



## CUTTING-EDGE QUARTERLY

Winter/Spring 2000

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... for Practical Spirituality

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## Falling in Love with God

By Rev. Phylis Clay Sparks

Love is an experience of God Energy moving through us, being released through us and from us. Little did the lyricist who wrote, "Love makes the world go round," realize that he was describing spiritual Energy. The Master teacher understood that Energy when he boiled down the ten commandments into two, telling us to *love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength, and to love thy neighbour as thyself.*

It's a wonderful thing to realize our own divinity and to become a living channel for the love of God. But most of us think more about whether God loves us enough to heal our ills, supply our prosperity, find us a new job, or



otherwise bless our lives. That's backwards. Why? Because when we love God *first*, and become a channel for that love, we then have love to give away. You can only give away that which you have inside you.

What does falling in love with God feel like? It feels like being really alive. It is God's poetry coming to you through the languages of sight, sound, smell, touch, taste, intuition and synchronicity. Falling in love with God feels like inner peace and acceptance of self. It feels like awe inspired by something beautiful, and goose bumps on the flesh at the sound of extraordinary music. It feels like being safe, secure and protected. It feels like freedom, and like vibrating to a great "hum" that seems to pervade everything.

Brother David Steindl-Rast says, "When love is genuine, belonging is always mutual. The beloved belongs to the lover, as the lover belongs to the beloved. I belong to this universe and to the divine Yes that is its Source, and this belonging is also mutual. That's why I can say 'my God,' not in a possessive sense, but in the sense of a loving relatedness."

Let yourself fall in love with the God of your Being. It will feel like gratitude and joy, like unlimited surprise, and the irresistible desire to celebrate.

With Love and Blessings of Peace,

*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@brick.net 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 April 1, 2000.

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## The Soul-Esteem Center

### . . . for Practical Spirituality

is an independent, transdenominational 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

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Maryland Heights, MO 63043  
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## NOTES FROM THE EDITOR

### *In the Moment*

By Gary Heebner

It is so easy to rush around in our daily routines and forget to just *be*. It's easy to forget to be thankful, to have gratitude, and to listen for the voice of God in the many wonders around us. This not only includes nature and her many gifts, but our friends and family, both nuclear and in our community. If we listen for the voice of God, we will hear it. It may be the voice of someone asking for our help or our time, or it may be a cry for help from a person in trouble.

I would like to suggest an affirmation I first heard at The Soul-Esteem Center: *I see the God within You*. The next time you have trouble connecting with someone who is teaching you a new lesson, try changing your frame of reference with that thought! Take a moment when you get too busy, and just slow down for a bit...and be in the moment with God. It is then that you will clearly hear the voice of that person who is trying to reach out to you for help or attention.

As we move into the moment with thoughts of kindness and gratitude, we see that every living thing has the God within. And from that frame of reference we will know how to treat God when he/she calls.

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

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### *Alan Cohen to Speak at The Soul-Esteem Center!*

By Rev. Phylis Clay Sparks

I've been reading Alan Cohen's books for years, including *The Dragon Doesn't Live Here Anymore*, *Dare to Be Yourself*, *Rising in Love*, and others. I love his sense of humor and the very human stories he tells as he teaches spirituality. When he was in St. Louis several months ago, conducting a program for the Youth of Unity, it was my pleasure to meet him and discover that his genuine friendliness, sense of humor, and spiritual energy were congruent with that which pours itself through the pages of his books.

I look forward to welcoming him to The Soul-Esteem Center on April 16, 2000, to help us celebrate our Third Anniversary. Alan will be our guest speaker at *The Gathering* at 10:00 am, and will join us for a buffet luncheon followed by a workshop that afternoon. The buffet will be \$15 per person, and the workshop \$35 in advance, or \$45 at the door. You can buy tickets by sending your check, made out to The Soul-Esteem Center, to 105A Progress Parkway, Maryland Heights, MO 63043. Come join us for a terrific day!

**Gary Zukav** (*Seat of the Soul*) coming to  
**Soul-Esteem Center November 19, 2000!**

## ***First Sight***

By Gary Zukav

There once was a man who had been blind from birth. He had never seen anything but blackness, so he didn't know that there was anything else to see. One year a new operation was invented to correct just the kind of vision defect that this man had.

"I have good news for you," said his doctor. "You will be able to see!"

"What is it like to see?" asked the blind man, because he had never had the experience.

The doctor and all of the man's friends tried to explain what it was like to see, but the blind man could not understand anything that they said. "I don't understand what you mean by green," he would say, or, "What do you mean by stars in the sky?"

At last it was clear to everyone, including the blind man, that no one could tell him what it was like to see, but he still had the opportunity of seeing, if he wanted.

He thought about it again and again, and then called his doctor. "Will I be able to use my cane when I see?" he asked. "I don't want to see if I can't use my cane."

A new life is calling you now. It is far more than a new year, century, or millennium can offer. It is the birth of a new species that longs to occur now in each of us. It is an attraction to harmony, cooperation, sharing, and reverence for Life that did not exist before. It is sensing, seeing, feeling or hearing intelligence, wisdom, and compassion that we were not aware of before.

This new life requires challenging every fear - the fear of being vulnerable, of loving and losing, of being loved and losing, of trying and failing, of being betrayed, of being used, of not having enough, and of having too much. These are our canes. They are all that we have known for most of our lives. They have helped us to navigate through the most difficult times, in the most difficult of worlds. We feel naked without them, even though they hurt.

The life that is calling you has no fear in it. Whether you create that life or not is for you to decide. You do not have to choose harmony, cooperation, sharing, and reverence for Life in your daily

struggles, but they are required if you want your new life. You do not have to listen to the wisdom and compassion that are now coming into your consciousness, but you won't be able to create your new life if you don't.

Which will you choose - your new life or your fears?

How important is your cane to you?

*This article was reprinted with permission from Gary Zukav, best-selling author of "The Seat of the Soul" and "The Dancing Wu Li Masters." He is a graduate of Harvard University and has made frequent guest appearances on the Oprah Winfrey Show. You can visit his website at [www.zukav.com](http://www.zukav.com). Gary Zukav will be the guest speaker at The Soul-Esteem Center Gathering on Sunday morning, November 19, 2000, and will conduct a four-hour workshop that same afternoon, sponsored by The Soul-Esteem Center, which will take place at the Airport Hilton.*

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

# ***The Gathering***

Presented by

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

**Sundays, 10:00 am**

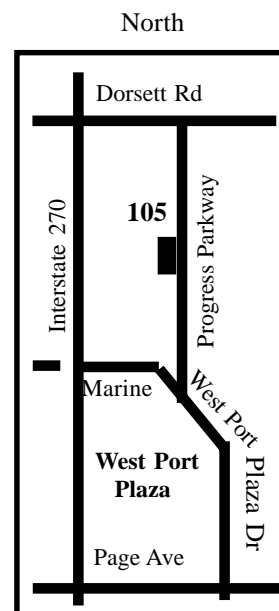
### **Sunday Services held at**

**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.

**A Course in Miracles  
Study Group 9:00 am**

**Children's Circle  
Teen Group  
Toddler Care  
10:00 am**





### *Co-Creating with Loving Spirit*

By Michelle Celeste Ries

Sitting in the waiting room of a doctor's office at a local hospital, I intuitively centered myself with a prayer. With intentions of giving, loving, and serving, I asked Loving Spirit to illuminate the path for each of us to be our own miracle. I invited guidance from all the Angels, energy from all of us as ONE, to allow me to create with my love, and fill the room with nurturing.

I opened my eyes and everyone I saw in there looked as if they too, had been concentrating in prayer. A deeper, more expansive feeling of heaven came rushing in through me. I sent love to everyone and visualized complete healing with respect to the highest good for all.

I saw colors around them that the fluorescent lights couldn't hold a candle to. Right then, I began realizing the truth of my real nature - the truth that I am an Angel. We are the Angels that we want to see. All my life, my father has been calling me Angel.

My life has been about learning to be a healing angel, a guardian angel, a nurturing angel, an inspired angel who creates from feelings of abundance combined with the energy of Spirit adventuring with me. We are co-creating with Loving Spirit by our choice to be alive. Since we are given free will, we are all free spirits with choices. Now is the time to thrive and positively make the choice to surrender our expectations.

We can live at ease, unattached to outcome, while maintaining empowerment of our loving intentions to co-create with Loving Spirit. Abundance is truly surrounding us. It's all GOD. We are abundance and we are ONE, the beautiful paradox that blooms inside us and spirals outward, connecting us all with the blessings of thriving. Thank You GOD, Blessed Be, and so it is...LOVE.

*Michelle Celeste Ries is a certified massage therapist, professional theatrical airbrush artist, and has a Bachelors in Fine Arts from the Kansas City Art Institute. She can be reached by E-mail at [yogi@bradfordsmithmusic.com](mailto:yogi@bradfordsmithmusic.com).*

### *Working with Divine Angels*

By Gloria Craig

We can all communicate with and get help from Angels. We must ask for their help, as they would not interfere with our free will. But as soon as you ask, they will respond. Actually, they are standing by, awaiting your call. After that we must learn how to receive their messages. When we heed their messages, we can improve our lives. More and more people are learning to communicate with Angels and finding that this experience ultimately empowers them. As you read on, you will see how easy it is to have a relationship with the Angels.

You can ask for Angelic help silently through your thoughts or out loud with your voice. Actually, there is power in speaking your intent out loud and putting that vibration into the air- along with the intent being in your heart. Just get started by asking for help with various areas of your life. After asking for Angelic assistance, we simply must learn to perceive their responses. Get peaceful and relaxed and become aware of impressions from the loving Angelic realm.

These impressions may appear to you visibly (whether with your eyes opened or closed), in your dreams, in symbols, as moving or still pictures, or as written words. I personally receive symbols and visions while in meditation, and I receive much information and direction in my active dreams. Angelic impressions may come as auditory words or meaningful music - in your thoughts or from outside of you. I often hear the words of a song that bring some meaning to me, or a musical melody alone may have great spiritual impact on me. For some, impressions come as gut feelings or as intuitive hints that they cannot dismiss. Still others just have divine ideas pop into their heads out of nowhere or have messages that keep being repeated over and over. During individual sessions, I receive information about clients from the Angels. I carefully listen, trust and repeat the impressions that I get in these sessions. I use this information only for purposes of treatment and helping clients resolve their problems.

In everyday life, I often get strong intuitive

## ***Nourish Yourself Right This Moment***

By KayAnn Miller

How many of us, I wonder, started 2000 with a resolution that this year our bodies would be different? We'd eat less, eat healthier, exercise more.

I don't know about you, but I often start my resolutions with thoughts about my body. Why? Because physical exercise and nourishment usually strike me as much easier than a spiritual workout. This philosophy, in my case, often results in a full stomach and a hungry spirit.

Then, I read a book.

And it occurred to me that doing three sets of 15 curls and eating the way I'd like to would be a lot easier in a different state. Not Maine or California, but in what Dr. Lorin Roche calls a state of meditative awareness. You don't have to meditate on a regular basis to reach this state. Nor do you have to follow a regimented meditation routine, although that works well for some people.

Instead, Dr. Roche asks in his book, *Meditation Made Easy*, "Have you ever drifted slowly awake and lain there in a delicious restfulness for a few moments before opening your eyes? Or looked at the night sky and felt utter wonder at the vastness? Inhaled a smell so delicious that you almost swooned? Or been so in love that your heart turned light?" If so,

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**(Working with Divine Angels  
Continued from Page 4)**

impressions about people and choices and am learning to heed those more and more. For most people the meaning of these types of signs is not always clear and simple at first, but with practice, it is possible for everyone to develop positive, meaningful interpretations of these Angelic messages. So get started today in initiating a relationship with the Divine Angels.

For an expanded version of *Introduction to Angels*, please visit our website: [www.Soul-Esteem.com](http://www.Soul-Esteem.com).

*Gloria Craig is a Licensed Clinical Social Worker, Certified Spiritual Counselor, and Ordained Minister. She can be reached by calling 314-536-9674 to set up an appointment.*

## **The Spiritual Network**

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he says, "then you have already experienced meditative awareness."

Finally, I thought, a spiritual exercise that I can do. I can enjoy the moment. It's an old trick. Lao Tzu and other eastern philosophers thought of it a long time ago. I just concentrate on the thing I'm doing, how it feels and how I'm breathing when I'm doing it. This is not always easy. But it doesn't matter whether I'm struggling through push-ups, the dishes, the bills or a challenge at work. Or whether I'm luxuriating in a warm bed on a cold morning or laughing with a friend. I enjoy the experience more. I'm calmer, my body is less stressed, it heals faster, I eat less, and I feel better. And I get a chance to connect with, and in so doing, to nourish my spirit—my higher self.

Try nourishing yourself right now. Relish what you're experiencing as you read the *Cutting-Edge Quarterly*. Notice how you're breathing and feeling and just be that feeling. It only takes a moment.

*KayAnn Miller is President of SpiritRising Inc., and owner of The Alternative Thought book and gift store in Florissant, MO. The Alternative Thought is committed to supporting the St. Louis metaphysical community and each member in the community. All paths are honored. For more information, contact the store at 314-355-5636.*

### **Evenings of Drumming & Chanting with Bradford Smith**

**Monday, February 14**

**Friday, March 10**

**Friday, April 14**

Bring drums, rattles and floor cushions  
if you have them.

7:00 - 9:30 pm \$15

at 105A Progress Parkway, Maryland Heights

# The Healing Network

## The Healing Network

### **Reiki - A Natural Healing Approach**

By Cecelia BonJour

Reiki (pronounced “ray-key”) is a Japanese healing system and a secular enlightenment system of personal transformation. It allows you to heal yourself and others, usually through the placing of hands. While healing is generally done “hands-on,” healing can also be done through “distance work.” Reiki is very easy to learn, easy to use, and anyone can do it.

Healing involves the process of being connected to the Reiki energy through an attunement. Through the attunement and initiation process, symbols and mantras are placed in the student’s body by the master teacher. The student immediately becomes connected to the Universal Source of Life

Force Energy and then has the ability to perform Reiki.

Reiki is a powerful healing energy tool. Unlike most other touch healing systems, it is one of the few forms of healing that can be used both on yourself and others. The Universe is filled with endless energy. This energy all comes from God, the one source. All energy is available freely to all of creation equally, as are all of God’s gifts. Systems for accessing this energy follow the intent of the practitioner and the methods evolved into the system. Reiki is one system for accessing this natural healing energy.

It works on the physical, spiritual, and emotional levels to bring balance to the practitioner and recipient. Reiki energizes and heals the body, and balances the body’s energies. Studies have shown that it speeds wound healing, lowers blood pressure, reduces stress, and is effective as part of a regime to manage pain. For persons with emotional difficulties or mood swings, it brings the emotional realm into balance and improves one’s outlook on life. Reiki speeds the healing process and minimizes the side effects of conventional medical treatments. Reiki is, therefore, a complementary practice that fits in well with modern medical treatment.

Reiki is not a religion. There is no doctrine to follow, no creed to remember. It has been used by practitioners of various religions with great success. It is a spiritual practice that complements any faith as a

hands-on healing practice. There is no requirement for meditation, prayer or visualization to do Reiki. Just by placing one’s hands on oneself or another person and setting the intention, this allows for the energy to flow through the individual. However, many persons do like to incorporate Reiki into their meditative practices as well.

To experience Reiki and learn more about how Reiki can work for you, attend the Healing Hands prayer circle after service on the 2<sup>nd</sup> and 4<sup>th</sup> Sundays of the month from 11:30 am to 12 noon. Everyone is welcome to this free sharing.

*Cecelia BonJour, MSW, LCSW is certified by the National Institute for the Clinical Application of Behavioral Medicine in Mind / Body Medicine. She is a Reiki Master Teacher, Pranic Healer and Psychotherapist working in private practice at Vitality Unlimited in Webster Groves. She is available for individual sessions, and personalized Reiki classes. See the box below for scheduled Reiki Classes.*

## **Reiki Classes**

with Reiki Master Teachers  
Cecelia BonJour and Pat Jordan

### **Reiki I Classes**

February 16, March 1, April 5 and May 10 (\$75 per class)

### **Reiki II Classes**

March 22, May 3, and June 7 (\$150 per class)

### **Reiki III Classes**

April 19 and May 31 (\$225 per class)

All classes meet from 7:00 - 9:30 pm  
at 105A Progress Parkway, Maryland Heights  
Call (314) 576-5508 to register.

## **Opening to Channel**

with Joseph Lahue

**Sundays, Feb. 20 & 27**

**1:30 - 4:30 pm**

An experiential course about going beyond meditation and into the realms of deeper energy. Learn the difference between meditation and channeling, and how to do it!

\$50 for both sessions  
at 105A Progress Parkway, Maryland Heights

## Mom's Hands

By JoAnn (Joie) Melton



# The Healing Network

My mother, Jessie, had her hairdresser's license in the state of Illinois for 50 years. Her shop was in our basement for a number of years, in a room made of knotty pine. I can picture the huge hair dryers and smell the heat of their work. I can see the sink where hair was not just washed, but heads were scrubbed. I even remember the machine that was used in the first permanent waves. They resembled something out of a Hitchcock movie.

One of my natural talents is massage, a talent that stems from my mother's hands. Jessie often had clients mention how their shoulders were tight, which immediately resulted in a shoulder massage or an invitation to the couch for more intense work. Her skilled hands would knead their neck and shoulders and back to a state of relaxation that was not scheduled or priced in her appointment book. Those same hands would, if I was really lucky after her long day of raising six "yours, mine, and ours" kids, and a fairly decent, if not, "Father-Knows-Best," husband, massage away the days of stress that any teen experiences.

It was in those days that I learned the value of massage. I learned the gift of touch. I learned the soothing nature of what a pair of hands could do. I learned that in the silence of this gift, an indefinable healing took place. And I also choose to think that a connection between mom and child was formed that all

the words in the Universe could not describe. The surprise of this story is that I've spent most of my life escaping her grasp, which became suffocating to me.

This story is a gift that I am proud to offer: a "Jessie story" of knotty pine, knotted relationships, and naughty mother-daughter trysts. A healing has taken place in that I can offer this piece to the Universe after so much wrestling with distancing.

Jessie passed in 1988, in her third bout with cancer. At her post-surgical bedside, I performed her bath and I saw the invasive mutilation of her earlier mastectomy. It was perhaps then that I also became a woman, who no longer looked to doctors alone for miracles.

To this day, when I offer my hands as a healing tool to others, they assume I've had some type of formal training. I HAVE . . . it's the "Jessie School of Knotty Pine," specializing in knotted release and unconditional love. There IS no official course of study.

Mom, I do thank you.

Love, Joie

*JoAnn Melton is a published free-lance writer of human interest stories, and an active participant at The Soul-Esteem Center.*

## Hearts Gathered in Love



**Saturday, Feb. 12**

**Wine and Cheese Reception  
Recommitment Ceremony  
for Committed Couples by Rev. Phylis  
&  
Dinner at Marciano's  
West Port Plaza**

6:00 pm at the Soul-Esteem Center, \$25 per person  
Reservations and Pre-payment Required.  
For information call (314) 576-5508

## Experiential Angel Workshop

with Gloria and Joe Craig

**Saturday, Feb. 26**

10:00 a - 5:00 pm (Lunch on your own)

An introductory, informational workshop to develop a relationship with the Divine Angels. Based on personal experience and metaphysical study of the presenters, and grounded in the certification training of Dr. Doreen Virtue, author of *The Lightworker's Way*, *Divine Guidance*, *Angel Therapy* and *Healing with the Angels*. See article on page four of this issue.

\$60 per person

Call (314) 576-5508 to register.

# The Relationship Network

## The Relationship Network

### *Special Relationships*

By Robert Brown

Most students of *A Course in Miracles* find its view of special relationships to be one of the most challenging topics. A significant part of the text speaks of both special relationships and holy relationships, yet there is often confusion in the minds of students. Initially, the Course seems to say that any relationship that we make special tends to reinforce the individual ego and distract us from our purpose of reuniting with God as one. In other words, it appears that by making a relationship “special”, it detracts from, rather than aiding in, our spiritual growth.

Ultimately, this may be the case, for as we begin to realize who we really are, we begin to know the oneness we share with each person we now perceive as separate from us. We will no longer see the separateness that the Ego requires for its existence.

In the moment, however, special relationships can represent a very important part of our spiritual growth. In fact, they play an important role in our salvation if we view them properly. The important thing is to keep in perspective what our purpose is when we enter into such a relationship. That purpose is to make it a “Holy Relationship” by recognizing the perfection of the other person just as we are aware of our own. In doing so we can become one in spirit and move toward our salvation together, allowing spirit to work through us.

In addition to *A Course in Miracles*, I recommend *Relationships as a Spiritual Journey* by Robert Perry which does an excellent job of exploring both Special and Holy Relationships as viewed by *A Course in Miracles*.

For a more in-depth discussion of this topic, please see Bob’s full-length article on our web site at [www.Soul-Esteem.com](http://www.Soul-Esteem.com).

*Robert Brown facilitates A Course In Miracles study group Sunday’s at 9:00 am at the Soul-Esteem Center. All are welcome to attend this study group each Sunday morning before The Gathering.*



### *No Outside Factors*

By Alan Cohen

Do you believe that your destiny is determined by anyone or anything outside of you, or do you shape your future with the thoughts you are thinking at this moment?

At a west coast retreat I presented, one participant found many things to complain about; she did not like her room, her roommate, or the retreat center, which she found to be too rustic and lacking in creature comforts. After the retreat she went with another participant to stay at a luxury hotel and spa. There, her roommate reported, she also found many things not to her liking; everything was too expensive, the rooms were stuffy, and the people snobbish. In retrospect, it became clear that it was not the accommodations that brought this woman her experience, but the sense of discontent she brought to them.

You can make anything out of anything. Nothing is absolutely any way; we are subject not to what is *out there*, but to the perceptual screens through which we filter what is out there. *A Course in Miracles* tells us, “My happiness depends on me.”

**You can make anything out of anything ... we are subject to the perceptual screens through which we filter what is out there.**

I was visiting the home of a friend whose 13-year-old son announced that he wanted to have a birthday party. “What kind of party would you like to have?” his mom asked. “I want to have a casino party where we can gamble on lots of games!”, the boy answered enthusiastically.

I could see the energy in mom’s face drop, for she believed that gambling was not a healthy pastime to teach children. Then, in a moment, I observed her countenance shift; her eyes lit up as she responded, “That’s a wonderful idea—all the kids can practice their math!”

The prime factor in success is attitude. There are two kinds of people in the world: *results* people and *excuses* people. *Results* people get the job done no matter what is going on around them, while *excuses* people have a million different reasons why the job never gets done. Several years ago I hired a fellow to do a project for me. When I called him to check on how the project was going, he answered, “I’ve been really busy this week; next week I will handle it.”

# The Relationship Network

When I phoned him the following week he reported, "I haven't been feeling well, but things are looking up—next week I will have a good report for you." A week later he told me, "My girlfriend and I broke up over the weekend, and I have been emotionally distraught—but next week is the week." There was, however, no next week, as it became clear to me that this fellow gave his power away to everything outside himself and retained very little for himself. As Ken Blanchard, author of *The One Minute Manager* noted, "When you are interested in something, you do it only when it is convenient. When you are committed, you accept no excuses, only results."

... Our first and most important responsibility is to keep ourselves joyfully connected to the Great Stream.

Louis Pasteur revolutionized the medical world with his discovery of bacteria. On his deathbed, Pasteur told an associate, "I have made a big mistake. Now I realize that it is not bacteria that cause disease, but the medium with which the bacteria come into contact."

The implications of this insight are staggering! No germs can make you sick unless you are an available host. No virus, negative thought, or criminal can get to you unless you are vibrating in harmony with them. When you are in a positive, loving frame of mind, in harmony with your spiritual nature and in the flow of life, you attract people and experiences that match this high vibration. If, however, you get into a rut of negative thinking and activity inharmonic with who you are, you become fair game for both physical and psychic germs.

So our first and most important responsibility is to keep ourselves joyfully connected to the Great Stream; then we have access to support, protection, and well being we could never achieve through anxious struggle or manipulation. When I was in Russia, I visited a church containing an icon of Mother Mary venerated in the nineteenth century by the people in a small town. When a plague ravaged the surrounding area, killing most of the people in the region, no one in this town was touched by the disease. The environmental conditions were the same as those affecting the people who succumbed; medical law and statistics would dictate that these devotees should have suffered the same fate—but they did not. Could it be possible that the belief and devotion these people felt for and from Mother Mary, kept them in a protective vibration and offered the bacteria no welcome host?

No outside factor can hurt you or save you. The next time you take all the factors into consideration, remember that no factor is more important than the recognition of who you truly are—a sovereign spiritual being—and the choices you make that proceed from that awareness.

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).



The Soul-Esteem Center  
presents

**Popular Author and Speaker**

**Alan Cohen**

*(The Dragon Doesn't Live Here Anymore,  
Dare to Be Yourself, Rising in Love,  
I Had It All the Time and many others!)*

**Sunday, April 16, 2000**

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at 10:00 am**

**Buffet Luncheon at 12:00 Noon  
with Alan, music and surprises!  
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**Afternoon Workshop  
Living from the Heart  
with Alan Cohen**

2:00 - 5:00 pm (\$35 in advance, \$45 at door)

Everything is happening at  
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## *The Message of the Canyon Spirits*

By W. T. Samsel

The spirits of the old ones still inhabit the red rock canyons around Sedona, Arizona. This I know because I have spoken with them on many occasions. I can feel their presence and recognize them in their many spirit forms. It is important to always acknowledge them and to display respect for them. When I go deep into the canyons, my sense of relevant time slips away. In other words, that which my senses detect can be of the present moment or as it was hundreds of years in the past. This altered state of consciousness is what allows communication with the old ones to take place.

“We can take the form of the crow circling in the sky, or the coyote, or the snake or any creature. We can appear as part of the rocks and the trees. We are in the stillness and the silence. We are in the buzzing of insect wings and the bright color of the cactus flower. We are as the wind and as the wind blows through the rocks and the trees, hear our voices!”

If you can learn to focus your consciousness and your senses, then you also may perceive the canyon dwellers of long ago. There is a proper way to conduct yourself when you go into the canyons. It is important to remember that you are visiting someone’s home. I speak not only of the Spirits of the canyons, but of all the living beings which make their home there. Come with a good heart. Do not bring careless destruction with you, and remember that you are walking in the Creator’s garden. The sounds, the smells and sensations, the beauty and tranquility of these red rock canyons can revitalize your soul.

Remember that the rocks are alive and have stood upon and watched over this place since before the first “two legs” ever set foot upon this land. They have witnessed the births, the lifetimes and the passing of countless souls who have called this place their home. All of our lifetimes are but mere instants in time to the stone people, yet their power and beauty reach out to touch our souls, giving us cleansing and renewal...again, if we come with good hearts, respect, and open minds. This is the message of the canyon spirits!

*W. T. Samsel is a spiritual consultant and ceremonial facilitator who resides in Sedona AZ. He is the author of “The Atlantis Connection.” You can reach him at 520-203-0703 or 135 Pony Soldier Rd. Sedona, AZ 86336, or [www.wtsam.com](http://www.wtsam.com).*

*For an expanded version of this article: [www.soul-esteem.com](http://www.soul-esteem.com).*

## *Our Relationship with the Invisible*

By Joseph F. Lahue

Why channel or have a relationship with spirit? Humans have a tendency to see the physical world from a fearful rather than a loving perspective. If we were able to be happy and not worry, we would probably not need the guidance from anyone in spirit. But since we are often hung up on the things to do rather than the way to be, we need all the help we can get.

Imagine God, your guardian angel, or spirit guide sitting on top of a hill, observing two automobiles coming from different directions about to have a head-on collision. Because the two drivers are coming from different directions around the hill, they do not see each other and are not aware of the potential accident they are about to face. If one or both of the two drivers receive information from an invisible source, by hearing a voice, by seeing an image, or by sensing that an accident is about to occur, and use this information, the accident could be avoided.

Our meditations are much like this when we ask God for guidance. But for some reason, even in the deepest meditation, we do not always clearly receive this guidance or we misinterpret what we were told. By having an external source such as a channeler repeat what we were already given in our meditations, we can confirm what was already sent but may have been missed.

When is it appropriate to have a relationship with the invisible? Simply put, whenever you need it. By meditating at the beginning of your day and the last thing before you retire, you automatically have a roadmap to guide you where you are going and to tell you where you have been. We all have the ability to achieve our desired states of being while we carry out our daily activities. Would it not be wonderful to be able to carry that fantastic feeling of love we receive in meditation throughout our day?

How do you channel? It is necessary to begin with a reverent and grateful attitude. Come with an attitude that with God’s help all things are possible. Ask for guidance for your highest good. This is an important and critical step as we may experience some things we may not have expected, so we must ask, expecting to receive and to ask without predetermining the outcome. Ask with an open heart and soul. Ask and be open to the suggestions God gives you. You

may be surprised by the advice you receive. We all co-create with God. If we can think it, all things are possible.

Who can channel? Anyone who can pray, who can meditate, and who realizes they are a part of God can channel! Those who have a prayerful attitude, those who take the time to meditate, and those who acknowledge their relationship with God will experience the art of channeling spirit.

*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. Joseph will be teaching a two-week class on "Opening to Channel" on Saturdays, Feb. 20 and 27, 2000. Also, see [www.soul-esteem.com](http://www.soul-esteem.com) for an expanded version of this article.*

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## ***New Office Facilities for The Soul-Esteem Center***

By Roger K. Sparks

Well, Y2K may have turned out to be a lot of hype about not much, but the new year has started off with a bang at The Soul-Esteem Center. We have opened new offices and classrooms at 105A Progress Parkway, Maryland Heights, in the same building where we hold *The Gathering* on Sunday mornings. Every day some Earth Angel shows up with one of the pieces to the whole thing that is making this new step a smooth and happy one. We still have some decorating to do, and some systems to put into place, but it's all coming together beautifully. Come by and see us – during the week between 10:00 am and 4:00 pm, and see what's been happening!

## **Touch Therapy for Partners**

with

Cindy Goodnetter and Michelle Ries

**Saturday, March 18**

1:30 - 5:00 pm \$45 per person

Learn techniques to help reduce the stress levels for you and your partner. In a safe, nurturing environment, participants (fully clothed) will explore the health benefits and pleasures of touch in an evolving partnership. Bring your significant other or a friend for an afternoon of relaxation and fun!

At 105A Progress Parkway - For info call 576-5508



## **Soul-Esteem Center Certificate Classes**

All Classes to be held at  
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7:00 - 9:30 pm

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### ***From Forgiveness to Innocence***

with Dr. Royal Satterlee

**4 Weeks Beginning Tuesday, Feb. 8**

Learn to *know* who you are, *feel* your innocence, and be *released* from burdens! Level 1 \$60

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### ***Spiritual Laws for Success***

with Rev. Phylis Clay Sparks

**5 Weeks beginning Thursday, Feb. 24**

Clarify metaphysical concepts, terms and spiritual laws. Learn the Soul-Math Formula, positive prayer and vital spiritual practices.

Level 1 \$75

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### ***The Seven Mirrors of Relationship***

with Rev. Phylis Clay Sparks

**5 Weeks beginning Tuesday, March 7**

Relationships are our "Temples of Learning." Recognizing and unlocking the mysteries of the mirrors that you are living will help you understand and resolve the patterns in your life that allow fear and hate to exist. Level 2 \$75

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### ***Pathway to Healing Power***

with Dr. Royal Satterlee

**5 Weeks beginning Tuesday, April 11**

Dr. Satterlee has facilitated many physical healings. This class will be an experiential class teaching and demonstrating spiritual prayer techniques and approaches to healing.

Level 2 \$75

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### ***Co-Creating our Bodies***

with Rev. Phylis Clay Sparks

**5 Weeks beginning Thursday, April 27**

A look at energy anatomy Carolyn Myss style, why are bodies the way they are, and what must change in order to resonate with God's blueprint. Level 2 \$75

## ***Five Spiritual Millennium Energy Changes***

Kryon through Lee Carroll

Where are you spiritually going? What's going to happen next with the New Age philosophy? We're going to give you an expression for those left in the old energy after the millennium marker comes. The expression in the year 2000 is that "the train has left the station." Those in the old energy who have refused to accept any of the new gifts and have stayed with the old ways now have a final invitation to come onboard this new millennium train...

There will be those who will stay in the old energy, calling themselves lightworkers and calling you wrong. They will not understand ascension status or see the gifts that are available.

The differences between the two of you will be obvious to anyone looking from the outside. Those in the old energy who call themselves lightworkers will have lists of things and procedures and agendas that a person must do in order to have an enlightened energy within. But the new energy features human enablement and power. There will be very little structure and no ego developed around any human hierarchy that must be adhered to. It will be obvious who is the old and who is the new energy to anyone who compares them.

Those in the new energy will have attributes you can also easily recognize. There will be the four attributes of love represented in their work. There will be no agenda in their work and attitudes. They will be

quiet about their gifts and not act in ego. They will not be puffed up with their own accomplishments, and there will be wisdom in their words. The mark of the new-energy lightworker is the one who is in the Now. When you ask them what is going to happen tomorrow, they will look at you and say, "No one knows that." They will act with confidence and with love about the future, without anxiety, because when it arrives it will be co-created appropriately, as it should be. And that, dear ones, is opposite to the old human nature. The old way fears the future and has no confidence in the ability to create reality. The new way fully understands that the future is exactly what the human makes it. You don't fear what you can create.

*This Kryon channeling is an excerpt from two similar messages given one month apart on two continents: one in Cleveland, Ohio, and the other in Singapore in October, 1999. Lee Carroll will be a guest of The Soul-Esteem Center on Sunday, July 23, 2000. You can access more Kryon writings at [www.kryonqtly.com](http://www.kryonqtly.com)*

### **Musical Concert**

with

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