



InSpirit

Newsletter of the *National Spiritual Science Center* Winter 2005 / 2006

A CENTER OF LIGHT AND LEARNING!

OUR ROLE IN THESE TIMES

Rev. Sally Henderson

This article covers Rev. Carol Parrish's views from a lecture she presented April 10, 2003, on the "role of the Light-worker in the new world religion." Our next issue will focus on her views about the "ray changes" taking place in our time.

The following notes were made by Rev. Sally Henderson who attended the lecture and says, "This information is as valid now as it was two years ago!"

The Role of Light-workers

This is the brink time. The new world religion is beginning. Although it is currently cloaked in the outer culture, there is a new alignment to spirit that people are starting to feel. The energy Rev. Parrish described was compared to a weaving of positive and negative braids as the energy of Spirit weaves through the personality.

The soul carries the intent or focus for our lives, and our long range goal is to move forward in the right direction and in order to do so, we must invoke the right use of our will power. Rev.

Parrish spent considerable time talking about individual will versus the collective will (here one also sees the political will as an example).

Our role as **Light-workers** is to hold stability in the midst of chaos. Only then can we stabilize (balance, strengthen) the various groups around us. **In recent years, we have seen the need for calm Light-workers amidst the chaos of global events .**

We need to begin envisioning a new civilization in as much detail as possible. We may ask, what kind of energies do we bring to this idea of a new civilization? To answer, first we must stabilize our own energies in order to create the focus or intent needed to bring our visions into reality.

Moving Energy

Rev. Parrish next discussed the movement of energy and its results. The process of bringing an idea down into the earth plane can distort its

energy, thus an individual or a group seeking to pull down certain energies may find the practical action they were focused on not actually taking place.

There has to be a middle, bridging plane or dimension, toward which one reaches, in order to step down this higher energy into our current vibrational level on earth. She explained this process in terms of the steps people follow during Lent:

- 1) resist temptation, resist getting into maya/illusion, fears, fantasies.
- 2) shape an appropriate response to the call toward action.

Recent example: Did you heed the call to assist hurricane or tsunami victims? How? Instead of going into panic, grief or blame, did you act or respond to the need for assistance? How? (physically, esoterically?)

- 3) become a conscious co-worker with Spirit. (continued on p. 7)

LIFE and LOVE

Rev. Gloria Cloteykine

Don't rush through life!

Take it one day at a time, one step at a time. Life is forever and this life that we are experiencing now is for our creation and for our enjoyment. No one will be exactly what you want them to be, but you can join together with them in love and accept each for who they are. We were created in the image of GOD and we are all like GOD.

Looking for Love

Everyone wants love. We are all looking for a way to express that desire, that need for love which we

feel so deep inside. A need to be accepted, a need to be free from the standards that we have allowed others to put upon us.

We must first look in the mirror to find that love for ourselves, for it generates from within. And once that love is found inside, it opens up the attraction mechanism and spreads like ocean waves throughout your entire being, bringing in multitudes of other love connections that, like you, have finally opened up the door.

Lessons

We may not quite know or under-

stand why we chose this world, or why it was chosen for us at this time. But we must learn to enjoy it, to accept, and to love it before other doors or opportunities for experience will open to lead us further on our journey toward even more opportunities for expression. Even through "bad" and hateful experiences, there are lessons to be learned; we must take them for what they are and look deep for the lessons we are to learn. For there is a meaning behind every intention and a chance to learn and grow from each experience. (continued on p. 2)

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TOP EDUCATOR AWARD presented to RASHEKI KUYKENDALL

Ms. Rasheki Kuykendall, a teacher at the Roots Public Charter School in Washington, DC was a recipient in October, 2005 of the prestigious Milken National Educator Award, which includes a gift of \$25,000, from The Milken Family Foundation.

Rasheki Kuykendall is the daughter of Rev. Hanifa Rasheed. (Rev. Hanifa was ordained in 2001, began the NSSC Spiritual Supplement Shoppe (gift/book store), co-produces our Sunday Service bulletins, and is an active Sunday service participant.)

Ms. Kuykendall excels in her ability to motivate her students to compete in the District's citywide spelling, geography and science competitions, and is known for her innovative ideas which boost achievement scores and challenge her students to perform to their highest potential.

Outside of school, she is active as a mentor in the *Black Madonnas and Young Lions*, an activities club for boys and girls, and in the *Rights of Passage* program, which teaches children life skills and social graces.

Ms. Kuykendall's background includes teaching and designing educational programs in Tanzania, Ghana and Kenya.

Lowell Milken, chairman and co-founder of the Milken National Educator Award, told guest and city officials at the awards presentation, "By recognizing and rewarding outstanding educators each year like Rasheki Kuykendall, we focus the nation's attention on the critical need to attract, retain and motivate caring, capable people to the American teaching profession."

Begun in 1985, the Milken Family Foundation Educator Awards are acknowledged as the largest national teacher recognition program in the United States.

Teacher Magazine calls the Awards the "Oscars of Teaching." Educators are recommended without their knowledge by a blue-ribbon panel appointed by the Department of Education in each state.

**COMMITMENT IS WHAT
TRANSFORMS A PROMISE
INTO REALITY.**
— Abraham Lincoln

LIVE AND LOVE

(Continued from p. 1)

Let no one tell you that you were not meant to be - for you are and you will be yourself - despite the thoughts of others, who themselves are still becoming the persons they are meant to be.

Experience Life / Love

LIFE to me, means: *love is forever experiencing new ways to express the basis of its foundation to connect, expand and bind together all creation.*

LOVE is: *life's opportunity for victorious experiences or expressions of one's internal being, super-consciousness or the higher self.*

So therefore, experience love, experience life, reject thoughts of uncomfortable feelings and replace them with warm and loving thoughts

so that negativity will vanish. And open your "internal being" to be receptive and to experience a victorious life.

Dreams

Don't be afraid to dream during the day, as well as the night, for dreams are only your thoughts putting forth the effort to manifest, and to give your life new meaning, as well as a new creation for you to experience.

[Rev. Gloria Cloteykine was ordained at NSSC in 2001, and is a regular Healer at Sunday services. A gifted writer while still a student, Rev. Gloria said of this article, "One of my teachers told me Spirit would lead me to pick up a pen - and it did!" We look forward to more!]

NSSC DONATION UPDATE

Aid to Katrina Survivors

In addition to esoteric healing work, and other voluntary support by individual NSSC members, the Board sent \$100 to aid with animal rescue in New Orleans, and also delivered three large shopping bags overflowing with personal products to the 19th Street Baptist Church as part of disaster relief collections for Hurricane Katrina survivors. Dr. Derrick Harkins, 19th Street pastor welcomed the donations as "perfect for individual use." A rig carrying the collected items left DC for New Orleans on Sunday, Sept. 11th.

Vacation/Hotel Stays

Many, many thanks to our members and friends who continue to bring back extra unused complimentary containers of soap, lotion, shampoo, conditioner, shower caps, etc. from vacation and business hotel stays to donate. And to those who add extra toothbrushes, tooth-paste, combs, deodorant, razors, shaving cream, tissues and other personal hygiene products to their grocery carts to donate to the basket.

These small, practical donations offer a huge self esteem boost for the adults and children who receive them!

DECISIONS

Rev. George Quillet

We are living in a most important time. The decisions we make now, and the energies that radiate from our inner being determine our future reality.

It is time to decide whether to move forward on the spiral of ascension through the gift of the *life process*; or to embrace the old energies of the *death process*.

Every human being on planet Earth is at this decision point at some level in their lives ... whether they are aware of it or not.

It is time to closely examine your beliefs (what you have accepted as your truth), for **those beliefs are exactly what you experience** in this earthly life and after transition.

It is time to make a decision!

Thought Forms

Engrave these words in your conscious and unconscious minds:

"THOUGHT FORMS"

It is critical that you become aware of how powerful are the forms that your thoughts take each moment of the day and night!

Your thoughts actually take on form outside of your body. And to those with clairvoyant sight, they appear as swirls of colors and symbols. Your thoughts always attract or magnetize similar kinds of ideas and possibilities to themselves.

If you fall asleep in fear, anger, or doubt, or with feelings of guilt or unworthiness - these are the feelings that will be magnified as they spin out into the astral plane where they connect with similar energies.

The more intense the thoughts and the more emotional the energy put into your thoughts, the more powerful they become, and thus, the more they affect or "color" your reality.

The energies of your thoughts affect your auric field, either clouding and distorting it, or enhancing and enlightening it.

Colors and Patterns

Your *thought form energies* next move into and through your emotional and mental bodies. Each rush of feeling produces an effect: a positive, loving thought adds colors of sparkling vibrancy to your auric field, while negative emotions distort and add shadows or faded colors and patterns.

Each person perceives the world around them (their "reality") through a filter of the vibrational frequency of patterns and colors made up from the screen of their daily thought forms.

The vibrational resonance of your thoughts will determine the colors of the energies you project, while the nature of your thoughts will determine their form.

When a person sends out thoughts of selfish greed or envy, a brownish green color will radiate forth. (Thus the saying, "Green with envy.") Anger or rage projects dark clouds of muddy red energy which can almost look like sharp shafts of projectile-shaped energy, or daggers.

When you send forth feelings of pure, unselfish love to a particular person, it is immediately transported to them as an aura of protection. Feelings of worship, devotion, and adoration radiate outward and upward in a wondrous pattern of light and color containing all the qualities of godliness.

AWARENESS EXERCISE

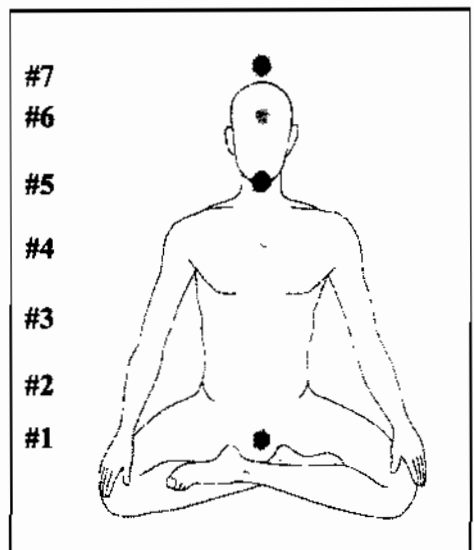
Here is a meditation / exercise to assist your becoming more aware of the energies you are projecting. It is not only important to monitor your thoughts, it is equally important to observe and feel from where these energies emanate inside your body!

Through observation and intent, you can monitor your thought patterns, and with determination and the assistance of your Higher Self, you can eventually project only the vibrant, clear colors of peace, compassion, abundance, love, and joy.

As most of you know, the Chakras (the body's energy/power centers) are

spinning, cone-shaped vortexes of energy located along the spinal column. Each energy center resonates to a particular color, which gradually changes as you raise your vibrational frequency. For this exercise we will use the basic Chakra colors, which are attuned to the colors of the rainbow.

Let us begin. To help you become more aware and to *feel* the energies of each chakra's location as you picture it's location in your mind, also place your hand in front of your body on the area where the chakra is located.



*CHAKRA SYSTEM DIAGRAM FROM:
<http://www.kacha-stones.com/chakras.htm>

Root Chakra #1

First, focus your consciousness on your ROOT Chakra. This chakra is located in the sexual area of the body, at the tip of the tail bone. Here is where the energies of survival and abundance (or scarcity) are stored.

When balanced, this chakra provides a sense of abundance, plenty, security, and connectedness to the earth; this is why it is called the "Root" Chakra. Its color is RED.

Move your hand and your consciousness to this area and visualize it in your mind as a brilliant, pure red-colored circle of power and strength, as you "Intone" or chant the words: **I LIVE.**

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CREATING A SAFE SPACE

Rev. Zora P. Baker

There are times we enter a place that should feel safe or sacred, but it doesn't. We get this funny feeling that all is not as it should be. This doesn't mean that the place is damned, or that the information you came to receive will be tainted, or that you have seriously erred in judgment.

A mischievous entity might be playing tricks or a negative energy may be present. *Remember that the Light attracts everything.* You have sensed something that is out of alignment.

I AM THE LIGHT

Immediately say "*I am the Light*" and mentally surround yourself in a bubble of protective light.

Then scan the entrance. Perhaps you are sensitive to protective seals that have been planted, or the entrance shape and color remind you of an unpleasant scene, or the entrance has not been spiritually cleansed.

Walk through the entrance. If there is a feeling like walking through cobwebs – protective shields have been placed. That's O.K. If your skin feels cold or you shiver, it's a memory that has been triggered which you may choose to explore later. If the space is unclean, your skin will feel sticky.

Stand in the doorway, mentally stretch your bubble of light and sweep the psychic debris into the ground for utilization by the earth elementals.

Never assume you have an overactive imagination. **Trust your intuition and work accordingly.** When you honor your altar and keep your own home spiritually clean, that protection is carried with you, wherever you go.. When more is needed or you just need assurance, the Technique for Creating a Safe Space will offer peace of mind..

Once you perform the technique with deliberation and concentration,

you may call upon the memory of that event and perform a portion of the technique and it's done in a flash!
– and that's majick.

TECHNIQUE FOR CREATING A SAFE SPACE

(Your own space or places you visit)

RIGHT THINKING and RIGHT ACTION
enable you to create an aura of
protection and psychic safety.

1. Physical Environment.

The physical environment should be clean - physically and spiritually. Remove all clutter from the entrance - outside and inside. Bright lights and an inviting entrance put the mind at ease. Pleasant background music and/or burning incense may also heighten the positive effect you are seeking to create.

Other options that may assist in focusing your intent are:

Aromatherapy: enhances emotions

Candle flame: focuses awareness

Water Fountain: augments the
flow of chi

Crystals: store, amplify and radiate
beneficial power

Live plants: purify and freshen the
atmosphere

2. Right Thinking.

Energy follows thought, and the eye, opened by thought, directs the energy in motion. ... Master D.K.

A. **Intention:** Before you enter the room or area chosen for a meeting, class or meditation session, mentally clear and cleanse the space by visualizing a white vortex or whirlwind of energy entering the space from above, sweeping up all psychic debris, and carrying it deep

into the earth where the elementals transmute it for their use.

B. **Focus:** Keep foremost in your mind's eye that the space will be crystal clean and clear, ready for spiritual work, mental contemplation, meditation, or relaxation.

C. **Manifestation:** Expect that only good shall be communicated in this space and positive results will come to pass.

At the center of love I stand, and naught can touch me here, and from that centre I shall go forth to love and serve. ... Master D.K.

3. Right Action.

Let there be right thinking and right action by everyone on Planet Earth. Let there be respect and regard for the people who enter this space, for those who will interact with them, and for the kingdoms of nature who look to humanity for care and guidance.

A. **Gratitude:** When you step into the space you have cleared, **immediately** thank the Beings of Light (e.g., your Guardian Angel, Spirit Guides, God, Spirit) for hearing your request and invite It to remain and support the spiritual energies (even if you do not feel any change at first).

B. **Affirmation:** Recite the **Soul Mantra*** and declare that as a teacher, facilitator, or participant you view everything for the specified time of the gathering from the stance of the soul:

***I am the soul. I am
the Light Divine. I
am Love. I am Will.
I am Fixed Design.**

... Rainbow Bridge
Meditation

C. **The Light Mantra** is another powerful statement that protects
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THE GOLDEN RULE

Rev. Kathryn D. Gibson

"Every religion emphasizes human improvement, love, respect for others, sharing other people's suffering. On these lines every religion had more or less the same viewpoint and the same goal."

— The Dalai Lama

Most spiritual traditions and ethical systems share the philosophy that people should treat each other with respect. And throughout history, teachings demonstrating this belief have been passed on from generation to generation, orally and in writing. The majority of holy scripture and the writings of religious leaders, whatever

their spiritual practice or religion, have passages which promote this ethic.

In western culture, the most common version of this idea is called:

THE GOLDEN RULE

"Do unto others as you would have them do unto you."

Versions of this rule seem to have existed in every culture and throughout every age in human history.

The versions of this teaching in our chart were collected from a wide variety of spiritual practices covering a time span of several thousand years.

They range from the two oldest known versions - the epic Hindu poem, the Mahabharata (oral translation dated approximately 3100 BCE* and written in Sanskrit around 1000 - 900 BCE),

and an ancient Egyptian hieroglyphic writing dated between 1970 to 1640 BCE - through the Christian gospels from the first century CE,* Islam at the beginning of the 7th century CE, and the Bahá'í World Faith in the 19th century CE; and ends with a quote from the British Humanism Society in 1999 CE, and an optimistic version from a current "New Age" website, Notes from the Universe from August 2005.

Quotes are arranged in alphabetical order by Spiritual Tradition. Dates, authors, scripture or oral tradition are listed where known.

[*NOTE: In most modern historical writings, the abbreviations BCE (*Before the Common Era*), and CE (*Common Era*) have replaced the older abbreviations BC (*Before Christ*), and AD (*Anno Domini*, "in the year of the Lord," respectively.)

RELIGION / PHILOSOPHY, SPIRITUAL TRADITION	APPROXIMATE DATES	QUOTE (references given where known)
ANCIENT EGYPTIAN	Original: 1970 to 1640 BCE	<u>The Tale of the Eloquent Peasant</u> , 109 - 110, Translated by R.B. Parkinson. "Do for one who may do for you, that you may cause him thus to do." MAY BE THE EARLIEST WRITTEN VERSION
ANCIENT GREEK AND ROMAN PHILOSOPHIES	1 st through 4 th Centuries BCE	<u>Epictetus</u> , 135 BCE: "What you would avoid suffering yourself, seek not to impose on others." <u>Seneca</u> , <u>Epistle 47:11</u> "Treat your inferiors as you would be treated by your superiors." <u>Socrates</u> , 400 BCE "Do not do to others what would anger you if done to you by others." <u>Plato</u> , 4 th century BCE, "May I do to others as I would that they should do unto me."
BAHÁ'Í WORLD FAITH	1870 CE	<u>Baha'u'llah Epistle to the Son of the Wolf</u> . "He should not wish for others what he does not wish for himself." "And if thine eyes be turned towards justice, choose thou for thy neighbor that which thou choosest for thyself."
BUDDHISM	500 BCE	<u>Udana-Varga 5:18</u> "Hurt not others in ways that you yourself would find hurtful." <u>Samyutta Nikaya v. 353</u> "...a state that is not pleasing or delightful to me, how could I inflict that upon another?"
CHRISTIANITY	100 - 200 CE	<u>Luke 6:31</u> : "And as ye would that men should do to you, do ye also to them likewise." KJV; "Do to others as you would have them do to you." NIV; <u>Matthew 7:12</u> , KJV "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."
CONFUCIANISM	500 BCE	From the <u>Analects of Confucius</u> : "Now the man of perfect virtue, wishing to be established himself, seeks also to establish others; wishing to be enlarged himself, he seeks also to enlarge others. To be able to judge of others by what is nigh in ourselves; this may be called the art of virtue." (6:30), "To be able to judge of others by what is nigh in ourselves; This may be called the art of virtue." (6:30); "Do not do to others what you would not like yourself. Then there will be no resentment against you, either in the family or in the state." <u>Doctrine of the Mean 13:3</u> : "Tse-kung asked, 'Is there one word that can serve as a principle of conduct for life?' Confucius replied, 'It is the word 'shu' (reciprocity). Do not impose on others what you yourself do not desire." Two translations from <u>Mencius</u> (Disciple of Confucius) VII.A.4: "Try your best to treat others as you would wish to be treated yourself, and you will find that this is the shortest way to benevolence." OR: "One should not behave towards others in a way which is disagreeable to oneself."

Golden Rule Table (Continued from page 5)

RELIGION / PHILOSOPHY, SPIRITUAL TRADITION	APPROX. DATES	QUOTE (references given where known)
HINDU (BRAHMANISM)	3,100 - 900 BCE	<u>Mahabharata 5:1517</u> : "This is the sum of the Dharma [duty]: do naught unto others which would cause you pain if done to you." [Oral versions 3,100-500 BCE Written 1,000-900 BCE]
HUMANISM	1999 CE	<u>British Humanist Society</u> : "Don't do things you wouldn't want to have done to you,"
ISLAM	800 CE	<u>Hadith recorded by al-Bukhari, Islam</u> : "No one of you is a believer until he desires for his brother (or fellow Muslim) that which he desires for himself."
JAINISM	500 BCE	<u>Acarangasutra 5.101-2</u> : "Therefore, neither does he [a sage] cause violence to others nor does he make others do so." <u>Lord Mahavira, 24th Tirthankara</u> "In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self." <u>Sutrakritanga 1.11.33</u> "A man should wander about treating all creatures as he himself would be treated."
JUDAISM	550 BCE	<u>The Talmud, Shabbat 31a</u> . What is hateful to you, do not do to your fellowman. This is the entire Law; all the rest is commentary. <u>Tanakh, new JPS Leviticus 19:18</u> "You shall not take vengeance or bear a grudge against your countrymen. Love your fellow as yourself: I am the LORD." <u>Hillel; Talmud, Shabbat 31a, Judaism.-100 CE</u> : "What is hateful to you, do not to your fellow man. This is the law: all the rest is commentary."
NATIVE AMERICAN SPIRITUALITY		<u>Black Elk</u> : "All things are our relatives; what we do to everything, we do to ourselves. All is really One." <u>The Great Law of Peace</u> : "Respect for all life is the foundation."
NEW AGE PHILOSOPHY	August 22, 2005	<u>The Universe, www.tut.com</u> . "The more you find good in another, the more you'll find good in yourself. No matter who that 'other' is."
SHINTO		"The heart of the person before you is a mirror. See there your own form."
SIKHISM		<u>Japji Sahib</u> "Compassion, mercy and religion are the support of the entire world." <u>Guru Arjan Devji 259</u> : "Don't create enmity with anyone as God is within everyone." <u>Guru Arjan Dev : AG 1299</u> : "No one is my enemy, none a stranger and everyone is my friend."
SUFISM		<u>Dr. Javad Nurbakhsh, Master of the Nimatullahi Sufi Order</u> . "The basis of Sufism is consideration of the hearts and feelings of others. If you haven't the will to gladden someone's heart, then at least beware lest you hurt someone's heart, for on our path, no sin exists but this."
TAOISM	500 BCE	<u>Tai Shang Kan Yin P'ien</u> : "Regard your neighbor's gain as your gain, and your neighbor's loss as your own loss."
UNITARIAN		<u>Principles</u> : "We affirm and promote respect for the interdependence of all existence of which we are a part."
WICCA		<u>The Wiccan Rede (rule of behavior)</u> : "An it harm no one, do what thou wilt." (i.e., Do what you will, as long as it brings harms to no one, including yourself.)
YORUBA (Nigeria)		"One going to take a pointed stick to pinch a baby bird, should first try it on himself to feel how it hurts."
ZOROASTRIANISM	700 BCE	<u>Dadistan-i-Dink</u> : "That nature only is good when it shall not do unto another whatever is not good for its own self." <u>Shavast-na-Shavast 13:29</u> : "Whatever is disagreeable to yourself do not do unto others."

The meaning of this "Golden Rule" is not concerned with the concept of retaliation and should never be confused with retributive justice, the law of retaliation, or such admonitions as *an eye for an eye, a tooth for a tooth, or tit for tat*. Its relationship to the *Law of Karma* is seen through the positive effects in a person's life which

are created or accrued by positive actions in this and other lifetimes.

The Golden Rule, no matter how it is phrased, teaches us to treat others with the same respect and consideration as we desire to be treated.

[Rev. Kathryn D. Gibson teaches SS201, *Unifying Concepts in World Religions* at the NSSC School of Spiritual Science. A life

ceremonies officiant (weddings, baby blessings, funerals), she also produces *In Spirit*, and holds the position of Director of Worship and Services on the NSSC Board of Directors.]

(REFERENCES: www.tut.com Notes from the Universe; www.teachingvalues.com/goldenrule.html; http://en.wikipedia.org/wiki/Ethic_of_reciprocity; www.religioustolerance.org/reciprocity; SS201 text, *Adventure in Meditation, Vol. II*, by Carol E. Parish-Harra, Ph.D.)

OUR ROLE IN THESE TIMES

(Continued from p. 1)

Increasing Awareness

We need to increase our awareness or sensitivity, to the events taking place around us, so that we will recognize opportunities as they appear (these days, some may never come again). It is up to us whether we either hesitate, or step into the opportunities that come.

We need to know it is also appropriate to say "no," or to grab those opportunities with trust and find our answers from the heart.

In the Piscean Age, we used to build references through our emotions. Now we are starting to do so with the mind, but we have not yet fully learned to recognize the sense of "knowingness" (that "aha, I know this is right!" feeling) that identifies our connection to Spirit, so our goal now becomes one of aligning our emotional and mental responses/connections.

This happens when you say you "feel something" and you "know" it to be true without a doubt but find it hard to put into words. It may seem like an energy passing through that imbues you with knowledge. So the task becomes to align our connections and Spirit, and feel confident about the process.

We need to further sensitize our feelings and soul nature to that "aha" understanding. We may be responding emotionally but are not feeling the connection mentally. We must strive to be clear with our understanding of what actions will and will not work for us. This is a process of gradually accepting the "aha" and what it means. Then the question becomes how do you put this knowledge into "right action?" It is a process not of letting one level rule, but of aligning the mental, emotional, and spiritual levels in balance in order to move toward action.

Our spiritual growth and maturity must gain more momentum and direction. This awareness needs to

solidify and right now it's energy is rather "wispy."

An example Rev. Parrish gave was how long it took before we had hospice centers in the U.S. It didn't happen until a critical mass of people visited England, saw the hospice idea successfully at work there, then brought the idea back here, that we saw the hospice concept quickly move throughout the United States. Many have also said that the impact of cell phones was instrumental in bringing down the Soviet Union.

This awareness process has been speeded up and the best current example is the speed of news. We used to rely on the major TV networks to give us the breaking news but now we use cell phones and the Internet more and more. With the Internet, look how quickly ideas become adopted. Look at the role the Internet has played in recent tragic events.

Spiritual Insightfulness

What are your own personal "Ten Commandments," your personal code of ethics? There is need for dedication and sincerity in our mental focus and our actions, for the veil is thinning between the personality and the soul.

As a soul we can love more freely than as a personality because the soul is able to love unconditionally and with detachment (love with no strings attached), versus the selfish loving

needs of the social animal in us. The tricky part is that because our personalities love conditionally, we expect God to do so as well.

Our goal is spiritual insightfulness. The intent or thought-form we mentally send out becomes charged with a power energy of spiritual consciousness. Then our "personal will" lifts the intent up and releases it, invoking a "will to good."

This "will to good" is a specific stream of energy that reshapes the personal intention to be used in the highest form for the good of all (common good). Mentally invoking the "will to good" uses both **magnetic** and **dynamic** energy. And "good will" or right intention is the force that stimulates or activates that energy, raising it higher and higher.

Love, the highest vibration, is an evolutionary energy, a sacrificial energy that takes us beyond what we know ourselves to be. We learn by loving. The example Rev. Parrish gave was the love of parents for their newborn child.

When we are just starting on the spiritual path, one of (Continued on p.9)

CREATING A SAFE SPACE

(Continued from page 4)

and augments the aura of the group. It can be used as an invocation or a blessing:

I am the Light. The light is within me. The light moves throughout me. The light surrounds me. The light protects me. I AM the Light!

... Consuela Newton, I.A.

[A ritualist and researcher, Rev. Zora P. Baker officiates at NSSC Solstice, Equinox and seasonal Esoteric ceremonies, gives crystal and healing workshops, and leads Spiritual Development Circles. Rev. Zora is Secretary of the NSSC Board of Directors, co-teaches SS 402 -- *Wisdom Teachings II*, and coordinates the 4th year Ministerial Training for the NSSC School of Spiritual Science.]

NSSC MEMBERSHIPS

INDIVIDUAL	\$35
FAMILY (children to age 18)	\$50
NSSC MINISTER'S FEE	\$50
MINISTER'S CHARTER RENEWALS	\$50

The NSSC charter and membership year runs from July 1st through June 30th.

For more information, contact:
Rev. Cornelia Jones, Membership Chair.

NSSC is a non-profit 501(c)(3) organization

WE MAKE A LIVING BY WHAT WE GET.

WE MAKE A LIFE BY WHAT WE GIVE.

~Winston Churchill~

DECISIONS

(Continued from page 3)

Hold the chant as long as is comfortable, then take a deep breath as you move your hand and consciousness upward to the second chakra located below the navel or lower abdomen.

SACRAL CHAKRA #2

The second, or SACRAL chakra is located approximately two inches below your navel. It is the seat of your feelings of security, of desire, of pleasure, and of passionate sexual love.

Here your goal is to bring your wants and desires into harmony with Spirit for your highest good and for the good of all. Strive to blend your passion and love with compassion and a soul union, as well as a physical union. Sending thoughts of tolerance and compassion for ALL will help you make great strides in balancing this chakra so that it resonates purely and harmoniously.

See this energy as a circle of pure ORANGE. As you focus on the second chakra, take a deep breath and **intone** the words: **I FEEL**.

SOLAR PLEXUS CHAKRA #3

Move now to the SOLAR PLEXUS chakra, in the upper abdominal region, approximately two inches above your navel. It is the area of personal will power, self-control, and your emotions.

In the past, this was the area where you may have allowed others to tap into your personal energy source, or where you may have used it's energy to tap into the energy field of others.

See this energy field resonate as a vibrant YELLOW as you take a deep breath and ... **intone**: **I WILL**.

HEART CHAKRA #4

Now, move your hand and consciousness to the center of your chest - to your HEART CHAKRA. Here is your life force, your **solar power center**, and the seat of your Higher Self, your Essence and Divine Love.

If you filter all the feelings of the

lower three chakras and their energies through THIS very special power source, **miracles** will begin to happen.

See a vibrant, radiant GREEN color flowing from your Heart Center as you **intone**: **I LOVE**.

Note: The solar plexus chakra, along with the heart chakra, may be viewed as a **combined power center** where you first receive and then project the gift of the Illumination, of God / Divine Source / Christ Light.

It is important to mentally practice accessing and drawing down this Divine Light from the higher realms into this area of your body and to then consciously radiate it outward.

Sharing this gift with the Earth and all of humanity might be your major mission in this life!

THROAT CHAKRA #5

The next chakra is located at the THROAT, and communication is a most important subject at this time.

Many of you are experiencing stress, or symptoms of discomfort in the throat area. That is because this is the **power center of the spoken word**, of communication, discernment, discretion, and self-expression. For too long you may have allowed others to decide what would be your truth or to **speak your truth**.

It is time to take back your own power and to speak with honor and integrity, compassion and wisdom. Take a deep breath as you visualize a brilliant light to medium BLUE color and **intone** the words: **I SPEAK**.

BROW CHAKRA (THIRD EYE) #6

The next chakra is called the AJNA, or THIRD EYE. It is located at the area of the forehead between the eye brows. As the veil of forgetfulness that we are born with is lifted and you claim your gifts of Spirit, you will regain your clear inner-vision, your intuition guided by Spirit, clairvoyance, and perception beyond the limitations of duality.

See this area resonate with a lovely DARK VIOLET or INDIGO color as

NSSC School of Spiritual Science

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Tuition: \$ 600 per Semester + Books
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Spring Classes begin first week of February. Spring pre-requisite: successful completion of the fall semester of same academic year.)

you **intone** the words: **I SEE**.

CROWN CHAKRA #7

Finally, move your consciousness to the top of your head or CROWN CHAKRA.

Here, the beautiful lotus of Spirit is unfolding to allow the radiance of the Creator to once more flow to and through you. Here resides Divine Wisdom, and Spiritual Will - where you may tap into the wisdom of your Higher Self, the Divine I AM presence. And where you are once again moving into Oneness with all creation and the Infinite.

See this area radiate an iridescent WHITE color as you **intone** the words: **I AM** - three times. (continued on p. 9)

**TO PRESENT A WORKSHOP, OR
MINI-COURSE AT NSSC**

Contact Rev. Zuri Nia at
healervibe@yahoo.com

DECISIONS

(Continued from page 8)

Moving into Mastery

As you begin to move more into your own mastery, you will start to see through eyes filtered with love, and hear with ears tempered by compassion. You will project an expanded energy field which will enfold you and radiate out further and further, thereby creating peace, love, joy, and abundance in the environment around you.

By your example, others will learn; and within this force field you will build the vortex by which you will eventually transcend and leave forever the trials and tests of the Earth Plane.

**It is time to remember
there is no death ... only a
transcendence of Spirit.**

Matter, or the stuff of which the physical body is composed, may change and decay, but Spirit – the true

essence of you – only becomes brighter and stronger as it reunites with more fragments of itself on the upward spiral to Oneness with our Father/Mother God. You will have made your decision to move forward.

And so it is.

[This article was adapted from a Sunday lecture by Rev. George Quillet in April, 2004. Rev. George has been a student of astrology and metaphysics for many years. He performs weddings and funerals, teaches the first year at the NSSC School of Spiritual Science, leads New Moon observances advises us on astrological occurrences, lectures at Sunday Services, and is an active member of the NSSC Board of Directors.]

**OUR ROLE
IN THESE TIMES**

(Continued from p. 7)

the hardest lessons to understand is how other people come into our lives for a reason, a season or even a lifetime. The lesson becomes one of learning, loving, enjoying, and then being able to let go of those relationships.

We look to gurus as teachers, but ordinary "other" people are also our teachers and sometimes we only need them for a week or a year and then it is

time to move on. And some people come in to be with us our whole lives this time around.

Acceptance of this process often seems hard when we base it on outer societal expectations, but when we accept and can move forward in love then the lesson is learned and we give thanks for the assistance. We need to let our love move through us and as it changes us, it also changes the world.

[A firm believer that science and spirituality can and do walk hand in hand, Rev. Sally Henderson's many interests range from the disciplines of healing and scientific study to the esoteric works of Alice Bailey and others. She has a masters in Library Science as well as her MBA, and is director of the DC library of a national health and social sciences research firm.)

**If you must speak ill
of another,
do not speak it ...**

**... write it in the sand
near the water's edge.**

– Napoleon Hill

**NSSC ACTIVITY
CALENDAR**

SUNDAY SERVICES:

Healing Service begins at 5 pm;
Worship Service begins promptly
at 6:00pm

JANUARY

Sun. 1/1 Rev. Kathryn Gibson, 6pm
Sun. 1/8 Rev. Rosetta Hillary, 6pm;
NSSC Board of Directors, 2pm
Sun. 1/15 Full Moon, led by Rev. Kathryn
Gibson, 6pm
Sun. 1/22 Rev. Zuri Nia, 6pm
Sun. 1/29 New Moon, led by Rev. George
Quillet, 6pm

FEBRUARY

Sun. 2/5 Rev. Kathryn Gibson, 6pm
Sun. 2/12 NSSC Board of Directors, 2pm
Full Moon, led by Rev. Carol Godley, 6pm
Sun. 2/19 Rev. James Jones, 6pm

Sun. 2/26 New Moon, led by Rev. George
Quillet, 6pm

MARCH

Sun. 3/5 Rev. Tia Oliver, 6pm
Sun. 3/12 NSSC Board of Directors, 2pm
annual **HOMEGONG MEMORIAL Service**,
led by Rev. Cornelia Jones, 6pm
Tue 3/14 Full Moon, led by Rev. K. Gibson, 7p
Sun. 3/19 **VERNAL EQUINOX CELEBRATION**,
led by Rev. Zora Baker, 6pm
Sun. 3/26 Rev. Evelyn White-Bey, 6pm
Wed 3/29 New Moon, led by Rev. G Quillet, 7p

APRIL

Sun. 4/2 Rev. Rev. Sally Henderson, 6pm
Sun. 4/9 NSSC Board of Directors, 2pm
Rev. April Snell, 6pm
Mon-Fri 4/10 - 15 **NSSC School of Spiritual
Science SPRING BREAK**
Thur 4/13 Full Moon, led by 7p Rev. K. Gibson
Sun. 4/16 **EASTER**, Rev. Dr. Atiba Vheir, 6pm
Sat. 4/22 **NSSC Retreat for Graduates and
Ministers**, 10am-4pm, at NSSC

Sun. 4/23 **NSSC STUDENT SERVICE**, 6pm
Thu 4/27 **New Moon**, led by Rev. George
Quillet, 7pm

Sun. 4/30 Rev. Louise L. Campbell, 6pm

MAY

Sun. 5/7 Rev. Rev. Sally Henderson, 6pm
Sun. 5/14 **Mother's Day and WESAK** led by
Rev. Zora P. Baker, 6pm
Sun. 5/21 NSSC Board of Directors, 2-4pm
Rev. Jim Webb (Takoma Chapel), 6pm
Sun. 5/28 **New Moon**, led by Rev. George
Quillet, 6p

JUNE

Sun. 6/4 Rev. Rainey Cheeks, 6pm
Sun. 6/11 (no service at Center)
**NSSC ORDINATION and CERTIFICATION
CEREMONY**
Sun. 6/18 **Summer Solstice / Father's Day**,
led by Rev. Zora Baker, 6p
Sun. 6/25 **New Moon**, led by Rev. George
Quillet, 6p

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SUNDAY EVENING SERVICES:

All services begin on time.

5:00 - 5:45 pm, Healing Service -
Spiritual healing, balancing and alignment of body, mind, and spirit are channeled by Center ministers and advanced students.

6:00 - 7:00 pm, Worship Service -
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Laugh Often
Love with
all your heart**

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