



# InSpirit

Newsletter of the *National Spiritual Science Center*

AUGUST, 2003

An Oasis of *Spirit* in the Nations Capital

## A TIME FOR REFLECTION & CELEBRATION

Dr. Ellen M. Anderson  
NSSC Academician

The solstice marks the moment when the sun crosses the celestial equator, and day and night are of equal length. **The Summer Solstice stands for transformation and renewal**, and on Sunday afternoon, June 22<sup>nd</sup> it symbolized a similar transformation and renewal for NSSC students at the 2003 Graduation and Ordination Celebration of the four-year School of Spiritual Science. The celebration was held the Cedar Lane Unitarian Universalist Church, a beautiful tree-covered setting in Bethesda, MD.

As a time of transformation and renewal, the solstice marks an ideal time for "planting," a time when the Soul is receptive to new and intense ideas, beliefs, and thoughts, and thus a perfect time to plan for the future. Solstice rites were originally designed to aid ancient cultures in reestablishing and strengthening their connection with the Divine Source, to live in harmony with the cosmic ecosystem, and therefore, to participate consciously with the intelligent powers that create and sustain the universe. This yearning to connect with the divine remains equally valid for modern men and women.

Rev. Zora P. Baker, who instructed the third year (Spiritual Healing) classes at the School for eleven years, and currently serves as Secretary to the Board of Directors, served as the Mistress of Ceremonies, keeping the program moving along with gentle humor and creative additions to the central theme, including an inspira-

tional opening ritual of lights and candles. Rev. Cornelia Jones, a former instructor, and current Board Director, gave the beginning Invocation.

One of the highlights of the afternoon was Ms. Ivy Hylton, whose clear, lilting notes and spiritual themes set an uplifting and sacred tone for the proceedings. In addition to her exquisite voice and experience as a performing and recording artist, Ms. Hylton specializes in bio-energy healing, is a licensed Holistic psychotherapist, an integrative health practitioner, a retreat facilitator, and Reiki Master.

Another source of encouragement and inspiration was the thought-provoking message by Keynote Speaker, Rev. Helen Jones. Rev. Helen graduated from NSSC in 2000, and currently serves as the Director of Academic Affairs at the Inner Visions Institute for Spiritual Development in Silver Spring, MD. Her specialty is education and she has worked as a college lecturer, Head Start administrator, trainer, and teacher.

Rev. Helen's keynote address was a clarion call to the graduates to ***be present in their lives, to heal the deep wounds within, and to be a beacon of service in the world.*** Taking the graduation theme of the Summer Solstice as her source of inspiration, Rev. Helen reminded us that ***transformation is change, and that renewal is repair, renovation, and reacquaintance.***

Speaking from her own experience of what she has learned about being a minister, she shared the transformation the ministry has brought to her own life and the renewal she continually seeks to sustain that transformation. She explained that the (continued p.2)

## MANAGING CLUTTER

Rev. Zora P. Baker

Dealing with clutter is no easy task! The stuff seems to multiply behind your back and before you know it, the only way out seems to buy a bigger house or even rent a self-storage unit as a short term answer!

Everything you own has importance, or may remind you of a memorable moment, or a special person, and it's not easy to let go of them. Favorite books, furniture that belonged to your grandparents, magazines you intend to read someday, photographs you intend to catalog, papers you intend to file, records you intend to review, and clothes you intended to wear (bought at bargain prices, with tags still attached attesting to your smart purchase). Meanwhile, that intended someday is postponed for months, even years.

**The importance of removing clutter is to create empty spaces so that the "energy" or CHI in your home can circulate freely.** Overcrowding causes your home's energy to pile up and stagnate. Since your home is your personal environment, this stagnation may be harmful to your health, hamper changes in your life, cloud decisions and restrict the prosperity you deserve.

### Clutter and Your Finances

Many of you are familiar with financial advisor Suze Orman's books and television series where she discusses money management. She says that **freedom starts to happen when what you think, say and do are one.** The first area in your home to consider for change is to look at how your prosperity might be blocked by making financial (continued p. 2)

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## REFLECTIONS &amp; CELEBRATION

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summer solstice signals the transition from a springtime of new birth to a summer of abundance, activity, and joy.

Much as the way the earth receives more sunlight during the summer, individuals may at times receive a greater bounty of joy and abundance. Graduation highlights this transformational process because as graduates end one transit, they prepare to step into the next phase of development.

Each individual reaps the bounty they have produced and yet, may simultaneously feel uneasy about upcoming changes. The bounty our new ministers and graduates reap is the joy of being in service to others through manifesting a greater expression of Spirit in their own daily lives. The unease comes from recognition of the new responsibilities that come with that renewed service.

Rev. Helen stated that *"God does not call from comfortable places."* Rather, *each person is called to face what he or she fears most, to heal what hurts most, and to feel what produces the most rage.* She noted that *emotions are the rudder of a ministry, pointing to what needs to be healed next, what needs to be learned next, and what needs to be taught next.*

She invited us to *go into the dark places of our souls and experience our own emotional turmoil.* She told us

renewal occurs when we surrender to our own inner wisdom and allow ourselves to heal. *By experiencing the crucible of our emotions and living authentically from what we learn, we can become a demonstration of love in the world.*

Rev. Helen also provided practical guidance and a "road map" for the process:

- Ask yourself: How did the upset make you feel? What memory did the experience bring forward? Are you ready and willing to change and transform the pain?
- If you are, then walk slowly through the healing. Take notes, remember what saved you.
- Remember what you surrendered: emotions, judgments, perspectives.
- Most of all, remember what new experience you created.

Rev. Helen noted that the process itself requires renewal; it requires time apart; it requires being present and in communion with God/ Goddess/All-That-Is. It requires willingness to surrender; and it requires courage, patience and forgiveness.

The heat of transformation and renewal of the mind and body necessitates the *"fire of the alchemist's pot"* to turn what we are into something better. "So," she told the graduates, *"get ready! When you are triggered emotionally: transformation is in progress!"*

Presentation of certificates and the ordination of new ministers followed the keynote speech. Students from the 4<sup>th</sup> year class described their experiences throughout the four-year program at the School. Ms. Rosetta Hillary spoke about **The Call**, as she described the first year of study. The point when an individual feels drawn to follow a spiritual path and embarks on the journey in earnest.

Ms. Tia Oliver described **The Discovery** of the second year as an exploration of ancient (continued p. 5)

## Managing Clutter

(Continued from p. 1)

mistakes in practice by:

1. Harboring emotions of poverty: by grudgingly paying bills or donating your time and money, or by being ashamed of having credit card debt.
  2. By a negative attitude: thinking you don't have what it takes to have and to be more; putting off gaining control because you can't see the way out.
  3. Poor planning: not taking care today of the what-ifs of tomorrow, such as a will or trust, long-term care insurance, children's college funds, and a durable power-of-attorney for health care.
  4. Not monitoring your finances: turning your money over to a financial planner and then ignoring it because you think a "pro" is handling your investments.
  5. Not planning for retirement now! A financial advisor can be a great help in showing you how to manage your money and provide for the future.
  6. Not controlling your spending. Do you have too much month left at the end of your money? Then, stop buying into your desires and pay off what you owe. Monthly charges and penalty fees add considerably to the cost of every original purchase. (A highly recommended book is *The 9 Steps to Financial Freedom*, by Suze Orman. She speaks honestly and explains how we use money in foolish ways while we think we're being smart about it.)
- A messy desk often reflects messy finances. Stacking bills, papers and files around your desk or work table obscures clear thinking and blocks creativity. Your desk is a good place to begin clearing the clutter and learning to THINK IN CATEGORIES. A neat desk or work table will change the environment because it generates better control over your finances and records.
- Consider opening five hanging pocket files: 1) TO PAY. All incoming bills, clipped to their (continued p. 7)

## 2003 NSSC Awards Gala

NSSC held its first Gala Awards Dinner/Fundraiser, April 24<sup>th</sup> at the Andrews Air Force Base Golf Club. Awards were presented honoring service by individuals and organizations in the areas of leadership, education and community service. Proceeds will launch a building fund for a facility to house NSSC's worship, healing and educational activities.

The keynote speaker for the evening was Rev. Diane Nagorka, whose topic was *The Dark and the Light*. She and 2002-3 NSSC Board President, Rev. Ron Davis, presented the awards:

The *Flame of Light Award* honored individuals who have demonstrated exemplary leadership in spiritual work. The *Educator Service Award* recognized individuals who have demonstrated excellence in teaching topics related to metaphysics, spiritual science or related areas. The *Community Service Award* paid tribute to individuals whose lives have shown them to be Lightbearers in service to others, through healing, ministering or other service to those in need. And the *Distinguished Service Award* was presented to organizations and their founders, for demonstrating outstanding service to the metropolitan community.

Afterward, His Holiness, Swami Krsnapad, a recipient of the Distinguished Service award, gave a short address. (NSSC Gala Committee: Rev. Caroline Wills, Rev. Alison Cook, Rev. Laurice Stewart, Ms. Louise Campbell, and Mr. Michael White.)

### AWARDS & AWARDEES

#### *Flame of Light Award*

**Rev. Zora P. Baker** - in recognition of her broad mastery of spiritual knowledge and practice, high degree of personal integrity, and unwavering commitment to excellence at NSSC. A former Director of Education for the NSSC School of Spiritual Science, she draws on her wide knowledge to design well researched

courses that communicate to today's students. She currently is Secretary to the NSSC Board, teaches SS402 *Wisdom Teachings II*, and facilitates the Ministerial Training at the School, and holds Spiritual Development Circles. Rev. Baker specializes in conducting rituals for special events and commemorations which are energized by alignment with natural laws and cycles. Rev. Baker epitomizes dedication to excellence in teaching, commitment to service, and personal creativity and ingenuity in the transmission of Wisdom.

**Rev. Rainey Cheeks** - in recognition of his many accomplishments and in particular, his highly effective spiritual ministry to, and consistent involvement with, secular organizations providing support to Washington area individuals challenged by HIV and AIDS who might otherwise be isolated. Founder and director of *The Inner Light Unity* (continued p. 9)

### NSSC BOARD OF DIRECTORS 2003-4 ELECTION RESULTS

Elected in June to serve a three-year term on the NSSC Board of Directors: *Rev. Zora P. Baker*, *Rev. George Quillet*, and *Rev. Laurice Stewart* (new).

All Directors serve three year terms, with the exception of the Student Representative, who serves for one year and is elected every fall by the students of School of Spiritual Science. The Board annually elects its own officers at the August meeting.

#### 2003-2004 Board of Directors:

*President*, Rev. George Quillet  
*Vice President*, Rev. Caroline Wills  
*Secretary*, Rev. Zora P. Baker  
*Treasurer*, Rev. Tia Oliver

#### *Interim Co-Directors of Education:*

Rev. Sylvia Vanderpool, and  
Rev. Cornelia Jones

*Director of Worship Services and Ceremonies*, Rev. Kathryn D. Gibson

Rev. Cornelia Jones

Rev. James Jones

Rev. Hanifa Rasheed

Rev. Laurice Stewart

## The Real Work Is Just Beginning

Rev. Barbara Wheat

I want to address some questions raised at the NSSC Awards Gala (See 2003 Awards article) Rev. Diane Nagorka spoke to the group, as did His Holiness Bhakti-Tirtha Swami. At the end, His Holiness also answered questions from the floor.

Two questions impressed me most:

1. **Why, after so many people around the world prayed, mediated and put out positive thoughts of peace, did we still go to war in Iraq?**
2. **Why, with so many more spiritual centers in the Washington, DC area, is it still such a violent place?** (DC was recently announced as the murder capital of the country.)

His Holiness replied first, that it is still important to continue positive prayers and thoughts, as we know this will eventually change the collective human consciousness. It is a difficult time in the world today and Light workers, such as Spiritual Scientists and others who understand the energy of thought and collective consciousness need to continue their work.

His words are so true! However, I would like to add some information to this from the standpoint of Spiritual Science. I was impressed by the feelings of despair and anger in those two questions. And I can certainly understand the frustration. To know that so many people around the world meditated, prayed, and sent positive thoughts for the situation in Iraq to be settled in a peaceful manner, and then to see the horrors of war in spite of their efforts, was certainly disconcerting.

As Rev. Diane told us, there must be a plan and then a process. Certainly the plan is peace and harmony on the earth plane, and the process is the work of many people sending **positive energy and thoughts** to all situations of violence, (continued p.4)

## School of Spiritual Science 2003-2004

### REGISTER NOW for Fall SEMESTER

● **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 & awareness exercises which attract the intuition and creativity of the soul.**

● **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 held 6:30-9:30 pm, one evening a week, 18-week semester.

Tuition: \$600 per Semester + Books [\$100 non-refundable Registration fee] Course pre-requisite: successful completion of previous semester.

**Registration = Sunday,  
Aug. 24, 2003, 3:00 - 5:00 pm**

**1<sup>st</sup> Semester begins:** Tues-Thurs,  
Week of 9/1-5/03, 6:30-9:30 PM

**Classes begin on time.**

#### **Class nights:**

SS 401 Tuesday 9/2/2003

SS 201 Wednesday, 9/3/03

SS 101 Thursday, 9/4/03

#### **Holiday/Semester Breaks:**

Thanksgiving 11/24-29/03

Winter 12/22/03-1/02/04

Semester 1/26-30/04

Spring 4/5-11/04

Last week of Fall semester: 1/19-23/04

**2<sup>nd</sup> Semester begins:** Tues-Thurs,  
Week of 2/2-6/04

**End of 2<sup>nd</sup> Sem. Completion Rituals:**  
June 8, 9, 10, 2004

**Graduation:** Weekend of June 26

**Tuition:** \$600.00/semester + books  
(includes \$100 non-refundable deposit)

**Interim Co-Directors:** Rev. Sylvia Vanderpool, and Rev. Cornelia E. Jones.

**(Call NSSC - 202-723-4510)**

## WORK JUST BEGINNING

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crime and war. However, sending these positive thoughts, prayers and meditations is only part of the work. The real work is understanding the emotions attached to these thoughts and to the emotions we harbor in our daily living. To mentally monitor every thought, word and deed, while hard to do, is only the beginning of the work. To actually overcome the emotional feelings we experience daily is a much more difficult task!

What was your feeling after all your prayers and meditations when you saw and heard the first bombs drop in Iraq? Did you say to yourself, this is just the wink of an eye in the eternity of life, and this too shall pass? Did you mentally send love and light to Iraq, to President Bush, and to the U.S. administration to be filled with wisdom, so war would end soon with as little loss of life as possible?

OR, were you angry! Were you angry at the government? If you were, the emotion of anger or hate is what you sent out to the collective consciousness!

When you feel angry and frustrated, these are the emotions you send out in energy even if you do not attach words to them. It is your emotions that carry the greater weight in the universe! To mentally control your thoughts, words, and deeds is really the easier part of the process. To be able to emotionally detach is a greater task.

To me, the life of Jesus of Nazareth, symbolizes this great emotional task for mankind. Jesus, during his life of preaching and healing, exemplified the perfection of unconditional love; which is the ability to give love without emotional attachment. Even as he was facing death at his last Passover supper, and could foresee his betrayal, Jesus loved his disciples. And on the cross as he was dying, his words,

*"Father forgive them for they know not what they are doing"* shows what one is capable of when transcending the emotional body and moving into unconditional love.

However, even Jesus fell back into his emotional body at the end. His last words, *"Father, why has thou forsaken me?"* show us that even he felt desperation and abandonment.

So do not despair over the fact that Washington, DC has been seen as a violent city, and do not be angry that the U. S. went to war, and is still a presence in Iraq, or at news of other international challenges. For when you feel the emotions of despair, anger, and loneliness, when you feel forsaken or fearful, these are the energies you release into the collective consciousness to be used by any and all.

We are in a time of great change and as Spiritual Science practitioners, YOU are a great part of that change. The world is beginning to understand that we are all in this together. If you can overcome the horror of the September 11, 2001 attacks, try to see the great gift those souls who transcended that day left us. Until that day, many in the United States did not know the difference between Iraq and Iran, nor the location of Lebanon or Syria, or took an interest in affairs outside of their back yards.

Are you still angry or afraid? Are you sending angry or fearful energy into the world? Or, do you understand as Rev. Diane noted, that others are acting badly? Like the forgotten child who grows up to be a hardened criminal, we now have countries crying out for help. What energies are your emotions sending out to help these situations? **Are you sending energies of compassion and understanding, or of fear and anger?**

Today's times are difficult, but also exciting! The Aquarian age has truly come into being. For years, Spiritual Science preached and (continued p.6)

## A Journey through the Planets

Rev. George Quillet

The focus for the last several thousands of years has been on the aspect of God as the Father, and we have sought to embody His dominant virtues and attributes: power, will, wisdom, truth, and value. Now it is time for the Goddess, or the aspect of God as the Mother, to radiate the fullness of Her love, compassion, creativity, and wisdom throughout the universe.

Every facet of creation will be touched and affected by this awesome gift. Just as surely as we came forth physically into the world from the cradling warmth of our mother's womb, so did we all burst forth as Spirit from the womb of our Divine Mother/God.

From our Father/God's Mind came the will, the desire to create. Through their unified energies we were radiated forth from the Heart Center, the core of our Mother/God's being, into individualized consciousness as Spiritual expressions.

It is time now for balance to be attained; time now for reunification at all levels. Our DNA is encoded with divine love, compassion, and creativity, as well as the strength, power, and the will to create which our spiritual parents passed us on to us. It is now time to integrate and claim all the blessings and gifts with which we are endowed.

Astrology is an age-old, honored science, but its knowledge has been grossly distorted and misinterpreted down through the ages. The planets in our Solar System have electromagnetic force fields that contain and radiate specific frequency patterns. No matter what you may believe, the force fields of the planets in our solar system DO affect the Earth and its people. In addition to the planets in our solar system, (including the sun and our moon), the

elements of Fire, Water, Earth, and Air also have a profound effect on us.

The energetic frequency patterns you project (in the form of thoughts and emotions), plus the frequency patterns radiated by star and planetary fields, all combine to create your reality, and you always draw to yourself that which matches your level of vibration, be it considered positive or negative.

Let's take an imaginary journey through the planets in our Solar System to see how their "energies" fit into your life. We will reconnect with our cosmic lineage as we journey through time back to the beginning – back before we burst into individualized consciousness, by traveling through the mind, on a beam of Light energy.

To get ready for this journey, envision a column of Light flowing up and down your spinal column. See it flow down into the crystalline core of the Earth. Then, extend it out of your Crown Chakra, at the top of your head, until it connects with your divine *I AM Presence*. Observe the expanded sensation you feel, and notice how this extended beam of Light projects even further outside the earth's atmosphere into our solar system.

At the first stop on our journey, your beam of Light moves into the AURA of the planet VENUS – not to the planet itself, but into it's aura or energy field. For the Planets, as they are observed with physical eyes, look desolate and barren, but on this journey, we will visit the Planets in their higher dimensions, where they are lush and exquisite, teeming with life.

Before your life on Earth, VENUS was the world your soul visited to learn harmony, devotion, affection, and refinement as you began the process of merging Spirit and Physical Form. This lovely planet allowed you to experience pleasure, comfort, and security before you made your descent to Earth. On Earth, the (continued p. 7)

## REFLECTIONS & CELEBRATION

(Continued from p.2)

and modern spiritual traditions of people around the world expressing their unique connection to the divine. Ms. Zuri Nia explained that Wholeness is the focus of the third year as students learn about healing techniques designed to bring a holistic approach to healing mind, body, and spirit.

Ms. Ellen Anderson described the study of ancient, wisdom teachings and philosophies taught in the fourth and final year, which serve to inspire and lead students into The Passage that forms the next stage of learning and development. For students studying for the ministry, the fourth year also includes separate Ministerial Training.

All four years at the School are built upon a foundation of daily mediation that stills the mind and body, and opens students to deeper intuition and insight. Next, instructors presented completion certificates and the new ministers were ordained. Although some could not attend, the accomplishments of all instructors and students were acknowledged.

### 2002-2003 ACADEMIC INSTRUCTORS:

1<sup>st</sup>-year: Rev. Hope McNew, Rev. George Quillet; 2<sup>nd</sup>-year: Rev. Kathryn D. Gibson; 3<sup>rd</sup>-year: Rev. Sylvia Vanderpool, Rev. Renee Pringle; 4<sup>th</sup>-year: Rev. Barbara Wheat, Rev. Deanna Mathias, Rev. Ron Davis, Ministerial Training: Rev. Zora P. Baker.

### COMPLETING STUDENTS: 1<sup>st</sup>-year:

Carolyn Guzman, Connie Henry, Adrienne M. Jones, Lonnie Lee, Curtis Savoy; 3<sup>rd</sup>-year Healers: Starlene Joyner Burns, Louise L. Campbell, Shirley Garner, Lee Vasquez, and Michael White; New Ordained Ministers: Reverends Barbara J. Bowen, Rhonda Davis, Rosetta Hillary, Zuri Nia, and Tia Oliver; 4<sup>th</sup>-year Academician: Ellen Anderson, Ph.D.

Large smiles shone from the graduates' faces as they (continued p.6)

**NSSC ACTIVITY UPDATES**

● Rev. Hanifa Rasheed and Mr. Michael White have volunteered to coordinate production of the 2003-04 Sunday Service Bulletin.

All Sunday Server changes and additions should now be reported to them.

● A new replacement air conditioner was installed on the 2<sup>nd</sup> floor, compliments of Rev. Barbara Wheat.

● New blue, padded chairs, and wall-to-wall carpeting now grace the first floor Sanctuary and stairway.

● We need volunteers to:

- staff the Spiritual Supplement Shoppe at Sunday services.
- staff the NSSC booth at the Pathways Natural Health Expo on October 26!

(Call 202-726-4510 & leave message)

**REFLECTIONS & CELEBRATION**

(continued from p.5)

received recognition for the completion of their studies and realized a well-earned rest had arrived.

Rev. Caroline Wills presented a Charter to Rev. Cornelia Jones and Rev. Barbara J. Bowen for a new Center, *Divine Revelation International*, operating under the auspices of NSSC. We wish it well as it launches its new endeavors.

At the conclusion of the program, the newly-ordained ministers were called to the front and surrounded by all ministers from the audience, while Rev. Barbara Wheat gave the Empowerment Prayer. The program concluded with a Benediction by Rev. Barbara Bowen - her first official act as a new minister. Afterward, participants and guests mingled, enjoying a delicious buffet.

[The 2003 graduating class is grateful to Rev. Caroline Wills, who organized the buffet with the assistance of Rev. Kathryn D. Gibson, Mr. Ollie P. Anderson, Rev. Alison Cook, and Rev. Cornelia Jones, and

to Rev. Alicia McGraw, who undertook the supervision of audio portion of the program, providing music throughout as well as support for Ms. Ivy Hilton's vocal presentations. Thanks to all who contributed to the delicious buffet and to Rev. James Jones, Ms. Ellen Anderson, Ms. Wyndi Anderson, Ms. Connie Henry, and Mr. Bill Wolf who also helped the program run smoothly].

[Dr. Ellen Anderson, a 2003 academic graduate from the School of Spiritual Science, will teach SS401, *Wisdom Teachings I* this fall. As a student, Dr. Anderson spearheaded "Serve Our Center" improvement projects, was one of three Co-Chairs for the NSSC 60<sup>th</sup> Anniversary Celebration, and for the past 3½ years coordinated production of the Sunday Service Bulletin.]

**WORK JUST BEGINNING**

(continued from p. 3)

taught that some day, as science learns more about the universe and the world we live in, and as mankind becomes more conscious, that science and spiritually will walk hand-in-hand instead of being perceived as at odds with each other. This day is dawning.

With new DNA discoveries and further developments in genetics, scientists are now able to perform hard, provable experiments about what constitutes *consciousness*. Recently, scientists performed an experiment where they took a sample of a man's DNA, placed it into a container and then put the man and his sample DNA together in a room to see if the sample DNA was affected as the man experienced different emotions.

DNA coils up when you are stressed and lengthens when you are relaxed. Scientists showed the man pictures and observed his DNA's reactions. To their surprise, the instant the man felt an emotion, the DNA sample reacted without even a fraction of a second in lapsed time. They continued the experiment increasing the distance by moving his DNA to another room, then to another building, to another city and finally across the country. Each time the man experienced anger, love or any

**NSSC MEMBERSHIP FEES**

Individual	\$35
Family	\$50
NSSC Minister's Fee	\$45
NSSC Charter Renewals*	\$50

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other emotion, his DNA simultaneously reacted, even across the country. From this, scientists concluded there is a connection outside the body between the mind and emotions.

The scientists had to come up with a name for the arena where this connection takes place. They decided it must be similar to the "*ethers*" discussed in the late 1800's by Helena Blavatsky, Alice Bailey, and Rudolph Steiner. But they did not want to call it "*the ethers*" because earlier experiments in the late 1800's and early 1900's to prove the existence of these ethers had failed. Some scientists began to call this connection the *Web of Consciousness*, and others, even more surprisingly, are calling it the *Mind of God!!*

There are other experiments science is doing today, which actually prove connections between mind and matter. So you see these are exciting and promising times! As we grow in consciousness and understanding of the world we live in, mankind will eventually come to know we are all one.

The life you live today is a very short time in the Mind of God, but your positive thoughts, and more importantly, your positive emotions, last a long time and are needed to heal this world.

So, do not despair when you feel angry, sad or forsaken, for you are in good company with the "likes" of Jesus. Love and Light to All.

[Rev. Barbara Wheat is known for her integrity, spiritual insight, clarity and grace. She served as a regular channeling lecturer and for the past six years, as an instructor at the School of Spiritual Science, teaching SS401, *Wisdom Teachings I*.]

### Understanding Human Nature

A person's character doesn't change that easily. That's why it's important to have the forbearance and wisdom to accept people for who they are.

Telling yourself, for example, "Ah, well, that's just the way my father is." Making that effort is essential to understanding human nature, and is part of our education as human beings.

— SGI President Ikeda.

(An extract from the first of a special series of lectures delivered at Soka University in Tokyo, Japan, by the school's founder, SGI President Ikeda.)

### Managing Clutter

(Continued from p. 2)

envelopes go here. 2) TO FILE. Place paid receipts and documents related to rent, credit cards and utilities. 3) TO DO. Travel pamphlets, health care information, memos, and future projects go in this folder. 4) TAX RECORDS. All receipts for professional medical care, prescription medicines, medical insurance premiums, contributions to charities, interest income and mortgage interest go here. 5) SUPPLIES. Put address labels, stamps, pens, envelopes, file labels, post-its, etc. here.

Place these file folders in a box. Specific subject files can be added later. Once or twice a month review the TO PAY folder and pay what you can. Twice a month review the TO FILE and TO DO folders and do what you can.

Common sense will tell you which receipts or papers to discard or keep and when to create new folders. Once a year review TAX RECORDS and sort the papers into categories for your Federal and State Income Tax Returns.

Now you can begin to actually feel how thinking in categories can bring mental clarity and create open space. Place a live plant or crystal on the desk or table as a visual symbol of a job well done!

Thinking in categories applies in other situations that need clearing:

**BOOKS.** Every book is valuable, but there comes a time when one must be ruthless. Sort them into CATEGORIES: Historical, Fiction, Novels, Classic, Textbooks, Meta-physical, Reference, and Giveaway. Textbooks can be stored in a box for future review. Novels can be donated to a library. A folding bookcase is a way to store current reading material. When it becomes full, it's time to sort.

**CLOTHES.** Sort in categories: Discard, Giveaway (too small, too big, out-dated but in good condition), Refashion (needs repair or up-dating), Keep (looks good, fits right). Separate the KEEP clothes into Spring/Summer and Fall/Winter and proudly hang them in your newly cleaned closet. Hang a sachet on the rod or place a bowl of potpourri on a shelf as a visual symbol of job well done!

### Clearing Clutter for Clarity

When you keep items around that no longer have worth to you, they render YOU worthless. As long as you hold onto clutter from the past, you restrain yourself from reaching for the future. Practitioners of Feng Shui believe that *by changing your environment, you can change your aura, your energy, and your life*. Try these simple remedies to enhance the chi (energy) flow and recharge your atmosphere:

- Trash unwanted computer files.
- Remove any objects that block the main door to your house.
- Discard chipped dinnerware. They "chip away" at prosperity.
- Take care of your pets with love and consideration (clean bedding, fresh water, careful attention).
- If you must, store a lidded box under the bed, to hold an extra blanket, etc.
- File loose photographs in albums or photo boxes. Sort according to Year, Subject, Event, Place and Person. Discard pictures that are unflattering,

faded, cropped or wrinkled. Decide to restore photos of ancestors, special events or places you have visited.

*Getting rid of rubbish helps dissolve discord in your home or life.* You want to achieve a clutter-free environment that is bright, inviting and harmonious:

1) Go through your house and find 25 useless objects to throw away! (Pencil stubs, rusty paperclips, chipped dinnerware, broken picture frames, etc.) This starts the process of continually looking for the first signs of clutter that seems to accumulate behind your back.

2) Search your house, car, pockets, desk, etc. for loose change and bills = found money! Store in a jar or bowl near your bills.

3) Go through your home again and look for 25 items in good shape, but of no use to you anymore (clothes, videos, bags, books, etc.). Donate these items to a charity or a shelter. Save receipts for a tax deduction.

### Are you a "Junk Monkey?" Take the Clutter Test on p. 8

Finally, take the time to appreciate the items most precious to you (heirlooms, good jewelry, old photos, classic books, a favorite coat, a hand-made shawl, an antique beaded evening bag).

Define for yourself the true meaning of "worth" and keep this in mind as you go through the many possessions you have accumulated.

As you clear one space after another, the process of creativity speeds up and you will find ways to dispose of items and creative enhancements to keep your home's *chi* circulating freely.

[A ritualist and researcher, Rev. Zora officiates at Solstice & Equinox ceremonies, gives crystal and healing workshops, leads NSSC Spiritual Development Circles, teaches SS402 *Wisdom Teachings II*, coordinates the Ministerial Training Course and is secretary of the NSSC Board of Directors.]

**Thoughts become things... choose the good ones!**

- Mike Dooley, Totally Unique Universe

**ARE YOU A JUNK MONKEY?\***

This questionnaire will help you assess how much clutter has accumulated in your life. Score Two points for Yes, One for Sometimes, and Zero for No.

1. Your wardrobe (closet) is stuffed with clothes you don't wear.
2. Odd socks and stockings that have seen better days lurk in bedroom drawers.
3. You keep magazines for more than a year.
4. You have appliances that don't work, but you never get around to getting them fixed.
5. Piles of newspapers are stacked for recycling, but you never take them to the recycling center.
6. Old suntan lotion bottles and discarded make-up hibernate at the back of the bathroom cabinet.
7. You have old workout clothes and sports equipment, that have been used once, then relegated to the attic never to be seen again.
8. You have a drawer full of mysterious old keys that don't seem to open anything.
9. Piles of old vacation photos of people you don't remember are taking up space.
10. Your purse or wallet are awash with old notes, bus, train tickets, receipts from months ago, and other useless trivia.
11. Old files, papers, and pens have found a permanent home in your briefcase.
12. Your car is rattling with apple cores, cassette tapes, and candy wrappers.
13. You are reluctant to invite friends to stay in your spare room because it has so much old furniture in it.
14. You have furniture that needs repairing.
15. Unfashionable and unloved trinkets are tucked out of sight in one of your drawers.
16. Your garage is so full of junk that you can't get the car in it any more.
17. You have a collection of old, rusting garden equipment that you never use.
18. People keep tripping over all the boxes and other items that you store in the hall.
19. You still have theater or music concert programs from several years ago.
20. Your computer is crammed with files that you never refer to any more.

TOTAL SCORE: \_\_\_\_\_

**JUNK MONKEY TEST RESULTS**

**15-20** Your home and life are well and truly cluttered. It's time for drastic action! Figure out what you really want and what you can happily chuck out. Consider what extra storage you need for the valued possessions that survived the cull. Look at the storage you already have and decide how new furniture will fit before rushing out buying things.

**10-14** Clutter is building up, so get a grip on it now!

**5-9** You do not have a problem with clutter yet, but do monitor yourself.

**Below 5** Your home is virtually clutter-free – try to keep it that way.

[\*Test reprinted with permission of Sterling Publishing Co., Inc., NYC, NY from *CLEARING THE CLUTTER FOR GOOD FENG SHUI* by Mary Lambert, © 2001 by CIMA Book, Text © 2001 by Mary Lambert, published by Friedman/Fairfax.]

**JOURNEY THROUGH THE PLANETS**

(Continued from p. 5)

lower energies of VENUS can be manifested by us as laziness, self-indulgence, and superficiality. Visualize those lower energetic traits which no longer serve you being transmuted into love and joy, as you reclaim the higher values of your spiritual nature.

Next, let us journey to the planet MERCURY, where you learned to use your mind to reason, analyze, and create in physical expression; where you practiced using your power to manifest and create form (the beginning of conscious learning expression and communication, through the use of light, sound and color).

In this life, are you using what you learned on MERCURY in its negative form, manifesting as skepticism, indecision, being critical or restless? As you make the inner journey to this Planet which focuses on the MIND, see yourself releasing negative patterns of the past. Feel yourself reclaiming your Divine right to create anything you desire with your mind-power. Make it a habit to affirm that

your creation is for the highest good of all in harmony with your Divine mission.

MARS is the next destination. Here you began to build your physical desire body and to integrate the dynamics of self-expression, action, and will power, which would become the masculine parts of your nature. You began to individualize your unique spiritual attributes through your desires and aspirations to create.

Here you also integrated the aspects of courage, initiative, originality and the desire to manifest these attributes in harmony with the feminine aspect of your emotional nature: love, compassion, and the desire to nurture. Are you willing to release all negative MARS traits you may have allowed to rule you – aggressiveness, selfishness, anger, and impulsive behavior?

All that is required is your permission, and your process of clearing and balancing begins now, as we mentally visit this dynamic planet of action.

As you make your way to the great planet of JUPITER, know that it is a world of opportunity, expansion, faith, and positive values. Here you gained an understanding of what it would be like to live on Earth, and of the great opportunities that awaited you as a co-creator with the God-Mind. Here you were infused with the urge to go forth, explore, and create in your own unique fashion, but always in cooperation with the greater whole.

Are you using the energies of JUPITER in its negative form through extravagance, bigotry, indulgence, or fanaticism? If so, is it any wonder why you may be creating lack and limitation instead of joy, peace, and abundance in your life?

Many negative connotations have been placed on the planet SATURN, but it is a wondrous place and a great benefactor when you use its energies properly. Here is where you learned the universal laws you (continued on p. 9)

**JOURNEY THROUGH THE PLANETS**

(continued from p. 8)

would live by in the physical world of expression. Here you learned the meaning of self-discipline, restraint, responsibility, and the rules of cause and effect.

SATURN'S energies used negatively, bring about disappointment, delay, limitations, and sorrow. But, as you begin to use its energies positively, you learn compassion, patience, and humility, thereby gaining wisdom, as well as the ability to stand fast and complete a task, regardless of the obstacles.

Now, visualize a great beam of Light from the far reaches of the universe, (the heart center of the Mother/God) move through each of these planets as it gathers their wondrous, positive attributes and then projects their combined frequencies down to each of us, and into the core of the Earth.

This gift pierces your heart and takes up residency there once more. It plants the seeds of remembrance of who you are, and of the perfection you brought with you to Earth. The virtues and attributes within are refreshed and waiting to be accessed. All you have to do is claim them! And begin to use them in a positive, empowered way. Get used to the idea that you are multi-dimensional Beings of Light!

In this exercise, you have projected your essence, the unique Being that you have become, into the realms of the higher inner dimensions and out into the solar system and the galaxy. You then follow your own individual path homeward – journeying back through the past to your glorious future.

When you function within the energies of the lower dimensions, you are greatly influenced by the vibrations of what astrologers call the "Personal Planets" of the solar system: the Sun,

Moon, Venus, Mercury, Mars, Jupiter, and Saturn. In a lesser way, the more refined energies of Uranus, Pluto and Neptune, represent the powerful energies of the new age, known as "The Age of Aquarius."

URANUS is sometimes called the Awakener. It is the planet where you rest between lifetimes when you need to overcome the negative traits of rebelliousness, irresponsibility, and any destructive tendencies. There, your teachers and guides patiently assist you to awaken the creativity within, to sharpen your perception and intuition, and to bring into balance your desire for personal freedom, as you also learn NOT to infringe on the freedom of others.

The energetic influence of PLUTO is very powerful at this present time on Earth, for it is the planet of rebirth, transformation, regeneration, illumination, and wisdom. The negative aspects of PLUTO are also very apparent on Earth, as conflict, struggle, strife and destructive forces abound. It has been said that PLUTO teaches its lessons of soul growth through painful experiences – experiences through which you learn to overcome your obsessions, as well as your unconscious, repressed ego desires in an effort to tap into, and reinforce, the desires of Spirit and Unity Consciousness.

**When one door of happiness  
closes, another opens;  
but often we look so long  
at the closed door that  
we do not see the one which  
has been opened for us  
– Helen Keller**

NEPTUNE has the most refined, the most rarified energies of all the planets in our solar system. Those who have studied astrology, and those who come strongly under its influence have called NEPTUNE "*the planet of illusion.*" Until recently, humanity has mostly

been influenced by the negative energies of NEPTUNE: confusion, delusion, fear, escapism, and chaos. As you evolve, you are allowed to spend time in the world of NEPTUNE in order to reinforce your vibrations of Universal Love, Spiritual Wisdom, Inspiration, Vision, and Compassion.

As we attain balance and harmony and tap into our Divine senses, we begin to draw on the positive vibrations, and the positive influences of all the planets. Their negative influences, then, may no longer affect us.

Through this journey, our God/Goddess energies are reunited, and the masculine and feminine attributes and virtues they each carry are magnified and expanded. A wondrous time has come, a time for which we have long waited! It is up to us, the Light Warriors of Peace, to use this great gift of reunification for the highest good.

And so it is.

[Rev. George Quillet, an Aquarius, gave this lecture on Sunday, July 21, 2003. A metaphysician, and life-long student of astrology, Rev. George teaches the first year at the School of Spiritual Science (*First Steps in Unfolding Awareness, & An Examination of Death, Dying & Post-Earthly Life*). Rev. George is the 2003-4 President of the NSSC Board of Directors.]

**2003 NSSC Awards Gala**

(continued from p. 3)

*Fellowship Center*, Bishop Cheeks attracts a wide following. Early in his ministry, Bishop Cheeks actively contributed to the NSSC, as an assistant to Rev. Diane Nagorka, and later by speaking at graduations and other Center events. Bishop Cheeks increases Aids prevention awareness throughout his international travels. Organizations shepherded by him have a reputation for succeeding where others fail, due to his high high level of personal faith and commitment to this work.

**Rev. James Jones** - in recognition of his decades of selfless service to the NSSC, and particularly his indispensable contribution to the Center's Sunday Services. A familiar figure at all Sunday services, he greets guests, supervises the collection, serves as Co-minister and Healer, and provides inspired musical selections on his guitar. Rev. Jones serves on the NSSC Board of Directors, and through his (continued on p. 10)

## 2003 NSSC Awards Gala

(continued from p. 9)

inspired opening and closing prayers, anchors the work and accomplishments of the Board. As chair of the Center's Maintenance Committee, Rev. Jones takes responsibility for the Center's physical plant support activities. Rev. James personifies selfless service and always leads with love.

**Rev. Victoria M.J. Westphal** - in recognition of decades of outstanding service in testimony to her humanistic vision of a loving God and the brotherhood of Man. As founder and director of the *Cathedral of Prophecy and Meditation* Center in Reston, Virginia, Rev. Westphal taught classes, and held Sunday services and meditation circles. A well-recognized psychic and astrologer, she was blessed with the gifts of spiritual healing, clairvoyance, and clairsentience. In 1989 she compiled the official archives for the NSSC, coordinating the production of 14 annotated books of official NSSC history. Rev. Westphal regularly lectured and gave healings at NSSC, and other Centers in the area, and in 2002 was presented a Lifetime NSSC Membership. For most of her life she applied her prolific organizational skills to major projects in state and local politics, civic promotion, and education, including community festivals, and psychic fairs. Rev. Victoria's work testified to her abiding love for all people and her awareness of God in all living things.

**Editor's note:** Rev. Westphal died July 28, 2003. She is remembered with great love by all who had the privilege of knowing her.

### Educator Service Award

**Rev. Sonia Bergman** - in recognition of her strong commitment to both her personal unfoldment and work as a spiritual teacher within and without the NSSC. Rev. Bergman has demonstrated a lifelong commitment to learning, earning a second ministerial degree from the Light of Christ Church in Talequah, Oklahoma. She taught at the School of Spiritual Science for several years, and still hosts an Alice Bailey study group in her home. Rev. Bergman taught courses on a number of topics, including Concentration, the Rainbow Bridge Meditation Technique, and the Dissipation of Glamour and for several years, she also designed and led NSSC Solstice, Equinox, and Wesak services. She is a gifted teacher who takes a strong interest in her students' intellectual and spiritual growth, and always found time to counsel them when requested. Rev. Bergman takes clear moral stands and expects much from her students, and even more from herself.

**Rev. Deanna S. Mathias** - was Director of Education at the NSSC School of Spiritual Science for the past five years. In this capacity, she demonstrated leadership in the overall supervision and administration of the School, including responsi-

bility for the quality of the four-year curriculum, and boosting it's relevance and intellectual appeal. She taught the SS402 Wisdom Teachings II course as well as the Ministerial Training sessions at the NSSC School of Spiritual Science, served as liaison between the School and the Board of Directors. She was also a regular Lecturer at Sunday Services for several years. Rev. Deanna drew on her knowledge of topics such as physics, anthropology, and psychology to demonstrate how recent scientific discoveries actually confirm ancient teachings about the unity of life and the workings of spiritual laws on all planes of manifestation. In doing so, she helped ensure that the School curriculum remained up-to-date. Rev. Deanna has a private practice as a personal success coach, and is a co-founder of the Quantum Realities Center and Young Visionaries training Center.

**Rev. Barbara Wheat** - is recognized for her exemplary service as a teacher (SS201, *Unifying Concepts in World Religions I*, and SS401 *Wisdom Teachings I*) at the NSSC School of Spiritual Science for the past eight years. Rev. Wheat is a highly organized, dedicated, and extremely effective instructor. In addition to lecturing regularly at both NSSC and at the Institute for Noetic Sciences, Rev. Barbara also has a busy intuitive counseling practice. Rev. Wheat's high spiritual proficiency, as acknowledged by her students and peers, is further complimented by her humility and her human concern for others.

### Community Service Award

**Rev. Mary T. Braganza** - works with all in the D.C. metropolitan community in need of prayer and spiritual support. Early in her ministry, she was appointed a traveling emissary representing the NSSC, journeying up and down the East coast 3 to 5 days a week, giving demonstrations in intuitive and spiritual healing. For over two decades, she directed the AUM Center of Spiritual Science, presiding over classes, workshops, and Sunday services. She also taught SS202 (*Unifying Concepts in World Religions I*) at the NSSC School of Spiritual Science, lectured and gave messages on Sundays. For several years, she anchored the Center's Friday night intuitive counseling sessions (Psychic Fridays). A lifelong learner, Rev. Braganza has earned multiple degrees,

with a dual focus on business and philosophy. Her ministry has been characterized by spiritual power, broad philosophical knowledge, a love of teaching, and a strong service ethic. She also represented the District's Ward 4 as ANC Commissioner.

**Rev. Kathryn D. Gibson** - long dedicated to the effective functioning and administration of the NSSC, she served as Board secretary for 6½ years, and coordinated NSSC's participation in the Pathways and Blythe Spirit Metaphysical Expos. Rev. Gibson edits and produces *InSpirit*, the NSSC newsletter, serves on the NSSC Board as Director of Worship Services and Ceremonies, coordinates volunteers for the Sunday Services Calendar, and maintains the NSSC Email Prayer Chain. An instructor at the School of Spiritual Science since 1999, she currently teaches SS201, *Unifying Concepts in World Religions I*, and is a lecturer for the Ministerial Training classes. Her professional back-ground is in administration/management and she has served as a community volunteer with area educational organizations and institutions for over three decades. An active wedding officiant, Rev. Kathryn was cited in the January, 2003 *Washingtonian Magazine* for her work with couples of various spiritual and ethnic backgrounds in the metropolitan area to personalize their wedding ceremonies.

**Rev. Mary A. Hall** - has demonstrated a community service orientation with both NSSC and the community at large. She has twice served on the NSSC Board, including a year as Board Secretary. As Chair of the Alumni Committee, she made a substantial contribution to the 60<sup>th</sup> NSSC Anniversary Celebration, and in 2002 administered a successful Continuing Education Program at NSSC, scheduling a series of workshops and special seminars by alumni and guest experts. Currently, she is a training professional specializing in administering life skills assessments and fostering professional development. Rev. Hall has managed large projects which have benefitted at-risk citizens in the DC area including welfare-to-work recipients, young mothers, the disabled, infants and children. Her commitment to her work earned her a service commendation by the District of Columbia Government.

**Rev. Sandra Lehman** - supported the NSSC community for many years through her broad expertise in management, administration, and publishing. She served on the NSSC Board in many capacities including Treasurer from 1991 to 1996. In addition to teaching in the Ministerial Training Course at the School for two years, Rev. Lehman contributed to the recent revision of the *NSSC Ministerial Handbook*. Rev. Lehman coordinated the production of all NSSC publications for many (continued on p. 11)

### ENCOURAGEMENT

**Let's shower praises and appreciation  
upon our fellow members  
for their lofty endeavors.**

**Encouragement that comes from the  
heart increases ability and strength  
by twofold.**

- Soka Gakkai, Words of Encouragement from  
the Seikyo Shimbum

## 2003 NSSC Awards Gala

(continued from p. 10)

years, writing, typesetting, and often absorbing production costs with generous personal contributions. At present, Rev. Sandy is the office manager for the Atlantic Spiritual Science Center, and supports Rev. Diane Nagorka in scheduling workshops, lectures, and consultations.

**Rev. George Quillet** - has demonstrated a high level of reliability and diligence in bringing many important NSSC projects to completion. As Chair of NSSC's 60th Anniversary Committee, Rev. Quillet coordinated the landmark 60<sup>th</sup> Anniversary Celebration which recognized the Center's many contributions to the metropolitan community. He recently chaired the NSSC Board's Renovations Committee, bringing new life and vitality to the Center by refurbishing its physical space and is the new 2003-4 Board President. A Chartered Life Underwriter, he also advises the board on insurance matters. Known for his exceptional talents as an astrologer, Rev. George regularly leads New and Full Moon services, and is a Lecturer at Sunday services. He teaches the first year (*SS101, First Steps in Unfolding Awareness*, and *SS102, An Examination of Death, Dying and Post-Earthly Life*) and is a lecturer for the Ministerial Training classes at the NSSC School of Spiritual Science. Known for his punctuality, discipline, and determination, and positive attitude, Rev. Quillet personifies excellence in his service to the Center and to others.

### ***Distinguished Service Award***

#### **Balanced and Vital Life Spiritual Science Center, Rev. Gloria Long, Founder**

Directed by Rev. Gloria Long, BAVL is recognized for its achievement in introducing holistic health concepts and practice in a spiritual context to the Washington area, particularly to the African-American and Hispanic communities. BAVL emphasizes the principle that "spirit is the umbrella of health" and applies ancient and modern techniques to identify the spiritual root cause of a patient's illness. BAVL uses a broad range of therapeutic practices to treat the whole person and restore their health for the long term, not just temporarily. Rev. Long has brought a high level of learning and skill to her Center by working in partnership with experts in a wide range of fields to apply both conventional medical knowledge and alternative healing techniques to treat her clients. BAVL has also shown leadership in standing up for patients' rights for holistic treatment in the Washington area. Through a

series of health fairs providing services at a significant discount, BAVL has introduced holistic health and wellness to many D.C. residents for the first time; also giving other Spiritual Science ministers and holistic health practitioners an opportunity to serve and to become better known in the D.C. community.

#### **Baltimore Spiritual Science Center, Rev. Sylvia Kalb, Founder**

Rev. Sylvia Kalb brings a high level of scholarship and dedication to her leadership of the BSSC. Rev. Kalb made a personal commitment to spiritual work in the late 1960s, leading spiritual study groups for over five years, and founded the BSSC shortly after graduating from NSSC in 1967. She traveled widely to pursue in-depth studies in many topics, including to Oxford, England to study the Kabala. She studied Kabala, family law, and the Dead Sea Scrolls for over seven years at the Baltimore Hebrew University, and has worked privately under several prominent Kabbalistic scholars, including Shemon Halavi, Dolores Ashcroft-Nowicki, and others. She presides over all aspects of training and ordination at the BSSC, and is a previous NSSC Board member. She is a founder of Life Spectrums, and has chaired many metaphysical fairs and conferences.

#### **Spiritual Science Healing Institute, Rev. Helene Z. Eney, Founder**

At the SSHI, Rev. Helene Eney directs a four-year school, which teaches the psychology and science of spirituality. Rev. Eney brings a broad range of training and expertise to her stewardship of the Institute, where she directs and conducts programs in relaxation, stress release, pain management, and self-hypnosis. She has an active private practice which provides spiritual healing, counseling, and medical hypnotherapy. Rev. Helene has a Masters degree in Transpersonal Psychology and is certified through the National Guild of Hypnotists. Currently, she brings her broad knowledge and concern for her community to local teaching and development efforts, including establishment of a disaster program for the Clark County Red Cross, and development of a grade-school level "Roots and Shoots" Program for a Master Gardeners organization.

#### **The Institute for Applied Spiritual Technology, His Holiness Bhakti-Tirtha Swami, Founder**

The IAST is awarded for its work in uplifting entire communities by disseminating teachings on Ultimate Reality, man's spiritual nature, and on how men and women can align with spiritual principles to reach their true potential. Under Swami Krisnapada's direction, the IAST also teaches spiritual and survival skills such as sewing and carpentry, by building schools,

clinics, farms, and cottage industries at sites around the world. Swami Krisnapad is a social change agent, with a degree from Princeton University, who was active in the civil rights movement as a young man, and has also been coronated as an African high chief. His Holiness lectures around the world on a range of spiritual topics, including the nature of the Godhead, and means of spiritual upliftment and realization. He brought this ancient knowledge into the former Soviet Union, where it was received with great interest. He is known for his high degree of insight and for the clarity of his treatment of challenging spiritual topics. His books have been translated into many languages. In addition, His Holiness conducts seminars and workshops on principle-centered leadership, interpersonal relationships, stress and time management and other timely topics, and is widely recognized for his skills in the resolution of global conflict.

### **THE GUEST HOUSE**

**This being human is a  
guest house.**

**Each morning a new arrival.**

**A joy, a depression,  
a meanness,**

**some momentary awareness  
comes as an unexpected visitor.**

**Welcome and entertain  
them all!**

**Even, if they are a crowd of  
sorrows, who violently sweep  
your house  
empty of its furniture.**

**Still, treat each guest honorably.  
S/he may be cleaning you out  
for some new delight.**

**The dark thought, the shame, the  
malice, meet them at the door laughing,  
And invite them in.**

**Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.**

~Rumi~

## 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; ½ 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.

**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 first week in September, following labor day; one evening/week, 6:30-9:30 PM, two 18-week semesters; \$600 /semester. Call to register and for more information.

**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, as soon as possible!

*(Please let us know if your address changes.)*



**National Spiritual Science Center of Washington, D.C., Inc.**

1325 Fern Street, N. W. / Washington, D.C. 20012

(202) 723-4510

### **NSSC BOARD OF DIRECTORS 2003 - 2004**

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