



## CUTTING-EDGE QUARTERLY

### Winter 2001

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

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### *The New Spirituality*

By Rev. Phylis Clay Sparks

I recently came across words to an old song, "The old gray mare, she ain't what she used to be ...," and I thought about how this applies to everything these days – not just to old gray female horses. It even applies to spirituality. A spiritual person used to be someone who answered a "higher" calling to live a life devoted to contemplation distanced from the inferior, sinful human existence. Spirituality used to place God as far from the ordinary world as possible. Not so today.

Today's spiritual person is bringing an awareness of God into everyday life, into the marketplace, into relationships and into the workplace. More and more people are beginning to understand that the presence and power of God must be allowed to pour Itself through all of life and into the world, rather than regard it as something set aside for the lofty few.

As we get used to the idea that each one of us is a treasured creation of God and as such a co-creator with God, we begin to operate in our world with spiritual confidence (soul-esteem). The more spiritual confidence we cultivate, the more our soul-self shines through our thoughts, feelings, beliefs and actions, and the less we are dominated by the fear-driven ego-self.

Today's spiritual person understands conscious living, which means being fully aware of both the lessons and the miracles of life. It means being open-minded and mindful of everything, including the synchronistic "clues" that God provides to meet our every need. It means to think on those things which are true, honest, lovely and of good report.

Humanity has a long way to go before it restores planet Earth to the original Garden of Eden, but even the chaos and destruction in today's world is evidence that the old is being purged to make way for the new. Now, more than ever before, it's important that we continue the integration of the spiritual with the human by focusing on the wholeness of life rather than the fragments; by engaging ourselves in loving rather than fault-finding; by practicing the art of nonjudgment; and by staying focused on giving rather than getting.

May your life in 2001 be filled with the new spirituality as you truly understand that the essence of your being is love, beauty, harmony and peace of mind.

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 of the new book "Soul-Esteem: The Power of Spiritual Confidence."*



**Rev. Phylis Clay Sparks**

## 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 February 1, 2001.

## The Soul-Esteem Center

### ... for Practical Spirituality

is a transdenominational, independent 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. There is 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*

105A Progress Parkway  
Maryland Heights, MO 63043  
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## FROM THE EDITOR

### Another New Year of Endless Possibilities

By Gary Heebner

The other day I received a very clever puzzle from a friend. It was a chain of interconnected plastic loops, which when turned just the right way, made a very organized design. The idea was to fold the loops of the puzzle in a certain way to recreate the original design. After several hours of trial and error, I was able to reconstruct the original design. I was, of course, very proud of my achievement. I then gave it to my nine-year-old daughter who quickly disappeared into another room. About 30 minutes later, she came back with a totally new design. She had taken the loops apart and reconstructed them into an even more fascinating array than was intended by the designer of the puzzle. She also mentioned that she had a few spare parts left over!

My first thought was that she just didn't understand the rules for playing with this puzzle. Then I stopped for a moment and just enjoyed her creation and marveled at the way she managed to see things like this – so differently than I did. She was able to create without boundaries or restrictions, and to build a beautiful design. This lesson is not so different from the many lessons we are presented with each day of our earth lives. We can listen to our intuitions and our Angel-Helpers or we can try to do it the hard way, controlling our lives and making sure everything is always under our control. Unfortunately, when we are so busy making things happen our way, we can miss the real lessons in life.

Each moment of every day, we are presented with opportunities to learn and grow in our spiritual lives, but we often don't seem to find the time to embrace these moments and to let them touch our souls. As the year 2000 becomes 2001, these moments will continue to touch our lives. Take a few moments now, not later, to look around and enjoy the many blessings we have all received. Also, seize the opportunity to see things differently and renew your commitment to balancing your spiritual and your human life.

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

The Soul-Esteem Center presents

## The Gathering



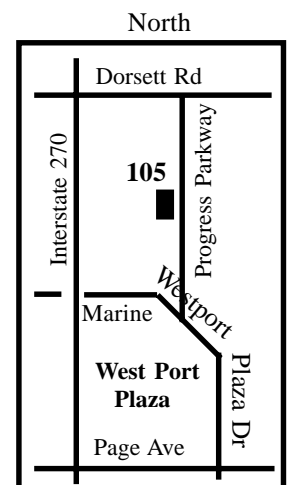
A Spiritual Service

**Sundays, 10:00 am**

**At 105 Progress Parkway Maryland Heights**

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, live music, background video - and more.

**A Course in Miracles Study Group 9:00 am**  
**Children's Gathering**  
**& Toddler Care - 10:00 am**



## BOOK REVIEWS

### *Soul-Esteem: The Power of Spiritual Confidence*

By Phylis Clay Sparks

Previewed by Nancy Bardenheier

*Soul-Esteem: The Power of Spiritual Confidence*, authored by Phylis Clay Sparks, is scheduled to make its debut in January of 2001! It is a call to recognize, cultivate and honor the uniqueness and divinity within each individual so that a truly rich human and spiritual existence can be experienced on earth. Discover how to excavate and embrace the most valuable of all treasures – your own sacred soul. Discover why soul-esteem transcends even self-esteem and how the cultivation of it creates a dynamic “power-presence.” Phylis describes what a power-presence is and how it can transform your life. Specific, practical tools to build soul-esteem are discussed, such as the “Soul-Math Formula.” Learn how to apply the “Soul-Math Formula” to your own life in order to resolve undesirable situations and to eliminate indecisiveness.

*Soul-Esteem: The Power of Spiritual Confidence* is a call for you, the reader, to honor the incredible being that you are by meshing the power and uniqueness of your own soul with the limitless energy of Infinite Intelligence. This book is a delicious spiritual treasure that exhorts the reader to “climb the ladder of soul-esteem above and beyond the obstructions of the third-dimensional world.” It is a guide, interspersed with personal anecdotes, that speaks lovingly and compellingly about the many facets of spiritual confidence and how this confidence is the one true beacon of light in the human world. Light a candle by your favorite chair and immerse yourself in this guided tour of spiritual self-mastery. To paraphrase Marcel Proust, “The real voyage of discovery lies not in seeking new landscapes but in seeing with new eyes.” This book will give you new eyes.

You can order a copy at The Soul-Esteem Center bookstore at \$17.95, (314) 576-5508.

*Nancy Bardenheier is an executive travel consultant for Boeing Travel Management Company. She is also an editor of The Cutting-Edge Quarterly, and is the editor of “Soul-Esteem: The Power of Spiritual Confidence”. Nancy is an active participant at The Soul-Esteem Center.*

### The Soul-Esteem Center **Bookstore**

*Top titles on metaphysical subjects,  
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### *Communion with God*

By Neale Donald Walsch

Reviewed by Gary Heebner

In the *Conversations* books, Neale Donald Walsch began an exchange with God on everything from love and faith, to life and death, and good and evil. And then, as he recounted in *Friendship with God*, something else extraordinary began to happen. His relationship with God began to strengthen and deepen, just as our own relationships do, into a friendship.

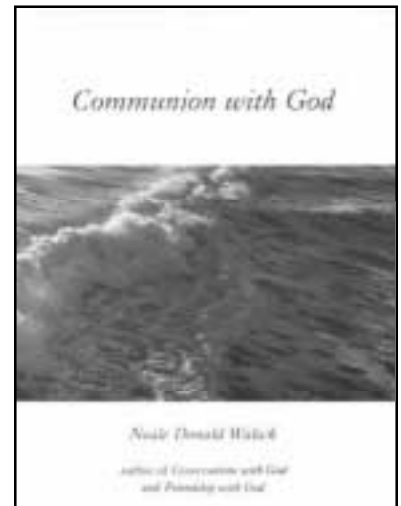
Now in *Communion with God*, his most richly intimate book yet, Walsch discovers how to elevate that friendship to a state of communion.

In this blueprint for seekers, he reveals The Ten Illusions of Man - the misconceptions we hold about ourselves, our world, and our God. He describes how we might heal the great divide that has arisen from these illusions. Walsch explores the true meaning of bringing God into our everyday lives and of having the courage of our convictions. He shows us that we can only break

free from our illusions when we live and act from a place of deep fellowship with all that is holy - a place of communion with God.

Neale Donald Walsch and his wife, Nancy, have formed Re-Creation, a nonprofit foundation for personal growth and spiritual understanding, with the goal of giving people back to themselves. Neale lectures and hosts workshops throughout the country and around the world, supporting and spreading the messages contained in his extraordinary books. The Soul-Esteem Center recently had the honor of hosting Neale as a guest speaker in St. Louis on October 29th, at The Westport Playhouse.

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



If you have enjoyed reading  
*The Cutting-Edge Quarterly*  
and would like to be on our mailing list,  
call (314) 576-5508

# The Spiritual Network

## *Don't Follow Me*

By Alan Cohen

I saw a bumper sticker proclaiming, "Don't follow me - I'm following my bliss." Good advice! How much more creative and successful would your life be if you remained true to your own inner guidance rather than imitating the paths chosen by others?

When you are secure in who you are, you set the trend for your own life, and do not look to others to tell you how to live. I remember seeing Julia Roberts show up unannounced on the David Letterman show one night, clad in jeans and a tee-shirt, with no makeup and her hair not styled. The audience gave Julia a rousing welcome, and then she had a light-hearted spontaneous interview with Letterman. Everyone was thrilled to see her, and no one cared that she was not glamorous that evening.

Authenticity yields far more power than ostentation. Sometimes people become confident in themselves because they are successful, but always people become successful because they are confident.

For many years I wore a jacket and tie when I spoke in churches, simply because I thought I should be appropriate. Yet all the while I felt totally unnatural and hated it. Then one night I asked Wayne Dyer what he wore when he spoke at the same churches. "A sweater - or whatever," Wayne told me nonchalantly. "I don't even own a jacket and tie."

That did it. I realized that Wayne had been true to himself, but I had not. I squirmed as I remembered the title of some of my talks: "Dare to be Yourself." That was the end of the jacket and tie era for me. Other men love to wear a jacket and tie. To be true to themselves, they must dress up. To be true to me, I must dress comfortably. Realness is an inside job.

Many of us have given our power, money, and minds to people whom we believe can tell us how to live. And many teachers have given us good advice. But advice is useful only if it resonates deep within us in a place that feels like home. So the teacher did not give us anything we did not already have; he or she just pointed us to what we already knew. A consultant is someone who borrows your watch to tell you what time it is. The best teachers are those who work themselves out of a job.

Years ago I got involved with a cult led by a teacher who claimed to be enlightened. The students in this organization worshipped the teacher more than the teachings, and I went right along with the hype. I gave my power away to this man and I did things just to fit in with the crowd. But every time I fit in, I sold out. Eventually a scandal revealed that the teacher had been lying to the students and engaging in covert activities contrary to his teachings.

When the debacle became public, I felt ripped off, betrayed, and angry. I blamed the teacher for fooling me. After some introspection, however, I realized that I had fooled myself. If I had been true to myself, I never would have become one of the sheep. Then I began to appreciate the experience. I realized that the purpose of my involvement with the teacher was not the lessons he gave, but for me to learn to follow my own spirit rather than the herd. Suddenly the whole process became immensely valuable to me, and I laughed about it. It was worth the experience to learn how to respect my sacred self rather than external authority.

When you know that every truth you seek is available within you, you will not place someone else's idea of how you should live above your own. There are many roads to the mountaintop, but the only one that will take you all the way is the one with your name on it.

*Alan Cohen is the author of many popular inspirational books, including his newest, "My Father's Voice." Alan can be reached by phone at 800-568-3079, or you can write him at 455A Kukuna Road, Haiku, HI 96708, or E-mail him at [acpubs@maui.net](mailto:acpubs@maui.net). Also, check out Alan's web site at [222.alancohen.com](http://222.alancohen.com). The Soul-Esteem Center will again host Alan on our 4th Anniversary, Sunday, April 22, 2001.*

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## *The Gratitude Factor*

By L. Wayne Hadley

Reading through the last issue of *The Cutting-Edge Quarterly*, an article called "Soul-Math and Quantum Physics" by Chris Bryant caught my attention.

I was of the old school whereby you set your goals...define them in exact detail...write them down on paper...and even set a date for their accomplishment. I'm sure many of you have gone through this same process and wondered why your goals were not brought to manifestation in a more timely fashion. Then there were times when I would just think about a goal or desire, and it would be manifested quickly and without all the former activity, and in a form better than I had envisioned. Why?

In Chris's article, she stated, "Envisioning the qualities that you desire to experience opens the creative process to the infinite possibilities that already exist in the Universe. It is so much easier and faster for the Universe to respond to a desire that is open to the infinite than the definite."

Wow! This simple process hit me right between the eyes, and I began to think about it. We so often bind up the Universe with all the details, colors, style and whatever, when all we have to do is desire a thing, hold in faith that we are already the owner of the manifestation, and allow the Universe to bring our desire to us. The Universe already knows what we need...how we need it...and when we need it...and in a much better form than we do. As the Bible says, "Even before you ask!"

# The Spiritual Network

## *Giving from the Heart*

By Robert Brown

Now what does all this have to do with The Gratitude Factor? Everything. Have you noticed that Jesus always gave thanks first, before he set about to manifest anything, perform any miracle or heal the sick? Notice the grateful attitude that Jesus took, how he always seemed to be saying, "I thank thee, Father, that Thou hearest me." It's the gratitude that connects you to the One Power. Jesus knew it when he said, "Draw nigh unto God, and He will draw nigh unto you."

Using this attitude of gratitude, Jesus performed what we call miracles. And the manifestation was immediate. There wasn't a time period for the manifestation to happen, it "was accomplished." It would be a good idea for each of us to go back and recount all the times Jesus performed miracles, healed the sick or had a challenge in His life. Each time the process was the same, gratitude first, holding in faith, and the immediate manifestation.

So here is the thought which was brought to me while I meditated on the above manifestation process. Yes, everything in the process is true in and of itself, but how much more powerful would the process become if we simply gave thanks before we began holding our desire in faith as an accomplished manifestation? It would change the whole process, from an "I sure hope this works and works fast", to a knowing that it has already been accomplished. And if we have the faith and knowing of Jesus, our manifestation would also be immediate! The secret is in the "knowing!" By giving thanks (or gratitude) we automatically believe in faith and know the end result.

The grateful mind is constantly fixed upon only the best. Therefore it tends to become only the best. It takes the form or character of only the best, and therefore will receive only the best. Faith is born of gratitude. The grateful mind continually expects good things, and expectation becomes faith. The reaction of gratitude upon one's own mind produces faith, and every outgoing wave of grateful thanksgiving increases faith.

A person who has not the feeling of gratitude cannot long retain a living faith. It is necessary then, to cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. Therefore, we should all take a strong lesson from Jesus, and give thanks, be grateful, and connect with the power of the Father. Then ask in faith knowing it is already accomplished in the Universe and on its way to you. It's that simple!

*L. Wayne Hadley is a speaker and writer for the business, marketing and the self-improvement industries. He has self-published his own book which sold worldwide. He also has written and published many articles for business magazines. He can be contacted by e-mail at associates@wpcs.net.*



One of the many positive and wonderful opportunities that The Soul-Esteem Center presents is a place where I can give. It's not as though we are not constantly giving and receiving in all aspects of our lives, but sometimes I lose sight of the metaphysical laws that come into play. My gifts to The Soul-Esteem Center, in whatever form they take, make it just plain easier for me to feel the Universe in action.

Having a place to practice and learn more of my true nature allows me to appreciate just how the spiritual laws operate. I know that by supporting the teachings, I am holding my light just a bit higher, and making it that much brighter. With those actions, I know that I am opening myself even more to the unlimited energy of the Universe, and allowing it to flow through me and to manifest in each and every part of my life.

This time of the year offers us the opportunity to give special thanks for the many things we are grateful for. Certainly The Soul-Esteem Center is high on my list, and I am so very thankful that I can give my support. It is so wonderful that this great lesson demonstrating the powers of giving has come into my life.

In future editions of The Cutting-Edge Quarterly, I plan to focus more on specific laws that come into play by my simple gifts from the heart.

*Robert Brown leads the study group on A Course in Miracles which meets every Sunday morning at 9:00 a.m. at The Soul-Esteem Center. You can find him in the SEC office on Mondays volunteering his time at the computer. Thank you, Bob, for all you do to give back.*

### Celebrate **New Year's Eve** at The Soul-Esteem Center (Banquet Room) **Sunday, Dec. 31 - 8:00 pm**

- ◆ **Potluck hors d'oeuvres & BYOB**
- ◆ **Dancing to the music of  
Georgy Rock and Bob Dill**
- ◆ **Meditation and Drumming at Midnight**
- ◆ **Games and Prizes**
- ◆ **Videos for the kids**

**A Love Offering will be collected.**

**Please Sign Up at The Gathering  
or make reservations by calling (314) 576-5508**

# The Healing Network

## The Healing Network

### *The Face of God*

By Chris Bryant

I was walking down the cold, windy street,  
Making shoe prints in the snow  
When a tattered man with holes in his clothes,  
Looked up with desperation in his eyes.

He began to reach...  
to ask for just a little bit of help,  
Any small amount would do.  
He asked only for my "spare change, please?"

Crossing the street, I began to ponder...  
I delved deep within my soul  
Asking myself a life-changing question...  
"Did I just look into the face of God?"

Did a golden moment just slip by?  
A moment where I could give...  
To a man with holes in his clothes?  
Or was it a man in holy clothes?

Those eyes could not be forgotten,  
Asking for money, any amount would do.  
And all the while, pressing deeper  
Pleading with me to just "open up my heart, please."

Those eyes asked for more than my change.  
They asked for all the love I could spare.  
They asked for my heart to open,  
To include the beggar, the thief and me.

If in this moment, we see face to face,  
We look into the Eyes of God,  
And see Love integrated into a human...  
being All That God Is.

As long as we leave someone out there,  
We affirm somewhere God is not.  
As long as someone is left outside our heart,  
There is a part of God we have not yet loved.

Years later I find myself  
Walking down a snowy sidewalk  
And there sits a man in tattered clothes  
Asking for my "spare change, please."



And as I kneel to give such as I have,  
I look into that face of Light,  
and kiss him gently on his dirty cheek,  
And whisper softly "I love you."

And as I run to catch the bus,  
Feeling the joy of an open heart.  
I look back to see no human...needing anything,  
And realize there are no shoe prints in the snow.

*Chris Bryant is the Administrative Director and Corporate Secretary of The Soul-Esteem Center. Her spiritual messages are available in a line of handmade greeting cards. If you wish to know more, you can call her at 314-646-1196 or E-mail her at cardsbychris@mindspring.com.*

### *Emotional Freedom Technique*

a Workshop with Patricia Shaw, Ph.D.

**Sunday, Dec. 17, 1:00 - 4:00 pm \$25**

Gain lasting relief from fears, unwanted memories, grief and anger with this psychological version of acupuncture. This simple, effective technique can be self-applied to a multitude of emotional problems as they arise.

**At The Soul-Esteem Center**

**Please register at *The Gathering*, or call (314) 576-5508**

### *Re-Creating Your Life Through Mental Equivalents*

a Workshop with Leslie Venable

**Saturday, Jan. 6, 2001 - 9:00 am - 4:00 pm \$25**

Transformation depends upon learning to use your thoughts in a way that produces that which you desire. This is an experiential workshop designed to help you train yourself to use your power of vision and imagery to re-create your life.

**At The Soul-Esteem Center**

**Please register at *The Gathering*, or call (314) 576-5508**

### *Feng Shui Basics*

with Linda Binns

**Sunday, Jan. 14, 2001 - 1:00 - 4:00 pm \$30**

*Working with the Bagua*

**(an energy layout of your home)**



**Sunday, Feb. 18, 2001 - 1:00 - 4:00 pm \$30**

*Dealing with Clutter*

Learn how the application of Feng Shui principles can bring your environment into optimal harmony, comfort and balance, and create positive changes in your life!

**At The Soul-Esteem Center**

**Please register at *The Gathering*, or call (314) 576-5508**

## Emotional Freedom

By Patricia Shaw, Ph.D.

It may sound too good to be true, but it *is* true! The Emotional Freedom Technique (EFT) allows rapid, gentle, long lasting freedom from fears, sadness or loss. This wonderful technique allows individuals to literally clear themselves of any negative emotion, any limiting belief that holds them back from being all they have ever wanted to be.

The process is not complicated. An individual can learn and self-apply this procedure as needed. In addition, a therapist can greatly assist the patient by rapidly unraveling and relieving complex issues – permanently.

Developed by Gary Craig, and based on the earlier work of Roger Callahan, originator of *The Five-Minute Phobia Cure*, Gary's method is even more effective, long-lasting, and wholistic. The Emotional Freedom Technique is a psychological version of acupuncture except we don't need needles. Instead, we tap with our fingertips on specific points along the energy meridians while being "tuned into" the problem. Negative emotions such as fear or anger caused by trauma, phobias or nightmares appear as disruptions of those energy meridians. Balance them by appropriate tapping and the issues vanish. They seem to just float away; and they stay away!

Further, people who have used this technique find that it also gives major relief from many physical ailments. Individuals have reported that the technique alleviates headaches, stomach disorders, breathing problems, and other ailments. I had a client call shortly after I taught him to use this technique and he told me that it worked so well that he no longer needed to come to his next appointment. This was a man who had experienced major depression, phobias, panic attacks, and gastritis.

The Emotional Freedom Technique is not perfect. Sometimes we don't get 100% response and there are occasional failures. Nonetheless, what we are able to achieve is exceptional. The technique often works when nothing else does and it can be a valuable tool in achieving emotional freedom from those negative emotions or impasses you may be encountering in your life.

*Patricia Shaw, Ph.D. is a licensed psychologist, with over 15 years experience in helping people heal emotional wounds, overcome difficult life situations, and achieve successful approaches for coping with the stress of our modern world. She will be presenting a workshop on The Emotional Freedom Technique on Sunday, Dec. 17, 2000, 1:00 - 4:00 p.m. at The Soul-Esteem Center.*

### Audio Tape Subscription Service

Purchase an audio-tape of any Sunday service for \$5, or subscribe and receive tapes by mail at \$6.25 each.

**Call (314) 576-5508 to subscribe!**

# The Healing Network

## Listen to the Drummer

*I would speak to you for a moment, My dear one, about forgiveness. Facing the lesson of forgiveness is a big step - but a necessary step. True forgiveness is like standing under a clear, beautiful waterfall and letting the healing waters wash you clean. As you let your consciousness absorb this new understanding about forgiveness, clear your mind, relax your body, and sit with Me for just a few moments.*

*Do you know how much I love you, My child? Do you know how loving and radiant you are as you stand free from human emotions that no longer serve you? Do you have any idea how powerful you are? Trust Me to tell you that you are more powerful than you ever imagined. When you master the art of forgiveness you will move into higher frequencies of Light and Love. Your soul-esteem will blossom as the lotus.*

*Above all else, do not allow yourself to become discouraged if you find forgiveness a goal that you accomplish bit by bit. Know that you are always demonstrating forgiveness to the extent of your highest understanding in each present moment. Forgive yourself first. Apply all of your knowledge to washing away any unforgiveness held within your heart against yourself. Know that you are My precious child and that from My perspective there is nothing to forgive.*

*As you establish your intent to forgive, know that I am moving through you to strengthen your resolve. I am giving you courage as you choose between love and fear. I am inspiring you to use the gifts I have given in order to express your best Self. Remember that it is through you that I realize My desire to express.*

*I remind you, My Beloved, to direct your thoughts, your feelings and your actions toward whatever brings a real peace in your mind and your heart. Acting in ways that bring that peace is a demonstration of mastery. The peaceful mind has power - it will be obeyed. There is no struggle in Spirit, and that which lives in the Spirit lives in peace. The effects of Spirit upon your willing soul are healing and restoration.*

*I am the Drummer that beats the rhythm of peace at the center of your being. I am the Master Knower within you that always knows what to do and what to say. March to the Drummer and I will lead you aright. Walk in protection, surrounded by the angels of My presence.*

*I love you. All is well.*

- The Drummer



(Excerpted from the forthcoming book, *Soul-Esteem: The Power of Spiritual Confidence*, by Rev. Phylis Clay Sparks.)

# The Family Network

## *Tasks of the Family*

By Kryon

as channelled by Lee Carroll

I give you a challenge: as you go into areas on Earth you've never gone before, I want you to look at what happens. People look at you differently. For a moment - just a moment - when you walk into a room, they will turn to look at you. You'll wonder if something's wrong. I'll tell you what's happening: There is an instant, brief recognition that even surpasses the duality. Like a little greeting from one divine Human to another, it says, "I know who you are and what you've done" (speaking of the intent to hold the light), and then the glance turns away. After that, there is no remembrance or recognition. Lightworker, watch for it. Those glances mean something. You're "pushing energy," and the cellular structure of every other Human around you "knows" it.

When you come together as lightworkers, you feel a sense of family from the light that you radiate. It marries to the light the others radiate, and you know you're in the right place. It feels like Home. I'll tell you, that's no accident. It's what you came here for! That's why we encourage you to assemble more often - that you may discuss with one another what it's like to know that you're not alone and that there are others just like you. Each of you has an extremely unique print - a potential that belongs to no one else, and some of you are actually voiding old potentials and creating new ones as you go. That's being in the Now! That's co-creation! Holding the light. ...

...I speak now to the family in this room and to those reading this. It's about the seemingly inappropriate deaths of those around you, and again, we speak of family. We speak of the kind of departure that leaves you empty and in sorrow, broken and asking God, "How could you do this?" We've explained it before: It's not about what happens, it's about

**Committed Couples VowRenewal,  
Reception and Dinner**  
**Sunday, Feb. 11, 2001**  
6:00 pm at The Soul-Esteem Center  
Dinner following at Marciano's  
Advance Reservations Required

**Valentine's Day  
Drumming Celebration**  
**Led by Brad Smith and Friends**  
At the Soul-Esteem Center (Banquet Room)  
**Wednesday, Feb. 14, 2001**  
Refreshments, drumming, chanting and merry making!  
Bring drums, rattles and cushions for the floor.  
A Love Offering will be collected

the journey. It's about the contract. That's why, dear ones, we want you to know something that is so critical and so important about these, the small ones who come in and die in a family - or the grown ones who come in and do the same thing.

They place upon you a burden for life, which you call great sorrow. They come in with an overlay that is great, divine, and extremely anointed - a task that is called a "gift" for you. Hiding within the seemingly horrible event is a gift that is surrounded not by what they did, but by what you do in response. You see, it's not about their death; they did it for you. You call it sacrifice, but it isn't. That's the wrong word. It's called love. It's an appropriately designed contract - a manifestation of a gift on this planet for you. And I'll tell you what the gift is: If the event didn't bring you to your knees, it should have, because that's where you decided to give intent to examine who you were. That's where the process starts that is often the catalyst for enlightenment. And if it didn't do that, I want to tell you it's about time it did. Because if it didn't, they wasted the gift! Perhaps this is a new twist on how you feel, and perhaps you do not wish us to be so direct - but it's absolutely true! This seemingly heart wrenching event did not happen to them - it happened to you. If you doubt that, look around: Where are they, and where are you? Realize that all the energy around it was for you. What have you done with it? Have you been consumed with anger? Guilt? Perpetual grief?

We challenge you to look at this event with clearer eyes and start the celebration! I challenge you, as a Human Being, to have the wisdom to celebrate their birthday, and the gift that it was. Know that this special Human Being came down in uniqueness, with a contract to give you something grand - and that's called service. What a task!

*This is an excerpt from "Letters From Home, Kryon Book VII" by Lee Carroll. Lee has brought the teachings of Kryon to The Soul-Esteem Center two years in a row, and we look forward to hosting Lee and Kryone again in the near future.*

***Awaken Your Creative Power***  
a Workshop with  
**Marlene Bricker and Chris Bryant**  
**Saturday, Jan. 20, 2001**  
10:00 am - 3:00 pm      \$25  
  
Let your creative self out!  
Heal your emotions through the power of creativity!  
Express yourself during this experiential opportunity!  
Come with an open mind and heart, ready to amaze yourself!

**Registration required so that we have plenty of supplies.**  
Sign-up at The Gathering, or call (314) 576-5508

## The Quiltmaker's Gift

By Jeff Brumbeau

Reviewed by Georgy Rock

*The Quiltmaker's Gift* is a modern fable about generosity. As long as remembrance, the quilt maker has lived on her mountain. She has always made the most beautiful quilts with loving hands and given them away to people who needed them. They are free - Never, ever for sale.

Living in the valley below the mountain is a wealthy king. He makes constant requests for gifts from all his subjects. As the king says "I don't give things away, I take them." He has catalogs filled with itemized accounts of all he owns. But, he is never satisfied.

Will the king ever learn to share?

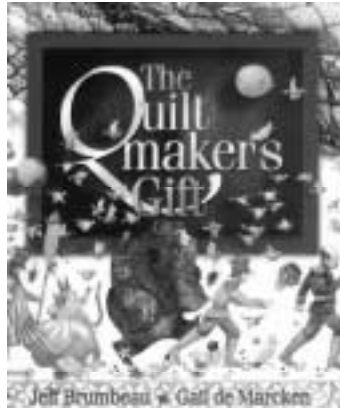
Can the quilt maker teach the king to be happy?

As the story unfolds we watch the once greedy king learn the most valuable lesson of his life. The king learns to give away all that he has – under the guidance of the quilt maker – and discovers that he has in return received the greatest gift, the joy he receives from giving to others!

The illustrations in this wonderful children's book, done by Gail de Marcken, are rich with color and imagination. It is easy to look at each page and dream of endless possibilities. It is absolutely no wonder why Gail de Marcken has won so many awards with her work.

After reading the book you are invited to join the quilt maker and the king "on line" to learn about global generosity. You will find games, puzzles and quilt making activities. One percent of all sales from this book goes to worldwide projects that implement the spirit of generosity.

Georgy Rock came to St. Louis in 1982, and has traveled extensively sharing the Good News of God's Love through her music. Georgy has produced five "sold out" albums, and performs at The Gathering on a regular basis. Georgy presently works at Borders Books in Clayton focusing on the Children's Department and special events.



## The Family Network

### Co-Creating with Our Children

By Dr. Marlene Bricker

I have spent the last few months working with Rev. Phylis Clay Sparks and the parents of our children at The Soul-Esteem Center to develop an ongoing program for teaching metaphysical principles to our growing group of young folks. I have also had the pleasure of teaching several of the children's classes on Sunday. What an incredible group of spiritual beings! We are truly excited about the work we are doing to launch the Children's Gathering as a place where our children learn and most importantly live Universal Principles.

Our goal for the Children's Gathering follows:

Our **Vision** is to familiarize children with the concept of God as a Presence and Power in their lives and to help them discover their Soul-Esteem.

Our **Mission** is to provide the opportunity for children to experience God, raise their self-esteem, learn spiritual principles, moral and ethical values, comparative religion and metaphysical Bible interpretation.

This is truly a new adventure for The Soul-Esteem Center and we know we are supported in our vision. Peace and Blessings.

Marlene Bricker received her Ph.D. in Metaphysics from the University of Metaphysics. She owns her own business and has been a public school teacher. She is an author, conducts workshops and seminars, designs metaphysical greeting cards, lectures and continues her education. She co-directs the Children's program with Leslie Venable.

### Accessing Your Inner Coach

a Workshop with Personal Life Coach **Joy Leccese**

**Saturday, Feb. 3, 2001** - 9:00 am - 12:00 Noon \$25

Joy has more than 30-years experience in coaching people to design and build the life they really want with a how-to, step-by-step action plan. Discover hidden obstacles that prevent you from making changes and learn to navigate new territory with spiritual confidence!

**At The Soul-Esteem Center**

Please Sign-Up at The Gathering, or call (314) 576-5508

### Prosperity Power Workshop

with **Leslie Venable**

**Saturday, Feb. 24, 2001**

9:00 am - 5:00 pm \$25

Set yourself on a path to greater ease by facing challenges dealing with prosperity. Spend this valuable time learning principles which will help free you from anchors of false belief and open your consciousness to receive.

**At The Soul-Esteem Center**

Please Sign-Up at The Gathering, or call (314) 576-5508

# Rebirth in the Information Age

By Joseph Lahue

*Webster's Dictionary* defines rebirth as "a new or a second birth, as through reincarnation or spiritual regeneration, or a reawakening." I'd like to take a practical approach to this subject by citing some recent examples of the process of rebirth in my life.

A good friend recently sent us an article on Feng Shui. I always pay special attention to key words, comments or articles such as this that suddenly appear, as they often have some significance at that particular time in my life. I zeroed in on the part that said, "Thoroughly clean and declutter every part of your environment." It also talked about "...removing or replacing everything you don't absolutely love."

Upon returning from our vacation, we discovered our basement was flooded with water from a broken water heater. Water flow is a Feng Shui symbol for our ability or inability to have events, prosperity and goals flowing freely in our lives. I meditated on the significance of the Feng Shui article and the unexpected water flow and came to the realization that I desperately needed to declutter my administrative life at home. I needed to get rid of the clutter that I had been routinely shepherding over the last four to five years. I realized I spent an inordinate amount of time managing paper, magazines, newspapers, books, and e-mails without really accomplishing what I intended to do. In fact, stewardship of these objects became a major focus in my life, as I had lost sight of my soul's purpose at this particular time in my physical life.

I embarked upon a timeout, saying "no" to any new activities while I invested my time and energy cleaning out the clutter and getting things flowing in the manner I had intended. As I parted with magazines I had not opened for ten years, I soon found it was getting easier to toss out newer magazines as well. I concluded that I could get the latest information I need via the Internet. Speaking of the Internet, I also discovered I had over 1,500 unread e-mails, which I soon began to sort through and delete unless absolutely necessary.

We often think of rebirth as solely a spiritual experience, but it takes our mind and body to be active participants as well. When we take a few moments to contemplate our life, we may not be where we want to be or where we thought we would be when we seriously examine our growth. Several times throughout my life I have wished I could start all over and begin my physical life again as a child. As I meditate I realize I can begin again, right now, right where I am. I do not need to go back in time, nor do I need to wait for the next New Year's celebration in order to make resolutions I really need right now. With desire, dedication and preparation, I can in fact start over again at this very moment.

I've always admired the sages and masters mostly for the peacefulness they all have about themselves; they appear to carry very little baggage with them to manage. They also have a natural sense of when they have gotten off track and are able to resolve to renew or rebirth their lives at any point. It is no wonder that the sages and masters rarely had to

invest a lot of time catching up, since they had very few objects to manage, were aware of what was really important in their lives, and spent moments instead of days or weeks decluttering. I wonder how they would deal with this information age we are in? I suppose they would have very few books, magazines and e-mails to deal with and would rarely need catastrophes to make them realize the joys of the process of rebirth.

*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, a life member of the Association for Research and Enlightenment, and an active participant at The Soul-Esteem Center.*

## Speaking with Soul-Esteem

### A Weekend Intensive with Rev. Phylis Clay Sparks

**Part 1: Friday, Jan. 26, 2001 - 7:00 - 10:00 pm**

**Part 2: Saturday, Jan 27 - 10:00 am - 5:00 pm**

**Part 3: Sunday, Jan 28 - 1:00 pm - 6:00 pm**

This is a rare opportunity to experience a one-of-a-kind workshop designed by Rev. Phylis, who was a Dale Carnegie Instructor for seven years. It will help you speak in front of a group with spiritual confidence. This is the first time Rev. Phylis has offered this workshop in over five years. It is an intensive, no-nonsense approach to bringing the best that is within you out into the open so that it can be shared.

You will be coached, nudged, stretched and expanded. This is not for the faint of heart or someone who is sensitive to constructive coaching and hard work.

#### The weekend includes:

- √ Writing a 20-minute talk from scratch
- √ Learning and honing presentation skills
- √ Breaking out of your shell of self-consciousness
- √ Presenting your talk before an actual audience

**Limited to first 12 pre-paid registrants. Cost \$245**  
**Register by calling (314) 576-5508**

## Reiki Share

**7:00 pm every 2nd Friday** (Dec. 8, Jan. 12 & Feb. 9)

Join us at The Soul-Esteem Center for a friendly evening in a casual atmosphere. Enjoy socializing, meditation, Reiki healing and sharing.

### Discussion Groups at The Soul-Esteem Center

#### **Spiritual Discussion Group** with Cecelia BonJour

(Self-acceptance and body image issues)

**Every Tuesday, 5:45 -7:00 pm \$10**

#### **Celestine Vision Discussion** with Perry Blankenbiller

(Relationship issues and dealing with the power struggles)

**Every 1st and 3rd Sunday, 11:30 am - 12:30 pm**

#### **Spiritual Forum** with Joseph Lahue and Simon

**2nd Saturday of every month, 10:30 am - 12:00 Noon**

Come for a light breakfast at 10:15, join a lively discussion with spiritual support, and experience live channelling with Simon.

## ***Dance With Life***

By Norm Zalmanoff

If you learn to dance with life  
And take it on the wing  
You will then discover  
Life is a wonderful thing.

We come into this world  
Completely package free  
Without a set of instructions  
As to how we're supposed to be.

Sometimes life is very good  
Sometimes not so neat,  
But until you've tasted bitter  
You cannot know what's sweet.

As you watch that ball of fire  
Slowly set into the west,  
Know that you have seen  
Some of nature's very best.

Stop and smell the flowers  
As you go along the way,  
Fill yourself with their fragrance  
They don't have long to stay.

Listen to the sounds of life  
There is so much to hear,  
A laughing baby or a coyote's cry  
Can be music to your ear.

Touch a furry puppy  
Feel the warmth of a summer's breeze,  
Hold the hand of one you love  
They're all designed to please.

Maybe this life is all there is  
And beyond there is no more.  
Or maybe it's but a stepping stone  
For what there is in store.

Allow yourself inner peace,  
be your own best friend.  
Enjoy every day to the fullest,  
Live it to the very end.

So learn to dance with life,  
If you don't already know.  
There is nothing else quite like it,  
It's one very amazing show!

*Norm Zalmanoff is a self-employed carpenter and mechanic. He has been writing for about five years. He believes life is a serious thing, but one should not take it too seriously.*



**See you at *The Gathering!*  
Sundays, 10:00 am**

**105 Progress Parkway, Maryland Heights**

## ***Becoming More Aware of Divine Angels***

By Gloria Craig

How will you know that Angels are around and involved in your life? Some may sense a change in air pressure around them or hear slight whispers. Some see something move out of the corner of their eye that is gone upon turning, have the hair stand up on their skin, or just have a knowing, or sense that Angels are nearby. I experience the feeling of fluttering overhead, often see a trail of little white sparkles of light, and just feel the presence of my Angels. Some people, especially those who work on developing their intuitive impressions, as well as young children - who are still innocent and open - will actually have Angels appear to them in all their glory and hear them speak in plain language.

Many people believe that we have at least one or two Guardian Angels assigned to guide and protect us from birth through death. We can discover their names by simply asking for them and patiently waiting for their response. The names may come to us in a variety of ways, as do all Angelic messages, as described by Dr. Doreen Virtue in her book *Angel Therapy* (Hay House, 1997). So keep your eyes, ears, intuition and mind open. For example, I was given my Angel's name with a short phrase from a song popping into my head after asking out loud for the name and waiting quietly.

After asking for Angelic guidance, it is also important to watch for coincidences occurring in your life. Synchronicities may all be signs of the responses from the loving Angelic realm. These include, but are not limited to, meaningful billboard sign messages, chance meetings with helpful people, someone suddenly calling that you were just thinking about, or being just in the right place at the right time to get information you needed. Most of us are not visited by a Divine Being speaking from a burning bush, so we have to become aware of our surroundings and what is happening around and within us at all times. These are some of the skills that will successfully carry us into the next millennium. Just think about it this way: if there are no accidents, everything that happens could be providing us with the divine messages and guidance for which we have been asking. If we heed Angelic messages, we will get more of them.

There are many avenues of exploration of the Angelic realm such as books and tapes, prayer and meditation, asking for angelic help, etc. You might also attend workshops to explore along side others while learning how to work more and more with the Angels. Most important, get started now and get into the habit of communicating with and working with your Angels. And remember to thank them for their help, as that is all they want in return from us.

*Gloria Craig is a Licensed Clinical Social Worker, Certified Spiritual Counselor, and Ordained Minister. She can be reached by calling 636-536-9674.*

# Consciousness Changing Certificate Classes

... for Building Spiritual Confidence

## Building Soul-Esteem Skills

with Dr. Marlene Bricker

**4 weeks beginning Thursday, Jan. 4**

7:00 - 10:00 pm Cost: \$60

Learn practical spiritual skills that will help you build spiritual confidence. A focus on communication, conflict resolution at home and in the workplace, honoring the self, and more!

## Advanced Metaphysics

with Dr. Royal Satterlee

**4 weeks beginning Tuesday, Jan. 9**

7:00 - 10:00 pm Cost: \$60

Deepen your understanding and use of spiritual principles, trusting the authority of the words you speak, becoming a channel for revealing Truth and practicing the presence of God.

## Forgiveness to Innocence

with Dr. Royal Satterlee

**4 weeks beginning Monday, Jan. 15**

**Daytime Class** 9:30 am - 12:30 pm Cost: \$60

Learn to know who you are, feel your innocence and be released from burdens. Forgiveness temporarily frees your soul - knowing you are innocent permanently frees your soul.

## Understanding Relationships

with Robert Brown

**4 weeks beginning Monday, Jan. 15**

7:00 - 10:00 pm Cost: \$60

Explore the complexities of human relationship and learn to recognize the teaching/learning dynamic in each encounter and how to grow through it.

## Making Consciousness U-Turns

with Rev. Phylis Clay Sparks

**4 weeks beginning Wednesday, Jan. 17**

7:00 - 10:00 pm Cost: \$60

Filled with tools for transformation including the Soul-Math Formula, The Seven R's of Positive Prayer, Meditation techniques, Declarations of Inner Dependence, and much more.

## Dreams 101

with Debbie Van Horn

**5 weeks beginning Jan. 24**

**Daytime Class** 9:00 - 11:30 am Cost \$60

Transform your life by becoming proactively involved with your dreams. Learn about dream interpretation, dream messages, and changes in the dream state.

## The Seven Mirrors of Relationship

with Rev. Phylis Clay Sparks

**4 weeks beginning Thursday, Feb. 8**

7:00 - 10:00 pm Cost: \$60

Recognizing and unlocking the mysteries of the mirrors that you are living in your relationships will help you understand and resolve the patterns in your life that allow fear and hate to exist.

## Basic Metaphysics

with Dr. Marlene Bricker

**4 weeks beginning Monday, Feb. 12**

7:00 - 10:00 pm Cost: \$60

Explore spiritual laws and learn about the Nature of God in relationship with humankind. Learn how to use positive prayer, meditation, and affirmation.

## Growing Through Conflict

with Dr. Royal Satterlee

**4 weeks beginning Tuesday, Feb. 20**

7:00 - 10:00 pm Cost: \$60

Conflict is everywhere, particularly in the subconscious mind. Peace of mind develops as we uncover inner disturbances and correct them through our thoughts.

## The Historical Jesus

with Dr. Royal Satterlee

**4 weeks beginning Monday, Feb. 26**

**Daytime Class** 9:30 am - 12:30 pm Cost: \$60

Based on the most current research by Bible scholars of the Fifth Gospel of Thomas. Said to be the more authentic words of Jesus.

**All classes will be at The Soul-Esteem Center**

105A Progress Parkway, Maryland Heights, MO

**Please register by calling (314) 576-5508**



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