where your deep gladness meets the world's deep need." ~ Parker Palmer

When you lead from your heart you are naturally more inspired, more creative, and more likely to bust thru a barrier that has been blocking your good.

The first step is to do something different. You may have to let go of the old to make room for the new. Second, stay out of your head and go to your heart.

Third, break away from the "ONE"—the idea that there is one specific thing out there just waiting for you. Get connected and fully involved. Discover your passion(s) and see just how sweetly you evolve!

Shirley A. Nelson



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

The Many Faces of Prayer

Create a Space for God

This month, on September 11th, it will be thirteen years since four planes pierced through clear blue skies and crashed into the World Trade Center in New York, a Pennsylvania field, and the Pentagon. More than 3000 people were killed.

Each of us can remember where we were that day and no matter how much time passes, I doubt we'll

ever forget. Some of you may have even been there but most, undoubtedly, watched footage after footage on TV until exhaustion and heartache forced you to get some rest.

Whether we are directly involved or simply taking it all in via the media, we are affected. ***If we focus on the fear and horror that's created in the world, we lose all hope. However, we do have a choice. We can be victims or we can be agents of change.***

As agents of change, we create space for God to work through us. ***When-ever you do something to beautify or unify the world and move it in a positive direction, you raise the vibrations.*** The garden you manage, the flowers you plant, the gifts you give, and the love you share in every power-packed prayer changes things. Every heart you mend and every time you forgive helps this world to be a place for us all to live in peace, love, and joy.

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



Stress Buster Laughter Yoga

You can't be angry, moody, or sad if you're laughing! So if you're looking for a remedy and a way to get into a happier groove, you might want to try Laughter Yoga. It's open to any age, can be done standing or sitting, and includes simple breathing, relaxation, and stretching exercises.

Sessions are held on **Tuesday** evenings at **6:00—6:45 p.m.** at the following location:

Unity Center of the Heights
2653 South Taylor Road
Cleveland Heights, OH
Phone: 216-321-7566

Lori Dreskin is the Yoga Laughter instructor. The cost is \$10 per session.

Benefits of Laughter Yoga:

1. It puts you in a good mood by releasing certain chemicals from your brain cell called endorphins. Laughter Yoga causes you to remain cheerful and in a good mood throughout the day. A nice dose of laughter each day will help keep the doctor away.
2. It's a great exercise for less stress. Laughter Yoga is like a cardio workout because it brings more oxygen to the body and brain. It causes you to feel more energetic and relaxed.
3. It can help to heal your weary soul and your physical body. By laughing, you reduce stress and you strengthen the immune system. If you have a chronic health condition,
4. Laughter Yoga produces a positive energy that enhances the quality of your life. If you laugh more, you're likely to improve your relationships and connect with other people easier and quicker. It can help you to attract new friends.
5. Laughter Yoga provides a sense of hope in a world that can be quite burdensome. Even when you're faced with challenges and it's hard to cope, you can laugh and lighten up your load. In your positive mental state you can more capably deal with negative people and negative situations.



Water the Seeds Not the Weeds

Believing is Seeing

Many of us are unhappy and outraged with certain aspects of life on this planet such as racial profiling, rape and abuse against women, terrorist threats, and the list goes on. ***Maybe you think as one person you are powerless. What if you are wrong? Suppose we can change ourselves and thereby change the world we live in?*** Quantum physicists tell us that the outside world is a reflection of what is going on inside of us. Seeing is not believing. Believing is seeing.

So, this brings up a question we all need to answer. What is going on inside of us as we look out at the world we live in? More to the point, what fears color our view of the world we live in?

Is it possible that these fears that we all have inside of us alter our reality as we look at the world? Take it a step further, do our fears keep us from seeing peace, justice, and love in the world?

Finally, are our fears so powerful that they feed the mayhem we witness in the

world today? Projection is perception. If we are constantly entertaining our fears, and not entertaining love, peace, and justice, then what are we creating?

I suspect we are more powerful than we want to believe. ***We can have a profound affect on the world we live in by first admitting what scares us.*** We then must trust that there is a power in the world that can transform our fears into love. We must change our minds about what motivates our thinking. Our fears or our love? Food for thought...



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

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Listen for the Word

Have you ever noticed how stress-filled you feel when facing a situation where the solution is anything but obvious? I have faced such feelings and situations more than once.

When I first entered college, I was both terribly impressed with myself for being the first in my family to seek a degree, and painfully overwhelmed by all that was going on around me and by the level of performance I was expected to maintain in the coursework. I succumbed to the wrong temptations and to my irrational fears that I wasn't good enough to do the work. After only one semester, I was dropped

from the university.

To say that I was stressed out and feeling hopeless is an understatement. All of my dreams were suddenly gone, or so it seemed. At the point where my shame was the greatest (my parents gave me my first semester's tuition, a major financial outlay for them, and I blew it) and my stress seemed unending, someone suggested I go talk to the principal of the elementary school I had attended. This was a man I had not gotten on well with during my tenure at that elementary school. He graciously suggested that I apply to the local junior college (we

now call them community colleges). He even helped me with recommendations and so I entered the Loop Junior College in Chicago. This was the salvation of my academic future.

That move ultimately led to my Associate's Degree which in turn helped me gain admission to a university better than the one from which I was dropped. Though I did better than the first university, I still struggled and couldn't foresee how I would gain entry to graduate school, even though it was a necessity in my field. Once again I felt that old sense of tension, stress and hopelessness.

Cont'd on pg. 4



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"To the poet, to the philosopher, to the saint, all things are friendly and sacred, all events profitable, all days holy, all men divine." ~ Ralph Waldo Emerson

Be the Peace that you
want to see . . .

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San's Sacred Circle started in 1998 as a women's support group to cultivate an overall sense of well-being among participants in order to experience stress relief through emotional healing and spiritual growth. To facilitate healing, retreats include singing, dancing, music, meditation, prayer, quiet time, holistic health related presentations, stimulating conversation, and creative art inspired activities. In an environment that is sacred as well as playful, participants rely on their inner compass to experience transformation and rejuvenation in their body, mind, and soul.



Peace & Blessings ~ Shirley

Listen for the Word (cont'd)



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And, once again, the solution came from an unexpected source.

About 2 or 3 weeks before graduation, the man who was our acting department chair, asked me where I was going for graduate school. I laughed at him (literally) as I recalled I would be graduating ***Magna Cum Lousy***. He repeated his question a couple more times and finally said, rather firmly, "I want your application to this graduate school on my desk by Monday!" By that Friday I was in graduate school. He saw hope and talent in me that I didn't recognize.

I find it interesting to note that as various people demonstrated their trust in my abilities, the very abili-

ties I had a hard time acknowledging, my self-confidence grew, as did the level of my grades until, during my doctoral studies, I was inducted into two different honor societies.

Now I have to admit that my difficulties in the land of academia are hardly earth-shattering, but they effectively demonstrate the point I want to make. We may feel lost and hopeless, filled with stress and fear.

However, if we keep a watchful attitude, the hope we need to see us through whatever crisis that may be dogging us, the hope that can soothe our nerves and relieve our stress may be awaiting us in the most unlikely of places and people.

Plus, I find that if I maintain an expectant attitude where I'm actively watching for sources of hope, that hope shows up more often and in more significant ways.

Are you listening for the ***hope*** in your life? Try listening and being watchful for it and see if it doesn't reduce your stress. And then write to me and let me know what happened. One last thing: it's important to realize you need to maintain your hope, keep looking for your hope, even when the evidence suggests there is no reason to hope. The hope ***is*** there, whether you recognize it or not.

