

BEING RESPONSIVE

by Jim Gordon, President of ILM

When I was growing up I was taught: “Trust a person until he proves not to be trustworthy.” And when someone did violate my trust, I was to go to them, share with them how I felt, and give them the opportunity to share with me as well about what was happening for them and why they acted in the manner they did. Then, according to how I felt about their explanation, I would decide how to proceed with them. Generally speaking, I still follow this philosophy. I believe it is best to give people the benefit of the doubt and also to give them a second chance. However, if they prove to be untrustworthy I ‘move on’, telling myself that the person does not respect me, or themselves, enough to treat me in a manner they themselves would want. I have applied this teaching many times in my life—but there is a ‘hard part’ about it for me. It is not easy for me to approach someone who has hurt me and begin to share with them what is going on for me and how I see things.

I have learned that I tend to be ‘a caretaker’, one who will put aside his own needs and feelings for the good of others. I find myself ‘caught’, not being able to approach someone to talk with them honestly when they do something that hurts me, because I do not want to upset them, accuse them, or blame them. However, if I do not approach them and discuss what is happening with me, I hurt myself more than they have hurt me through their actions. I am left feeling incomplete with the person and dishonest with myself as well as with them. Then if I just go on with my daily life, not having said anything or followed up with the person, I subconsciously ‘carry around’ the feelings of upset, the feelings of separation, the feelings of mistrust, even forgetting their source. And this is not healthy! So, the one I first have to get honest

with is myself: “What this person did is bothering me.” Until I do, I continue living in upset, or disturbance, and fool myself in believing that “Things are okay” rather than looking at the disturbance objectively and discovering its source.

Why do I hesitate to go forward and discover the root of my upset? Because, if I find out what it is and who it is, I might have to do something about it! I believe this is called ‘being responsible’. Responsibility. But for whom am I responsible? That other person and what they may feel or do? What I have found is that the one I am responsible to is myself. If I will be true to myself first then all else that follows will be much easier and I can be truly *responsive* with others. Notice the shift in focus: rather than being responsible to and for others I am now moving into being *responsible* to and for myself and *responsive* with others. This is actually better for the other person as well. For the one I am trying to ‘caretake’ does not truly get taken care of. Rather, they might become dependent upon me to do things for them, or resentful toward me for trying to do their life for them. So being true to myself and taking care of myself results in the people around me being better taken care of as well.

Thus for me to be responsible for myself rather than ‘caretaking’ others is a better deal all around! This means being honest with myself and being aware of my own feelings and needs, and then being willing to share them with those around me. Whereas in the past I was not willing to share them because I did not want to hurt others, now I realize that I hurt myself and others if I do not share my truth. In doing this I may find that the other person has another point of view that is different than mine, and that is okay. Actually, that is great because then we can both move forward to create for ourselves, and to share our creations with those we love. ▲

FROM DEPRESSION TO EXPRESSION

by Brian Yeakey, ILM Minister

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rom Webster's Dictionary:

depress: 1. to press down 2. to sadden
3. to make less active

express: 1. to squeeze out 2. to put into
words; state 3. to reveal; show

For several years while I was living in California in the early 90's I went through feelings of depression. I was trying to figure out and create what I wanted to do with my life: spirit, work, service, money, family, etc. The more I looked at my life the more I got depressed. I realized that I wasn't living the life that I wanted and I didn't have the things that I wanted. The business that I was trying to build wasn't going anywhere and my relationships just weren't working for me. My desire for these things created attachments and expectations inside of me for them. And since I wasn't getting the things I wanted, I felt depressed. I began increasingly holding back from life, and became resistant to participating with others as well as myself. My expectations weren't being met ... and I was the one who'd created them!

During this time I would call Jim Gordon a couple of times a year for a counseling, and Spirit would always bring forward the same theme: "What actions are you taking toward fulfilling your desires?" Well, I thought I was taking action, yet nothing was unfolding the way I wanted it to. What I thought was 'taking action' was actually my ego trying to fulfill **its** desires—I was trying to 'get my way'. Fortunately for me, while all this was going on I did persevere with a spiritual practice of meditation and prayer. It was the only thing that kept me going with some sense of hope, and kept me growing spiritually. Finally, my time in California came to an end without me 'getting my way', and I found myself moving to Austin, Texas.

I began attending Jim Gordon's Tuesday night classes in Austin, and with that support I began looking at what I was going to do for my next steps.

Every week Jim would give talks that 'coincidentally' applied directly to what I was going through, and I would walk away with a greater understanding and joy with what was going on in my life. Gradually, I came into a greater knowing of the difference between following my ego desires and the desires of the Spirit within me. The Spirit within me wanted to live in a greater freedom of Loving, and my ego desires would distract me from this by pulling my attention into the world and all the things that go with that. As I began to give more and more of my attention to the Spirit within me, my life began to change, and for the better! I began to let go of my desires and just focus on God and Loving and let life unfold in whatever way God wanted for me, not the way "i" wanted it.

As I kept surrendering "my desires" more and more to Spirit, I started having more profound inner experiences, and the physical expression of my life also started working for me in a way it never had before. I actually got a job that I liked, was good at, and that worked for me, and my friendships were the best I had ever had. I was also actually able to start saving money, whereas before I was in debt. I noticed my enthusiasm for life increasing and I felt myself expressing more joy. I became more confident and expressive, and more willing to participate in life with others as well as myself. All this came about by just making a simple shift in my focus in life and then taking action both inwardly and outwardly to support this shift. I found in all this that by focusing on God first and taking the actions that supported this focus, God, through His Loving Spirit, would bring about the changes in my life that best supported me in Loving Him. This included everything from the physical, to the emotional, to the mental, and to the spiritual. All of these are coming ever more into alignment and I am increasingly living my life in this alignment. More and more I am living my life as an expression of God's Loving! In God's Loving I went from depression into expression—God's Loving In Action! ▲

INNER LIGHT MINISTRIES

CLASSES & PROGRAMS: JUNE - SEPT, 2002

PRESENTED BY BRIAN YEAKEY:

SPIRITUAL COUNSELINGS: Call Brian at 512-306-1056 for an appointment.

The Spiritual counseling sessions that ILM President and Elder Jim Gordon has provided as a service to individuals over the years, are now available from ILM Minister Brian Yeakey. In this Spirit of service, Jim has asked Brian to continue this action of supporting individuals in their spiritual upliftment and growth. These counseling sessions are offered as a service to assist individuals to awaken to the Spirit of who they are, to recognize the day-to-day reality of Spirit in their lives, to help bring clarity to different life issues, to move through the hardships of life, and to experience Loving and all that Spirit has to offer.

If you would like a counseling session with Brian, call 512-306-1056 to make an appointment. Sessions last approximately 75 minutes and can be done in person or over the phone. These are tape recorded and the cassette is given to you at the end of the session. Brian is also available to do counselings in person when he is traveling in your area. There is no charge for this service; however, donations are welcome.

PRESENTED BY LAURA KESTEN:

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

STORIES UNTOLD: In this workshop, we develop our ability to write from our hearts about our own experiences and our own truths. We will meet every three months for an entire year, and during the off months you and a writing buddy from the group will meet to write and share. Participants will decide on his/her own end product—perhaps an autobiography, or short stories, or poetry, etc. As a group, we will support our projects through to the final stages of editing. (This year-long program is presently closed at this time. Please call to be put on a waiting list for the upcoming **STORIES UNTOLD** year-long program.)
\$100 per meeting.

GILCHRIST, THREE RIVERS, MI
2002: JUNE 28-30, SEPT 29-31,
and DEC 27-29

LIGHT HOUSE RETREAT, AUSTIN, TX
2002: JULY 26-28, OCT 25-27 and
2003: JAN 24-27

PEACEMAKER: It has been two years since we last offered our "PeaceMaker Retreat", and now, when peace in our hearts and peace in our world is more timely than ever, we invite you to participate in the incredible teachings of the Peacemaker. This retreat revolves around a 1000-year-old Iroquois legend of a man called the Peacemaker, who, with his allies, created a peaceful democracy among the five troubled Indian nations of the northeastern woodlands. Together they persuaded their people to change old belief systems and embrace what the Peacemaker called a "New Mind." Jean Houston describes the New Mind as "a radical change in consciousness that opens itself to a new order of health, justice, and sacred power." This powerful workshop offers an opportunity to let go of negative belief systems and behaviors that no longer serve us, and to embrace a New Mind, thus re-connecting with our own 'peacemaker' hearts within. Lodging, meals, all materials, and Jean Houston's book, *A Manual for the PeaceMaker* are included.

NOV 22-24

Kellogg Biological Center

August, MI

\$125

The CIRCLE OF WOMEN and MOVIE NITES will resume their schedules in September.

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY STEVEN R. McAFEE:

For additional information, call Steven at 260-485-2167

SUNDAY SERVICES: Steven periodically serves as a guest speaker for various churches and spiritual groups in the Ft. Wayne area. If you would like him to speak to your group, please call to make arrangements. The following are presently scheduled:

JUNE 2, JULY 7, AUG 4, SEPT 1	11:00 am	Brigade of Light	Ft. Wayne, IN
JUNE 9 (Kids' meditation class)	10:30 am	Unity Christ Church	Ft. Wayne, IN
AUG 11	10:00 am	Swedenborg Church	Urbana, OH
AUG 18	10:30 am	Unity Christ Church	Ft. Wayne, IN

COMMUNITY NIGHTS: The Ft. Wayne ILM community comes together for potlucks, music nights, video nights, or outings. Most of these events are suitable for children. We will meet in our home at 6228 Lombard Place, Ft. Wayne. No charge.

JUNE 27	7:00-10:00 pm	Movie night: "Heart & Souls"
	(Bring your own soft drinks; we provide the popcorn.)	
AUG 28	7:00-9:00 pm	Music night
	(Bring your instruments, your voice, your ears!)	

KIDS MEDITATION: We will be offering a two-part meditation class for teens and children mature enough to participate in a classroom setting. There will be instruction and experiential practice in simple meditation techniques, as well as time for questions and discussion.

JUNE 9	10:30-11:30 am	Unity Christ Church	Ft. Wayne, IN
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MONTHLY STUDY CIRCLE: Jesus & First Century Christianity: Using recently published archaeological and textual discoveries as aids in understanding the Bible, we are studying the teachings of Jesus as they may have been practiced in his own day. What we are discovering may surprise you! Looking at the teachings within their own cultural context reveals new depths of meaning and insight. No previous Biblical knowledge is necessary to participate. I encourage regular attendance to receive the most benefit from this series. We will meet on the first Sunday of every month through the end of the year. The YWCA Villa is located at 2000 N. Wells St. in Ft. Wayne. Donation are welcome.

JUNE 2, JULY 7, AUG 4, SEPT 1	2:00-4:00 pm	YWCA	Ft. Wayne, IN
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APPLIED SPIRITUAL COMMITMENT ("ASC") PROGRAM: This year-long program consists of people committed to supporting one another in the process of integrating spiritual practices and values into their everyday lives. The monthly meetings are open only to those already currently enrolled in the program. A new year-long program will begin in October, 2002—please call for more information. Donation are welcome.

JUNE 9, JULY 21, AUG 18	2:00-5:00 pm	Auburn Inn	Auburn, IN
SEPT 13-15	Retreat—closing of year-long program	Location to be announced	

(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.)

INNER LIGHT MINISTRIES MATERIALS LIST

A NEW TAPE BY JIM GORDON

Waking Up In Spirit

In this tape Jim talks about his experience with the Archangel Gabriel, and his process of waking up to his inner experiences. He also talks about how we can prepare ourselves for our own awakening.

EXCERPT FROM TAPE:

And it was in that moment that I realized that my Guardian Angel was ever there, but I wasn't always aware of its presence. And that it was up to me to relax inside enough to where I could be aware of him being there.

AUDIO TAPES OF JIM GORDON

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

- WHAT SEPARATES US FROM OUR LOVING (2001)
- A FREQUENCY OF CHANGE FOR A NEW MILLENNIUM (2000)
- 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)

RECENT TAPES ON MEDITATION

- PRACTICING MEDITATION—CONNECTING WITH THE DIVINE by Steven McAfee
- MEDITATION AND THE HEALING PROCESS by Brian Yeakey
- THREE MEDITATIONS
Starry Sky Meditation, A Healing Meditation and Balancing The Consciousness Meditation by Jim Gordon

ILM BOOKS

BY JIM GORDON (\$6 each)

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

ORDER FORM

(A replacement copy will be enclosed with your order.)

Name: _____

Phone: _____

Address: _____

Amount Enclosed: \$ _____

ORDERING INFORMATION:

Each tape is \$8.95. Please add \$3 postage and handling per order (not per item). Checks may be made payable to INNER LIGHT MINISTRIES and sent to:

INNER LIGHT MINISTRIES
P.O. Box 164332
Austin, Texas 78716-4332

PUT SPIRIT FIRST

by Laura Kesten-Beaver, ILM Minister

Help me, they're everywhere—they're everywhere! It's okay, I'm not really in danger. It's just that recently I was in my laundry room, folding things, waiting for the washer to fill with water before placing a pile of dirty clothes in it ... when I looked over and first saw them! Two other piles of clean laundry stuffed in bushels from a week ago. I walked out into our 'great room', and there they were again—more piles! I looked around, and everywhere I had a pile of something—a pile of books that I promised myself I'd read, a pile of paperwork to attend to, a pile of miscellaneous items from the store to put away, a pile of dishes in the sink because there are clean dishes in the dishwasher to put away, piles of clothes to be put in drawers, a pile of supplies left over from a workshop waiting to be put back, bags of garbage piled in the carport waiting to be taken to the waste station, piles of just stuff to go to Goodwill ... I just wanted to cry—but I couldn't even allow myself to do that because I didn't have the luxury of time to do it properly, so crying would have to pile up too!

I started to laugh as I visualized my tears piling up and up and up until there were so many tears that they completely filled my house, and then carried all my other piles out the chimney, down our driveway, past the mailbox, disappearing from view completely. And what would I do without my piles? I'd come to know myself, my very importance, by the amount of piles of things I had to do in any given day. But I was going to bed exhausted, not sleeping well, waking up tired—all these piles were closing in on me!

What have I done? How did this happen? It's not like I'm sitting around all day watching talk shows and eating bonbons. Oh, to have a day to actually do that! To say, "Ho hum. I have nothing to do today. I'm so bored! I wish I had something to do!" Suddenly, I remembered when I actually did say that—"I'm bored!" I was just seven years old and my three older sisters were busy with their own stuff and couldn't occupy my attention. I sat at the edge of the couch, sighed, and said, "I'm bored. There's nothing to do around here." With nothing to do I felt empty, unimportant.

What have I done? Did I invoke God to send me endless 'unfinished business' so I will never feel bored and empty again?

I thought again about being seven years old and feeling bored, with no piles to attend to, and then it occurred to me that seven year olds are supposed to be bored at times. As we grow older we are given more and more responsibilities, more 'business' to attend to, and therefore piles of unfinished business do accumulate. So is the goal really to rid our lives of piles? And if I could get rid of the piles then what would I do with my time? Would I feel bored again, and empty? Suddenly the answer burst in my ear, like an excited child who just couldn't wait to tell a delicious secret. "Not anymore. I don't need piles to fill a void. I'd spend free time filling myself with Spirit!"

Then the question was: since I don't need the piles to 'fill me' inside, can I get rid of them? And another answer came, a surprising one: "That would be nice but ... probably not very realistic, not with a family, the laundry, the groceries, family activities, our animals, the house where we work and live, my ministerial duties, travel, etc. Perhaps in years to come, simplifying will be more likely but not at the present time."

I sat there, puzzled. Then came the 'bottom line': "Piles are just piles. At times in life things are busy and the piles grow, at other times things slow down and the piles shrink. But either way, piles are just piles. Their presence does not fill a void in you, and their absence does not create one. The 'void' can only be filled by Spirit. You know that, and you know how to do the filling. So put Spirit first regardless!"

As Jim Gordon recently said in a talk, "Put Spirit first in all that you do, from meditation to the everyday things you do in your lives."

I went on to think about all those times when I am feeling stressed, agitated, frantic, overwhelmed, that during those times I am definitely not putting Spirit first. Putting Spirit first doesn't mean that the things which need to be done in our lives are going to be any different. However, with Spirit first, we will be guided through them with the Lord's Grace—and thus with much more ease. Even in Times of Piles! ▲

THE STORY OF OUR LIVES

by Steven McAfee, ILM Minister and Midwest Coordinator



It's that time again. Time to write another article for our newsletter. Here I sit, staring at the blank page. My mind fills with a running stream of ideas and possibilities. I reject this one because it would take too much space for an article. I reject that one because it is too similar to something we've done before (but it was a good one, wasn't it!?) I start on one, but it just doesn't develop. It flies into the wastebasket, where it will soon have plenty of company. I start over again. And again ... Something will come. It always does. I wonder what it will be this time?

The blank page is still staring at me. I think it's grinning at me. Is it mocking me ... inviting me ... daring me ... ? No, the truth is, it's just sitting there, waiting for me. What comes to me is that this process is just like the process of our life. Every day we awake to a 'new blank page'. It is full of promise and expectancy. Sometimes this expectancy feels more like the pressure of obligation than the joy of opportunity. Other times it feels like the exhilaration of freedom. Nothing appears on the page. It gives us no direction, no resistance, no support. It waits on us. But we do not come to this blank page empty and blank ourselves. We come with all our life experiences up to this very moment, as well as the cumulative experiences of our culture, traditions, education, spiritual practices, and so on. All that we have done and been comes with us into each new day, influencing our choices, guiding our understanding, and shaping our desires. But each new day comes a new page, and we alone have the choice of what we will write that day.

Sometimes we awaken refreshed and inspired, eager to embrace the potential of the page in front of us. We write with hearts on fire and create words of beauty and power. Other times we have no idea where to begin, or how to complete the story that we left hanging unresolved yesterday. Yet at other times, we have an inkling—some hope

or dream within us wanting to come out—but we are just not sure how give it form, how to express it on the paper of our lives. Whatever we end up writing commits us to one direction and not another. The results of our choices then continue to develop along certain lines, fashioning themselves into a comedy, a drama, a tragedy, or often a mixture of each.

When we begin, we do not know how the page will turn out. But one thing is certain: a page is always there. We did not create it, and we cannot make it go away. It was given to us by the 'Divine Author,' and all our stories are really only part of an epic saga which He began composing long, long ago. Our own story reveals the intimacies of our heart, and we become the story we write. And if we learn how to listen, we can even hear the one 'Mentor' of us all ever whispering in our ear, filling us with inspiration, and dropping hints on how to write a story that leads to fulfillment and happiness.

So right now, today, no matter what influence our previous experiences may be bringing to bear upon us, we still free to choose our own words for the next new page. No matter what direction the plot has taken so far, we can add a touch of warmth, a touch of humor, and a touch of sweetness to the story. By learning to pause before we write, by remembering to listen to the quiet whispers of the Mentor within, we can find love awakening in our hearts, love that we can in turn share with those around us. We can ennoble today and in so doing, lay a foundation for a more graceful tale tomorrow.

Our story is our legacy to the world. How is your page looking to you today—demanding ... inviting ... frightening ... wonderful ... ? However it looks, the truth is, it is just waiting for you. What will you write in the book of your life today? What will be your story? Here's the pen ... ▲

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 indivi-

An excerpt from a newly remastered tape,

Healing and Color Therapy

by Jim Gordon

I'll give you the double etheric (colors), because that is what you want to balance, because it is through the double etheric that illness manifests. The root chakra is red, the naval chakra is orange, the solar plexus is yellow, the heart chakra is green, the thyroid is blue, the pituitary is purple or violet, the crown chakra is gold.

(Please see page 5 for information on ordering tapes.)

dual 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.

ILM:

Executive Office: Jim Gordon, 203 Buckeye Trail, Austin, TX 78746; Business Office: Tom Beaver, P.O. Box 1086, Dripping Springs, TX 78620; Midwest Office: Steven McAfee, 6228 Lombard Place, Fort Wayne, IN 46815



Inner Light Ministries

Editorial and Publishing Office

P.O. Box 164332

Austin, Texas 78716-4332

Phone: (512) 894-0992

FORWARDING SERVICE REQUESTED

