

THE LORD IS WITH YOU

by Jim Gordon, President of ILM

When I was a small child, I remember going to bed at night and being afraid of the dark. So when Mom or Dad would put me to bed they would leave a small night-light on. Then one night my father said they wanted me to get used to sleeping without the night-light. He said, "Mom and I are in the house, and if you get scared all you need to do is call out for us and one of us will come right away, or you can come into our bedroom." I can remember him leaving the room that night. He started to shut the door all the way, and then he stopped and opened it a crack so light from the living room would get into the room. He looked back at me and said, "I will leave the door open a little so you have some light and we can hear you if you call for us."

I do not remember much else about what happened that night. What I do remember is a few nights later I woke up in the night and everything was dark. My parents had gone to bed and the house was dark and there was no light coming into my room. I remember lying in bed looking around my room and feeling fear taking over me. It seemed that all the shadows and dark areas of my room were coming alive and going to get me. As I continued to watch these dark demons coming alive I started to call out in the dark for Mom and Dad. I was sure that one of them would be right there. Sure enough, in a moment my Mom came in to see what was wrong. She was putting on her robe and still half asleep, but she was true to their word and was there as soon as I called. She sat on my bed and asked me what was making me afraid. I told her about the monsters and dark things I could see moving in my room and that I was sure they lived in the dark, and so I needed my night-light on so they could not live. She told me that they were not real, but that it was my mind playing with the shadows and dark areas of the room.

She said she would stay with me until I went back to sleep, but she did not want to put the night-light back on or I would begin to need it again. As I went back to sleep Mom said to remember to call on my guardian angel if I got scared at night and that the angel would be right there to chase away the things that made me afraid. Sure enough, later that night I woke up again. As I lay there in the dark room all the dark things began to move and come alive once again. I started to call out to my parents, then I remembered my Mom saying to call on my guardian angel and that it would be right here. So I did — I called out for my guardian angel to come and help me. As I did this I began to remember a story from the Bible that we would read at Christmastime. It is the story about the Archangel Gabriel coming to Mary who was at a well collecting water. Gabriel gave her a message, starting with, "Fear not for the Lord is with you." "Fear not for the Lord is with you" began to fill my head as I thought about the story. Fear not. As I began to imagine the scene of the angel coming to Mary and saying these words I found myself feeling calmer and less afraid.

These same words, "Fear not for the Lord is with you," have been serving me again recently with all the events of the past months. It seems that the dark shadows of life have once again come alive and are 'going to get us' if we are not careful. These words, "Fear not for the Lord is with you," remind me that I am a soul living in this body, and that this soul is a part of God living here and now and having experiences — in this very body. Fear not for the Lord is with ME. That is a statement that is again living within me, more each day. This is one of the affirmations from the Bible that lovingly reminds me how to go through life with the most peace of mind: to love my neighbor as myself, to forgive others as I would be forgiven, to have no other gods before God (such as fear), and to fear not for the Lord is with ME. ▲

“AND WHEN YOU PRAY...”

by Steven McAfee, ILM Midwest Coordinator

Once, when she was very young, our daughter Sarah was quietly saying her bedtime prayers. When she had finished, my wife Anita leaned over and whispered, “I couldn’t hear you, honey.” Sarah’s mystified, innocent reply was, “But Mommy, I wasn’t talking to you.” While it is a cute story (which we probably enjoy telling more than Sarah enjoys hearing), it does reveal the essence of prayer — a deeply personal sharing between our soul and God.

Prayer has been a powerful component in the world. Some pray because of their faith, some because of (or in spite of) their lack of it. The ‘faithful’ use prayer in their worship. Even ‘non-believers’ often find themselves uttering prayers of gratitude or pleas for mercy in times of great joy or fear. Some pray hoping their prayer will change things; some pray doubting it will. After the tragedies of September 11th, many prayed simply because they didn’t know what else to do.

For me, prayer is all of these things. When I am afraid and nothing around me can reassure me, I pray. When I am lost and don’t know which way to turn, I pray. When I am so grateful that I can find no words to convey it, I pray. When I feel so much love I can no longer contain it, I pray. Prayer brings me close to that from which I am too easily estranged: the living presence of God. Prayer is the voice of my heart speaking to my Beloved. Surely, it is no coincidence that so many mystics write of God using analogies of the marriage relationship, of a lover and a beloved. In my own marriage, Anita and I find that there are times we need to be alone together — sometimes to share the more private aspects of our love for one another, sometimes to comfort, sometimes to work through things that are bothering us, sometimes just to share our day. These times are sacred, and we invariably draw closer as a result of them. The more we reveal of ourselves to each other, the more the intimacy between us grows. And so it is in my relationship to my Lord, the divine Beloved. The more I

willingly share of myself the deeper the intimacy becomes.

When I pray, I actually talk to God out loud, as if I were talking to someone sitting beside me, sharing whatever is in my heart right then. “Thank you, Lord, for such a good day, for my health, my wife, family and friends, for the freedoms I have, and for all the things from which you have spared me that I may never even know.” Or, “Lord, Where ARE you!? How can you be letting this happen? Why don’t you DO something!?!?...” Or, “Well, I don’t feel moved to pray at all today... I can’t think of anything to say, but here I am, Lord.” At times the words pour out like a rushing stream, other times they trickle, and at times they evaporate into silence. But no matter what form my praying takes, I feel more ‘connected’. I feel closer to God, and the closeness is enough.

Anita and I pray every morning. We recite some of our favorite prayers, sing a devotional chant, and then open our hearts in spoken prayer. At first, for me to verbalize what I felt in front of my wife was not that easy. I felt unexpectedly vulnerable and exposed. There is a certain helplessness and innocence required in prayer that is not always comfortable, especially for men I think. But as I moved through that discomfort, I found that when we prayed ... well ... when we ‘pray our joy’, our joy intensifies. When we pray our sorrow, we are comforted. And in those times when I feel too unfit or too hopeless to pray at all, my wife prays for me. Her tenderness reminds me that God’s love is ever here for me, always with me, ever holding the best for me, even when I have given up on my world, or given up on myself.

After a time of prayer, I find it easier to concentrate, easier to enter into a state of meditation, and easier to face the world again with strength and kindness. While I do believe that prayers can affect the world, I have come to realize that even when they don’t change the world, they do change me: they connect me with the One I love, so I can walk once more through life hand in Hand. ▲

INNER LIGHT MINISTRIES

CALENDAR CLASSES & PROGRAMS: JANUARY - APRIL, 2002

PRESENTED BY JIM GORDON:

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

WEEKLY CLASSES: Jim's weekly Austin class is held Tuesdays 7:00 pm - 9:00 pm, ILM Center, Franklin Sq. Bldg., 3724 Jefferson, Ste. 100, Austin, TX.

Each class includes spiritual teaching, practical exercises, group discussion, and meditation. Jim helps participants to become more deeply in touch with the Spirit within.

TWO NEW TAPES BY JIM GORDON:

What Separates Us From Our Loving

This seminar is from the weekend workshop, WORKING WITH SPIRIT IN RELATIONSHIPS. In this tape Jim talks about things that block us from our loving: Jim discusses bringing awareness to our creations, then he talks about the process of giving and receiving, then broken agreements, and finally to the light and shadow sides of ourselves.

A Frequency Of Change For A New Millennium

This seminar was presented on October 24, 2000. In this tape, which Jim begins and ends with a meditation, Jim talks about major changes happening on the planet as we move into higher frequencies. Jim explains what we can do as co-creators to become more responsible as we step into these changes.

To Order: Each tape is \$8.95 (Please include \$3 per order for shipping and handling.) Checks may be made payable to **Inner Light Ministries** and sent to: Inner Light Ministries, P.O. Box 164332, Austin, Texas 78716-4332. Please include your name, address and phone number. Allow 2-4 weeks for delivery.

PRESENTED BY BRIAN YEAKEY:

SPIRITUAL COUNSELINGS: Brian is available for individual counselings at this time. 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 one hour 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.

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY LAURA KESTEN:

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

STORIES UNTOLD: The Iroquois say, "Do not judge another until you have walked a mile in his moccasins." For this year-long program, we alter this to, "Do not judge yourself until you have re-walked a mile in your own moccasins." This program is offered as an opportunity for us to re-walk our own paths in order to let go of judgments which we have held against ourselves. We will do this through the healing words of our own hearts as we tell our 'untold stories' in written form. There is a story for everything that has happened to us, and within each story lies the key to unlock the memory, emotion, and spiritual blessing for our own healing and expansion. We will meet a total of five times, once every three months. On the off months, you and a writing buddy from the group will meet to write and share once per month. 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. We begin on Friday, 7pm and go through Sunday, 12 noon. The registration fee includes lodging and meals. \$100 per meeting.

GILCHRIST, THREE RIVERS,
2001: DEC 14-16,
2002: MAR 28-30, JUNE 28-30,
SEPT 27-29, DEC 27-29

ALMA DE MUJER, AUSTIN, TX
2002: JAN 18-20, APR 26-28,
JULY 26-28, OCT 25-27
2003: JAN 24-27

COUPLES: In this workshop, we will explore the differences between men and women - how they think, feel, communicate and relate. Throughout this weekend, we will view John Gray's four **MEN ARE FROM MARS, WOMEN ARE FROM VENUS** videos which are as follows: *Understanding Martians & Venusians, Improving Communication, Giving & Receiving Love, Lasting Intimacy & Fulfillment*. Gray is insightful, comprehensive and delightfully humorous as he shares his wisdom on the often misunderstood areas of relationships. You and your partner will be surprisingly entertained, and inspired to bring more awareness, understanding, and love into your relationship. Opportunities to apply this new information will be given throughout the program as you and your partner participate in practical exercises. Registration fee includes lodging, meals, and all workshop supplies.

APR 5-7 Fri, 7 pm - Sun, 12 noon Pretty Lake, Mattawan, MI \$225/couple

A CIRCLE OF WOMEN:

A CAMINO PRESENTATION: Join us for this very special evening with Anne Eaglewalker as she shares her slides and stories of her two-month pilgrimage of Santiago de Compostela Camino.

JAN 25 Fri, 7 pm - 9 pm ILM Center, Austin NC

AN EVENING TO PAINT: *If you hear a voice within you saying, 'You are not a painter,' then by all means paint . . . and that voice will be silenced.* –Vincent van Gogh

Come and join us to silence that voice and experience the joys of painting as if it were your very first time. You may bring your own materials or I will have plenty of materials for you in many different mediums.

FEB 22 Fri, 7 pm - 9 pm ILM Center, Austin NC

THE JOURNEY: During this evening we will work on "journey books." A journey book is your own creation filled with quotes, pictures, drawings - anything which has meaning for you, and which reminds you of Spirit and your connection with Spirit.

APR 19 Fri, 7 pm - 9 pm ILM Center, Austin NC

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY LAURA KESTEN: (continued) For additional information, call Laura at 512-894-0992.

COMMUNITY MOVIE NITES: We'll make the popcorn, you bring your own non-alcoholic beverage, and we'll see YOU at the movies. All are welcome.



THE ENGLISHMAN WHO WENT UP A HILL AND CAME DOWN A MOUNTAIN:

JAN 11 Fri, 7 pm- 9 pm ILM Center, Austin NC

WAKING NED DEVINE:

FEB 1 Fri, 7 pm- 9:30 pm ILM Center, Austin NC

GANDHI:

MAR 8 Fri, 7 pm- 9:30 pm ILM Center, Austin NC



ILM PRESENTS:

THE HAND OF GOD: Due to September 11th attack in New York and Washington D.C., the airports were closed across the country for the week that Cynthia was to be traveling from LA to Kalamazoo, therefore we had to cancel her September program. We apologize to you for any inconvenience this may have caused you. We are excited that Cynthia has rebooked with us for March.

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

On the following day, Cynthia facilitates a powerful workshop, **WHAT WILL SET YOU FREE? (HEALING THE WOUNDS OF TRAUMA AND ABUSE)**, which offers an integrative experience assisting us in opening our hearts, surrendering the blame, guilt, shame, and rage, and finally, moving on with our lives in a new space where we can choose to live in joy and liberation. Location for both events: Kalamazoo Valley Community College.

MARCH 15	7:30 pm - 9:00 pm	Kalamazoo, MI	\$15/\$20 door
MARCH 16	10:00 am - 4:00 pm	Kalamazoo, MI	\$45/\$50 door

Cynthia is also available for private counseling sessions on:
Sunday, March 17th & Monday, March 18th.

*Please contact Laura Kesten at 512-894-0992 for more information. **Scholarships available***

A CHRISTMAS ROUND-UP: For the 4th consecutive year, we are sending Beanie Babies (a small bean-stuffed animal made by TY) to the Native American children of the seven tribes in Montana. Currently, we have collected about 300 Beanie Babies and other small, soft, and cuddly stuffed animals. If you would like to participate in this project, all you have to do is either purchase the number of beanies or other small, soft, cuddly stuffed animals that you want to donate, and send them to us in Austin and we will put them in Christmas bags and send them onto Montana, or you can send a money donation in which we will purchase the beanies for you. If you have kids, they may have a few of these cuddly beanies in which they are willing to part with and send them to the Native American kids who would continue to love them. If everyone on the ILM's mailing list sent 1-2 beanies, we would meet our goal. *Please send your beanies or money donation to ILM, P.O. Box 1086, Dripping Springs, TX 78620.*

For further information, please contact Laura Kesten or Tom Beaver at (512)894-0992.

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY STEVEN R. MCAFEE:

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

SUNDAY SERVICES: Steven periodically conducts worship services as a guest minister for various churches and spiritual groups in the Ft. Wayne area. The following are presently scheduled at the Brigade of Light at 11:00 am:

2001: DEC 9

2002: JAN 6, FEB 3, MAR 3, and an EASTER SERVICE on MAR 31

MEDITATIONS: Group meditations are held in conjunction with certain inter-faith holy days. Each session has a specific focus to assist us in working with the spiritual energies and symbols of that particular holy day. The sessions begin with a guided inner process and move into a time of silent contemplation. The gatherings are held from 8:00-9:00 pm, in our home at 6228 Lombard Place, Ft. Wayne. There is no fee. Please arrive between 7:45-8:00 pm, as we begin promptly at 8:00 pm.

2001: DEC 9: HANUKKAH & ADVENT Focus on re-dedicating our inner temples and preparing for the birth of the Christ within.

DEC 30: NEW YEAR'S — Focus on setting our intentions for the year and a world peace prayer.

2002: JAN 21: MARTIN LUTHER KING, JR. DAY — Focus on tolerance and acceptance of others.

FEB 13: ASH WEDNESDAY — Focus on repentance and returning to God.

MAR 24: PALM SUNDAY — Focus on joy.

MAR 27: PASSOVER — Focus on freedom.

MAR 29: GOOD FRIDAY — Focus on courage.

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

2001: DEC 11: ILM Christmas gathering, 7:00 pm, 6228 Lombard Pl., Ft. Wayne

2002: JAN 30: ILM music night, 7:00 pm, 6628 Lombard Pl., Ft. Wayne

FAMILY PROGRAMS: Participation is open to all; no prior involvement is necessary. Children and teens will learn simple concentration, prayer, and meditation practices that can be done at home. We will also be exploring together the literal, symbolic, and hidden levels of meaning in the parables of Jesus. If you are interested in getting involved, please call Steven for more details. Donations will be accepted.

Regular monthly meetings: Unity Christ Church, 3232 Crescent Ave., Ft. Wayne

1st Sunday of every month – 2:00 pm - 4:00 pm

2001: DEC 2 and 2002: JAN 6, FEB 3, MAR 3

SILENT RETREAT: All spiritual traditions speak of the importance of cultivating inner awareness, of developing enhanced sensitivity to the subtle movements of the Divine Spirit within us. Practicing outer silence in a supportive community can assist us in quieting the mind and calming the heart so that we can become more awake to the “still, small voice” of our own soul. Silence is a powerful tool in developing heightened awareness. We will work with silent meditation, silent study, silent meals, and solitude to deepen our spiritual connection. We will also have times for the group to discuss and share their experiences together.

JAN 18-20

Fri. 7:30 pm - Sun. 10:00 pm

GilChrist

Three Rivers, MI

\$125

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY STEVEN R. MCAFEE: (continued) For additional information, call Steven at 219-485-2167.

"WHO DO YOU SAY I AM?" - A RETREAT ON JESUS: Who is this mysterious figure known as Jesus the Christ, whose life had such an impact that our calendar is divided between the time before and the time after his birth? A teacher, a spiritual master, a healer, a prophet, the messiah, the Son of God, or even the Lord Himself? We will present new research and discoveries that shed light on his life and teachings. Through study and meditation, we will look beyond the maze of doctrines that have been laid over him, in order to see a more authentic image. In the process, we may each come to understand more of who he is to us.

FEB 15-17 Fri. 7:30 pm - Sun. 10:00 am GilChrist Three Rivers, MI \$125

APPLIED SPIRITUAL COMMITMENT PROGRAM:

(These events are open only to those already enrolled in the year-long program.)

WORKSHOPS: held on the 3rd Sunday of every month from 2:00 pm-5:00 pm.

2002: JAN 20 and FEB 17

RETREAT: Fri. 7:30 pm-Sun. 4:00 pm

2002: MAR 15-17 — Location and cost to be announced

ADVANCED NOTICE:

GUEST SPEAKER: I have been invited to be the guest speaker for the Attitudinal Healing Center of Kalamazoo at their dinner meeting on Fri, **APR 12th** at 6:30 pm.

SHABBAT (SABBATH) RETREAT: Experience the sweetness and joy of coming together for a time of spiritual rest and celebration, setting aside the worries of the world to enter into communion with the Divine. Space is limited, so register early!

APR 19-21 Fri. 7:30 pm – Sun. 10:00 am. GilChrist, Three Rivers, Mi \$125

(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.)

RECENT ILM TAPES ON MEDITATION:

Practicing Meditation – Connecting With The Divine

BY STEVEN MCAFEE

This tape includes information on what meditation is, suggestions on how to practice meditation, and also includes a short guided meditation. Steven's talk was part of an ILM weekend retreat called **TO TOUCH THE HEART**, and so in the talk Steven makes mention of various 'hearts': the physical heart, and also the emotional heart, mental heart, and our spiritual heart.

Meditation And The Healing Process

BY BRIAN YEAKEY

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

Three Meditations

BY JIM GORDON

**Starry Sky Meditation, A Healing Meditation
and Balancing The Consciousness Meditation**

Please see page 3 for information on ordering tapes. Thank you.

COMMUNICATION: ASK'ING WORKS FOR ME

by Brian Yeakey, ILM Minister

Sometimes when I'm communicating with others, I'm aware that I feel a 'pushiness' inside of me to get my message out and make sure that the other person gets it. When I do this, I've noticed that others 'react' to me, that is, they resist what I am offering. And then I, in turn, go into reaction and 'resist back'. That's not the way I want to come across, yet sometimes I do. By looking at communication and becoming more aware of how I do it, I'm finding and learning ways to share with others that don't cause reaction in them. My goal in communication is to take care of myself, and at the same time honor both of us and value what each of us has to offer. A lot of this learning is through trial and error, and I'm finding that as I am willing to continue on with the process, I keep learning how to improve the ways I share myself, how to support others in sharing themselves, and how to be more Loving as I do!

When I go into the reaction of feeling hurt or upset, I know that there is something going on within myself that I have not yet learned how to handle. And although I don't necessarily like the feelings of being hurt or upset, I remind myself that they are serving me — for in searching how to get free of them, I learn the lessons that they are there to teach me. One of the main keys I'm finding in this process is as long as I'm willing to continue stepping forward in Loving, I eventually move through these feelings. And as I do, I come into greater levels of awareness, understanding, acceptance, and loving inside of myself, for myself and for others. One of the ways I have found to do this is simply by being honest and sharing what is present inside of me in any given moment. I just trust that as I follow my process, God will support me and show me “the way.”

So the question I ask is: how do I communicate in a way that isn't pushy? What steps do I take? The Bible says, "Ask and you shall receive!"

So that's it! I "A.S.K." — one letter at a time. The first step is "A." — I Ask. When I am communicating with someone and these feelings of pushiness begin to arise, I will ask myself and the other person for clarity about the issue at hand. In the asking, I have found for myself that I create a space inside of me to receive an answer. After I ask for what it is I want, I "S." — I Seek for where the answer is, that is, its source. In a communication, this means asking questions and discussing in search of clarity. Then once I've found what I've asked for, for the 'real issue', I "K." — I Knock so that the door can be opened — that is, so an answer or solution can come forward. This process is kind of like what we would do if we were looking for a long-lost friend: first we'd Ask where the friend lives, then we'd Seek the person's home, and then when we found the home we'd go up and Knock on their door. Notice that all of these are action steps, and this is true even when they are used in looking for an answer rather than for a person. In performing these steps I am in 'the doing' and in the movement of Spirit as it comes forward moment by moment. And once I have found what I'm seeking, and have knocked at the door and it has been opened, I then “step” through the door so that I can receive what it is I asked for — so the fourth step really is to Step. I take that step and go through the door into living the solution — what it is that I truly want and have asked for.

It is through my own experiences of living my life that I find what works for me and what doesn't. Whenever I try and figure things out mentally, it just doesn't work for me. And that's when the 'pushiness' between myself and others occurs. But, as soon as I "A.S.K." and take action, things begin to unfold in my communications with others. This is true for my 'spiritual communication' as well. It has been through my doing meditation that I get spiritual experiences. And it is through my 'doing myself' by ASKing that I am experiencing and learning who I Am! ▲

HOLDING THE LIGHT

by Laura Kesten-Beaver, ILM Minister

The events of September 11, 2001 have led many of us to reflect upon our own lives. At our house, my husband and I were watching the TV news on that fateful morning, and for days afterward we kept watching, hour after hour, day after day. It seemed impossible not to. We watched, as did the rest of the nation, in absolute disbelief. It seemed so surreal, a Hollywood film — except real. And for me, as it began to sink in — the enormity of the tragedy, learning that over 5,000 people died that day in less than two hours — I found myself wondering how we could make sure their deaths were not in vain. I felt some responsibility in doing something, but I also felt so small and helpless in comparison to the massive destruction and untold lives lost. What could I do?

And then I remembered a story I had heard when I was a little girl. An ant was out and about by itself one day, when he came across a huge elephant who had managed to get himself wedged tight between two mountains. The ant wanted to help the elephant out of its predicament, but he felt quite helpless and so he left him there. All day the elephant tried to unwedge himself, but to no avail. Finally night came, and the elephant decided that there was nothing else he could do but go to sleep, and so he did. A while before the morning sun began to rise, the elephant was stirred out of his sleep. He heard something — it was singing. Then the elephant could feel a vibration under his feet. Just then, he felt himself move. He looked down and saw hundreds and hundreds of ants, working as a team, moving him out from between the two mountains. And the little ant who had found him earlier — well, he was holding a light, a lantern, so the other ants could see what they were doing. The elephant was free. He thanked the ant and the team of ants, and went on his way.

That little ant made me realize that the single most important thing I could do after ‘9/11’ was to be like him — to take action in ‘holding the light’ for our nation and for all the world. And so, another ILM member and I put together a candle vigil at the ILM Center for others to join in ‘holding the light’. That evening we prayed together, and then each of us lit a candle, placed it in a tray, and offered a blessing to the victims, to their families and friends, to the known and unknown heroes, to our nation, to world peace and yes, even to the terror-

ists’ who had misguidedly taken lives and given their own lives for a cause they believed in. Then, arm in arm, we joined our voices in song around the garden of lit candles, and like many groups around the world, we ‘held the light’ that night. My 15 year old daughter (14 at the time) was the only child who had joined in this vigil at the ILM Center, and as she watched and felt what was happening in the room, she was so moved that she began to write frantically — then asked me if she could read her words as a final prayer. She took the microphone, stood in the center of our circle and began:

“I speak for the children:

September 11, 2001 will be a day we all remember. This major act of terror against our country will be something that I and my generation will tell to our children, as does the generation before mine tell of the death of Kennedy and of the Gulf War, and as the generation before that tells of the Depression and Pearl Harbor. We, as the body of America, can come together and get through this just as the generations before us have. I wish to put all the victims and their families into the Light and wish them all the best. We cannot totally understand everything that they are feeling — losing their brothers and sisters, mothers and fathers, friends and neighbors. I ask a blessing to all the victims, but I especially ask a blessing for the children who have been left motherless, fatherless, or without their brother or sister. I pray for them to move through this, to be able to move on from this terrible act and make a difference in the world, and yet never to let that memory die out. And I pray that they do not use this memory to hate others for who they are, what they are, or what they believe in, but instead to love them — maybe not in the love we give our friends and family, but the love of understanding of who they are. We are all one people, no matter what we look like, what we believe in, or who we are as individuals. We are all part of the human race. God Bless us all.”

So, even though we might not be able to be part of the team of ants in New York or Washington D.C. right now, I assure you we can all find ways to be like that little ant who was able to ‘hold the light’. We can be bearers of light by opening our hearts to the people whom we come in contact with every day, to those who seem different from ourselves, and especially to those whose hearts seem not to be open that day. And yes, indeed, pray to God that He bless us all. ▲

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-

For the Christmas Season:

*Excerpt from **Focusing On Christ***

by Jim Gordon

“When I say that the Christ is closer to the planet and closer to humanity just now, it isn’t that it’s closer so much as that we are focused on it. It’s more available and it’s presence is intermingling more with us consciously because we are focused on the Christ more. But we could do that every day of our lives if we would just focus on the Christ, focus on the life of Christ Jesus, and focus on the life of the Christ that we are — begin to see each day as a day of the Christ that you are. And see each day as another opportunity to live the birthing of that Christ into this consciousness, into this body and into this world.”

(Please see page 3 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.

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FORWARDING SERVICE REQUESTED

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Peace
And
Good Will*