



InSpirit

Newsletter of the *National Spiritual Science Center*

APRIL, 2003

An Oasis of *Spirit* in the Nations Capital

THE LIGHTHOUSE: WHEN STORMS RAGE

Rev. Kathryn D. Gibson

A ship heads toward land in the middle of a violent storm. It is dark, and heavy cloud cover obscures the moon and stars. Lightning splits the night. Heavy winds rip across the ship's open deck, scattering all equipment not tied down. The ocean rolls in turmoil. Mighty, white tipped waves of midnight blue batter the ship's sides, propelling it swiftly toward the rocks guarding the distant shore.

On-board radar and radio signals fail. Knowing the ship has been thrown off course, the Captain pilots by instinct, checking charts and compass, peering in vain through the murky downpour. His greatest fear is the rocky coast designed by nature to protect the harbor ahead.

There! A flicker of light pierces the darkness on the starboard side. Again it flashes, and again. Steadily, silently transmitting its bright signal. A signal that grows stronger as the ship approaches, defining direction, restoring confidence, showing the way home.

With relief and new found hope, the Captain again consults his charts. Keeping a strong hand on the wheel, he calibrates distance, land mass, depth, and finally using all his knowledge and experience, steers his course around the rocks and safely into the harbor.

After the ship has safely landed, and unloaded passengers, crew and cargo, the captain seeks the warmth of home, happy to be out of danger, and united with loved ones. When telling the story of his journey through the storm, he will certainly give thanks

for that shining beam of light that cut through the darkness, giving direction when the way seemed lost.

But it never occurs to our captain to seek out and thank the keeper of the lighthouse. The person who in olden times actually kept the flames lit and glowing. And who in these modern days oversees the lighthouse repairs, and tends the generator, keeping it in readiness if the electricity ever fails. The unsung hero who, day after day, night after night, year after year, keeps the great beacon focused, and brightly shining through the darkness.

The lighthouse keeper may never truly know how great was the need when the huge light shone on those in distress. When the light they tended and kept steady, guided the way around the rocks to safety. No, the lighthouse keeper just keeps on doing his or her job. Because it is what they do as light keepers... they shine their light in the darkness. Not for glory. Not for recognition. They do it because it's their job, it's what they are meant to do.

And that's how it is for you, and for all other Light workers on the earth. It's your job to shine the light of love, the light of compassion, the light of hope in the midst of challenge, in the midst of war.

We are taught to look within for the peace we wish to find without. To hold the energy of light focused not just on troubled spots around the globe, but first of all in your own mind and heart. If you are fighting with your family, your friends, or your co-workers then you are literally at war; an army of only one. And the world will mirror (Continued p. 2)

NSSC AWARDS GALA!

Rev. Allison Cook
Rev. Caroline Wills

**SAVE Saturday, April 26, 2003
for NSSC's Awards Gala!**

At this semi-formal celebration, members of the NSSC extended family throughout the country will gather in fellowship to honor individuals who have distinguished themselves as Lightbearers.

Proceeds from the event will launch a special fund to purchase a building for the National Spiritual Science Center's worship, healing and educational activities.

At the event, which will be held in the Golf Course Banquet Room at Andrew's Air Force Base in Suitland, Maryland, we will recognize leaders who have distinguished themselves in leadership, organization, education and community services.

The first category, the *Flame of Light Award*, will honor individuals who have demonstrated exemplary leadership in spiritual work. The second category, the *Distinguished Service Award* will be given to an organization which has demonstrated outstanding service to the community.

The *Educator Award* will recognize individuals who have demonstrated excellence in teaching topics related to metaphysics, spiritual science or related areas. The final category, the *Community Service Award* will pay tribute to individuals whose lives show them to be Lightbearers in service to others through healing, ministering or otherwise serving those in need.

Tickets may be purchased at the Center after Services (Continued p. 2)

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THE LIGHTHOUSE

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that imbalance back to you.

This is not the time to polarize against others, or make judgements about who may or may not be doing what is "right." Now is the time to plant your feet solidly on the ground, stand firm in your spiritual well-being and direct your thoughts from a place of loving compassion.

Lee Carroll, who channels Kryon, told an audience on March 20, 2003, "Getting off the fence doesn't mean joining the peace movement or the war movement. It means joining the **wisdom movement**, and understanding the new energy before us... Waiting to see who is the 'winner,' is an old-energy paradigm. It's far harder to make a stand now on energy, meeting together to provide an anchor of light for earth."

Indeed, it can be harder to understand that it is an individual responsibility to hold the light of compassion and peace in our minds as we listen, watch and read the news. To be an anchor of accountability, and trustworthiness in our own affairs.

To pray for the souls of all who transition at this time, not just those on our side. To be the light of balance and well-being you want to see

mirrored back from the world. To walk your talk, and stand up for your spiritual beliefs.

To make the choice for love, and to shine your light in the darkness... not for glory, or for recognition. But because you are the Lightworker, and it's your job. Because it's what you are meant to do.

(Author's note: Article's inspiration came from the lighthouse metaphor, p.189, *The Kyron Writings, Book 9 - Passing the Marker, 2000*, channeled by Lee Carroll.)

[Rev. Kathryn Gibson teaches SS201, *Unifying Concepts in World Religions*, at the NSSC School of Spiritual Science, is the editor for *InSpirit*, and is an active member of the NSSC Board of Directors.]

NSSC AWARDS GALA!

(continued from p. 1)

on Sundays, or by contacting NSSC board members and event coordinators: Rev. Allison Cook, 202-548-2915; Rev. Laurice Stewart, 202-722-5287; Mr. Michael White, 301-352-8084; Rev. Caroline Wills, 301-203-6627.

Tickets are \$40 per person. In order to coordinate planning and security at the site, we ask that you purchase your tickets no later than Saturday, April 16, 2003. Special instructions for entering the military facility will be returned to you with your ticket.

Everyone counts as we move toward creating a permanent home for the Center. Your participation is essential. You can help by purchasing a ticket for yourself and a guest.

If you are unable to attend the benefit, you can still help by sending in your tax-deductible contribution of \$20 or more.

We look forward to joining you in an evening of fun, fellowship and celebration!

(Rev. Allison has been an active NSSC member for many years and is a former Board member. Rev. Caroline is an active member of the NSSC Board of Directors.)

ELECTIONAL ASTROLOGY

Rev. George Quillet

Electional Astrology can be one of the most fascinating forms of astrology, and when used correctly, it is a formidable tool.

For those who are not familiar with Electional Astrology, it is the astrology of electing or choosing the best time to begin or go ahead with a project.

Some examples of events for which Electional Astrology is appropriate include: marriage dates, moving in together, divorce hearings, beginning a job, beginning a job action, asking for a raise, opening a business, opening a new business location, listing a house, purchasing a house, moving into a house, beginning the construction of a house, surgery times, beginning a round of medical treatment, writing a letter to achieve a goal, moving, beginning a trip, and the purchase or sale of important goods. The possibilities are endless.

There are two types of elections, Universal and Particular. "Universal" elections do not use the natal chart of the individual while "Particular" elections do. Universal elections apply to a universal or broad scope of events. Particular elections apply to a specific individual or event.

Examples of Universal elections are: choosing a time for building structures, planting crops, trimming shrubs, collecting money, and moving to a new location.

Particular election examples include: taking a physical examination, regular and cosmetic surgeries, marriage plans, going on a journey, or purchasing property of any kind.

Applying Electional Astrology

The first step in Electional Astrology is to set up a chart. Ideally, when choosing the birth moment of an event, project or (continued p. 4)

APPLYING FENG SHUI

(Part III - The Home Altar)

Rev. Zora P. Baker

In parts I and II, we discussed the Simple Altar, consisting of two or three objects for devotional focus, and the Enhanced Altar, utilizing symbols, colors, and the four elements (air, fire, water, earth) which represent the rhythm of life. When you creatively set up your devotional space, you honor all the ways you know Spirit. It matters not how simple or elaborate the setting, your home altar is your place for silent contemplation.

Whether you have already designed your sacred space and are using it, or if your home altar is an idea getting ready to manifest, you may wish to apply Feng Shui (pronounced "Fung shway") principles to the room where your altar is placed in order to further enhance the harmony and balance of your life and surroundings.

In addition to working with your home altar and the room in which it sits, also try working with the principles of Feng Shui on your desk, and in your office or work space. And as you discover its benefits, eventually expand Feng Shui principles throughout your entire home.

FENG SHUI and the BA-GUA.

You may be familiar with the Ba-Gua (or Pa-Kua) - the eight-sided (octagon) symbol used to analyze and evaluate a space, room, house or tract of land. The Bagua is an ancient reference tool used to represent the areas or aspirations of the life cycle, the eight directions, the elements, and colors. (See BAGUA SYMBOL on p. 6)

Many people immediately pick the Fame or Wealth areas when they study the bagua sections and think, "if only I had more money or more power, or fame and recognition, everything would be great!" They search out those corners in the house or office and load them down with every type of enhancement imaginable, in order to quickly boost

the flow of energy into these sections, hoping for immediate and spectacular success.

You must remember that the bagua symbol is a magical tool and works in harmony with a focused mind, affirmative intent, and unadulterated belief, as well as other factors, to establish a heightened flow of energy into one of the bagua's eight sections. Each section represents a particular life aspiration or goal. You want that energy (ch'i) to flow steadily, not pile up, become erratic or stop entirely.

The attributes depicted in each bagua section correspond to specific areas on your altar, your work space, home or room. Just draw a sketch of the plan of your altar and the room in which it sits on graph or plain paper and superimpose a template of the bagua over it. This will help you to see which areas of your life's aspirations can use enhancement to promote greater clarity, more activity, receive blessing or protection. And which areas are bare or missing and need a remedy or cure. Such a "cure" can be the use of color and light, or heavy objects, live plants, pictures, a statue, table or chair.

REMEDIES and CURES

There are nine cures or remedies that practitioners use to alter or enhance the energy of a space and create a beneficial association in the mind of the occupant.

Cures fall into two categories:

a. The tangible cure which is a logical action. Example, move a piece of furniture to a more auspicious location, or hang a mirror to promote success.

b. The intangible cure, which is the belief or faith that motivates subsequent action. An example would be placing a special symbol in your Fame corner, and knowing you will be recognized for your achievements.

Applying a cure or enhancement and then sitting back to admire the pretty object or the decorative physi-

cal change does NOT promote energy. You must also manage your ch'i or energy flow physically, emotionally, and mentally - and see that your activities on all levels appropriately stimulate the steady and pure flow of positive, life-enhancing change.

REMEDIES AND CURES

Bright objects: mirror, crystals, lights, windows

Sound: wind chimes, bells, moving water

Living objects: plants, bonsai plants, flowers, aquarium

Moving objects: mobiles, whirligigs, windmills, a fountain

Heavy Objects: stones, statues, furniture

Electrical objects: stereo, stove, television, computer

Hollow objects: bamboo flutes

Colors: black (money), red(fame), green (balance, harmony)

Other cures: ribbons, fringe, coins, scrolls, curtains, drapes

COLOR:

According to Professor Lin Yun, a world leading authority on Feng Shui (Black Sect form), there are five true colors: white, red, yellow, green, blue, and black. Used in sequence, they represent a holy figure, a god, or the Buddha, and may conjure increased spiritual power. White represents the beginning (yang); Black represents the end (yin). White is like a blank piece of paper; inscribe a black symbol upon it and the white becomes apparent. Without black, the white is nothing. This concept of a continuing cycle is basic throughout Feng Shui principles of harmonious placement. The way that color, the elements, the symbols and objects (cures) are placed correctly in appropriate locations constitutes the Art of Feng Shui. Actually, it is ch'i management.

THE OPEN BA-GUA (Grid):

The Open Ba-Gua, which is a grid, becomes a template to use. It can be depicted wider or deeper, but it gives an accurate rendition (Continued p. 6)

IT'S TIME

**The time to show up fully for life
is right now,
whatever the circumstances.
The decision to BE the divine
attracts the divine.**

~Marianne Williamson, *Everyday Grace*

ELECTIONAL ASTROLOGY

(continued from p. 2)

endeavor, it is very important to pay attention to indications in the natal chart of the person(s) concerned, as well as to the progressions and transits of the planets.

However, do keep in mind that no matter how well you have created an election chart, it will not overcome negative influences bearing down on the natal chart of the individual involved. Both charts must be in harmony for complete success!

While such knowledge of a natal chart for the event is useful, it is not a pre-requisite. Even beginners can tip the scales in their favor and fortify their potential for success by following these guidelines of periods or times to avoid:

1. The relationship of the SUN to the MOON is essential to the success of any venture. Matters will move more quickly to fruition if the MOON is increasing in light – that is, moving from NEW to FULL. However, the period extending twelve degrees after the NEW MOON (approx. the first 24 hours) following the NEW MOON is considered adverse (negative), as is the twelve-degree span (or twenty four hour period) following the FULL MOON.

2. The MOON should never be Void-Of-Course when beginning a project. (*The MOON is in a sign for approximately two days. There is a fluctuating rest period between sign*

changes. This rest period is called Void-of-Course.) When the MOON is Void-Of-Course, decision-making proves unrealistic, creative energies bog down and lose focus, business ventures fail to generate profits, and purchases do not meet expectations.

3. Avoid times when the MOON is placed in SCORPIO or CAPRICORN. In addition, periods when the MOON is placed between 15 degrees LIBRA to 15 degrees SCORPIO are not advantageous.

4. The MOON should not apply to (be moving into) a major aspect (Conjunction, Sextile, Square, Trine, Opposition) to a retrograde planet.

5. The MOON should not be placed on the Ascendent of the Electional Chart.

Give Electional Astrology a try the next time you have to decide to do something important in your life, be it buying a house, having surgery or starting a lawsuit. There is no reason NOT to take advantage of the stars and place yourself in the best possible position.

Electional Astrology is taking matters into your own hands and charting a course that will make things turn out in the best manner for you.

Peace

(Author's note: J. Lee Lehman, PhD, does extensive work with Electional Astrology. An electional chart may require several hours preparation time. Consultations are generally by phone; Fee: \$100/hour, contact: PO Box 501107, Malabar, FL 32950. 321.728.2277, or www.leelehman.com)

[Rev. George Quillet, an Aquarius, has been a student of astrology for many years. He teaches *Death and Dying* (SS102), and beginning astrology, at the School of Spiritual Science, leads New Moon observances, and is an active member of the NSSC Board of Directors.]

**Do not fear going forward slowly,
fear only to stand still.**

~A Chinese saying~

TAROT REFLECTIONS ON THE HANGED MAN

Margaret Schrader

The Hanged Man of the Tarot Cards
is upside down.

He is stood on his head – literally,
figuratively, what he thought was
up is down and vice versa.

His exterior world turned
on its head,
his beliefs and concepts,
ideologies, tenants of his faith
and all he knows are challenged,
topsy-turvy turned.

The Hanged Man of the Tarot cards
is hung upon a piece of wood
crucified to externals
so the light can come from within
like the Buddha beneath
the Bodhi tree
in meditative Nirvana.

The Hanged Man of the Tarot cards
must die unto his senses
so his soul can birth anew
in a world of oneness
where duality doth not arise, and
cause and effect are same.

He must die unto himself where
ego rears not its ugly head where
thee and me, and
thine and mine
are inconsequential;
where yin and yang are one.

The Hanged Man of the Tarot Card
must find his soul transcendent
unto worldly time and space
and know he is eternal though the
flesh hath dropped away.

[Ms. Schrader is local poet, and NSSC member, whose channeled words of wisdom are always a welcome inspiration.]

RESOLUTIONS!

By Rev. Destini Z. Adamz
(formerly Rev. Karen Tretick)

The New Year — a time traditionally thought of as one for transformation — is over. Resolutions were made, struggled with and, often, given up on. Why did it seem so difficult to keep your resolutions? Why does it seem like some people have more will power than you?

Everyone has power of will. Unfortunately, as we make decisions to use our will power for one thing, we are often programming our unconscious minds to do just the opposite of what we want. Thus, tremendous conflict is created within us.

In effect, we talk ourselves into our resolutions and then talk ourselves out of them again. The explanation is as simple as that. The unconscious mind is a powerful tool that we can use to propel us forward or hold us back. There is a simple two-step process for using the power of the unconscious mind to attract and create what you want.

1. Become conscious of how you program your unconscious mind.
2. Begin to consciously program what you want rather than what you do not want.

Let's say you decided to make healthier eating choices this year. What happened when you came face-to-face with some yummy delicacy? You may have thought to yourself (or said outloud), "Wow, does that look GOOD! I really would love some of that!"

Then you remembered your resolution. You felt disappointment loom over you, and added, "But I can't." Now you feel deprived, and your unconscious mind naturally fights against deprivation. It's a basic survival instinct. Then you may have said to yourself, "I really wish I could have that. It looks so good. I want it so

badly, I can taste it. It's just not fair." The unconscious mind picks up on that immediately because it believes EVERYTHING that you say. And since your unconscious mind is programmed to right wrongs and fight against unfairness (at least toward you), it pushed harder for you to have what you wanted.

Perhaps you said, "Well, if I just have a little bit, I will really get tough with myself tomorrow." So you have that gorgeous dessert. You intend to eat just a little, but since you already threatened to get even tougher on yourself tomorrow, you decide to go

ahead and finish that tempting delight. And your unconscious mind urged you on. After all, it's not until tomorrow you'll have to suffer. And all the while you were eating that luscious morsel, you say to yourself, "Oh, baby! This is so good. In fact, it's incredible. Ummm . . . How could I ever give this up?"

After doing this to yourself a number of times, you may have decided you had no will power and gave up on your resolution, at least for the time being. Your unconscious mind cannot reject anything that you say. So when you make a decision to make more healthy choices, your unconscious mind accepts that as truth. Then when you spend five or ten minutes thinking about how badly you want that decadent delight, your unconscious mind accepts that as truth and creates powerful urges and desires that make resistance very difficult, if not futile.

How could you have handled the situation differently? When you saw the treat that created a river of saliva in your mouth and thought, "Wow, does that look GOOD!" You could have immediately followed with, "But what I want even more than the dessert is to make healthy choices so I can feel really good, have more energy, vitality, be proud of myself and look really good, too."

And just as you spent five or ten minutes talking yourself into that lovely dessert, (continued p. 7)

School of Spiritual Science - 2002-03 Schedule

- Expand your capacity to build a world of peace, abundance, health, loving relationships, success and fulfillment!
- Learn to transform illusion and negativity into positive reality; control negative ego and find out who you really are, through meditation and awareness exercises which attract the intuition and creativity of the soul; Produce greater self healing and greater harmony in your life and environment.
- By applying the principles learned in class to your own experience, each year of study can produce greater self healing and greater harmony in your life and environment.

Call (202) 723-4510 for more information. Classes are held 6:30-9:30 pm, one evening a week for an 18-week semester. Tuition: \$ 600 per Semester + Books [\$100 Non-refundable Registration fee] Spring semester pre-requisite: successful completion of fall semester.

—
Spring break: 4/14-18/03;
Graduation Day: Sun, 6/22/03
Fall Semester begins Sept. 2, 2003
Call for details
REGISTER NOW for Fall, 2003
(202-723-4510)

DEVELOPMENT CIRCLES

Led by Rev. Zora P. Baker

Six (6) weekly sessions of guided meditations emphasizing connection with higher energies. Course uses guided meditation to help develop your intuition, visualization, and concentration.

Class discussions encouraged.

If you are interested in joining a development circle, please call Rev. Zora Baker at 703-742-3362, or at NSSC.

APPLYING FENG SHUI

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of the nine areas you will be working with. At the upper left is your Wealth corner, the top center is your Fame corner, and the center front is your Career corner. The Self-Improvement corner is lower left. (See BAGUA GRID.)

Feng Shi in the workplace - at home or in an office

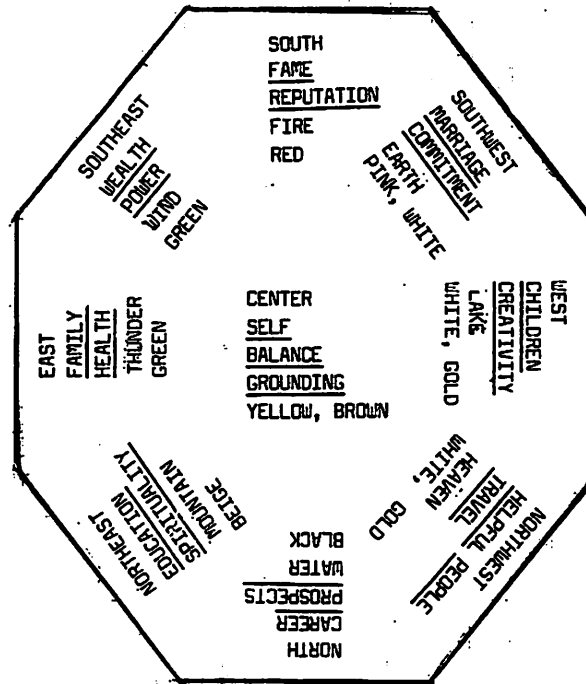
In this exercise, work with your desk as an activity area in which to gain experience using the Bagua grid. Place all papers, files and objects in a box. Start with a clean, polished surface. Visualize the grid superimposed on your desk or work table, or make a grid to fit the dimensions of your desk. The center door marks the position of your chair.

Let's choose the Wealth corner as the major area to be enhanced. Select a remedy object to place in that corner. A large-leafed flowering plant, or a pot of healthy, trailing ivy, or a picture depicting abundance. Whenever you water and fertilize that plant, you will be boosting the energy of your life aspiration too. Whenever you look at the picture representing abundance, your mind will retain that positive image.

Now check the grid locations for other energy areas that are supportive of the Wealth corner, perhaps Helpful People or Community. Place a crystal or a silver four-leaf clover (for good luck) paperweight in that area. Look around your home for other objects to use. Your remedies do not have to be new purchases. Create and place a small box of positive affirmations or angel blessing cards in the Illumination corner (to read, and to instill a positive attitude). The idea is to choose one major area for the focus of power and a supporting energy area or two into which the originating source of energy can flow.

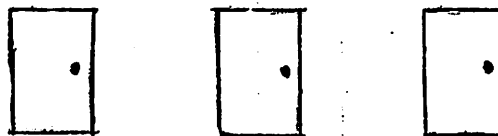
(continued on p. 7)

BAGUA SYMBOL



BAGUA GRID

PROSPRITY WEALTH ABUNDANCE	FAME REPUTATION ILLUMINATION	RELATIONSHIPS LOVE MARRIAGE COMMITMENT
ELDERS FAMILY COMMUNITY	HEALTH UNITY GROUNDING	CREATIVITY OFFSPRING PROJECTS
KNOWLEDGE WISDOM SELF-IMPROVEMENT	CAREER LIFE PATH THE JOURNEY	HELPFUL PEOPLE COMPASSION TRAVEL



ENTRANCE CAN BE ANYWHERE ALONG THIS QUADRANT

APPLYING FENG SHUI

(continued from p. 6)

Place a yellow or gold object in the center (for grounding). Wait and observe for a few days to see how this change shows up in our life. Add or move objects around, keeping in mind your intent and understanding of why the placements will work. Do not just plunk down remedy after remedy in a frantic attempt to quickly manifest a stunning success in that particular symbolic corner of your life!

Does your desk look balanced and neat, or lopsided? Is there too much in one area and not enough in another? Check out your true motive for enlivening the particular aspect of your life you chose to work on first. Note how other energy areas can best support your main area of choice.

You are demonstrating ch'i management on your desk, which is tangible, because you can see and maneuver the objects. Your contemplation, patience and faith vivify your intuition, which is intangible, but very potent.

Before you know it, you may want to apply the grid bagua to the entire room! Stand at the doorway and face the room holding the bagua grid in front of you. The questions start: What area is cluttered? Does it correspond to a disappointment in my life's goals? What changes do I seek and what cures might be likely? Which objects are auspicious and which are out-of-place? From which corner would the supporting energy originate? Am I ready for change?

Harmony and balance need space to breathe and circulate. Get rid of clutter taking up space. Ask yourself, is it really valuable and why am I holding on to it? Take a look at papers, files, invoices and records. Check your grid. Decide where they should be stored. Find creative solutions for storage. A window box or wicker trunk can be used as a coffee or end table, boxes may be stacked in a closet or

attractive looking boxes placed inside a book-case. Is your solution compatible with the new picture? Perhaps your desk or another piece of furniture should be moved to a more auspicious location in the room.

At first these questions may seem difficult to process, but with experience, you will find them a valuable catalyst to generating intuitive, supportive answers that aid in the magical process of Feng Shui.

The Bagua and your Home Altar

The Bagua grid may be superimposed over your home altar to reflect the spirituality you wish to achieve. The room in which your altar is placed is important and can reflect your physical world where you express the results of that spirituality.

You can enhance your life by working with only two objects already selected for the simple altar. (See remedies and cures box) Moving one object to a specific area on your altar's grid can do the trick. Adding one small object to another area is also a possibility. For example, your candle placed in the altar's middle grid accentuates the self, grounding, and home. Moving the candle to a different area, or adding another candle, highlights the energies in that section. Leave your changes in place for a few weeks to have time observe the results. Experiment. Ask yourself what was your purpose in moving an object, and note how the energy felt afterward.

Using both tangible and intangible sources are powerful ways to enhance the beauty of your environment which will attract harmony and balance into your life, and reflect the spirituality you seek to express. To make it work, first you must have the desire to make a change. Use the tools, plan, discard, minimize. Choose the valuable from the invaluable and anticipate the best results.

There are a number of schools of

thought, or ways of practicing Feng Shui. And many excellent books on the market. Browse your library and book stores to choose the one(s) that feels right for you.

[A ritualist and researcher, Rev. Zora officiates at Solstice and Equinox ceremonies, gives crystal & healing workshops, leads Spiritual Development Circles for the Center, and is an active member of the NSSC Board of Directors.]

LOVE

Rev. James Jones

Love is a word which has been expressed in many ways. But do we know what love really is? It is used in songs of all kinds. One song says, "I love you so much it hurts me." Now, love shouldn't hurt! It should make you feel good! Songs express many kinds of love, but they are mostly about physical desires, not real love.

There is a Law of Love. And it encompasses truth, honesty, peace, justice, understanding and harmony. So, when we love, let's do it unconditionally. For with love comes the Light!

[Rev. James is a beloved and active member of the NSSC Board of Directors.]

RESOLUTIONS!

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you could have spent five or ten minutes talking yourself into keeping your resolution by focusing on the incredible benefits you would receive.

Because of your habitual behavior, 20 minutes later you may look at that big hunk of yummy again and say, "Man, that is one of the best looking yummies I have seen in a long time." But it is up to you to consciously make the decision to talk yourself into healthy choices again! Each time you do, it gets a little bit easier. You begin to develop new habits where you make healthy choices more often than not.

And you DO feel good! You DO have more energy (Continued p. 8)

RESOLUTIONS!

(continued from p. 5)

and vitality. You ARE proud of yourself. And WOW, DO YOU LOOK GOOD!!!

Now that I have explained how simple it is to program your unconscious mind – it is up to you to do the programming.

Because we have been programming our unconscious minds without our conscious awareness for so long, it is very easy to fall back into that old habit of programming the opposite of what we really desire.

If you find yourself doing that, a personal coach, coaching group forum or a support group can be really beneficial for you! A coach is very quick to notice what you may not see. After all, a habit is something that is so familiar, it feels completely normal and, thus, very easy to do – again and again and again.

[Rev. Destini is an ordained Minister with the National Spiritual Science Center, and owner of Success NOW Coaching and CareFree Wellness Center, utilizing physical, mental/emotional and energetic therapies. Rev. Destini would be delighted to work with you individually or in her Conscious Creating Group Coaching Forum. For more information about coaching, please check out www.successnowcoaching.com or call (301) 916-0575.]

CALENDAR OF NSSC EVENTS AND MAJOR HOLIDAYS

(New & Full Moons are observed with a Meditation Service. See Monthly schedule below. When date falls on a Saturday, Sunday or Monday, usually the actual observance takes place at our 6 PM Sunday service.)

CALENDAR LISTS MAJOR RELIGIOUS HOLIDAYS
All NSSC Services and Meditations
BEGIN ON TIME.

Sunday Services:

Healing Service 5-5:45 pm
Worship Service 6-7:30 pm

APRIL

- Tues 1 **New Moon Service**, 7pm, at NSSC
REV. GEORGE QUILLET
- Sun 6 REV. RON DAVIS, lecturer
- Tues 8 Celebration of the Buddha's Birth -
Buddhist
- Sun 13 **Palm Sunday**, REV. CORNELIA
JONES, lecturer.
Baiskhi/Vaiskhi - Hindu Solar New
Year, Sikh Day of Remembrance.
- Nib 14 **School of Spiritual Science Spring
Break - 4/14-18/03.**
- Wed 16 **FULL MOON SERVICE**, 7pm at NSSC,
REV. KATHRYN GIBSON, celebrant
- April 17 Pesach / Passover (17-24) - Jewish
- Fri 18 Good Friday - Christian
- Sun 20 **Easter Sunday**, REV. B. AMON
JAMES, lecturer
- Mon 21 Ridvan (4/21-5/2) - Bakha'i; classes
resume for School of Spiritual Science.
- Sat. 26 **NSSC AWARDS GALA**, 6-10pm,
Andrews Air Force Base, Suitland, MD
- Sun 27 REV. DEANNA MATHIAS, lecturer

MAY

- Thur 1 **New Moon**, no NSSC observance;
Beltane / May Day - Wicca/Neo Pagan
- Fri 2 **RAINBOW BRIDGE** Intro 7:30-8:30pm
- Sat 3 **RAINBOW BRIDGE WORKSHOP**,
Ron Tigger, Ph.D., details see p. 9
- Sun 4 REV. RON DAVIS, lecturer
- Sat 10 **THE JOURNEY: FROM DIVINE IDEA
TO PUBLISHED WORK WORKSHOP**,
1-3pm, Rev. June Michaels. Fee: \$30.
details, see p. 9.
- Sun 11 **Mother's Day**, REV. ALICIA
MCGRAW, lecturer
- Wed 14 Mawlid an Nabi (Observance of
Prophet Muhammad's Birth) - Islam
- Thur 15 **FULL MOON Service**, 7pm, at NSSC,
REV. RON DAVIS, celebrant
- Fri 16 Visakha Puja (celebration of the
complete life of Lord Buddha) - Bddhist
- Sun 18 **WESAK Festival / FULL MOON /
Lunar Eclipse (5/15) Service**, 6pm,
REV. ZORA, celebrant
- Fri 23 Declaration of the Bab - Bahka'i
- Sun 25 REV. RHONDA MANDUKE, lecturer
- Thur 29 Ascension of Jesus - Christian.
Ascension of Baha'u'llah - Baha'i
- Sat 31 **New/Blue Moon**, not celebrated at
NSSC

JUNE

- Sun 1 REV. GEORGE QUILLET, lecturer
- Fri 6 Shavuot (6/6-7) - Jewish
- Sun 8 REV. HANIFA RASHEED, lecturer,
Penttecost - Christian
- Sat 14 Guru Purnima - Hindu. (FULL MOON,

- celebrated at NSSC on Sun 6/15)
- Sun 15 **FATHER'S DAY / FULL MOON /
FESTIVAL OF GOODWILL (6/14)**,
REV. ALLISON COOK, lecturer
- Sat 21 **Summer Solstice**; Litha - Wicca
- Sun 22 **School of Spiritual Science GRAD-
UATION DAY!** 3-5:30pm, Cedar Lane
Unitarian Universalist Church, 9601
Cedar Lane, Bethesda, MD. Theme:
Summer Solstice: Transformation &
Renewal. (NO SERVICES AT NSSC)
- Sun 29 **NEW MOON Service**, 6pm, REV.
GEORGE QUILLET, celebrant

July - Dec. Calendar is published the end of
June. Monthly schedule posted in Sunday Bulletins.

ANNUAL NSSC

MEMBERSHIPS / RENEWALS

New and renewed NSSC annual membership
fees run from July 1st to June 30th.

Membership confers voting privileges, and
insures remaining on the *InSpirit* mailing list,
as well as 10% discounts on workshops and
Spiritual Supplement Shoppe items.

Rev. Cornelia Jones, Membership Chair,
mails out I.D. cards, updates membership
lists, and encourages member participation.
NSSC is a Non-profit 501(c)(3) Organization.

Tax deductible basic membership fees:

Individual Membership	\$35
Family Membership (2 adults and children under 18, <u>exclusive</u> of Minister's Fee)	\$50
NSSC Minister's Fee*	\$45
(*For <u>NSSC Minister's</u> only)	
NSSC Charter Renewals*	\$50
(*For <u>NSSC Minister's</u> only)	

Tithing and consistent monthly donations
help the Center accomplish it's goals and
serve you better.

**WE MAKE A LIVING BY WHAT WE GET.
WE MAKE A LIFE BY WHAT WE GIVE.**
-Winston Churchill-

**We don't see things
as they are.**

We see them as WE are.

- from The Talmud

NSSC UPDATES

WORKSHOPS:

SIGN UP FOR TWO FABULOUS WORKSHOPS!

Using Rainbow Bridge Techniques to Strengthen Connection with your Soul and Burn the Karma of Lifetimes

Ron Tiggle, Ph. D

Introductory talk: Fri. May 2, 7:30-8:30pm

Free Workshop: Sat. May 3, 11:30-2:30pm

Ron Tiggle, Ph. D. will conduct an introductory talk and workshop on spiritual practices to strengthen the connection with your Soul and remove emotional and mental complexes that block you from accessing your source of inner truth and power, the light of the Soul. Ron was a member of the Rainbow Bridge Prototype Group that developed the techniques and has more than 20 years experience using them.

You will learn how to:

Invoke the cooperation of the Soul; Build the bridge to higher consciousness, the Antahkara; Invoke energies from the Soul; Clean the Aura; Awaken intuition; Burn karma, removing emotional & mental blockages from aura and body; Enhance health using Rainbow Bridge practices; Accelerate Soul Integration. Also, what the light body is and how it is built, and a daily centering, alignment, and clearing exercise. For more info, see:

<http://geocities.com/rainbowbridge3/>

The Journey: from a divine idea to a published work

Rev. June Michael

Workshop: Sat. May 10, 2003, 1-3pm

Fee: \$30.00

Whether you aspire to write a work of fiction, non-fiction or poetry, you'll learn:

How to use the Law of Creativity, and other powerful laws of the universe to manifest your dream; Mechanics of creating and finishing your writing project; Whether to choose a conventional publishing house, self-publishing, or Publishing on Demand (POD).

Rev. June Michael is a metaphysical intuitive, Healer, numerologist, author of *Path to Truth: A Spiritual Guide to Higher Consciousness*, and publisher of *Path2truth.com Ezine*, a newsletter promoting spiritual/metaphysical principles.

RENOVATIONS CONTINUE

The new chairs have arrived! The carpet will be replaced in the next few weeks, and a new altar will be in place by the end of April.


The first floor walls have been painted, new telephones, classroom equipment purchased, and a new wall banister leading to the second floor installed.

SANCTUARY CHAIR ENDOWMENT

A contribution of only \$65 donates a new chair to the first floor Sanctuary, and qualifies you to have your name, or the name of the person in whose memory you are making the donation, inscribed on a metal plaque attached to the chair, noting your unique contribution. Contact Renovations Committee Chair, Rev. George Quillet, and make your check or money order payable to NSSC (put chair donation on memo line).

INSPIRIT ARTICLES, ADS, AND SUBSCRIPTIONS

Printed quarterly, *InSpirit* welcomes essays from metaphysical, positive thinking, and spiritual points of view!

 We encourage original articles and essays from many religious backgrounds on a variety of topics such as crystals, alternative healing, psychic development, divination, dream interpretation, spiritual growth, etc. Also, book reviews, poetry (max 50 lines), vegetarian and low fat recipes, and other items of interest to the metaphysical and spiritual community.

Contact Rev. Kathryn Gibson at 202-363-9280 or leave a message at the Center. **Next submission deadline is August 1, 2003.**

Continued receipt of *InSpirit* through the mail requires either a current NSSC membership (see membership fees on p. 4), or an annual newsletter subscription fee of \$20.00 for four issues. Indicate your choice with your payment.

NSSC SPIRITUAL SUPPLEMENT SHOPPE

MOTHER'S DAY is next month! One of Barbara Bowen's custom gifts baskets is the perfect gift for that special woman in your life!

Sample baskets on display range between \$40-\$60 and make great gifts with a personal touch for holidays, birthdays, welcoming new babies, expressing appreciation and more!

Talk with Barbara and Rev. Hanifa after service on Sunday about your specific occasion.

Or, leave a message at the Center and they will get back to you

Working with holistic gift catalogues, independent craftsmen, and metaphysical stores in the area, our *Spiritual Supplement Shoppe* director, Rev. Hanifa Rasheed, is ordering a variety of new books and gift ideas for you to use for yourself or give to others. Check the latest arrivals each month.

Featured are jewelry, pendulums, candles, incense, hand-made incense holders, books, cards and more.

PRAYER LIST

If you know someone in need of special prayer, place their name on the NSSC Prayer List at Sunday Services, or on our new Email Prayer Chain by calling the Center (202-723-4510) with your request. Ministers are also available for spiritual readings and confidential counseling. Call the Center to request an appointment.

REGISTRATION: School of Spiritual Science

New students - Pre-registration is ongoing! Regular registration takes place the end of August. Classes begin Tuesday, Sept. 2nd and Wednesday, Sept 3rd. Rev. Deanna Mathias is Director of Education. Call Center for further details.

YOUR MISSION IN LIFE

You are not here merely to make a living.

You are here in order to enable the world to live more amply,

with greater vision, with a finer spirit of hope and achievement.

**You are here to enrich the world!
And you impoverish yourself if you forget the errand.**

~ Woodrow Wilson ~

NSSC SERVICES AND ACTIVITIES

ALL ACTIVITIES, unless otherwise indicated, are held at the Center's northwest, Washington, DC location.

[Location: Northern end of Walter Reed Medical Center; 1/2 block east of Alaska Avenue, 3 blocks west of Georgia Avenue; one mile west of the Tacoma Metro; one mile south of the Silver Spring Metro station. From the Silver Spring Metro, catch the S2 bus to Alaska Avenue and Fern Street.]

SUNDAY HEALING AND WORSHIP SERVICES: Services begin on time.

5:00 PM, Healing Service - Ministers and advanced students channel spiritual healing, balancing and aligning body, mind, and spirit.

6:00 PM, Worship Service - Ministers and advanced students present a healing prayer, followed by a channeled or inspired commentary relevant to today's lifestyles. Service ends with practical, inspired messages from Spirit.

FULL AND NEW MOON MEDITATIONS: Beginning on time, guided meditations augment awareness of the energies available to humanity at these times and to uplift the spirit. 6:50 PM Tues - Thurs. When date falls on a Saturday, Sunday or Monday, the observance takes place at our 6 PM Sunday service. **(See calendar inside.)**

SPIRITUAL HEALING / PRAYER LISTS: Prayers for those who are ill, undergoing treatment, facing surgery, or moving into or through transition. Leave a message on our answering service for email Prayer Chain, or on the Sunday Service Prayer List.

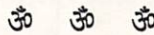
LECTURES AND WORKSHOPS: Workshops and special programs are offered on a variety of metaphysical topics. To give presentation or attend, call Center for information.

PERSONAL GUIDANCE, COUNSELING, AND CEREMONIES: Non-denominational Graduate ministers of the Center are available for individual spiritual counseling, spiritual readings, and all ceremonies and rituals (marriages, funerals, christenings, blessings and cleansings) which enhance the outer and inner spiritual life of our community.

SCHOOL OF SPIRITUAL SCIENCE: Classes begin in September, the week after labor day; one evening/week, 6:30-9:30 PM, two 18-week semesters; \$600 /semester. To register and for more information, call the Center.

FOR ALL ACTIVITIES AND GENERAL INFORMATION: Call (202) 723-4510 Leave name, phone number, date and a short message. We'll get back to you, ASAP!

(Please let us know if your address changes.)



National Spiritual Science Center of Washington, DC Inc.
1325 Fern Street, N W / Washington, DC 20012
(202) 723-4510

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