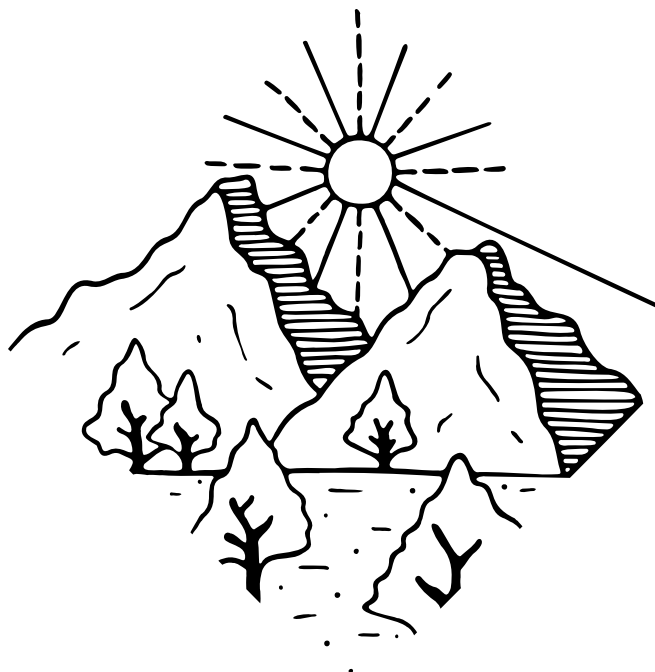


Spiritual Light Center

AUGUST NEWSLETTER 2023



UPCOMING SPEAKERS

August 6th- Pam Keyser- Diamonds from Dirt

August 13th -Sandra Lambert - Aura's

August 20th- No service- Annual Meeting

August 27th- Karen Semmelman -Dancing with the Divine

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.



President's Message:

A dear friend wanted to draw a dragon for me as a Christmas gift in 2017, and this fellow showed up to sit for his first portrait! It's called "I See You." Aren't his eyes mesmerizing? He told her I knew him. One morning I woke up hearing his name—Addison, and realized he is one of the dragons at Tintagel in Cornwall, England.

Originally his primary node, or heart, was located where the Camelot Castle Hotel is now. Way back when the Romans were conquering the indigenous people, a group of women jumped off the cliff into the sea. They did this to move and anchor Addison's heart node offshore where it was not accessible easily, to protect him. There was a great battle there, with the men were holding off the assault to give the women time to do the anchoring work. They all willingly sacrificed their lives for this mission.

In June 2012, a group of us were traveling across England with Aluna Joy Yaxk'in. One morning, we worked together on the cliff to bring Addison's heart node back up to land, about 500 feet from where it used to be.

Addison is a kid among most dragons, but destined to become one of the great elders as he ages. He is the consort or masculine half of Sophia, the dragon who will take over as the soul of Earth when Gaia ascends. They have both been here more than 2000 years, preparing for the shift.

Much love, Rhonda Murphy



**August Refrain
by Pam Keyser**

Feathered, whispering wings

Fluttering in the evening's gold.

Sunflowers slumped, following the Sun.

Bedazzled, sequined birds

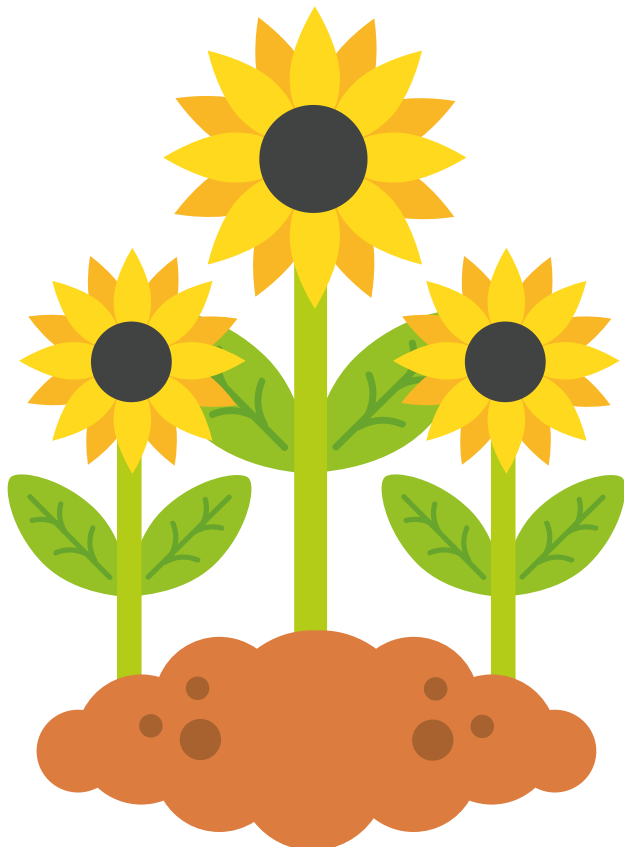
Dancing near the flower's head

Until the auburn sun's demise.

And the August night is upon us.

Happy August Everyone!

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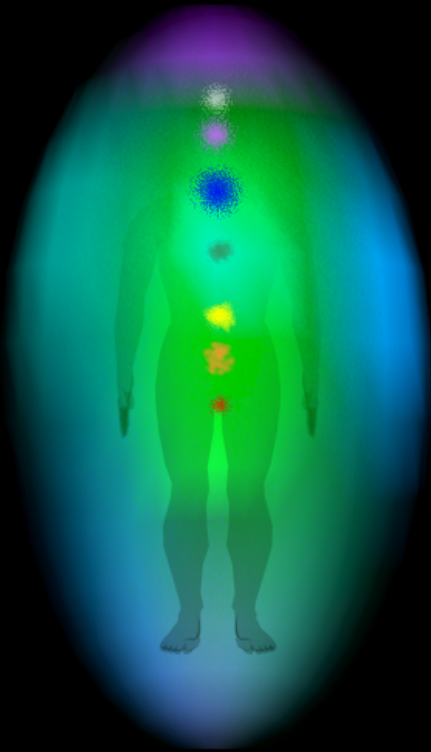


## Volunteer Help Needed

- Greeters: Come early on Sunday & greet everyone who comes in the door
- Facilitators: You lead the service and introduce the guest speaker
- Sound: Run the music during service
- See Ashley or Aidan for more info



# August 14th



GREEN balanced, social, teacher, love people, nature, animals

Welcome Home... Welcome to this special day of sharing and caring from our hearts to yours. This is a heartfelt invitation for you to come and enjoy the opportunity to experience your energetic signature in living color thru the powerful perspective of Aura Photography. Spiritual Life Center is hosting an Aura Photo Day for you and yours. Whether you desire a one-on-one session or the fun of enjoying sharing among a group of family and friends, the insights and ah-ha moments are both powerful and empowering.

An Aura session includes a short pretalk about our Chakra and Aura energies, followed by a hand sensor energy scan which creates a full-color printout. We will discuss the colors, charts, and graphs from an intuitive perspective then you will also receive an email containing your scanned pic and a multiple-page analysis generated by the software.

My name is Sondra and I absolutely love who I am and what I do. Aura Photo is my inspired mission as I travel across Americana showing people that they are beautiful, and the world is a better place with them in it. I tend to get excited and find the positive with each and every opportunity. Would you enjoy a moment that holds you in the highest and greatest possible love honor and respect? This is the time, this is the place. Appointments are available with walk-ins welcome...

Enjoy your Journey

Larry and Sondra Lambert

Tammy Stephens

443 292 4279 ( We answer the phone as Galaxy Hypnosis which is our day job)

email [AuraPhoto.us@gmail.com](mailto:AuraPhoto.us@gmail.com)

Sessions Cost \$40






# DESPACHO CEREMONY



August 30th 6PM

80 Heritage Hollow Dr, Franklin NC Spiritual Light Center



Despacho ceremony Led by Madison Jacques

The Quero Shamans believe that "Pachamama" (Mother Earth) is inherently nurturing when all is in balance. When things go awry and this reciprocity is not honored, Pachamama withholds her blessings and may even become hostile.

When we are in right relationship with nature, she is good to us. When we fail to bless and express our gratitude to Mother Earth for all we take from her we fall out of balance and she withholds her blessings. Coming back into ayni ( balance ) restores the flow of blessing and synchronicity.

The despacho ceremony takes participants into ritual space and operates at the level of the soul. As the shaman adds gifts to the mandala of the despacho, the participants focus their intention on gratitude and blessing, and the vibration of the circle elevates. The ceremony becomes a living prayer that touches & blesses all who participate. This ceremony is performed as a commitment to the natural world to partner with it, to be its caretakers, to express love and gratitude in every action.

# The Devil is a Tape Player

[An expansion of comments I made on 16July @ SLC]

Don Peeples ([don.peeples@verizon.net](mailto:don.peeples@verizon.net)); email if you wish the full version of these ideas

We all have good patterns that give order to our lives. Yet most of us have a number of unwanted patterns, each of which, in a somewhat regular way, reproduce the same disorder in our lives we have previously experienced. Another way of expressing this idea is in the lyrics (see footnote[1]) of Simon & Garfunkel's song "Patterns": "My life is made of patterns That can scarcely be controlled." This essay attempts to demonstrate that unwanted patterns come from the Subconscious Mind.

CONSCIOUS MIND is the seat of our Personal Consciousness (personal identity, spirit, creativity), is an active agent, and controls our behaviors if we expend the energy to focus on maintaining control. It can anticipate the future, review the past, or disconnect from the present moment as it solves problems. The Conscious Mind holds our wishes, desires, and aspirations.

SUBCONSCIOUS MIND is a good and bad but very powerful agent in our bodies that runs on autopilot (Devilish); it's like a computer (with memory) and some processors. Some features of the Subconscious Mind are:

- Provides "hardwired" instincts (by our genes in utero) such as an infant automatically swimming when placed in water (true of all mammals), suckling, and moving one's hand away from fire. I wish swimming hadn't gone away; at age 12 I learned again. This is a good feature!

- Downloads recorded environmental data – like a tape player. A child carefully observes his/her environment (usually parents but also relatives, parents' friends and [later] peers). The body sends this collected data (about learned behaviors, beliefs, and attitudes) to the Subconscious Mind for storage, "hardwired" as synaptic pathways in the neurological system. Much of this downloading and programming occurs by age six but continues until death; the subsequent data remains until death unless there is neurological-system damage. As an example, after one learns to drive a car, the Subconscious Mind is filled with behavioral data about driving. Having stored behaviors for repetitive tasks is a second good, prominent, and useful feature of the Subconscious Mind.

- On the other hand, stored behaviors can be triggered [2] ("my button was pushed). For instance, in my Subconscious Mind is the behavior "knowing how to drive" along with the corresponding "trigger": turning on the engine in my car. In addition, any emotional responses such as pleasure or pain experienced when the trigger was downloaded are also recorded as part. Therefore, any fears I had when I learned to drive, unless overwritten, are part of my knowing-how-to-drive behavior.

## The Devil is a Tape Player Continued..

Searches for stored triggers. If the stored trigger is found, the original behavioral data and corresponding emotions are passed forward to the neurological system. The old emotions (e.g., pleasure, pain) are replayed and actually experienced and felt in the present. This is the basis for both good and unwanted patterns.

The Subconscious Mind influences our behaviors 95% - 98% of our lives. The actions of the Subconscious Mind may conflict with our goals or desires (stored in our Conscious Mind). The limitations of the Subconscious Mind, the Devil replaying unwanted patterns: (1) Provide one of the biggest impediments to realizing our dreams, and (2) Can also play a major role in determining our physiology and health.

Footnotes:

[1] The night sets softly.....With the hush of falling leaves  
Casting shivering shadows..... On the houses through the trees  
And the light from a street lamp...Paints a pattern on my wall  
Like the pieces of a puzzle..... Or a child's uneven scrawl

Up a narrow flight of stairs.....In a narrow little room  
As I lie upon my bed.....In the early evening gloom  
Impaled on my wall..... My eyes can dimly see  
The pattern of my life..... And the puzzle that is me

From the moment of my birth.... To the instant of my death  
There are patterns I must follow...Just as I must breathe each breath  
Like a rat in a maze.....The path before me lies  
And the pattern never alters..... Until the rat dies.

And the pattern still remains..... On the wall where darkness fell,  
And it's fitting that it should,.....For in darkness I must dwell.  
Like the color of my skin,.....Or the day that I grow old,  
My life is made of patterns.....That can scarcely be controlled.

{2} A trigger is a stimulus that the neurological system detects from the external world or from within the body such as an emotion such as pleasure and pain; when stimulated a trigger leads to automatic behavior.

# Ongoing Events

## Thursday Afternoons Discussion Group

Each Thursday at 3:00 PM Join our group in the Fellowship Hall for thought provoking movies, interviews and more. If you have time, stay and continue the conversation at a local restaurant.

## Monday Evening Yoga- Note new time!

Monday Evenings at 5:30 PM Join Ashley in the fellowship for an all levels Yoga class. Class is free and open to all , just bring a mat and be ready to move- A love offering is much appreciated.

## First and Third Saturdays

5 PM -Quaker Style meditation with Tom in offered in the Sanctuary  
Come and listen to your inner light

## Reiki & Shamanic Healings with Madison

## Tuesday& Fridays 2-5 By Appointment

Email [Madisonmarie.Jacques@gmail.com](mailto:Madisonmarie.Jacques@gmail.com)



Financial Report:  
5/31/23 Opening balance \$10,915.38  
Donations (Sunday & Yoga) +\$1,434.00  
Expenses -\$1,223.62  
6/30/23 Ending balance \$11,125.76



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[slcfranklin@frontier.com](mailto:slcfranklin@frontier.com) · [www.spirituallightcenter.com](http://www.spirituallightcenter.com).

If you would like to contribute to SLC. We now have a PayPal account to make that easier. <https://tinyurl.com/SLC-donate>. This link takes you to a page where you can easily donate one time or make a recurring donation. You can also mail a contribution directly to us at Spiritual Light Center, 80 Heritage Hollow, Franklin, NC 28734.