



OH YE OF LITTLE FAITH

by Jim Gordon,
President of ILM

I was on a plane recently (... that could be the opening line for most of my stories, my “Once upon a time” ...). I’d just boarded the plane, and had settled back to rest. As I closed my eyes I heard the man sitting next to me talking to someone on his cell phone. We were still at the gate waiting for everyone to board and there was a lot of movement and noise, so I was not able to relax the way I wanted. I found myself instead hearing the man next to me saying that he was very nervous because he was feeling a lot of doubt about himself in his new position. I did not mean to be listening in but it was hard not to hear his conversation when he was so close and talking-up to be heard. At any rate his words, “I am feeling a lot of doubt about myself in this new position,” caused me to begin an inner journey that lasted a large part of the flight.

Doubt, that is something I know a lot about. I began to look at doubt and how it has been in my life and how it has effected my choices and my actions. What I realized was that I did not have to look far to find doubt. It seemed to be right at the door of my consciousness, waiting for me to invite it in. And my beginning to think about doubt was all the invitation it needed — in it came. Quickly I found myself engulfed with doubt, my stomach churning and my mind confused — which is how I experience my doubt. As the confusions settled in I began to feel myself separate inside in such a way that I could not find my ‘knowing self’ — the part of me who knows who I am and knows what I have done and what I can do. And thus separated, the ‘doubter’ in me began to speak: “Who do you think you are, what are you doing, you can’t do that, what are others thinking about you, how can you please everyone, you’re too stupid to understand this, why try — you know you can’t do it, do nothing and they won’t notice and judge you, and ... nobody cares about you or what you do.” And following these words were those unspoken and undefined feelings that come up to really ‘stop me in my tracks’. That gnawing feeling that

hits me in the gut, that stops me from going further because of the dread and fear this feeling seems to be associated with.

All is not lost however. For I also have ‘tools’ which, I have found, will lift me out of my doubt and bring me back into a place of belief and trust in myself. Sitting there, I remembered that when I was younger and dealing with doubt, I looked in the Bible for guidance. And there I found two great keys to reflect and meditate upon. One was the story of Peter, when he and others were out on a boat and engulfed in a great storm. Suddenly Jesus came up to them walking upon the water. Peter stepped out upon the water himself and walked until his faith wavered and he began to sink, whereupon Jesus gave Peter his hand and lifted him up. The other story I found was about the appearance of Jesus, after his resurrection, to his disciples. Thomas doubted what he was seeing and hearing until Jesus allowed him to feel with his own hands the wounds Jesus had suffered.

As I again pondered these stories and reflected on my own life I saw where I let my lack of faith stop me from moving forward. I thought about what faith is for me. It is inner belief, inner knowing, inner trusting ... and surrender. Faith for me is total surrender in God. With that reminder I begin once again to refocus and surrender to the loving, God’s loving, which always lifts me up into believing, trusting — and doing. When I do this I find that I am no longer ‘stuck in my tracks’ — I move forward, taking action and making changes as needed.

As Jesus reached his hand out and lifted Peter up out of the water and lifted him from his doubt, so I find that these stories reach out to me and remind me to surrender to God’s loving, and as I surrender into the loving I too am lifted out of my doubt ... and back into having faith in myself.

Jesus said unto Peter, “Oh you of little faith. Why did you doubt?” I ask myself every time, “Why did I doubt?” I do not fully understand why my ‘voice of doubt’ sometimes comes in and ‘stops me in my tracks’, but I am grateful that I do know the way to get ‘back on track’ again. ▲



WHAT IF THEY SAY ‘NO’?!

by Laura Kesten-Beaver,
ILM Minister

Why is it so difficult for some of us to ask for and accept help? I know only too well that this has been the case for me. What is the belief system(s) which keeps us from receiving?

My most recent experience illustrates a belief system I have had about asking for help, and how by changing this belief system, I experienced a much more positive outcome. My story begins this past spring ... I was scheduled to have surgery in early April. As the date for the operation came closer, my husband learned that he would have to be out of town unavoidably only four days after my surgery. I began to panic and I felt like I was being abandoned.

My mind quickly raced as I tried to think of someone who could help me out. With each person I thought of, I felt that helping me would be an imposition, and I didn't want them to feel obligated. I also remembered all the people who had already come forward offering to help out if I needed it, but I refused to consider any of their offers, thinking to myself that, "They didn't really mean it, they were just being polite." And as I sat there in my chair, frozen with fear, my stomach in knots and my shoulders drooped, I truly felt all alone.

I then decided to ask a friend to stay with me for a few days — and I would offer to pay her! A brilliant idea! I wouldn't really be 'asking for help' — this person wouldn't have to stay for *me*, it would be for the money! I called her right away and made the offer. I was feeling pretty clever about how I had solved my problem ... but that night I couldn't sleep. I tossed and turned and kept replaying the words I spoke to her, the offer I presented, until I fell into a dream.

I dreamt about a queen who had riches, power, and many servants. All she had to do was say what she wanted and everyone went scurrying to get it. She paid handsomely for the quickest and best presented. But when she was all alone, and she seemed to be alone quite a bit, I was shown her heart. It was wrinkled and empty, and without color. I felt so sorry for her.

And then my dream shifted to a poor little girl with tattered clothing and uncombed hair. She was almost invisible as she sat on the ground in a corner with her knees to her chin and her arms wrapped around her legs, cold, hungry, and penniless, and I sensed she was unable to ask for help. I was then shown pages of her life — I

saw where she did ask, and people scoffed at her, told her to go away, told her she was worthless: "Go eat with the dogs." I was shown her heart as well. It looked as shriveled and colorless as the queen's. I woke up, startled at what I had seen.

In the still of the night, I sat all alone, thinking about the queen, the little girl, and me. Unlike the little girl who would never ask for any help no matter how cold and hungry she was, the queen commanded, received, and paid well. I realized that I, like the queen, was willing to ask for help only if I could pay for the help. After all, I justified, people's time was worth something. I then felt a rush of energy pass throughout my entire body. I heard my higher self say, "Yes, their time is worth something, but what about you? Are you not worth something?"

I started to cry. I couldn't answer that question. I didn't know. Could I ask a friend to help me out for three days just because we are friends? Might they value our friendship that much? Might they value *me* that much? And then an even greater fear stepped forward: "What if they say 'NO!'" Suddenly I began to see myself as that little girl in my dream. She had been told she was worthless so many times that, at some point, she believed it. I then realized I had spent most of my life believing that I was not worthy of kind gestures from others, not worthy of asking for and accepting help when I needed it, unless of course I paid for it. Even as a little girl I would give away my milk money in exchange for friendship. And, in that moment, as I sat there in the dark, it was no longer surprising to me how I could be so frozen with fear, facing the question, "Who would ever want to help me?" The solution, for all of these years, had been simple; become the queen and pay them!

But not this time; not anymore. I visited my friend the next day, and with my heart beating faster than I had ever heard it before, I shared with her that although I knew her time was worth so very much, I also knew that I was worth a lot. I told her that I would very much love for her to come and spend three days with me helping me out — but I couldn't pay her, and if she couldn't afford to take three days off work, I would understand; I would just keep asking others until I found someone who could. I apologized for taking back the offer. She just looked at me and said, "Do you want to know what I think?" I said, "Sure," and could feel myself bracing.

WHAT IF continues on page 6 ▶

INNER LIGHT MINISTRIES

CALENDAR CLASSES & PROGRAMS: JUNE - SEPTEMBER, 2001

ILM WEEKEND WORKSHOP:

LIVING IN THE HEART OF THE BELOVED

with ILM Ministers: Jim Gordon, Laura Kesten, Steven McAfee, Brian Yeakey

TIME: September 28-30, 2001

Fri. 7 - 10 pm,

Sat. 10 am - 6 pm,

Sun. 9 am - 12:00 noon

PLACE: ILM Center, Franklin Sq. Bldg., 3724 Jefferson, Ste. 100, Austin, TX

COST: \$35

The staff of INNER LIGHT MINISTRIES invites you to join us in taking another step on the great journey of opening our hearts to Spirit. We have previously offered the TO TOUCH THE HEART workshop, where we focused on balancing our physical, emotional, mental and spiritual hearts. Now in our newest workshop, LIVING IN THE HEART OF THE BELOVED, we will explore the spiritual heart in greater depth. Topics include: awakening the loving within, and 'living the loving' as a day-to-day practice. This workshop provides us all a great opportunity to experience the joy, love, and peace that come as our spiritual hearts open more and more. Note: attendance at a TO TOUCH THE HEART workshop is *not* a prerequisite.

For further information, call Brian Yeakey at 512-306-1056.

PRESENTED BY BRIAN YEAKEY:

SPIRITUAL COUNSELINGS: Brian is available for individual counselings at this time. Call Brian at 512-306-1056 for an appointment.

HEALTH & HEALING: A Mini Workshop Series (4 Tuesday Night Classes) with ILM Minister, Brian Yeakey, will be held from 7:00 - 9:00 pm at the ILM Center, Franklin Square Building, 3724 Jefferson St., Suite 100, Austin, TX. This mini workshop series will focus on the physical, emotional, mental, and spiritual aspects of health & healing. In it we will discuss and present various viewpoints on the different aspects of health & healing with a focus on Spirit and Loving (of course!). In each class we will be having an experiential exercise dealing with that particular aspect of the health & healing topic of the night (such as: a group sharing, partner exercise or journaling). Please bring a journal with you. You can attend any one or all of the classes. There is no cost for these classes. *For more information contact Brian.*

- May 29** – The Physical Aspects of Health & Healing
- June 5** – The Emotional Aspects of Health & Healing
- June 12** – *No class is scheduled.*
- June 19** – The Mental Aspects of Health & Healing
- June 26** – The Spiritual Aspects of Health & Healing

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY LAURA KESTEN:

For additional information, call Laura Kesten at 512-894-0992

WOMEN'S "PAMPER" WEEKEND: Come and join us on this wonderful supportive, relaxing, and "pampering" overnight at the Yarrow Retreat Center. This exclusive venue provides a beautiful setting of 350 beautiful and breathtaking acres complete with 8 1/2 miles of groomed trails, a 100-acre treelined lake. Time will be set aside for hiking, biking, and canoeing. Yarrow also provides a variety of services included in this program: choose either a 30 minute massage or a 30 minute facial. Activities include: essential oils, movement, a chi machine session, a campfire, and much much more. Program begins on Friday at 5:00 pm and conclude our program on Saturday by 10:00 pm.

June 8-9

Yarrow

\$145

THE WRITER WITHIN: Writing is a tool. It is yet another path to self-discovery and personal healing. It can be a way to find our heart, our truth, and our voice. In 'The Writer Within' workshop, we focus on the heart. Thoughts and feelings of the heart often unfold in bits and pieces so, here in this workshop, we give our hearts permission to liberate itself from the critic and the editor (who live inside us judging our work and delighting in corrections). Through the new freedom of our unfolding hearts, our truth emerges. A safe and intimate environment is created for both the writer and sharer. Although encouraged, sharing, at any time, is always optional. We'll meet at the Carriage House of the Kellogg Biological Station. Lunch is included.

June 30

Sat. 9 am - 5 pm

Augusta, MI

\$15

THE TEEN WRITER WITHIN: This program is specifically designed to focus on the process of writing from the Heart, and not on how well one writes (or on how well one thinks or doesn't think one writes). The theme, for the second TEEN Writer Within, is: In Celebration of Friendship. Ages 12-17. (Special admission may be accepted for those just under the age requirement — please inquire.) We will meet at the Residence Inn on Kilgore.

July 12

Thurs. 9 am - 4 pm

Kalamazoo, MI

Donation

IN THE HEART OF HEARTS: In the Heart of Hearts — What is your truth? How can we begin to put our "truth" into words, and then into **action**? Participate in a process of getting in touch with your passionate truth, and then the process of stepping forward into "next steps." The event will be held at the Carriage House of the Kellogg Biological Station.

July 13-14

Fri. 7 pm - Sat. 7 pm

Augusta, MI

\$75

THE HAND OF GOD: We are excitedly sponsoring a special program: **THE HAND OF GOD**, a one-woman play written and performed by actress, singer, and former Miss Minnesota, Cynthia James. Cynthia comes to us from Santa Monica, California. Her play is an extraordinary autobiographical musical of Cynthia's personal journey. She shares with the audience her childhood trauma, struggles with relationships, attempts at escaping pain, and finally, coming full-circle, her discovery of healing and forgiveness. Cynthia changes characters many times, adding touches of humor, her original songs and music, and movement, thereby keeping her audiences well entertained. Please call Larua Kesten for brochure.

On the following day, Cynthia facilitates a powerful workshop, **WHAT WILL SET YOU FREE?** (Healing the Wounds of Trauma and Abuse) which offers an integrative experience assisting us in opening our hearts, surrendering the blame, guilt, shame, and rage, and finally, moving on with our lives in a new space where we can choose to live in joy and liberation. The location for both events is the Kalamazoo Valley Community College, Kalamazoo, MI.

September 14

7:30 pm - 9:00 pm

KVCC's auditorium

\$15/\$20 door

September 15

10:00 am - 4:00 pm

KVCC

\$45

A CIRCLE OF WOMEN: We will not be meeting during the summer months and will resume our gatherings in September.

September 21

Fri. 7 pm - 9 pm

ILM Center, Austin

NC

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY STEVEN R. MCAFEE:

For additional information, call Steven at 219-485-2167

TUESDAY CLASSES: Classes are held from 7:30 pm - 9:00 pm at Unity Church, 3232 Crescent Ave., Ft. Wayne, IN. We focus on spiritual awakening, both personally and as a community. Classes include prayer, meditation, singing, lecture, and group discussion. Donation.

SUNDAY SERVICES: Steven periodically conducts worship services as a guest minister for various churches and spiritual groups in the Ft. Wayne area. Please call for a current schedule.

June 24, July 15 & Aug. 26	11 am	Brigade of Light
July 8	11 am	Temple of Light & Love
Aug. 5	10:30 am	Unity Christ Church

COMMUNITY NIGHTS: The Ft. Wayne ILM "community" comes together for potlucks, music nights, video nights, and outings. Most of these events are also suitable for children. They are usually scheduled spontaneously as an inspiration arises within the group. Please call Steven for details.

July 31	7 pm - 9 pm	music night
Aug. 28	7 pm - 9 pm	movie night

"THE MYSTERIES OF THE CHARIOT" WORKSHOP: (ANCIENT JEWISH & CHRISTIAN MEDITATION PRACTICES) Based on Ezekiel's vision of the "heavenly chariot," Jewish mystics developed a set of meditative practices for entering the inner kingdom. Their practices formed much of the foundation on which Jesus built his teaching: "the kingdom of heaven is within you." In this workshop, we will learn and practice some of their methods for personal development and spiritual awakening. No previous experience with meditation is necessary.

June 30	10 am - 3 pm	Senior Center	Urbana, OH	\$20
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MYSTICAL CHRIST STUDY GROUP: This study group is an on-going series exploring the mystical teachings at the heart of the Jewish/Christian tradition. We learn chants, meditation techniques, prayers, and other practices for deepening our inner life. A beautiful sense of community is developing within this group, and you are invited to become a part of it. This even will take place in Steven & Anita McAfee's home — call 219-485-2167 for directions.

SHABBAT - Focus: "Experiencing the Sabbath"

July 6-7	Fri. 6 pm - Sat. 6 pm	Ft. Wayne, IN	NC
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Registration for this event will be limited to participants in the **MYSTICAL CHRIST STUDY GROUP**. Over the past year, we have discussed many aspects of Shabbat and learned guidelines to facilitate entering into its true essence. This will be an opportunity to put into practice what we have learned. We will be able to embrace the spirit of Shabbat, not as a program, but as a living presence.

SING UNTO THE LORD WORKSHOP: This workshop is designed to introduce music and singing as methods for touching the soul. It will include periods of devotional chanting, instruction in



simple vocal and rhythmic techniques, (fun ones!), and meditating with music. You need not have any musical experience or skill to enjoy and benefit from this program. Everyone will be free to participate at their level of comfort. Those of you who have heard them will be delighted to know that Lisa and Larry Heral, two dear friends and wonderful fellow musicians from Ft. Wayne, will be assisting me in the program.

July 22	1 pm - 5 pm	Unitarian Meeting House	Ft. Wayne, IN	\$15
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PLEASE NOTE: THE JUNE 1 & 2 RETREAT HAS BEEN CANCELLED.

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY STEVEN R. MCAFEE: (CONTINUED)

For additional information, call Steven at 219-485-2167

"MANY PATHS TO GOD" CONFERENCE: This day-long conference will be sponsored by and held at Unity Christ Church of Ft. Wayne. Unity Minister, the Rev. Gregory Guise, will host a gathering of traditional and non-traditional leaders from a variety of spiritual paths and religious faiths. I will be assisting him in coordinating and developing the program, which we hope will include representatives from Jewish, Christian, Muslim, Hindu, Buddhist, Native American, and other such groups in our area. For more details, as they become available, please contact me, or call Rev. Guise at 219-482-2477.

Aug. 4 8 am - 9 pm Unity Christ Church Ft. Wayne, IN cost TBA

FAMILY LIFE SERIES: Participation is open to anyone with school-aged children or teens. Youth and adult alike participate in experiential activities and share their personal experiences, questions, and insights. Donations accepted. If you are interested in getting involved, please call Steven for more details.

Sept. 9 10 am - 2 pm 6228 Lombard Pl. Ft. Wayne, IN donation

SPIRITUAL RENEWAL RETREAT: Though the calendar says that New Year's Day is January 1, for many of us, with the onset of our new back-to-school-and-work activities, our "new year" feels as if it actually begins in the fall. Come join us for the weekend at GilChrist to begin a new year of spiritual renewal. Make a new start by planting the seeds you want to grow in your garden. We'll look at our lives and begin to weed out those activities and patterns that choke out the flowers of our enthusiasm and creativity. Remember, it's your garden.

Sept. 14-16 Fri. 7:30 pm - Sun. 12 noon GilChrist Three Rivers, MI \$125

ADVANCED NOTICE:

ILM STAFF RETREAT

with ILM's Jim Gordon, Brian Yeakey, Laura Kesten, and Steven McAfee

These retreats always fill up very quickly.
Please plan now and register early if you'd like to attend.
More information will be forthcoming.

Nov. 9-11 Fri. 7:30 pm - Sun. 12:30 pm Seasons at the Fetzer Institute Kalamazoo, MI

(Note: please be aware that new programs are often scheduled after the newsletter goes to press, and, in rare instances, published schedules may have to be altered. For current information on any event or series, please call the presenter or contact person listed with the program. Thank you.)

WHAT IF continued

by Laura Kesten

To my amazement she shared with me that in the middle of the night she had come to the realization that she couldn't take any money from me because I was her friend, and she wanted to stay with me because she loved me. She told me she felt honored that I would ask her to help out, and that there could be no amount put on the value of our friendship. We both cried as we embraced each other in the celebration of our friendship.

In the weeks following my surgery, I practiced asking for help from many people. I learned that hearing "No" wasn't life threatening, and usually came with a sincere reason why the person couldn't help out at that time. And I learned that those who offer really do want to help out, and that by taking them up on it, my relationships with these people grew and strengthened. But most of all, the best lesson I learned was that I am worthy of being loved, taken care of, and nurtured by others.

Be humble givers and gracious receivers. ▲

INNER LIGHT MINISTRIES MATERIALS LIST



Meditation And The Healing Process

A NEW TAPE BY BRIAN YEAKEY

A seminar by ILM Minister Brian Yeakey; beginning with a short meditation followed by a talk on the spiritual healing process and the role meditation plays in that process.

AUDIO TAPES OF JIM GORDON

Each tape is \$8.95. Two titles together indicate different lectures on each side.

- A SOUL'S JOURNEY (1999)
- FOCUSING ON CHRIST (1999)
- GUARDIAN ANGELS (1998)
- SOUL VS EGO (1998)
- ANGELS (1997)
- (MANIFESTING) ABUNDANCE I (1997)
- (MANIFESTING) ABUNDANCE II (1997)
- SENDING THE LIGHT (1994)
- AURA CLEANSING WORKSHOP (1994)
- AWAKENING TO YOUR INNER LIGHT *and*
CALLING IN THE LIGHT (1994)
- KEYS TO INNER COMMUNICATION (1992)
- YOU AS A COMMUNICATOR, YOU AS A
CREATOR *and* A MEDITATION (1992)
- MOVING INTO SOUL CONSCIOUSNESS *and*
COMMUNION CEREMONY (1991)
- MEDITATIVE TECHNIQUES (1991)
- COMMUNICATION THROUGH DREAMS (1991)
- THE LEVELS TO SOUL AND BEYOND (1991)
- OUR RIGHT RELATIONSHIP WITH GOD (1991)
- SONGS OF PRAISE TO GOD *and* A NEW
UNDERSTANDING OF RELATIONSHIPS (1990)
- THE PATH OF NEUTRALITY (1990)
- UNDERSTANDING CHRIST CONSCIOUSNESS (1987)
- INNER REVELATION *and*
A FLOWER FROM HEAVEN (1986)
- LORD, MAKE ME WORTHY *and*
THE MASTER IN YOUR HEART (1985)
- FROM HERE TO ETERNITY *and*
RESPONSIBILITY (1984)
- HEALING AND COLOR THERAPY (1980)

ILM BOOKS

BY JIM GORDON (\$6 each)

- LOVE AND LOVING
- THE KNOWING OF GOD
- THE STAFF OF THE SHEPHERD

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STUDYING WITH THE HEART

by Steven McAfee
ILM Midwest Coordinator

Recently, my wife Anita gave me a book-mark that says, “When I get a little money, I buy books. If I have anything left over, I buy groceries.” I have a passion for books; or, more accurately, I have a passion for study. I love to read what our youngest daughter calls “those God books.” In many spiritual teachings we hear about the importance of study, service and meditation. Yet, it seems to me that most of what I find being taught is about either meditation or about service — much less is taught these days about spiritual study and how to do it. I’d like to share why I find spiritual study so valuable, and how I practice it.

Let’s begin with what study (as I am using the term) does NOT mean and what it CANNOT accomplish. Study does NOT mean the pursuits of facts, information, or intellectual knowledge. In addition, no book, however holy, can give us an *experience* of the divine; holy books are *about* God; they are not God. No amount of knowledge, even of spiritual teachings, can take the place of an inner relationship between our souls and the Creator. Nor can anything written contain or even accurately convey the reality of the spiritual kingdom. So, what CAN study do? Here’s how it works for me.

When I study sacred scriptures or books written by great mystics, I focus on reading as if these souls were speaking directly to me, sharing their wisdom with me in a face-to-face oral discourse. I begin to feel the ‘energy’ behind the words. As I connect with the energy of the teaching, several things occur that open me more to the essence of the teaching, as opposed to its literal form. First I contemplate on how the teaching is symbolic of my life now, bringing it from past-history into the ever-present. Then I allow myself to go ‘beyond the symbols’ and feel

the Spirit of God that moved in the people of the story. Since that Spirit is the very same Spirit that lives within each of us, I feel it stirring inside me. At this point, I close my eyes and begin to move with that Spirit (sometimes chanting a short passage over and over internally), allowing it to take me into deeper levels of experiential insight and awakening, or sometimes just feeling it enfold me in love like a warm and tender embrace.

Another experience I sometimes have when studying the books of the great mystics is a sense of touching the soul, if you will, of the person whom the story is about (Moses, David, Jesus, or whomever). As I read their stories, I move into a kind of spiritual harmony with them. This has led me into some wonderful moments of deeper understanding and appreciation.

Another valuable result of spiritual study is the increased ability to make inner and outer connections: to see how one thread of teaching relates to another seemingly separate one, to form a beautiful and vast tapestry of living truth. It is all too easy to miss these connections, but deep study gives us the inner reference points upon which to hang this tapestry. We also naturally develop a greater tolerance for and acceptance of all spiritual-religious traditions. Seeing a common heart in each, we gain an enhanced ability to communicate with the people of various traditions.

Study done with devotion can clarify our minds when we are confused, uplift our hearts when we are weary, and offer hope when we need it most. The words of the holy men and women who have gone before us can inspire us to greater heights ourselves, and in the end inspire us to finally lay down our books and ‘go within’ to the One from whom all teachings have come. I like to picture it this way: study is like a groom preparing himself to meet his bride, then meditation is like their wedding chamber, and service is the life they live together. “Study, meditation, and service:” could it be we keep hearing this phrase because we need all three? ▲

Study done with devotion can clarify our minds when we are confused, uplift our hearts when we are weary, and offer hope when we need it most.

HEALTH & HEALING



by Brian Yeakey,
ILM Minister

A few months ago I was doing a counseling over the phone with a woman, supporting her in her healing process. Over the course of our conversation it became apparent that she was ‘stuck’ on what had happened to her and on her ‘healing’, and that she had lost touch with the Loving inside herself. Her thought was, “If I can just be healed and be healthy, then I can experience the Loving in my life that I’m looking for.” The funny thing is, in my experience it has worked the other way around — “The more I can focus on Loving, the more I can be healed and be healthy.”

Over the years I have found that as I focus on Loving and on Spirit, then healing and better health occur, physically, emotionally and mentally. I look to Spirit as best I can in the moment, and ask for it’s Loving to come forward for me, and as I do, Spirit does bring forward what is needed to support me in my healing process — whether that is seeing a doctor, eating better, taking nutritional supplements, exercising, practicing forgiveness, prayer and meditation, loving myself, or some other means. It has always been the Loving that has moved me forward into the experience. And when I do not look first to the Spirit and Loving, I get caught up in my mind and in the emotions of misery and judgment and just spin my wheels. Obviously, this doesn’t work too well. So, from my experience, I have come to realize that:

“Healing is not the healer, Loving is the healer.”

When the lady in this counseling heard that, she ‘got it’! She realized what she had been doing and why it wasn’t working for her. Right away she knew what her next steps would be and she had the joy and enthusiasm to do it (the ‘movement’ of Spirit). So her healing process began right then and there, in that moment. After that, the rest of our conversation was on opening to receiving the Loving that was present, and on what she was going to do with that Loving as she moved forward to health and healing.

This was a wonderful experience, and a reminder to me that we get what we focus upon. If we

focus on Loving we get Loving. And the more we focus on Loving, the more we get Loving and the healing that goes with it. With continued practice, we keep getting better and better at this process and create more and more of its result. But why take my word for it? Why not try it and find out for yourself? Put it to the test and see if it works for you. Here are some questions to help you to get started:

1.) In what area of your life do you want to experience healing and health? (This can be anything: your body, emotions, mind, finances, work, relationships, you name it!)

2.) What are you willing to give up (to God) to have health and healing in this area of your life? (This is a key step: in my experience, there’s always something that we are hanging onto that is creating our disturbance, or put another way, blocking our experience of the Loving.)

3.) What ‘inner action’ steps can you take to allow more Loving into your life to create health and healing in that area? (This is where tools of an inner nature come into play, such as: meditation, prayer, forgiveness, acceptance, loving, etc.)

4.) What ‘outer action steps’ can you take? (Allow the Loving in you to bring these forward. This is where you allow Spirit to guide you into your better health and healing process. This can include: seeing a doctor, eating better, taking nutritional supplements, exercise, relaxing, slowing down, talking to a financial advisor, doing relationships counseling, educating yourself through books, teachers and classes, doing service, or whatever ... it’s just a matter of doing something!)

5.) Are you actually willing to do what you suggest above? If not, what *are* you actually willing to do?

6.) When will you begin? (*Now* is always a good time! And have patience once you’ve begun. Remember, it’s in God’s timing and in God’s way.)

I hope this gives you something good to work with to experience more healing, health, and Loving in your life! Let me know how these steps work for you ... God Bless! ▲

INNER LIGHT MINISTRIES NEWSLETTER

ABOUT ILM

INNER LIGHT MINISTRIES (ILM) is a nonprofit outreach organization founded in the fundamental principles of ancient esoteric Christianity. It is dedicated to the development and balancing of the fourfold nature of the individual. Towards this goal, it provides education and services concerned with the integration of the spiritual, mental, emotional, and physical aspects of the self, and also provides publications and materials that aid in this process.

Among its fundamental tenets is that we truly are “temples of the Holy Spirit.” As we seek and express this presence within, we find the peace, love, power, and wisdom we all so earnestly desire. The many services of ILM are geared towards this path of individual unfoldment — such as meditation, study, and prayer on an individual and group basis.

Service to humanity and the planet is ILM’s second major emphasis, and ILM encourages

¥ NEW TAPE BY BRIAN YEAKEY ¥

Meditation And The Healing Process

We focus on the Loving, we focus on the healing — healing is loving, loving is healing. We focus on that and as we do we create that pathway inside of ourselves — the pathway of peace, the straight and narrow — where the Spirit of Loving could come down through all the levels right into the physical body and start to create a healing physically.

– Brian Yeakey



Please see page 7 for more information about this tape.

individual service, in any of a wide variety of possible forms, as a vital aspect of our daily experience.

Please write or phone for more information about ILM.

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FORWARDING SERVICE REQUESTED

