

# SPIRITUAL LIGHT CENTER NEWSLETTER

JUNE 2022

## PRESIDENT'S MESSAGE

**Rhonda Murphy**

President's Message:

I found a couple of interesting ideas in Revelation 22:8-11:

I, John, am the one who heard and saw these things. And when I had heard and seen them, I fell down to worship at the feet of the angel who had been showing them to me. But he said to me, "Don't do that! I am a fellow servant with you and with your fellow prophets and with all who keep the words of this scroll. Worship God!" Then he told me, "Do not seal up the words of the prophecy of this scroll, because the time is near. Let the one who does wrong continue to do wrong; let the vile person continue to be vile; let the one who does right continue to do right; and let the holy person continue to be holy."

First, that we are all "fellow servants," whether we are souls currently incarnated on this planet (as human, animal, plant, crystal, etc.), or even angels, when we are living and acting in love. We may admire talents which others have and we lack, but we need not worship them.

Second, we must allow each person to act and be as they are. It does not serve anyone if we try to force someone to change. We each have the freedom to act out whatever roles we wish to try out. I can stand up for what is right and not condone that which is wrong, while still allowing everyone the opportunity to have challenging learning experiences. I can always be kind.

Much love, Rhonda Murphy

## Ongoing Events

**Movie Night has Moved to Every Wednesday!**

Each Wednesday at 3:00 PM Join our group in the Hall for Movie Afternoon! We choose something fun to watch and afterward pick a place and go out to eat!

**Yoga Monday Nights at 6 PM**

Ashley will be teaching a free all levels yoga class Monday Nights at 6 PM in the Hall. Please bring a mat or towel, wear comfortable clothes you can move in and join us to relax and connect with our bodies and breath. All are welcome.



### OUR VISION STATEMENT

The Spiritual Light Center is a peaceful and joyful fellowship of individuals, centered in love, dedicated to the God within, and honoring the many paths to truth.

### OUR MISSION STATEMENT

We seek to develop our highest selves by continuous sharing of spiritual ideas, in an environment of unconditional love and respect for others.

### Upcoming Speakers

Sunday, June 5th

Ashley Russell will speak on Yoga & Spirituality

Sunday, June 12th,

Katherine Greys will speak on When we feel disconnected from spirit what do we do?

Sunday, June 19th

Doug VanOrsdall will share a special Father's day message

Sunday, June 26

Aidan Russell will share: to be announced.

# THE FEEL OF IT IS THE REAL OF IT

By: Tom Wright

There are two ways we inform ourselves. One is with thought. The other is with feelings. In the world of manifesting our health, wealth, and inner peace, we always want the 'real of it.' Yet time and time again, we allow our thoughts to distract and dishearten us from knowing the real. Not only that, but too often we don't process our actual feelings, to the point of not even knowing what they are anymore. Indecision, vacillation, and failed manifestations come out of our denial of feelings.

Thoughts. What are they? Not very tangible, and certainly not consistent. Our minds run on and on with them all the time. What is more effective and real for manifestation are feelings. Ever have a thought about an apple? Ever try taking a bite of that thought apple? Not very satisfying, eh? On the energy scale, thoughts are not very far up the ladder. Basement stuff really. Now actions, which when driven by how we actually feel about something, are high energy, real world manifestation generators. This is why it was stated that the feel of it, is the real of it.

Because when we are in touch with our real feelings, we take actions that produce real results in the real world. Not only that, but that's when we are in complete alignment with ourselves. Resistance disappears, and we are in action toward our goal, whatever that goal may be. It's called living out your passion.

So now comes the question. How do we do that? First of all, you have to be in touch with enough of your already existing self-love to enable you to write out your internal permission slip for allowing yourself to feel what you are feeling in the moment. The only place it's really pertinent to feel. And the only place to start writing out that permission slip is to do The Loving Process® over, and over, and over, again. Then as an adjunct, you can use The Senses Process® to place yourself right in the present moment. The one place where you are at your most powerful. Now. Undistracted and unstoppable.

So now you're practicing The Loving Process® over and over and over again, you have gotten yourself into the present moment through doing The Senses Process®, so now what? You keep on keeping on, of course! And in that keeping on, you begin to feel what you are feeling by asking yourself the question, "Am I willing?" Am I willing to feel what I am feeling? To really feel it, and then if you are having resistant feelings, to let them go? Are you? Ask yourself. I'll wait. If the answer is yes, great! If the answer is no, that's great too! Because this is the 'tell the truth now, tell the truth' later method of manifestation. The truth will set you free. But you have to be willing to feel it first.

Most of all, give yourself a break with this important internal feeling work. Because it's always okay to feel the way you are feeling. It's simply okay to feel that way. We may work to change how we are feeling, but regardless, it's still okay. We give ourselves a break because in truth, no matter who any of us are, we have all spent most of our lives stuffing some feelings, if not all of them. Our very societal systems all drive us to hide how we feel. It's not 'good business' after all, to be real. Or to be perceived as being emotional or weak. So we have been literally trained to hide how we feel. Especially in public. Time to get over all of that and start to feel to be real.

Because that is when you are the most powerful version of yourself that you can be, the real you. The manifestor of good. There you go again. Nice job!

Tom Wright A Course In Shamanism.

## OTHER ITEMS OF INTEREST

### DEATH CAFE,

Sunday, June 12, 2022,  
2-4 pm,

Wayfarers Unity Chapel,  
182 Wayfarer Lane, Dillard, GA

DEATH CAFE is a global movement started in the UK whose only objective is: "To increase awareness of death with a view of helping people make the most of their finite lives."

Join Jan Brewer, M.A., CMT, for a group-directed conversation in the welcoming space of Wayfarers Chapel about death and dying/life and living. Come talk about all things death-related with others wanting to join the discussion. Share your fears, tears, laughter, curiosity, creativity, stories, or lend an open ear in this safe, relaxed and supportive setting.

For further information please contact Jan at (510) 684-5555 or visit [www.deathcafe.com](http://www.deathcafe.com).

## Benefit Concert

July 23 1-6 PM

at the Cowee School

51 Cowee School Dr  
Franklin

"Net Proceeds" to

The Smoky Mountain Veteran Stand

Down

### Local bands

Angie Derrick Toomey & Steve Whiddon

Kornbread Kreek

The Waters Family

Rock Holler Band

Bring Your Lawn Chairs and Enjoy the day  
Raffles, Food, Vendors

Donation \$10/ per person



## The Gardener's Corner

Contributing author: Sue Ditch

Vintage garden flowers worth revisiting.

Four O'Clocks (*Mirabilis multiflora*)

Fragrant white, red, pink, yellow or bi-color trumpet-shaped flowers open daily in late afternoon and bloom from spring through frost in full to part sun. Plants are low maintenance, drought resistant. Treat as an annual, although they do self-seeds readily. Their sweet, lemony scent and shape are a magnet for bees, butterflies and hummingbirds.

Cosmos (*Cosmos bipinnatus*)

Frippy daisylike flowers bloom profusely on plants with lacy foliage from early summer through frost. Annuals, but self-seed, ensuring repeat performances in most gardens for years to come. Plant them in full sun.

Available in yellow, pink, orange, red, purple, white and maroon.

Sweet peas (*Lathyrus odoratus*)

Clusters of dainty, ruffled, pink, purple, red, white or bi-color flowers bloom on annual vining plants, during spring and summer. Sweet peas perfume the air with a fragrance reminiscent of grapes. Plant in full sun.

Hollyhocks (*Alecia rosea*)

Pink, purple, peach, red, white yellow, or near black flowers completely cover up to 8-foot stalks from top to bottom. The large-leaved plants are biennial, which means they live for two years, but they do self seed, so there will always be more on deck. Plant them in full sun, provide them with a fence, trellis or stake for support.

English primrose (*Primula vulgaris*)

Although there are nearly 500 species of primrose available in many colors today, your great-grandmother's spring garden likely included these yellow-flowered standards. The short lived perennials are hardy in zone 3-8 preferring moist, partially shady conditions.

## Bonsai Workshop



Bonsai, a Japanese word meaning "tree in a small pot". Thanks to the great turnout on Sunday, May 29th I was able to share my knowledge and skill with those in attendance which in turn they used to create the beautiful Bonsai's you see pictured here.

It was a joy to introduce the workshop to the fascinating and living art of Bonsai. I want to share quickly with you just some of the information you would need to know in order to care for your own Bonsai's. Once you are hooked it's a very peaceful and rewarding hobby to practice. In fact, one of the participants said to me that she was at so much peace and being in the now with the working of her Bonsai that the time escaped her and the time flew by.



### Bonsai Care

Keeping a Bonsai alive isn't very difficult but there are a few things to remember. Bonsais are planted in small pots. That means that water and feeding needs to be done regularly. Being sure that your Bonsai gets lots of light, water and fertilizer when need will make sure your tree will thrive. Your bonsai requires 6 hours of sun light daily and watering at least once a week unless it becomes very dry before that. You can fertilize your tree twice a year and don't forget to repot the Bonsai as it continues to grow. However, if your Bonsai is the perfect size and shape that you want to keep the pruning regularly will keep the Bonsai living happily in its' current pot with no problem.

I hope to see more of you at our next Bonsai Workshop. I have plans in the works for conducting a two-part class on Yamadori Bonsais in the fall. Yamadori?? What's that you ask? A Yamadori is a Bonsai you find growing wild in nature. Therefore, we will be taking a field trip to the woods in search of bonsai, digging the up and bringing them back to class in order to create your very own Bonsai based on the vision you saw in the field.

- Aidan Russell



**Financial Report:**  
**3/31/22 Opening balance \$9,251.79**  
**Income +\$1,465.00**  
**4/30/22 Ending balance \$9,481.34**

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