



THE MOVEMENT OF LOVING

by Jim Gordon,
President of ILM

them in whatever they were doing. Sometimes the game would still be going on and sometimes not.

Years later, I learned that what I called prayer others call meditation. I also found that the separation I knew and felt when I did not meditate was what people are feeling daily. However, this feeling of separation drives most people to try to fill the emptiness with actions and worldly things. I have often shared how there is this 'space' inside that we feel as an emptiness. When we do not understand that this empty feeling of separation is spiritual in nature, we attempt to fill this emptiness with physical worldly things. And we find that we are never satisfied trying to fill this void, this emptiness, with things of this outer world. Actually, the emptiness is the soul's longing to go home to the realms of Spirit, its true home.

I know from my own experience how I have at times gotten caught up in the world, and in so doing I have also tried to fill this emptiness with food, alcohol, sex, money and whatever else I've felt might answer the emptiness. But the only thing I know that truly fills this empty feeling is the movement of loving which comes from meditation and focusing my loving with God. I have also found that it is not just any form of meditation that works at filling this void, this empty place. The meditation that has worked for me is one that is a focused active meditation using the unspoken name of God as my focus, and sharing my loving with God and receiving God's love as the action. That is why we in ILM share about the practice of meditation, and we initiate people into a particular practice of meditation having to do with the action of the Holy Spirit and the movement of loving in the form of Sound and Light.

My fulfillment in this world comes when I connect into the movement of loving with God during my morning meditation, and then take this loving into my daily action. Then I am ever filled with the loving action of Grace and find that, whatever I do in the world, my actions come from that overflow of loving that I experience each morning in my meditation. ▲

When I was a child, the most important thing to me was my time spent every day in prayer. I had a longing to know God and to be one with God. I wanted to do whatever I had to do to find my way into this oneness. So every day in the afternoon after coming home from school I spent time praying, and once again in the evening when I went to bed. For me, prayer was not a time to be asking God for things; rather, prayer was a time to talk with God and to share my loving. God to me, as a child, was someone very personal, close and participating. The one thing I knew then was that God was always right there with me, and all I had to do was to turn towards where God was to be able to share and be with the Lord. This was very easy for me because I knew that God, and the place where I connected with God, were inside. All I had to do was to close my eyes and focus my attention and awareness inside to where I knew that place of connection to be. As a boy I thought other people knew about this place inside as well, because when I was at a church and they prayed, people would close their eyes and seem to go inside to that place of connection. But as I was growing up, I found in talking with people that they closed their eyes in prayer but they did not know of or find this place of connection to where the Lord is ever waiting for us to come.

I also had friends as a child who would ask me every day after school to come and play baseball, football or whatever the event or game was for the day. At times I would set aside my prayer time and go join my friends in play, only to find afterward that I was feeling empty and alone. This feeling I know well, for this is the feeling of separation. Separation from God is a very lonely and empty feeling for me, and this is how I would feel when I did not spend time in prayer every day. So over time I learned that I would rather spend time in prayer than go out and play with my friends. When I finished my prayer time I would go see if I could join

WHAT MY MOTHER TAUGHT ME



by Brian Yeakey,
Vice President of ILM

“Think before you act.” As I was growing up, I would often hear these and other words of wisdom from my mother. Recently, I’ve been hearing myself share with people certain things my mother used to say to me when I was growing up, things that have stuck with me to this day. This has gotten me thinking about these sayings, and realizing the value in them. So, I’ve decided to “act” and write about them.

As a child I was very active and curious, often getting into trouble from the things I would do and get into, whether by myself or with someone else. So, often I would hear from my mom, “Think before you act.” But I was usually too busy with my actions to give them any thought. So I would hear these ‘loving’ words of wisdom enter my consciousness to help me learn through my experiences. Sometimes she would say it as I was arguing my side of the ‘story’ of why I got into trouble and why it wasn’t my fault. And if I was with another person and would be blaming them, she would add, “It always takes two.”

The wonderful thing about this one, “It always takes two,” is that she was teaching me about responsibility; i.e., cause and effect. She was letting me know that I always had a part in causing whatever took place, no matter what the effect — good or bad — and so I also had a responsibility for my actions in the matter. If I was involved, then I had a part to do with the outcome, whatever it was. It was up to me to handle what I had created. And it was up to me whether I made the situation better or worse by my actions or reactions. So I learned at a young age how this law of ‘cause and effect’ (or karma) works and that I have a part in how things unfold by the actions I take.

This latter saying has also taught me some wonderful lessons about relationships. These days I’m often hearing myself say, “Relationships are a two-way street.” It’s my own version of, “It always takes two.” Each person has their part in what they do for a

relationship to work or not work. And each is only responsible for their part, not the other person’s. In other words, we can’t blame others (or play victim). We are responsible to do our part. And the other person is responsible to their part. If either one decides not to do their part, or gives up their responsibility, that’s when the relationship begins to break down or not work out the way we would like it to. Like when I would get in trouble as a kid! But, it is also important that all parties concerned in a relationship have an understanding of what it is that they want and what they are willing to do or not do. My mom (and dad) made it clear to me what it was that they wanted from me, or didn’t want, and when I would do something different, that’s when the relationship would have its ‘bumps’. It was through all of my experiences in these situations that I learned what kind of effects my actions have on myself and others. And as often was the case, a lot of my learning took place through the uncomfortable situations ... which brings me to one more wise saying: “Don’t make a mountain out of a mole hill.”

Hmmm, I wonder where this one came from!? You know, those *little* situations that somehow get escalated into something much LARGER! Where arguments come out of discussions! Where fights arise from disagreements! Where silly little circumstances turn out to be big conflicts! “Don’t make a mountain out of a mole hill,” became another one of those sayings that stuck with me from my childhood. Often because I would, once again, argue ‘my side’ of the story! I eventually learned that as long as I ‘stuck’ to my side of the story, the situation wouldn’t resolve, or that it would get worse. I found that if I were willing to let go of it having to be a certain way, that things would work out for the better. Even if it meant me having to confess to something I would rather not have. Or, worse yet, getting caught in a lie! And having to confess it! Ouch! The nice thing that took place after confession was that the guilt and stress, of trying to live the lie or illusion of what I thought I wanted, would disappear. And I was free to move forward once again without something ‘hanging over my head’. And if I made a mess of something, I learned that by being truthful and

(TAUGHT continues on page 11) ►

INNER LIGHT MINISTRIES

CLASSES & PROGRAMS: SEPT – DEC, 2005

PRESENTED BY JIM GORDON and BRIAN YEAKEY:

For additional information, call 512-306-1056.

WEEKLY CLASSES: Jim and Brian's weekly Austin class is held **Tuesdays 7-9 pm**, ILM Center, Franklin Sq. Bldg, 3724 Jefferson, Ste. 100, Austin, Texas No Charge

Each class includes spiritual teaching, practical exercises, group discussion, and meditation. Jim and Brian help participants to become more deeply aware of the Spirit within.

PRESENTED BY BILL STRATTON:

For additional information, call Bill at 512-218-1995.

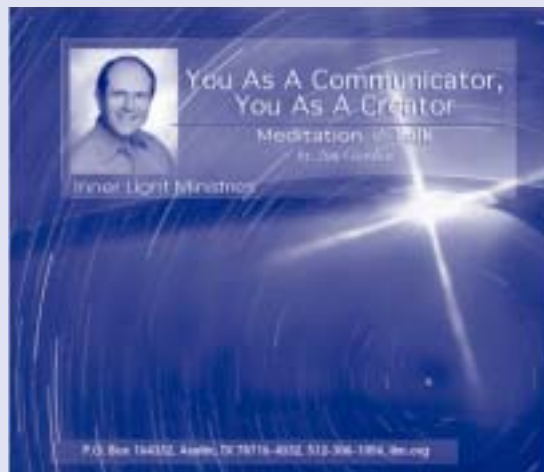
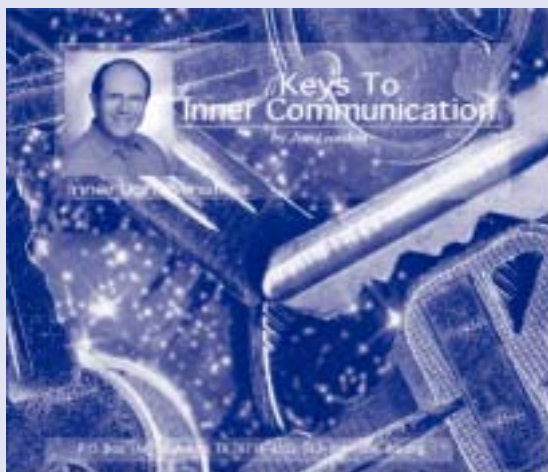
MANIFESTING GOD'S ABUNDANCE: Learning to keep our eyes focused on the Lord is an important element in our daily life as we go through each day 'taking care of business'. This workshop, a combination of meditations and topical excerpts from Jim Gordon's and Brian Yeakey's seminars, as well as experiential exercises, will allow the participants to move into greater awareness and creativity in manifesting greater abundance in their lives. This workshop is a five month course.

OCT 9, NOV 13, JAN 15, FEB 19, MAR 19 Sunday, 1-3 pm ILM Center, Austin, Texas No Charge

LIGHT COLUMNS *in AUSTIN*: This ILM event will be a service project to plant Light Columns throughout Austin. The first half hour will be a sharing on Light Columns, and then the participants will group together and drive to various points in Austin to experience this wonderful service of bringing forward greater Light for greater good to the Austin community.

SEPT 11 Sunday, 1-3 pm ILM Center, Austin, Texas No Charge

NOW AVAILABLE ON CD: Two Newly Remastered Talks by Jim Gordon



ORDERING INFORMATION: Each CD is \$10.00 plus \$3 postage and handling per order (not per item). Checks may be made payable to **INNER LIGHT MINISTRIES** and sent to: ILM, P.O. Box 164332, Austin, Texas 78716-4332. Or you can go to our website, ILM.org to order (see page 11).

Experiencing The Divine – A Meditative Retreat



facilitated by

Jim Gordon and Brian Yeakey

Austin, Texas:

**at Red Corral Ranch Renewal Center
Wimberley, Texas**

**Thursday, March 23 at 6 pm
thru Sunday, March 26, 2006 at 1:30 pm**

**Register for this Retreat: (1) Online (ILM.org) with Visa, MasterCard or American Express, or
(2) Through the mail by sending a check to ILM with the registration form below.**

PRICING OPTIONS PER PERSON AT RED CORRAL RANCH:

Red Corral Ranch Double Occupancy Lodging & Meals	\$ 402.00
Red Corral Ranch Single Occupancy Lodging & Meals	\$ 475.00

BED & BREAKFAST ACCOMMODATIONS 10 MINUTES FROM RANCH:

Country Sun B&B single occupancy Cabins & Meals	\$ 498.00
Country Sun B&B 2nd person in a Cabin & Meals	\$ 195.00
Miss Maxine's 1 handicapped accessible Cabin & Meals	\$ 498.00
Miss Maxine's 2nd person in Cabin & Meals	\$ 195.00

Commuter Use-of-Facility Fee & Meals	\$ 195.00
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For more information please contact Laura Doggett at 512-306-1056.

**ILM REGISTRATION FORM for AUSTIN: Please send a check for the full amount (payable to ILM) with this form to:
ILM, P.O. Box 164332, Austin, TX 78716-4332. This form needs to be received by February 1st.**

AUSTIN: Experiencing The Divine: A Meditative Retreat

(Please print.)

NAME(S):

EMAIL:

ADDRESS & ZIP CODE:

DAYTIME PHONE:

EVENING PHONE:

Experiencing The Divine – A Meditative Retreat cont'd



In this meditative retreat, Jim and Brian will be taking you on an experiential journey into the greater knowing of your divine nature. They will be sharing about the meditation practice of The Path of Sound and Light to “experience the divine,” and there will be gracious periods of time for meditation, relaxation, and rejuvenation.

Kalamazoo, Michigan

at Seasons – A Center for Renewal
at the Fetzer Institute

Thursday, April 6 at 6 pm

thru Sunday, April 9, 2006 at 1:30 pm

Cost: \$275

Registration for this retreat is by mail only,
using the registration form below.



For more information please contact Steven McAfee at 260-485-2167.

ILM REGISTRATION FORM for KALAMAZOO: Please send a check (payable to ILM) along with this form to:
Steven McAfee, P.O. Box 5139, Fort Wayne, IN 46895. This form needs to be received by March 1st.

KALAMAZOO: Experiencing The Divine: A Meditative Retreat

(Please print.)

NAME(S):

EMAIL:

ADDRESS & ZIP CODE:

DAYTIME PHONE:

EVENING PHONE:

Upcoming Christmas Events:

Coins For Kids '05 in Austin

Our Coins For Kids Christmas service project is coming up ... so if you've been saving your coins or wondering what you might like to do as an expression of service this year, consider participating with us as we once again go on a joyful gift shopping spree for children in need at Christmas time. Do drop off your coins/donation at one of Jim and Brian's Tuesday classes **before Nov. 15th**, or you can mail a check to: ILM, P.O. Box 164332, Austin, TX 78716-4332.
(All donations to ILM are tax deductible.)

This year's Shopping Day will be on:
SUNDAY, NOV 20th.
Meet at 9 am at the ILM Center.

Wrapping DAY will be on:
SATURDAY, DEC 10th,
12-5 pm at the ILM Center.
Pizza and other refreshments will be provided.



CHRISTMAS POTLUCK PARTY

Join us for ILM's Christmas celebration on
SUNDAY, DEC 18th from 12-5 pm at
203 Buckeye Trail in Austin, Texas.
Everyone is welcome!
It's a potluck so bring a dish to share.

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY LAURA KESTEN:

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

STORIES UNTOLD: Writing is a dynamic tool on the journey to self-healing and self-fulfillment. Writing can be a way to find our hearts, our truths, and our voices. In **Stories Untold**, we invite the heart to openly and freely feel and express itself, which can ultimately lead to greater levels of acceptance and forgiveness. Sharing our stories (optional) with a loving, safe and supportive group can deepen our experience. This is an awesome experience! Try it for one weekend and see for yourself. No experience necessary!

MICHIGAN: \$125

2005: SEPT 30/OCT 1-2, The Orchard, Lawrence.

DEC 9-11, Pretty Lake, Mattawan.

2006: FEB 24-26, APR 21-23, JUNE 24-JULY 1, AUG 25-27, OCT 20-22, DEC 8-10

TEXAS: \$50

2005: OCT 28-29, The ILM Center, Austin.

2006: JAN 28-29, MAR (TBA), MAY 27-28, JULY 15-16, SEPT 23-24, NOV 18-19

TORONTO, CANADA: \$50

2005: SEPT 26-28

365 DAYS OF LIVING CONSCIOUSLY: What if you had one year to live? How would you want to live it? Might you want your yearlong journey to be about living each day mindfully, authentically and with integrity, and might you have it include forgiveness, acceptance, and loving? *What if you could live each day this year consciously and deliberately?* Our **LIVING CONSCIOUSLY** group meets one Sunday each month. Join us NOW!

SEPT 18, OCT 30, NOV 20, DEC 4 2-4 pm ILM Center, Austin, Texas Donation

OFF THE BEATEN PATH: What we hear most often from people is a need to unwind, to be able to focus on Spirit for a solid period of time, and to be quiet — to get ‘off the beaten path’. We support you and your needs in this weekend retreat as we provide solid blocks of time to meditate, as well as time to commune with God, nature, and with the group at gatherings where we’ll share and discuss our experiences of God.

DEC 2-4 Fri 7 pm - Sun noon Red Corral Ranch, Wimberly, Texas \$150

COUPLES GATHERING & DINNER: You and your partner, significant other, better half, etc., are cordially invited to share in an evening of dining with other couples. Regardless if your relationship is brand-new or long-lived, a partnership or a marriage — we’ll celebrate our loving and gratitude with these persons with whom we live and share our lives. Potluck.

OCT 16, JAN 14 5 pm Tom and Laura’s Home, Dripping Springs, Texas No Charge

(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 CALENDAR

PRESENTED BY STEVEN MCAFEE, MIDWEST COORDINATOR:

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

TUESDAY CLASS SERIES: Steven offers a series of weekly ILM classes in Ft. Wayne, Indiana, on Tuesday nights from 7-8:30 pm at Unity Christ Church. Each series focuses on a specific spiritual topic and runs from 4-5 weeks in length. Some of our recent topics have included: a study of first century Christianity and the lost books of the Bible, the mystical inner path in the sacred scriptures of the world, and finding the loving in our lives. Please call Steven for up-to-date information on the current series.

ILM COMMUNITY NIGHT: More fun community nights are on their way! We'll provide soft drinks and munchies. **Please RSVP** a week ahead so we can plan appropriately. No charge.

SEPT 14, OCT 12 (Music Night)	7-10 pm	Steven & Anita's home	Ft. Wayne
NOV 9 (Movie & Popcorn Night)	7-10 pm	Unity Christ Church - downstairs	Ft. Wayne
DEC 14 (ILM Christmas Party)	7-10 pm	Steven & Anita's home	Ft. Wayne

"KINDRED SPIRITS" YEARLONG STUDY GROUP: The following workshop will be the **LAST** meeting of our current "Kindred Spirits" program, and it is open only to those already enrolled in the program.

WORKSHOP:

SEPT 18	2:30-5:30 pm	Brigade of Light, YWCA	Ft. Wayne	Donation
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INVITATION:

We have decided to extend the "Kindred Spirits" group for another year and to **open it to new members this fall**. The commitment required to participate will be to attend monthly meetings in Ft. Wayne and "Kindred Spirits" retreat weekends in the Midwest area over the course of the year's program. If you are interested in learning more about this program, please contact Steven for complete details (enrollment procedures and meeting dates will appear this fall in the Midwest Calendar and on our ILM website).

FIRST CENTURY MYSTICAL PRACTICES WORKSHOP: The morning session will introduce basic teachings from the Kabbalah (Jewish mystical writings) as the framework on which Jewish mystics, including Jesus, built their prayer and meditation practices. In the afternoon session we will have the opportunity to actually practice some of their prayers, chants, and meditations together. Lunch provided.

SEPT 10	9:30 am-3 pm	Cottage Retreat Center	Jackson, Mich.	\$50
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SUNDAY SERVICES: Steven frequently serves as a guest speaker for various churches and spiritual groups in the Fort Wayne area.

SEPT 18, OCT 16, NOV 20, DEC 18	11 am	Brigade of Light, YWCA	Ft. Wayne
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THE "RETREAT" RETREAT: Instead of a program consisting mostly of teaching and Q & A times, this retreat will consist largely of unstructured time — time you may choose to spend in solitude, with others in spontaneous fellowship, or in whatever way serves your soul. The daily program will consist of: morning and evening meditations, chanting, a midday communal lunch, and early evening singing and storytelling. The program ends Sunday after lunch. Participants who arrange to do so in advance are invited to stay through Monday afternoon to have additional time on their own (there will be no program on Monday).

JAN 13-15	Fri 7:30 pm - Sun 3:00 pm	GilChrist	Three Rivers, Mich.	\$140/person (Fri-Sun) -OR- \$175/person (Fri-Mon)
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INNER LIGHT MINISTRIES CALENDAR

EVENTS IN THE KALAMAZOO, MICH AREA: Please contact Carolyn Dailey at 269-327-6851 or email carolee12@chartermi.net for more information on the activities below.

ILM TAPE SEMINARS: Each seminar includes: Calling in the Light, a short meditation time, and listening to a tape or CD by ILM Ministers Jim Gordon, Steven McAfee, or Brian Yeakey.

2nd & 4th Tuesdays 6:15-8:00 pm Exec. Suites & Services, 5955 West Main, Kalamazoo No Charge

ILM STUDY GROUP: The **Love & Loving** study group will resume in September. Our purpose is to explore the many aspects of Love and discover the dynamic energy of Loving as we become living instruments of God's love. We'll learn about living the Loving in relationship to "me, myself, and I;" finding the Loving within; maintaining a loving relationship; and much more. Please note the new schedule.

1st & 3rd Tuesdays 6:15-8:00 pm Exec. Suites & Services, 5955 West Main, Kalamazoo No Charge

Waking Up In Spirit

An ILM Retreat

With ILM Ministers
Jim Gordon, Brian Yeakey,
Steven McAfee & Laura Kesten

When: **October 21-23, 2005**

Time: **Friday, 7 pm thru Sunday, 12 noon**

Where: **Potawatomi Inn**

Pokagon State Park, Angola, Indiana

Cost: **\$175**

Registration for this retreat is by mail only, using the registration form below.

For more information please contact Steven McAfee at 260-485-2167.

**ILM REGISTRATION FORM: Please send a check (payable to ILM) along with this form to:
Steven McAfee, P.O. Box 5139, Fort Wayne, IN 46895. This form needs to be received by Sept. 15th.**

(Please print.)

Waking Up In Spirit

NAME(S):

EMAIL:

ADDRESS & ZIP CODE:

DAYTIME PHONE:

EVENING PHONE:



ON MEDITATION

(an excerpt from a recent talk, **WHO YOU ARE**, given by Jim Gordon)

Become a living meditation, become a living prayer. Don't just let your meditation be for a few minutes in a day, but rather let your life be a living meditation. Find a way to bring yourself into that focus so that you wake up into meditation in your daily life. Now sure, not every day do you sit down and go into meditation and have a truly divine, wonderful, spiritual experience. There are days when you're going to sit down and you look up inside and there's your mind, and it just won't shut up, and it won't get out of the way. Well, you know what I do when that happens ... I sit there and I talk with it, and I listen to it, and I converse with it. And I invite God into the conversation. If I can't get to God I'm going to bring God down here. And it's interesting what the mind does with that.

Play with your meditation. Don't be serious. Don't be stern. Don't be strict. This isn't a discipline of strictness and harshness. This is about the discipline of devotion. This is devotion.

So if you sit down and you close your eyes and you go into meditation and you look up and there's your mind, and it's going, "You're not going anywhere today. We're going to talk ... and I'm doing all the talking!" Just be there in devotion. Love your mind. Love what it's talking about. Love its chatter. Love its complaining. Love its desire, and need, and want, and command. Love it all, and keep loving it all throughout the whole meditation. And if you have dedicated yourself, devoted yourself, disciplined yourself to sit for an hour in meditation, and you sit down and immediately the mind kicks in, sit there for the hour. Do not get up. You may be looking at your watch every five minutes going, "Oh, God, when is this hour over?!" But then just go back in and talk to the mind and listen to the mind. And do it in loving, do it in devotion. And ever put God in it. Just say, "I raise God into this moment. I bring God forward. I ask God to be present in this conversation. I ask the solution from God to come in as my mind keeps drawing me into the world." And another way to do

it is to just say, "I love the God in you, mind. I love the God in you." Because God *is* in all things. There is not one thing that exists in creation that God isn't in. Remember, God is the creator of all things, and it is out of God that all things came into creation. So the mind came out of God ... it is of God. It is God's substance. But the mind has forgotten what it really is, and what and where its source is. And so it is playing the game of the world of illusion. But bring God into it, and it will begin to change. It will begin to walk with you and then actually allow you to go past it.

Now, the mind cannot go with you into the higher regions. The mind cannot go into Soul. It cannot go into Spirit. It isn't of a spiritual substance. When it came into manifestation, its level of manifestation was in the realms of physical matter; and so, therefore, the highest level it can go to is the highest frequency of the 'mind realms'. It can't go any higher. The mind can extend itself all the way down into the physical realm, we know that, because it's right here in our physical body ever going on.

So realize that you can't take the mind with you, and also realize that the mind is not going to stop playing its game in this physical creation. So let that be okay. And just look back as you go up and say, "I'll see you later, mind. I've got to go somewhere else right now." And you go somewhere else. You go to Soul. You go to Spirit. You go to God. You wake up into the oneness of yourself in God.

And so, as you mature in your meditation, and you begin to wake up into your Soul, you are lifting out of the mind, the trap of the mind, and you are rising above it, free of the mind once again. And you 'as Soul' become the master of the mind, rather than the mind having mastered the Soul by entrapping it. And once that happens, the mind begins to bow gently, lovingly, honoring the Soul, and saying, "I'm here to serve you now, but can you share a few things so I understand what you are about and where you are coming from? Just so I can understand." And the Soul will begin to impart its wisdom, its understanding, of love, of joy,

(ON MEDITATION continues on page 11) ►

ON MEDITATION

by Jim Gordon

(continued from page 10)

of peace, of creativity, of enthusiasm, of manifesting abundance on all levels. And the mind will take that in as best it can and begin to utilize it, begin to put the pieces together so it can find a way to be of service to the Soul.

Now it's a wonderful day when that begins to happen. And you'll rejoice! You'll rejoice inside yourself because you know you're now the victor. And you can have a victorious celebration inside, of loving God from a place you may have never experienced before.

In the Bible, in the Book of John, Jesus states something very profound. He says that if you want to

worship the Lord, know that "God is spirit, and those who worship must worship in spirit and in truth." That is, the Lord is of Spirit, and so you rise up in the Spirit to worship the Lord in truth. And that's what this is about. It's not to sit here in the physical body, or in our emotions, or in our mind and worship the Lord in this physical creation. It's for you to rise up into the Spirit by first waking up and rising up into your own Soul body. And then in your Soul body to go through that Spiritual Eye, through that Tenth Door, and rise up into the Spiritual realms, and there stand before the Lord and honor the Lord, worship the Lord, love the Lord in the Spirit. For God is of Spirit. So you rise up in the Spirit and there you worship the Lord in Spirit.

That's what this meditation practice is all about. ▲

(To hear more of this talk, log onto the audio section of the ILM website, which is advertised below.)

INNER LIGHT MINISTRIES is pleased to announce:

ILM.org — the INNER LIGHT MINISTRIES Website

ILM.org is being offered to share the basics on ILM, an organization dedicated to teaching "The Path of Sound and Light," and to enable everyone interested to purchase ILM books, tapes and CDs online. Those who also choose to register on the website as an ILM Member (with no financial obligation) also gain access to:

- * **Online registration for some ILM workshops and retreats**
- * **Audio versions of ILM's weekly Tuesday Night Classes in Austin, Texas**
- * **All past and present ILM Newsletters**
- * **Information on ILM Initiation into The Path of Sound and Light**

There is also a special section for ILM Initiates Only.

Come and check out <http://www.ILM.org> today!

Taught *(continued from page 2)*

by Brian Yeakey

responsible, I could always clean it up! So, even though I made a few "mountains out of mole hills," I learned how to shrink the mountain back to a mole hill and even smooth it all out. And eventually, through paying attention to my experiences, I learned the process of how mountains get created and how I could handle things in a more loving, responsible way so that I wouldn't create more.

This all took place because I was willing to work with and do something about what my mother brought to my attention. I began to "think before I acted." And in cases where it "always takes two," I learned how to honestly take responsibility for my part in things so that I wouldn't continue to "make mountains out of mole hills." My mother helped show me the way through it all. She was a great teacher for me! And to this day, her loving words of wisdom live in me. Thank you, Mom! I love you! ▲



FOLLOWING THE LOVING

by Steven McAfee,
ILM Minister

Throughout my life there has been a presence of loving within me, drawing me onward in my spiritual journey. In moments when I've been aware of this presence, I've felt inspired, comforted, strengthened, and cared for. In the moments when I was too distracted to notice it, I've felt lost, afraid, helpless, and forsaken. Sometimes it is easier for me to see this movement or pull of loving in retrospect than it has been to notice it in the moment. But whether I chose to embrace it or withdraw from it, the loving has always been there. And although this loving 'pulls', it never imposes. It invites — it invites me to turn my attention inward to the source of loving in the realms of Spirit, and it also invites me to express loving through my actions into the outer world. Following the movement of this loving has blessed me in both my inner and my outer life, and I am gradually learning to become more aware of and more responsive to it.

For example, several years ago Anita and I were inspired by an inexplicable pull of loving to write a note of appreciation to a couple we had heard singing a beautiful rendition of *Amazing Grace* at a local church service. We felt an immediate 'connection' with them, and over the years Lisa and Larry have become our closest and dearest friends. In this and other instances, following the movement of loving has helped me recognize other members of what I call my "spiritual family" — those who support and share in my spiritual journey.

Following the loving has also drawn me to experiences that have assisted my spiritual growth and service, like the time at a conference some years ago when the workshop I had intended to take was full. I almost left, but instead, I had this sudden 'pull', or intuition, to take whatever other workshop was available. It was a workshop on Judaism, something I knew nothing about. But I decided to follow my inspiration and attend anyway. The facilitator was a very sweet man named Rabbi Shlomo Carlebach (famous in Jewish circles as a songwriter and storyteller). He deeply touched my heart and introduced me to the spiritual power of music and stories. Ever since then, music has been an important part of my ministry of sharing.

Years later, I learned that Shlomo's daughter, Neshama, has been carrying on his musical legacy. Listening to her music stirs my heart, and once again I sensed a kinship with her, even though we had never met. One day, I felt a movement of appreciation arising within myself. I responded to it by writing her a short note telling her how much we enjoyed her music and wishing her blessings, never expecting anything in return. But she wrote the sweetest note back to me. We began corresponding regularly and eventually we got to meet. Since then, she and her husband have become two more dear friends in our spiritual family.

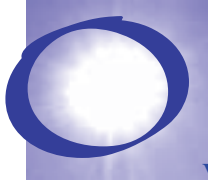
And, finally, my best example: I met Jim Gordon at a convention a long time ago. When I saw him speak, I inwardly felt this strong loving connection with him, though I had no idea why. But I felt pulled by it and I responded to it. Jim became my friend. He has watched my stumbling and my growth, and he has always been there for me. Even when I moved away — physically and spiritually — I kept in contact with him. Inwardly, I knew that Jim was a soul I should *not* let slip out of my life. Once I learned about the inner Path of Sound and Light, I sought out a teacher who could initiate me into it (this was before Jim was initiating). Many of my friends had already found their teacher, and many of them encouraged me to seek initiation with their particular teacher. But I never could bring myself to do it. As I tuned into that current of loving within me, the action of applying for initiation just would not line up inside. So I waited. Sometimes feeling at peace with it, sometimes feeling very frustrated, I waited. Years later, when Jim announced that he was going to initiate, the reason for my wait became clear, and I was so grateful that I could have *him* as my spiritual teacher. Through that initiation, I am now experiencing a more conscious connection to, and an increasing awareness of, the Spirit moving within me.

Simply keeping my attention on the loving and allowing myself to respond to it has enabled me to connect with those souls in the world with whom I enjoy sharing my life and who have inspired me to keep traveling along my spiritual path. And finally, it has enabled me to find my teacher. I have learned that, even when I can't always feel it, God is ever present in my life and ever inviting me into that loving. ▲



LISTENING INWARDLY

by Laura Kesten, ILM Minister



One night recently, I awoke from a riveting dream. With my eyes still closed I began to contemplate the meaning of this dream.

Visual images started to come forth in my mind. I saw a three-inch replica of myself climb to the top of my head, release a latch, and pull back a bowl-sized trap door on its hinge. I looked inside and saw flashes of light and heard a lot of clanking. I wanted my mind to be quiet so I reached in, grabbed onto a jagged object and pulled it out. It started jabbering at me. “You’re hungry. Your stomach hurts. It needs food, so feed it.” I grabbed onto another piece. This one also spied at me; “You’re too tired to meditate. Go back to sleep. You can meditate later. I’ll help you later. Right now you need to sleep. Really, it’s okay.” I laughed, as I have heard this one’s voice a lot. I continued to take out all the pieces. Finally it was quiet. I sighed with relief, but after closing the lid of my head and latching it, I looked outward — onto an auditorium full of faceless people who had been quiet up until then. Suddenly the audience thundered obscenities, demands, judgments, ridicules, etc. I felt unstable and nearly lost my balance completely, but then I felt myself being pulled upward and held there until I found my footing. I closed my eyes and the auditorium fell silent. Wanting to see if the people were still there, I opened my eyes, and the shouting began once more, only louder, more aggressively. It was harder to know what to do. I watched in horror, constricted by their force. Far off in the distant part of my mind, I strained to hear a voice, a soothing voice that was speaking barely above a whisper. “Just close your eyes again. Keep them closed until daylight.” And so I did.

In the morning, just before the sun broke over the horizon and the first beams of light poured into my bedroom, I was awakened by another voice. This voice seemed to rest just inside my ear, and it was clear as a bell and extremely insistent. It said, “Get up now and write this down. Get up right now.” I tried shooing it away like one would do with a pesky mosquito, but the voice kept needling me. “You only think you’ll remember, but you won’t remember it all. You need to

get up NOW and write it down.”

“OKAY,” I shouted back as I tumbled out of bed, scuffed my way to my office, turned on my computer, and began typing.

Later that day as I read over the short piece, I again felt the power of the experience. I began to look at each part of the experience more closely.

In the beginning, right when I awoke, I was searching for the meaning of the dream I had just had. So, in my visual experience, the first thing I did was to open my mind and ‘look in’. When I did, I saw flashes of light at my third eye, but I also heard distracting noises. Wanting to quiet the mind, I began taking out the noisy objects, each of which, much to my surprise, had its own little voice delighting in telling me what to do, how to do it, and persuading me to think as it does. I’ve heard this referred to as “monkey mind” — bossy, judgmental chatter. Once I removed all the “monkey mind” pieces and my mind became still, I didn’t know what else to do really. So out of habit I looked straight *out*, and I saw the world looking back, and the grumbling commenced once again, only this time it came from outside me.

Fortunately, I also felt myself being pulled upward, so I relaxed, closed my eyes, and the noise ceased. But that mind of mine can be a trickster, and it conned me to reopen my eyes ‘just to see if the world was really gone’; the shouting resumed, stronger than before. Fortunately once again, that part of me which is connected to God listened to the higher voice that told me to just close my eyes, to keep them closed until morning. It was in doing this that “The Sound” pulled me up.

This experience has reaffirmed for me that meditation requires the mind to be stilled, and to look *inward*, not out. It requires the focus to be placed at the third eye. It requires the attention to be on listening for the Sound Current. And it requires devotion — the devotion of waiting for God’s grace to lift me ever upward. ▲

INNER LIGHT MINISTRIES NEWSLETTER

ABOUT ILM

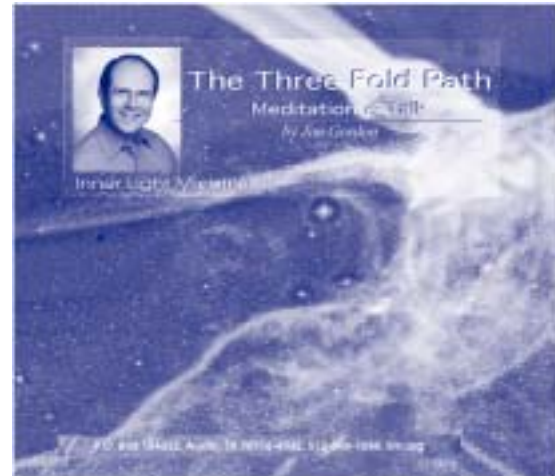
INNER LIGHT MINISTRIES (ILM) is a non-profit organization dedicated to teaching spiritual awakening through an inner practice of meditation. This meditation practice is an inner path through which the soul transcends the physical realms of creation to its true home in the spiritual realms within the heart of God. In spiritual teachings and literature this inner path is often referred to as "The Path of Sound and Light," "The Path of The Holy Spirit," "The Path of Love," or simply as "The Path" or "The Way." ILM offers initiation into this meditation practice enabling one to fully experience this inner journey of awakening.

To provide support for those individuals interested in this path, Inner Light Ministries offers numerous publications, materials, programs, and services, which encourage devotion to God and support a life-long practice of prayer, meditation, spiritual study, and service.

New Product

The Three Fold Path

Meditation and Talk by Jim Gordon



(See page 3 for ordering information.)

ILM:

Main Office: Jim Gordon, P.O. Box 164332, Austin, TX 78716-4332; Financial 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

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