



## THE TWO WOLVES

by Jim Gordon,  
President of ILM

I want to start my article by sharing with you a story that in truth could be my entire article.

An elderly Cherokee Native American was teaching his grandchildren about life. He said to them, “A fight is going on inside me; it is a terrible fight and it is between two wolves. One wolf is evil—he is fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego. The other is good—he is joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith. This same fight is going on inside you, and inside every other person too.” They thought about it for a minute and then one child asked his grandfather, “Which wolf will win?” The old Cherokee simply replied: “The one you feed.”

I am ever observing the two wolves in me. I have been aware of them inside me and I have learned much about myself, and others, through observing my (and their) action and reaction to events in the world around me as well as within me. One thing I have observed is that the wolf that is angry and fearful is ever fighting for attention and looking to be fed. The other wolf that is loving and caring is not demanding to be fed, rather this wolf is patient and ever available if I choose to place my attention in its direction. And the choice of which wolf to feed is mine. That is something that I sometimes forget. The choice as to which state of being I will live in is *mine*.

There have been times when in forgetting that this choice is mine, I place blame on outer events or people—and in so doing I feed the wolf of separation. I find that I separate myself from that part of me that is loving and forgiving, and instead I live as though I am powerless to do anything other than to continue to go deeper into separation and blame. In this state of being what I am really separating myself from is my own loving and caring. The wolf that the old Cherokee

described as the evil wolf has gotten my attention and I have begun to feed it. This wolf, the wolf that causes me to separate from my truth, does it by getting me to look outside myself for the ‘answer’.

The wolf that is loving is also ever present and I could be feeding it instead of the evil wolf—but I find that the evil wolf is ever ready to bark at me and bite at my ankles to get my attention. I have found that to feed the loving wolf I have to stay awake and aware of who I am and what I am doing in each moment. Where am I placing my attention and what wolf am I feeding? Just as the evil wolf is ever calling my attention outside so the wolf of loving is found where the true loving resides—centered inside myself.

My decision, always, is which wolf do I feed. I know the one I *want* to feed, and it is up to me to continue to hold to the action that supports the choice. Fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego is the food that gives life and strength to the evil wolf. Joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith is the food that feeds the good wolf. It is my choice as to which state of being to live in.

I have also found that wolves travel in packs. The evil wolf travels with evil wolves looking for victims to feed on. They create fear and separation in their victims and feed on the fear as well as using fear to get others to join their pack. They have their strength in numbers—they stand stronger in numbers than they do alone.

The good wolves also travel in packs. Their action is one of supporting and caring. They are not looking for something outside to feed them, for the food that supports and feeds them is found within each one of themselves. They choose to ‘live the loving’ and to act in loving with all whom they meet. Their action is from the inner to the outer. Their strength is within themselves and together they stand in loving, ever serving the goodness that is their food.

Which wolf do we feed, and with which pack do we choose to travel? The choice is ever ours to make. ▲



# HONORING THE GRIEVING PROCESS

by Laura Kesten-Beaver, ILM Minister



In my last article (in the March newsletter) I wrote about my mother's passing in January. Since then, I have been learning about how important it is to honor oneself in the grieving process, and to do those things which support us as we grieve. Here are three ways I learned to support myself.

During the week of my mother's stroke and her passing, I often found myself holding back, so as not, I told myself, to be in the way or not to be taking over. Consequently, there were times when I felt closed off from everything and everyone. I would withdraw for hours at a time, not able to speak to anyone. Friends were calling and reaching out to me, but I could not receive their loving arms. With each passing day I felt more and more lost until it felt like I could not even find myself.

Finally at one point, I went to my hotel room and figured I had to do something to start to turn things around, so I decided to take a bath. I knew that taking a bath was a way, however small, to support myself. And sure enough, the running water gave way to my own gates and, I began to cry my grief for the first time. I then reached for my journal, and wrote down a question to my spiritual teacher. I waited until I heard an answer in my head and then wrote it down. Another question came forward and again I waited until I heard the answer, then wrote it down. I continued this process and gradually I felt more peaceful. This was a second way to support myself.

After my mother's funeral and my returning home, the grieving process continued, and for more than a month I was still feeling the intense aftermath of that week. The ILM staff (Jim, Brian and Sherri) had given me a massage gift as a way to nurture myself during this time. After considerable stalling, I finally made the appointment realizing that I was still feeling numb and lost, not yet able to find my way back to me. I knew it was time to find a way to reconnect with myself.

I lay on the table hoping that this massage could be that way for me to continue my journey back. At first it was difficult to relax, and I realized that not only had I shut down emotionally, but I'd also shut down physically. So I began to focus on the particular area the therapist was massaging. I followed her hands over my body, feeling deeper and deeper the emotions I had stuffed beneath the surface during the past month. In a rush, tears came, memories flashed, feelings rose to the surface, and consciously, I opened to the loving and allowed it all to be massaged away.

And then, the most delightful thing happened. As she began working my right foot and ankle, I giggled. I shared with her that I was feeling the most unusual sensation on the right side of my ankle. She immediately tuned in to massaging that particular area and asked if I could describe the sensation. It feels ... like ... ahh ... it feels ... happy! We both laughed at the thought of an ankle feeling happy. I continued. It feels like the spot on the right side of my ankle has been keeping this feeling of happy safely preserved for me until I could bring it back and reconnect with it again. Tears of happy came as this incredible feeling of happiness steadily spread to my toes and up my leg. I could feel it jump to the other leg, and then continue, filling my entire body.

On my way home from the massage, I could feel me inside of me for the first time in a very long time.

In thinking about my process with my mother's death, I've come to realize a couple different things. One is that there is no way to speed up the grieving process except to fully experience it, and to connect, not DIS-connect, with our feelings which may have gotten jumbled in our grief.

And secondly, I realized how important it is to honor ourselves in the grieving process, by doing those things which support us as we grieve. Taking a bath, journaling and receiving a massage are just three ways I found to support myself in the grieving process so that I could connect with me once again. ▲

# INNER LIGHT MINISTRIES

## CLASSES & PROGRAMS: JUNE - SEPT, 2003

**PRESENTED BY JIM GORDON:**

For additional information, call 512-306-1056

# W

**WEEKLY CLASSES:** This summer Jim's weekly Austin class will be held twice:  
Tuesdays, **July 1 & July 8**, 7:00 pm-9:00 pm,  
at the ILM Center, Franklin Sq. Bldg., 3724 Jefferson, Ste. 100, Austin, TX.

## A DAY WITH SPIRIT

Join INNER LIGHT MINISTRIES for a day of

### Informal Sharing and Questions & Answers

with ILM Ministers,  
Jim Gordon *and* Brian Yeakey



### LONDON, ENGLAND

**WHEN:** Sunday, June 15, 2003

**TIME:** 10:00 A.M. - 5:00 P.M.

**WHERE:** Mayfair Conference Centre  
17 Connaught Place, Marble Arch, London

**COST:** Donations are welcomed.

*Call Nanna Brincker at 0207-485-0699  
to register or to receive more information  
about this event.*

### OAHU, HAWAII

**WHEN:** Sunday, July 13, 2003

**TIME:** 10:00 A.M. - 5:00 P.M.

**WHERE:** The Outrigger Reef Hotel in Waikiki  
2169 Kalia Rd, Waikiki

**COST:** Donations are welcomed.

*Call Sally Geis at 808-741-2934  
to register or to receive more information  
about this event.*

Everyone is welcome to this day of sharing. Bring your questions or just come and listen.

**PRESENTED BY BRIAN YEAKEY:**

**SPIRITUAL COUNSELINGS:** Brian is available for spiritual counselings.  
Call 512-306-1056 to schedule an appointment.

These counseling sessions are offered as a service for assisting people in awakening to the Spirit of who they truly are, in living the day-to-day reality of Spirit in their lives, in bringing their lives into greater alignment with walking the spiritual Path of Sound and Light, and in experiencing all the Loving that Spirit has to offer.

Please allow 60 minutes for your session and come prepared with specific questions. Sessions can be done in person or over the phone. They are tape-recorded and the cassette is given to you at the end of the session. There is no charge for this service; however, donations are welcome.

# INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY LAURA KESTEN:

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

**STORIES UNTOLD, KALAMAZOO, MI:** *Have you heard your "calling" to write? Have you answered it yet?* In this program, we attend to our own personal callings to write—to write from the heart about our life experiences—our tragedies, our triumphs, our insights, our wisdom, our awakenings, and our opening hearts. We do this through the healing words of our own *untold stories* as we write them down on paper, and share them (optional) in a loving, safe and supportive group. (No experience is necessary!)

<b>JULY 7-8</b>	Yarrow (retreat)	Augusta, MI	\$125
<b>SEPT. 12-14</b>	Martha's Cottage (Lake Michigan retreat)	Saugatuck, MI	\$125
<b>DEC. 5-7</b>	To Be Announced (retreat)	Kalamazoo, MI	\$ 45

**STORIES UNTOLD, AUSTIN, TX:** The dates for the Austin program are as follows:

**JUNE 6-8, AUG. 8-10, OCT. 10-12, DEC. 12-14, 2003**

The Hill Country Lighthouse, Dripping Springs, TX \$100

**PAPER, PENS, ETC.:** This program is designed for teen girls (13-17) who want to write more from their hearts without the red pen of a "teacher." This is a great opportunity for these teens to get together, write in a way that is unlike school, share, and process their experiences, feelings, thoughts, ideas, dreams, and wisdom. The young women will feel the camaraderie of other teens in a safe and supportive environment. No red pens allowed and no experience necessary. (\$15 for meals)

**JUNE 24-25** 6:00 pm – 2:00 pm The Hill Country Lighthouse, Dripping Springs, TX \$ 15

**THE UNFOLDING CREATIVE SPIRIT:** This workshop is an uplifting, experiential workshop designed to awaken, liberate and embrace the creative self. We emphasize the process, not the product, and offer a variety of experiences with pencil, watercolor, oil, clay, and other mediums, in very unconventional ways, as a means to enhance the process of liberating our creativity. (No experience necessary!)

**AUG. 16** 9:00 am-6:00 pm YMCA, Sherman Lake Gull Lake, MI \$ 35

**MOTHERING OURSELVES:** Using the book, *Mothering Ourselves*, by Evelyn S. Bassoff, we explore the journey between our mothers and ourselves, as daughters. Bassoff's extraordinary book eloquently shows us how to turn disappointments of the past into something hopeful and empowering. Regardless if our mothers are with us in body or in spirit, or regardless if we have a physical relationship or one that is distant, as we invite Spirit into our hearts, we can move toward more meaningful, intimate, and honest relationships with our mothers and ourselves.

**SEPT. 26-28** The Hill Country Lighthouse, Dripping Springs, TX \$100

**BOSOM BUDDIES:** We so often find that dear friends are essential to our lives as breathing in and breathing out. In honor of cherished friendships we offer you and your 'bud' this retreat. All processes are done with your buddy and are designed to create a delightful weekend between kindred spirits full of joy, laughter, and connection.

**OCT. 24-26** The Hill Country Lighthouse, Dripping Springs, TX \$100

# 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 29, JULY 20, AUG. 17**                      11:00 am                      Brigade of Light                      Ft. Wayne

**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. Please call for current information or to suggest an activity.

**JUNE 9**                      7:00-10:00 pm                      6228 Lombard PL, Ft. Wayne, IN                      No Charge  
**Movie Night—WHAT ABOUT BOB?**                      Please bring your own soft drinks—we'll provide popcorn!

**MONTHLY STUDY CIRCLE, FT. WAYNE:** **JESUS & FIRST CENTURY CHRISTIANITY.** We are studying the teachings of Jesus within their own cultural context, as they may have been practiced in his own day. No previous Biblical knowledge is necessary to participate. We will be meeting on the following Sundays. The YWCA Villa is located at 2000 N. Wells St. in Ft. Wayne.

**JULY 20, AUG. 17**                      2:00-4:00 pm                      YWCA—Ft. Wayne                      Donation

**MONTHLY STUDY CIRCLE, KALAMAZOO:** **SEEKERS OF INNER LIGHT.** Steven McAfee and Carolyn Dailey have formed a new monthly study group in the Kalamazoo area. This group is intended to serve those spiritual seekers who desire a community of kindred spirits with whom to study and share their journey. Meeting locations will vary. At the May 31<sup>st</sup> meeting, the group will decide on a meeting schedule for the summer months. If you are interested, please call Carolyn at 269-327-6851.

**MAY 31**                      3:00-5:00 pm                      Carolyn Dailey's home, Kalamazoo, MI                      Donation

**S E\*E\*K\* PROGRAM** (\*Sharing \*Enlightenment, \*Experience & \*Knowledge): This program is open only to those already enrolled in the yearlong series. If you would like more information about the yearlong programs, please contact Steven.

Workshops:

**MAY 25, JUNE 29, AUG. 24**                      2:00-5:00 pm                      YWCA Villa, Ft. Wayne, IN                      \$7

Retreat:

**JULY 25-27**                      Fri. 7:30 pm-Sun. 2:00 pm                      Location and cost TBA

*(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.)*



# MYSTICAL EXPERIENCE

by Brian Yeakey, ILM Minister



It is always an interesting process to share about the Spirit at this physical level. This is because spiritual experiences are in Spirit, not in the physical world. We know the physical because we're experiencing in the physical. And to know the Spirit, we have to go into Spirit and experience Spirit. On the physical level we often try to experience Spirit through our physical senses, but it just doesn't work that way. In Inner Light Ministries we do our best to share about the Spirit in hopes that in hearing about it on this level, we will begin to go inside ourselves and truly experience that Spirit for ourselves. To me, that's why we write these articles, to help motivate people to experience the Spirit within themselves.

Sharing from personal experience seems to be the best way of teaching about the Spirit, as compared to mental information learned from a book or through intellectual speculation. Sharing from personal spiritual experience moves the Spirit in others, where just sharing mental information moves the mind, not the Spirit. That's why we do all we can to share from our own personal spiritual experience in ILM rather than by using written or verbal information we may have read or heard about from somewhere else. And if we share something that's not from our own personal experience, something we've learned from another source, we say it. This way we keep things clear, and we stay true to the Spirit as we know it from our own experience.

In my years of walking the Spiritual Path of Sound and Light, I have come to realize that true spiritual teaching happens through the Holy Spirit. All we can do on this level is share about it, and then it's up to the Holy Spirit according to God's Will to bring each of us into our own experience and learning of that Spirit. What we share on the physical level can support and assist the action of the Holy Spirit, but

it's truly up to God to bring about what God wants done. And it's through God's loving, which is the Holy Spirit, that His Will is done. And each of our lives is a living testimony of that. Each one of us is a living, loving spark of God and each of our lives is that action of God's loving in manifestation and movement. As God's love moves, we move. As God loves us, it moves us forward to have experience so that we might know that loving within ourselves. This process becomes a continuous journey, or movement, of awakening through experiencing all that unfolds in our lives. It is this *experience of loving*, in living our lives with awareness on all levels of creation, that is the true Spiritual/Mystical Teaching. When we experience the Loving on all levels we wake up and know God and who we truly are. It is in living our lives with awareness and seeking to know that loving Spirit as it moves within us that we begin to experience the truth of God and His Loving Spirit. One of the best ways I know to do this is through meditation.

By having a regular practice of meditation, we begin to experience and become more aware of God and Spirit. As we go into the Spirit through meditation, God begins to teach us directly through His Holy Spirit (and spiritual helpers). By sitting down each day in meditation and holding an intention and focus on God and His Loving, we can directly have our own experience of Spirit and truly know for ourselves who we are as divine sparks of God. This is what all true mystical/spiritual teachings are about. All the great teachers and mystics have always directed us inwardly, into the Spirit, so that we can experience God and His Loving and know it for ourselves. It is up to each of us to listen and take action for ourselves, to go within, so that we can discover the truth of what the Teachers have been saying all along. And when that day comes, when we wake up and know God and our own divinity, it will be a Most Glorious day! ▲



# THE MAN IN THE MALL

by Steven McAfee, ILM Minister and Midwest Coordinator

**A**fter my prayers and meditation in the morning, I often take a long walk. I love my walks. They are times when I can stretch my soul as well as my legs. Walking gives me the space to reflect on my life, my choices, and myself. I can talk with God about whatever is in my heart at that moment. And many times as I am walking, new insights come to me. One recurring awareness is how much I am actually unaware—unaware of my surroundings and the beauty they contain, unaware of the people around me and what they are experiencing, and unaware of the Spirit that infuses me and connects me to everything else. And through this renewed awareness I re-discover that love is truly an available experience in each moment and in every space of my life. And so, whenever something awakens me in this way during my walks, I feel as though my eyes have been opened again, and my heart fills with joy and gratitude.

This past winter was too cold for my usual neighborhood jaunts. So I took to walking our local mall with the throng of early morning walkers who arrive before the stores open. Every day there were certain people I could count on seeing—the regulars. I would watch people as I walked. Some walked alone, some with friends. Many walked in silence, or listening to their walkman headset, oblivious to the outer world. Others chatted with their companions. Hardly any would speak to those they don't know, or even make eye contact with them.

There is one man at the mall that I found myself noticing frequently. He is a maintenance worker there, always busy changing light bulbs, repairing signs, watering plants, painting, and the like. This man greets everyone who comes across his path, even those who don't return his greeting. He smiles a lot. He talks with anyone who will talk with him,

listening to their tales of their lives: their illnesses, their children and grandchildren, and their views of the world at large. People who see him sometimes go out of their way to go over and speak with him. It feels nice just to be around him. When he notices someone looking at him, his whole face lights up as if he had just seen an old friend. Goodwill and cheerfulness just seem to bubble out of him effortlessly. This man inspires me. There he is, a janitor, a position not usually associated with 'changing the world', but he *is* changing the world of the morning mall walkers. Our world is brighter because of him. Every day I would see people smile because of him and I would notice that their steps would look lighter when they'd take their leave of him than when they came. He is making a difference in his world.

Seeing this man day after day has made me wonder how my face looks to others who see me walking. Do I have a smile, a glow about me? Are my eyes open to those around me, or focused only upon myself? Is my heart weary or enthused about what I am doing? How am I affecting others who come across my path?

I walked the mall again today—the day I wrote this article. And when I saw him he, as always, wished me his friendly "Good morning!" I thought about his face. I thought about how it looks when he sees someone approaching him—just as though he is seeing a long-lost friend, someone who really matters, someone important to him. Maybe the truth is, we are, we just don't know it yet.

As I left the mall this morning, I realized I was carrying a new hope within me—a hope that each person whose eyes meet mine will also feel suddenly special and valuable, will feel a kind of reassurance—that they matter in the world and that someone has noticed. ▲

# INNER LIGHT MINISTRIES NEWSLETTER

## ABOUT ILM

INNER LIGHT MINISTRIES (ILM) is a nonprofit organization 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 ILM's 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, joy, 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 service to humanity on an individual and group basis.

ILM also offers initiation into the meditation practice of "The Path of Sound and Light," an inner

An Excerpt from the tape,

### *The Path of Sound and Light*

by Jim Gordon

*"This pathway will take you through the illusion and into the truth. You will wake up in the knowing of who you are as Soul—you will meet your Soul, you will know yourself as Soul. In that embodiment of Soul, you will then travel upward into the realms of Spirit and there worship God in the Spirit, as God is Spirit. The loving, the joy, the peace, the bliss that is in that is beyond anything that you can put into words."*

—Jim Gordon

Please call ILM at 512 306 1056 to order tape.

path of spiritual awakening.

Please write or phone for more information about ILM.

**ILM:**

Executive Office: Jim Gordon, P.O. Box 164332, Austin, TX 78716-4332; Business Office: Tom Beaver, P.O. Box 1086, Dripping Springs, TX 78620; Midwest Office: Steven McAfee, P.O. Box 5139, Fort Wayne, IN 46895



## Inner Light Ministries

Editorial and Publishing Office

P.O. Box 164332

Austin, Texas 78716-4332

Phone: (512) 306-1056

FORWARDING SERVICE REQUESTED

