



## CUTTING-EDGE QUARTERLY

### Millennium Issue Fall-Winter 1999-2000

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### The Soul-Esteem Center ... for Practical Spirituality

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### The Gathering Sunday Service

at 105 Progress Parkway  
Maryland Heights

## The Abundance of Spirit

By Rev. Phylis Clay Sparks

It was Elizabeth Barrett Browning who said: "Earth is crammed with heaven, and every common bush afire with God." If we can carry this vision with us into these changing times, we will take with us the raw material from which everything is created. Add to this raw material the high emotional energy of faith, and we open the door to the abundance of Spirit, which is opulent, limitless and everywhere present.



We've all watched light streaming through a window and have noticed how that light takes on the shape and color of the opening through which it flows. Likewise, the abundance of Spirit pours itself through the window of our consciousness, and we will manifest that to which we attach our most dominant emotional charge. If our window is smeared with fear and limitation, we will shape that light into fear and limitation. But if our window is clean and crystal clear, and open to the abundance of Spirit, we will receive the warmth of its glow as it takes on the shape and color of our consciousness of abundance. God is all-sufficient and is our constant, instant, abundant supply. But we experience only that which we can embody in our consciousness - that which we can *feel* in the innermost part of our being.

Practice accepting your good. Acknowledge that you are surrounded by the abundance of Spirit. Let yourself accept that you are always in the presence of limitless bounty and divine substance, which you continually form shape and create through your vision and your faith. Join with me in holding the highest vision of abundance for yourself - as you allow yourself to become an inlet and outlet for the flow of God's abundance. Join with me in holding the high vision for The Soul-Esteem Center as we create a greater and greater resource for learning spiritual confidence. Keep the high watch with me as we all transmute feelings of fear and victimhood into victory and well being. Let us walk the walk and enjoy the abundance of Spirit together.

Happy Holidays, and Blessings of Peace in the New Millennium.

*Phylis Clay Sparks is an ordained minister, and the Spiritual Director of The Soul-Esteem Center. She is a graduate of Washington University in St. Louis, and the Ernest Holmes College, School of Ministry in Orlando, Florida. She is a professional speaker, teacher, artist, workshop facilitator, spiritual counselor and author.*

## The Cutting-Edge Quarterly

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We welcome all submissions and ideas. Please submit to Gary Heebner by E-mail: gheebner@juno.com - or fax: (314) 275-7720. We reserve the right to edit material, and will seek approval of edited copy from the author before printing. The deadline for all submissions in the next issue is January 1, 2000.

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## The Soul-Esteem Center

### ... for Practical Spirituality

is an independent, nondenominational spiritual community, coming together to explore spiritual truth, to discover and develop spiritual confidence, and to learn the practical application of spiritual principles in everyday life. We have no religious doctrine or creed. We are focused on the oneness of all life, the healing power of Love, and the co-creative relationship between God and the individual.

### The Soul-Esteem Center for Practical Spirituality

12924 Ray Trog Ct.

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# NOTES FROM THE EDITOR

## Millennium Madness

By Gary Heebner

Various alignments and adaptations are occurring daily as we approach the new millennium. For instance, the number of attendees at the *The Gathering* on Sunday mornings has increased dramatically. Guest speakers often comment on the increasing spiritual interest that they notice as they travel throughout the country.

The year 2000 will mark the beginning of an exciting and wonderful time in history. Should we listen to those who speak of impending disasters and scarcity, or do we determine our own futures as we listen to our souls and look within to God for the truth? It is when we listen with our hearts that we will become co-creators with God. It's up to us to dismiss the millennium madness hype and simply apperceive life's happenings, and make a conscious choice to move towards spiritual enlightenment and a happier human experience.

As we move through this special holiday season, take time each day to be "in gratitude" for the spiritual blessings you have received. Share your gifts with others who are in need of your time, your love, your support or a friendly smile. Each person's life that you touch will in turn touch another's. We are all a part of the whole. Have a safe and blessed holiday season as you prepare for the upcoming year. It looks to be the best ever.

*Gary Heebner is president and owner of Cell Associates, a marketing consulting firm serving the scientific market. He is an active participant in the Soul-Esteem Center and is editor of the Cutting Edge Quarterly newsletter.*

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## Count Thy Blessings

By Joseph F. Lahue

Appreciate who you are and all the special gifts you have! The all too common attitude of "been there, done that" assumes that there is an endless (and much more interesting) future, but worse, it allows us to forget where we have been in our immediate and distant past. Counting your blessings is not reserved only for the holidays, but for every day.

By living life like it is a list of chores which must be accomplished one at a time until the list is completed, we tend to expect more in the future. We begin to constantly look ahead until we retire or are on our death beds, and only then begin to realize we are all done and there are no more things to do on our lists. If we are too busy bringing home the daily necessities and forget to take time to appreciate, to savor blessings (like our children, spouses, or ourselves as we age), we could miss some very important steps to our growth. It is not so important that we get to the top of the steps as it is that we enjoy being on each and every step.

We may need to periodically stop ourselves and focus on some basic questions during our physical lives. What was it that made us take

# Our Changing Religious Doctrines

By Kryon through Lee Carroll

I will give you a potential. There is a consciousness shift on this planet and you are starting to see it everywhere. Whoever thought it would penetrate your own politics? Now you are going to start seeing it penetrate your religions all over the world. Watch for this. You will have religious leaders decide to change doctrines. Think about that for a moment. For those who would say to Kryon, "Wait a minute, religious doctrines all over the world are unchangeable. They are based upon tablets and scrolls and sacred elements that were given to humans to tell them about the way God works." You are right. I'll give you an analogy. There is a sleeping human in a bed, in a room. Now the sleeping human is a metaphor for the duality. The part that is sleeping is the awareness that the human is also spiritual and powerful, and it is a sleep unknown. Through the years a methodology, a protocol of caring for the sleeping human in the room has been developed for all humanity to see and use. These have become spiritual instructions for the sleeping human. The human is cared for. Bodily functions are cared for. Ingestion, peace, warmth are cared for. There are ways of controlling temperature and creating health and the human is honored and well kept. The procedures for this care are all written down in books, tablets and scrolls. Many of these instructions were discovered in caves and in the seas long dead. The methods are absolute. They always work, and the sleeping human

(Continued from page two.)

this journey? How are we doing in our journey now? Have we really done our very best in every single act? Have we loved one another; have we loved ourselves? If we deeply answer these questions as we travel our own individual journey, we begin to realize that we do not have time to judge how others are traveling on their paths. "Judge not lest ye be judged."

Sounds simple, but it really is our choice to use our free will, our ability as co-creators, as God is within us. We create our own realities. It is for humans to regulate their own success or failure. The universe only knows what it is told by its creator. If we truly believe we are co-creators with God, we will realize we receive what we ask for. If we appreciate

is cared for spiritually within the duality he sleeps in.

Now, I ask you, when the human wakes up, what are you going to do with the instructions for a sleeping human? They don't work anymore. "Kryon, what are you saying?" I am saying there is going to be a consciousness of shamans who are going to change the rules of spiritual care-giving because the population is waking up! The divine aspects of who individual human beings really are will change! The gifts, the tools, the power, the enlightenment - even the light itself, is changing on this great planet of free choice. And when it gets down to changes in religious doctrine, you will know and feel and see it for yourself. Watch for it. It is inevitable and it has to be. You cannot have a divine doctrine work for servicing a sleeping human, when the Human has awakened and left the room!

Do you understand this analogy? Even some of your finest spiritual books are no longer going to serve you as they used to. They were well written and channeled, but for a different human than you, or the children you are now bringing into the world. You are going to have to rewrite the books, and when you do, call them the new scriptures, the circular scriptures, instructions for the *now age human being*.

*Reprinted by permission from Sedona Journal of Emergence, October 1999. Lee Carroll and Kryon were guests of The Soul-Esteem Center in August, 1999.*

what we are given, we are given more. If we take on an attitude that we have "been there, done that," we will never be satisfied. Just as Cat Stevens sings in his song, *Cats in the Cradle*, we could easily be bogged down by raising a family and miss the wonderment of enjoying our own creations. Find the life cycle and go with the flow. Appreciate where you are now, who you are and what you are about. Count your blessings and many, many more blessings will be bestowed upon you. For you are the creator of your own reality. How will you create?

*Joseph F. Lahue is a spiritual channeler, student, teacher, writer, and photojournalist who began his metaphysical journey as a child. During his teens, he had three near death experiences. He is a second-degree Reiki Master, and a life member of the Association for Research and Enlightenment.*



### The Soul-Esteem Website - Features Full Length Articles From the Cutting Edge Quarterly

By Gary Heebner

Several readers have suggested we feature longer and more in-depth articles in our newsletter. We have tried balancing the content and length of these articles to maintain a consistent format throughout this publication. Some of the submissions we receive are much longer and more in-depth before editing to meet our publishing requirements.

Editing the articles submitted by contributing authors is a daunting task as the material is always both fascinating and relevant. We have been searching for a way to maintain the publication's format and also allow readers access to the unabridged versions of some of the longer articles...enter the Soul-Esteem website. Beginning with the publication of this issue of the Cutting Edge Quarterly, we will be featuring several of the longer articles on our website for your reference.

We will be posting full-length versions of the following selected articles:

Count Thy Blessings  
The Journey of the Seventh Direction  
Awaken to the Healer Within  
From the Heart – “Whatever Works”

These articles are posted on our website. Please visit our website if you would like a more in-depth view of the above topics discussed in these newsletter articles. You can reach our website at [www.Soul-Esteem.com](http://www.Soul-Esteem.com). We would also appreciate your feedback on this new approach to providing you with more detailed cutting edge information. Please E-mail your comments and suggestions to me at [gheebner@juno.com](mailto:gheebner@juno.com).

I would like to take this opportunity to again thank the many individuals who have contributed articles for our newsletter. It is because of your efforts and interest that this publication has seen such a successful launch and strong growth in readership. We have had such a strong response from contributors in our spiritual community that we have at times been unable to publish every article when we receive it.

A special thanks also goes to Michael Adkisson, our webmaster, who made this feature a reality and who does such a great job of maintaining our website with the most up to date information and links to other sites of spiritual interest.

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## The Journey of the Seventh Direction

### Are you walking with the One Law?

by W. T. Samsel & Tiagorrah of Poseidon

We are privileged to be alive at this critical turning point in the evolution of the Earth and mankind, for we stand at the threshold of a new frontier. With the 20th century, man entered new “frontiers” of industry and technology, facing the exploration of space, or the “final frontier.” There is yet still another frontier: it is the frontier of the inner journey! It is the Law of One, or the journey of the seventh direction.

*The Law of One calls us from somewhere deep down inside. There are many who can remember, who hear the call and know, that the Law of One is that which can set free all of humanity and raise us to higher dimensions of growth and true progress!*

What Is the Law of One? The Law of One is ancient truth; you could call it original religion, for it came to Atlantis via Lemuria, 70,000 years ago. It is the ancient truth of the interconnection of all things, of the sacredness of all life and the Mother Earth. It is acknowledgment of the Great Spirit, the One

Creator. It is what Jesus Christ, Krishna and White Buffalo Calf Woman tried to teach us.

If you believe that all life is sacred and is the sacred gift of the Creator, then you are a believer in the Law of One. If you believe that all which share the sacred gift of the Creator are therefore related to you, then you believe in the One Law. If you believe:

There is only the One Creator. The earth is a living being, our mother and the provider of all that we need to exist. The earth and all creation upon it belongs to the Creator, and are not for man to own. All things brought forth by the Creator possess Spirit within them. Love is the most powerful force in the universe. All men and women are equal and related in freedom, family and community. If you believe in these things, if you adopt them and walk with them, then you are walking with the Law of One.

To access the Law of One, to learn more about it, to explore the One Law, requires that you undertake the inward journey. There are the four cardinal directions. There is the Creator above and Earth Mother below: the fifth and sixth direction. The seventh direction is within and it is by far the most important direction! Jesus Christ said, “The kingdom of heaven is within you.”

The Law of One calls us from somewhere deep down inside. There are many who can remember, who hear the call and know, that the Law of One is that which can set free all of humanity and raise us to higher dimensions of growth and true progress!

*W. T. Samsel is author of “The Atlantis Connection,” and currently resides in Sedona, Arizona. As a guest of The Soul-Esteem Center, he conducted a Native American Fire Ceremony for more than fifty people during his visit to St. Louis this past summer. Our Soul-Esteem travelers connected with Bill again during our group trip to Sedona in October, and he delighted us with another Fire Ceremony and an expert tour of the area. Thank you Bill!*

**See you at The Gathering!**  
**Sundays, 10:00 am**  
**105 Progress Parkway, Maryland Heights**

# The Spiritual Network

## Living The Presence

By Chris Bryant

I often think, what does “Living The Presence” mean? I think it has to do with having purpose, or loving where you are right now without any “if onlys.” It has to do with giving or serving whatever you have available to those around you, even before they ask. Whether it is serving your best dishes, your best appearance or your best prayer. It has to do with being your own version of magnificence right now.

I thought it would be inspiring to create an article in our newsletter where we each could share how we “Live The Presence.” And so I share my experience today, and I encourage you to submit your own experience for future issues. Here is my story...

I live in a duplex with small rooms, on a very busy street in the city. This neighborhood could be viewed as “not very prosperous,” or as a less than ideal place to live. But right now I

*“I can live the Presence by acknowledging the Presence while doing ordinary things in an extraordinary way.”*

choose to be here, and I know that I can change my environment any time I decide to choose again. Living here has given me the opportunity to “see” that every place is an ideal place

where the Presence of God lives. On my way to work I can drive through my neighborhood and see Beauty everywhere. I can look at the houses and say out loud, “God lives there.” I can smile and wave at my neighbors. I can look at the children as part of my family, and give them the right of way to cross the street safely.

To do this, I don’t need to go somewhere “spiritual,” or create a quiet time to meditate. I can live the Presence by acknowledging the Presence while doing ordinary things in an extraordinary way.

*Chris Bryant is a member of the Board of Directors of The Soul-Esteem Center. You can enjoy her talents as a channel for Spirit every Sunday morning at The Gathering.*

# The Healing Network

## The Healing Network

### Food for the Soul

By Kelly Brinkman

The triangle of health includes the components of spiritual, mental and physical well being. We often tend to our mental and spiritual needs, while ignoring our physical well being as we rush around in our fast paced society.

Not feeling well or feeling sluggish from a poor diet can interfere with your personal and spiritual growth as it allows the mind to focus on thoughts such as “I am tired,” or “I don’t feel well.” Also, poor diet is often associated with chronic diseases and cancer, so let’s work on improving our physical health as much as our mental and spiritual well being.

One of the foods most of us consume is margarine or butter. Which should we choose? Everyone knows that butter is animal fat and that animal fats are high in cholesterol. For the last twenty years we have been told to lower our cholesterol so we began using vegetable oils in our cooking and baking.

However, vegetable oils are liquid at room temperature and do not have a long shelf life in the grocery store. Therefore, manufacturers often hydrogenate the vegetable oil to make it more solid – this is how margarine is made. This process of hydrogenation changes unsaturated oil to saturated fat. Once this process occurs, the benefits found in vegetable oils are lost.

In other words, the process of hydrogenation alters the vegetable oil at a molecular level; not only does it raise your cholesterol level but also it does not increase the HDL (good cholesterol) levels in your blood. This hydrogenated vegetable fat is also known as “trans” fat and appears on food labels as partially hydrogenated soybean oil, for example.

Cookies, cakes, fried foods, cereals, ice cream and crackers are just some of the foods that contain these unhealthy hydrogenated vegetable oils. Setting the issue of calories aside, it is healthier to use butter than margarine on your toast. (The more solid the

margarine the higher the trans fat concentration).

Finally, unsaturated fats do not contain cholesterol and are known to raise the HDL or “good cholesterol” levels in our blood and prevent the “bad” LDL cholesterol from sticking to our arteries.

To achieve our highest state of well being, developing healthy eating habits is essential. Healthy food feeds your body and soul. The only thing we really own in this world is the body that God gave us. It is up to us to nourish this gift appropriately.

*Kelly Brinkman is a chiropractic physician presently working at Logan College, and is an active participant in The Soul-Esteem Center.*

### Awaken to the Healer Within

By Rich Work and Ann Marie Groth

*“Some might call transformation miraculous, but in truth it is a natural transition to our divine nature of being.”*

It is our belief that we are created in a magnificent way: that the body is capable of healing itself. As human consciousness expands, people are beginning to understand that healing can be simple. The simplicity of healing lies in the fact that there is only one disease: low level wellness. Everyone is on a continuum of wellness. As the level of wellness drops, degeneration accelerates on all levels of the being. The level of wellness is contingent on one factor: the flow and amplitude of the life force energy. As the flow and amplitude of life force energy increases, the level of wellness rises, awakening the body’s innate ability to heal itself.

All degenerative conditions are caused from toxic emotions. Whatever is interfering with your free-will choice or your ability to move forward in life according to your heart’s desire, you can transmute. With powerful proclamations, you can command your universe to respond according to your desires. The universal law of manifestation occurs as you negotiate peace on all levels of your being.

All things have energy: the food we eat, the water we drink and the thoughts we think. The frequency of that energy can enhance, deplete, or be compatible with the life force energy system. By increasing those energies that enhance you and eliminating or transmuting those that deplete you, you change your life and your world.

You are on a journey to awaken and remember that you are the Divine Creation. If something no longer brings you joy, you have a choice – you can keep it or you can let it go. You do not have to know where it came from or what caused it. If it does not bring you joy, you can simply proclaim, as the Divine Master of your creation, that you choose to let it go by transmuting it into the divine expression of creative love.

We have all had many life experiences in which we have experienced our dramas and accumulated our baggage. Many are choosing to experience a healing of their Being, to move beyond their dramas, for there are much more exciting things waiting for us to do. You are the healer and you reside in the greatest healing temple of all. The time has come to reclaim your mastery - and “Awaken to the Healer Within.”

*Rich Work and Ann Marie Groth are authors of the books: “Awaken to the Healer Within,” “God this is a good book!” and “Proclamations of the Soul.” They were recently guests of The Soul-Esteem Center and presented a healing workshop to more than 80 people. You can order their books and tapes through The Soul-Esteem Center.*

## ***The Power of Breath Through Rebirthing***

Explore breath work to release or dissolve stress, release emotions, and bring peace and clarity to the mind through Spirit.

**Monday, Nov. 8  
Holiday Stress Relief ...  
Wednesday, Dec. 8  
Monday, Jan. 17  
Monday, Feb. 7 and 21**

**7:00 - 9:00 pm, 12924 Ray Trog Ct.,  
Love Offering \$15 (314) 275-7663**

# **The Healing Network**

## **I Am as God Created Me**

By Rella W. Hawkins

Who but God can see my soul?  
Who can share my truth?  
Know me my brother  
Know me my sister  
STOP! and share my proof.

Who but God can share my soul?  
Who will share our love?  
Accept me my brother  
Forgive me my sister  
And sit with God above.

Who but God can smell my soul?  
Who dabs the world with perfumes?  
Your essence my brother  
Your essence my sister  
Engenders God’s rose to bloom.

Who but God can still my soul?  
With calm serenity?  
In wisdom my brother  
In acceptance my sister  
With courage to be free.

Who but God freed my soul?  
From all pain and misery?  
Forgiving my brother  
Healing my sister  
I am as God created me.

*Rella Hawkins is a Certified Transformational Therapist. She has been a devoted student of A Course in Miracles for more than twenty years, and has participated with Bob Brown in presenting a study group at The Soul-Esteem Center on Sundays at 9:00 am. You can reach her at (314) 487-6965.*



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# The Relationship Network

## The Relationship Network

### From the Heart – “Whatever Works”

by Alan Cohen

My friends' love lives are far more interesting than most novels. Recently at a dinner I heard two accounts: Sam, after living with his girlfriend for three years, had recently moved into his own place. “It feels so good to have my own space again,” he reported. “Merrill and I had gotten so bogged down with the issues of our relationship that I was losing touch with who I am. Now I have a sense of myself again, and I feel wonderful!”

Sitting next to Sam, Rob was also glowing: he had just fallen in love. “I never imagined that a relationship could be this fulfilling,” Rob exclaimed. “Carlie and I are going deeper every day, and I feel closer to her than any woman I have been with.”

I basked in the happiness my two friends were exuding. Each of them had found soul satisfaction through antithetical situations. For a moment, my mind tried to judge by wondering, “who is right?” Yet my heart, which cares less about form and more about essence, reminded me, “Each is in his perfect place on his path, proven by the benchmark of joy.”

*The only true measure of success is happiness.* This maxim flies in the face of what we have been taught about achievement. As children, we were told that success is demonstrated by amassing wealth, power, and prestige. Yet, as spiritual beings, our only real purpose is to be in integrity with our own truth and at peace with our own heart. The form of success is utterly unimportant and entirely personal.

The only thing more important than what we do, is the energy we generate while doing it. Our acts are simply containers we imbue with our essence. The greatest gift we give to ourselves, others, and the world, is *enthusiasm*. The word “enthusiasm” derives from the Latin *de Teos*, which means “from God.” When you are enthusiastic, you are expressing your true nature as a Godly being.

God doesn't care what you are enthusiastic about; God just cares that you are enthusiastic. When faced with the question, “What is the right action here?”, the most important question to ask is, “Does this act make me feel better, or worse? Does it generate within me a sense of expansion, or contraction? Do I feel more alive and expressive of the true me, or does this deaden me and make me feel more alienated from myself?”

The only true measure of success is happiness. If it works for you, it is good. Don't waste any time trying to stuff yourself into a mold someone else created. Be your own perfect self by listening to your heart and following your feelings with enthusiasm!

*Alan Cohen is the author of many popular inspirational books, including “The Dragon Doesn't Live Here Anymore,” “I Had It All the Time,” and “Rising in Love.” Alan will join The Soul-Esteem Center for its third anniversary celebration as guest speaker at The Gathering, on April 16, 2000, and will conduct a workshop that afternoon. Check out Alan's web site at [www.alancohen.com](http://www.alancohen.com).*

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## Teaching Children About God

Edited by Nancy Bardenheier

To teach children about love and kindness is to teach children about God. Many aspects of our popular culture represent the opposite of love and kindness such as disrespect, cynicism and violence and as adults it is our responsibility to protect our children from these negative influences. One effective tactic is to practice love, which will ultimately enable children to realize that God is within everyone. The tough facade exhibited by many children is only a thin layer away from their core essence of love, which is their true strength.

One way to impress upon children the idea of love and to teach them about God is to encourage them to extend love to themselves and to all others, without any exceptions. Acts of kindness performed on a regular basis and without favoritism reinforce the idea of a generous, compassionate God who extends his love equally to every single person on the planet.

# The Relationship Network

One more significant way to teach children about God is through the practice of forgiveness. Forgiveness is a powerful healing tool which must be used in dealing with oneself as well as with others. If we teach children how to fully connect with their feelings and express those feelings in a loving and honest way, the invaluable skill of "spiritual dialogue" will be sharpened.

An effective strategy which will further encourage children to reconnect with their spiritual nature, thereby enabling them to outwardly express their love, is the "Peace Pause." An adult or child can announce, "Let's have a peace pause," for the purpose of disconnecting from a chaotic situation and turning inward to reestablish a sense of tranquility. When we focus inward for this purpose, we are accessing our "Godself."

Through careful, loving instruction and living by example, we can, indeed, create a world for our children where hatred, cynicism and violence are supplanted by love, innocence and peace.

*This article from "The Holy Encounter Newsletter" is reprinted by permission of Miracle Distribution Center, Fullerton, California.*

## Spiritual Vacationing

By Linda Kluge

Some years back, my husband and I set the intention to transform our family vacations into a time of spiritual retreat and rejuvenation. We agreed that at least one of our annual vacations would be to an event or place where we could deepen our own understanding and practice of Universal Principles while fellowshiping with like-minded friends.

Our experiences have taken us from one side of this continent to the other: from the crystal waters of Mexico, to Hawaii, to the Redwood forests of California, and the turtle beaches of Jeckell Island, off the coast of Savannah, Georgia. In October of this year, we found ourselves climbing the red sandstone rocks of Sedona, Arizona.

Our quest to experience the wonder of God in Nature and in the hearts of our travel compan-

ions has enriched our lives manyfold. Whether the accommodations were moderate or elaborate, our lives were blessed by the experience. Our ever-increasing realization of our oneness with all life unifies our consciousness with the God-Spirit and with our fellow man.

Go on that vision quest. Commit to rejuvenation through a spiritual journey, seminar, retreat, or weekend (a spiritual vacation). Many such programs are available through the Soul-Esteem Center. Take a sabbatical from the norm and welcome in the joy and experience of spiritual practice and vacationing in 2000. It will be one of the greatest gifts you ever give yourself.

*Linda Kluge is an active participant in the Soul-Esteem Center. She organized the SEC trip to Sedona in 1999, and is seeking suggestions for future SEC travel locations that you desire to visit. She is also a spiritual practitioner, and can be reached by phone at (314) 739-3580 or E-mail at LKF777@aol.com.*

**A Sunday Service for the NOW Age !**

## The Gathering

Presented by



**The Soul-Esteem Center**  
For Practical Spirituality

**Sundays, 10:00 am**

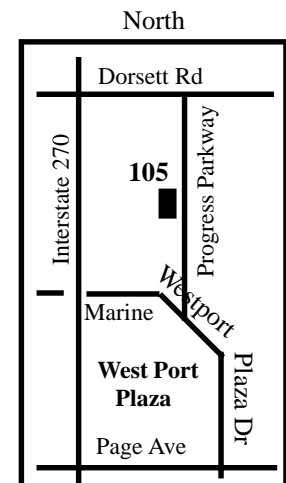
Sunday Services held at

**105 Progress Parkway, Maryland Heights, MO**

(East of I-270, midway between Westport Plaza Dr. and Dorsett Rd.)

Join us as we come together in reverence to God, in a casual and loving atmosphere. We welcome all people regardless of their gender, race, nationality, or religious background. The service includes a metaphysical message, prayer, guided meditation, music, and background video.

**Children's Circle**  
**10:00 am**



# The Y2K Crisis!!!

By Michael Adkisson

Crisis, what crisis? Did you hear about the secretary who had the company calendars changed to read Januark, Februark ... you know, Y to K.

Unless you've been living in a cave, you are no doubt very aware of the Y2K issue, wherein computers and electronic equipment may fail to operate correctly due to the date rollover from 1999 to 2000.

The media have done an admirable job of both informing and scaring the stuffing out of everyone. I would like to share some of my opinions on the upcoming event. I work at Boeing and I can tell you that major corporations like Boeing have been working for *years* on the problem/opportunity. They have even staged a test in a flying airplane, and had the dates on the equipment rollover to verify that there were no problems. People all over the world have expended an enormous amount of energy to make sure that January 1, 2000, will be completely normal in every way. So why are people so paranoid? A good deal of it may be related to the new millennium. There was mass paranoia at the last millennial rollover too, I bet. We're supposed to be smarter and wiser now, right?

There will no doubt be some minor annoyances and inconveniences for a small percentage of the people. But that is a far different picture from a complete collapse of civilization as depicted by some doomsayers. I, for one, will not be hiding in a cave.

One of my main interests is with personal computers. I have found several programs available that will test parts of your computer system to determine Y2K "compliance" as it is called. The first thing to check is the computer's BIOS. This is a little bit of code that is in a chip on the motherboard or main circuit board of a computer. This is where the main problem is with older computers. Most computers made in the last 3 years or so will have no problem. (You need an excuse to get a new computer anyway, right?) The second item to test is your operating system, or OS. This might be DOS, Windows 3.1 or Windows 95, 98 or NT (or the Mac OS). Microsoft has patches or fixes out for their more recent products that you can download from their web site and run on your system to make it up-to-date. The third item to test is each individual program that you have installed. This is the tricky part – no one can make a tester that will properly test every single program you have. If you are really concerned and want answers, then visit the web site of every company whose software you own, and check out their information about whether the product is Y2K compliant. You might have to upgrade some of your software to more current versions.

A nuisance yes, but not insurmountable. Have a great New Year's celebration!

*Michael Adkisson works for The Boeing Company, and is the Audio-Visual Director for The Soul-Esteem Center, as well as its Webmaster. Michael does free-lance computer consulting and troubleshooting. E-mail him at websoul@brick.net.*



## *Co-Creating With Spirit*

**A Soul-Esteem Center Second Level Course**

**with Rev. Phylis Clay Sparks**

**5 Thursdays Beginning January 13, 2000**

**7:00 - 9:30 pm at 12924 Ray Trog Ct. Fee: \$75 Registration Required. Call 275-7663**

Harness the energies of the universe as you practice manifesting through the power of mind and Spirit. Practice channeling your Higher Self, and transmuting draining emotions and negative energies into the fire of spiritual power. Tap into the Cosmic Harmony and Energetic Law as we take the journey of ascension into the integrated mind, body and spirit.

# The Factory

By Joy Lecesse

For as long as I can remember, I wanted to know one thing: how do they DO that?! Who made the machine, that made the machine, that made the object in question? Who is the designer? I wanted to see the *machine behind the machine*. I wanted to know the MIND behind the machine - the amazing talent that could think of and create the wonderful tools that make it possible for other creative minds to manifest their ideas.

When I consider the Taj Mahal, I cannot imagine what it would take to design and build it. Who are these people for whom physics, calculus and trigonometry are but little molecules that when assembled according to some formula, and applied to certain fabrics, yield towering castles, magnetic resonance imaging machines, computer motherboards, or embroidered tablecloths? And how does anyone know how to assemble the assembly lines that spit out soda bottles or car frames and parts? Who are these people who are inspired to inquire endlessly into *a thousand ways it doesn't work* until finally, at last, the substance for the filament for light bulbs lights up the world forever? This is real magic - a magical mix of inspiration, perspiration and dedication.

Yet as wonderful and awesome and magical as these accomplishments may seem, they are but a fraction of what Spirit can do. As humans in Earth school, we build structures that support our physical survival, nourish our bodies, educate our minds, lift our spirits, and heal our hearts. And in so doing, we build connections. We come together in community. We bring our individual minds and hearts in union with the higher need, the higher good, which is Community: one for all, all for one.

In effect, we build a Factory - where we bring our talents to bear on the community which feeds us. We are not isolated mounds of flesh burrowing into our little mole-holes. We are divine sparks, manifesting as myriad bodies, longing to connect. You know how it is when you meet someone, and instantly each of you know there is a shared energy - a *sizzle*, if you will. You say of the meeting, "We really connected!" We strive to connect because we thrive when we connect.

I want to connect. I want to go into the factory and plug in the machine. I want to observe in awe; but even more, I want to belong. I want to belong to the community that built the Factory.

The Factory that we share at the Soul-Esteem Center is our spiritual home. It is our Community: that place where we are plugged in to the essential energy that makes us One.

As we approach the New Now of the New Millennium, we can feel the ground-swell of energy expanding the love and peace and joy we share. And as we prepare for this event on the physical plane, we consider what we can do to enhance our Factory - our spiritual home. Now is the time for us to contemplate how best to use our social capital in a special year-end Millennium Gift to the Soul-Esteem Center. (And, by doing so, we can also send less capital to the Capitol next April!)

So, visit your own personal Factory: go home and dwell on your talents and gifts. Contemplate the wonder of connecting, and the many blessings you have experienced in the Soul-Esteem Center community. Love creates, peace abides. Joy expands. We wish each of you abundant Love, Peace and Joy in the New Now of the New Millennium!

*Joy Lecesse is a writer, entrepreneur and nutritional consultant, and can be reached 567-7010.*

## Ring in the Year 2000 with your Soul-Esteem Center Family! *New Millennium Party*

**At The Sparks' - 8:00 pm  
12924 Ray Trog Ct.**

There will be food, fun, friends,  
prayer and meditation at Midnight  
and a drumming to welcome the  
New Millennium!

## Lightwork

By Laura Heebner

The other day I was driving to work and noticed that the car in front of me had its gas tank open. I drove behind it wondering what I should do. I wanted to help, but was afraid that if I honked my horn or got out of my car to alert the driver he would become frightened or angry not knowing what I was doing.

Finally, I turned inside and let my intuition take the lead. I got out of my car and tapped on the driver's window. He turned around startled. I quickly pointed to the open gas tank and he responded with a huge "thank you" smile. I felt light and peaceful knowing that I didn't let my fear stop me from doing a good deed. It felt wonderful to experience the feelings that come with performing "lightwork" – that magical act of opening your heart and giving of yourself freely and without fear as part of God's spiritual community.

Have you ever been faced with a situation where you felt moved to give of yourself but found

yourself making excuses about why you shouldn't get involved? Listen to that call and experience the glow of God's light as you do "lightwork." As we are one with God, we are one with each other. Earth school becomes filled with love and light as we experience each other in community and generously use our unique gifts to serve others. Let your love light shine by GETTING INVOLVED as a Soul-Esteem Center volunteer and experience what it means to be in spiritual community.

This quarter, special thanks go out to two of our amazing lightwork teams: 1) the "Greeter" team, led by Marilyn Epstein and Polly Reichrath, for making sure there are always lightworkers available to greet and assist us each Sunday at *The Gathering*, and 2) the "Kryon" team, led by Cecilia Bon Jour, for giving the Soul-Esteem Center community an opportunity to share a unique spiritual experience.

*Laura Heebner is the Senior Vice President and C.O.O. of the Crider Center for Mental Health. She is an active participant of the Soul-Esteem Center and is involved in the Children's Circle, Toddler Time and the Teen Group.*

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# Happy Holidays, and Magnificent Millenium!

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