



PATH OF LIBERATION

by Jim Gordon, President of ILM

When I was 18 years old I was told by the Holy Spirit to go into the world and assist people in finding their individual spiritual paths and practices. I was also asked to share about the different types of spiritual practices. One of the practices that I have shared about over these years is the one that I myself was looking to find and, ultimately, chose for myself. I have found this particular path to be very profound and very true to the spirit of loving and awakening. This pathway is called by several names and has been referred to down through the ages by poets, prophets, sages, teachers, masters and mystics. This path is known as Surat Shabd Yoga in India, the Straight and Narrow Way of the Holy Spirit in Christian mysticism, and in the West variously as the Path of Sound and Light, the Path of the Sound Current, The Path of the Audible Life Stream, the Path of Liberation, and the Path of Soul Transcendence. I have shared many times in my talks over the years about my inner and outer search for this path of direct inner experience and awakening into the knowing of who I am in Spirit.

What, people ask me, is this pathway—what does it do and where does it take you? First of all, this path is not found in the outer world but rather in the ‘Inner Kingdom’ one reaches by sitting down, closing one’s eyes and ‘going within’. This path is one of getting to know your true self, your spiritual self, through the experience of walking the inner path of awakening. The great teachers of the past as well as the present say, “Know thyself,” and “To thine own self be true.” This path is about awakening and knowing thy true self, your own Soul.

The Path of Liberation is not about liberation

in the outer world, or about physical freedoms. The Path of Liberation is about spiritual liberation. It is about a person awakening into the divine knowing of its true nature as soul. Once awake as soul, we can begin to have experience in the ‘higher realms of Spirit’, and we gain conscious knowing of who we truly are as we travel the inner realms, the ‘many mansions of my Father’s house’.

All this is realized through a practice of daily meditation. That is, through a particular meditation practice that has been taught to those who have “eyes to see and ears to hear.” It is a practice, a yoga or discipline, of focusing inward in meditation and connecting with the Audible Life Stream, the Holy Spirit. It was through the action of the Sound and Light of the Holy Spirit that all creation came into being. And it is by traveling back on this Audible Life Stream that we are able to return back from where we came. Out of God came all things and it is back to the Heart of God we return. By focusing inside and awakening to the inner kingdom we begin, and then travel, this wondrous journey.

How do we focus in meditation? What do we focus upon? The focus is upon the unspoken Names of God. These names are referred to throughout history and in many sacred writings and traditions as: The Unspoken Name of God, the Lost Word, the Lost Chord, the Sacred Names, the Keys to the Kingdom, and so on. Jesus spoke of the sacred Name of God when he shared about prayer, saying, “Our Father, who art in heaven, hallowed be thy Name.” We also hear in Christian tradition about the power of Thy Name. So it is through the power of the unspoken Name, or Names, of God that we hold our focus and begin

PATH continues on the next page ►



TWO NEW TAPES BY JIM GORDON



The Path of Sound and Light

Inner Light Ministries now offers ‘initiation’ into the meditation practice of "The Path of Sound and Light," with Jim Gordon as Spiritual Teacher. On this tape Jim talks about this ancient and sacred inner path back to the very Heart of God. Jim discusses what the path is, and how one practices walking it. And Jim also shares about his long journey to saying yes to the calling to teach it.



To Order: Please see page 3 for further information on ordering tapes from ILM. Thank you.

Two Meditations

Sacred Journey Meditation

“This pathway is a very special pathway for it’s going to take you to a place that is very sacred to you. It’s going to take you to a place that for you is a sanctuary.”

Forgiveness Meditation

“And just now call forgiveness into the situation, however you wish to do that. One way to do that is in prayer—just asking that the grace of the Holy Spirit and the action of forgiveness come in to this area of your consciousness and your life and begin to transform it into a place of loving and healing.”

PATH continued

by Jim Gordon

to awaken into the knowing of thy true self.

How can we get these names? Where does a person find them? The Name of God is given by one who has been empowered by the Holy Spirit to ‘initiate’ persons into the practice of the meditation upon the Name of God, or Surat Shabd Yoga.

The dictionary says to initiate means, “To cause or facilitate the beginning of, to set going.” This is done through initiation, “The act or instance of initiating.” The Holy Spirit is the one who bestows the ‘mantle of authority’ on a person who is to be a teacher of this path and who will initiate persons into the practice of this meditation. It is with this authority and mantle that the teacher ‘anchors’ the Names of God into the consciousness of a student. With the Names given and the anchoring of the Holy Spirit in the student’s consciousness, the student can then begin the process of meditation, to build the power of the Name inside until one is able to travel upon it all the way back into the Heart of God.

For several years, there has been something taking place in my own life, both inner and outer, which has been both amazing and bewildering to me. This process has finally led me to recently

acknowledge that I have received this ‘mantle’ to teach and bestow initiation into this Path. And to announce that Inner Light Ministries is now a pathway of Sound and Light. What does this mean for Inner Light Ministries? ILM has for many years shared with people about the different spiritual paths that individuals might choose in order to serve them. Now along with this action of sharing, ILM will also be a direct pathway of inner experience through initiation into the Sound Current.

How can one know which spiritual practice is for you? Just “Seek and ye shall find, knock and the door shall be opened.” One simply

- ‘seeks’: keeps ones ‘eyes open’ to what is available;
- ‘knocks’: asks God for His help;
- and ‘walks through when the door opens’: go ahead and say “Yes” when opportunity knocks.

To explore whether the Path of Sound and Light is for you, as it was for me, I invite you to read the soon-to-be-available new addition of the ILM book, **The Staff of the Shepherd**, and to order and listen to the new ILM tape, *The Path of Sound and Light*. There is much information available on this path through numerous sources as well. If we sincerely ‘seek’, then God will open just the right door for each and every one of us! ▲

INNER LIGHT MINISTRIES

CLASSES & PROGRAMS: DEC, 2002 – MARCH, 2003

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 REMASTERED TAPES BY JIM GORDON

(These two tapes will be available January, 2003)

Understanding Christ Consciousness and A Meditation

"I came to the understanding that the three fold path of God is a path of simplicity: meditation, study and service. I found that out by meditating upon the Trinity. The three keys to finding out something you want to know are 'ask, seek and knock.'"

Our Right Relationship With God

"What is enthusiasm? Enthusiasm is joy. It's just joy abundant and manifesting in abundance. And how do you know God's presence? But by his joy. God is love, joy and peace. And enthusiasm is the way you begin to move into his joy. Acceptance is the way you begin to move into his love."



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 YEAKY:

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, KALAMAZOO, MI: *Have you heard your “calling” to write? Have you answered it yet?* In this 2003 year-long 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 then share them in a loving and supportive group which gloriously becomes our “writing family” for the year. (No experience is necessary!) We meet a total of six times throughout the year.

JAN. 10-12	The Radisson (not in retreat)	Kalamazoo, MI	\$ 45
MAR. 7-9	Gilchrist (retreat)	Three Rivers, MI	\$125
MAY 2-4	The Radisson (not in retreat)	Kalamazoo, MI	\$ 45
JULY 11-13	Yarrow (retreat)	Augusta, MI	\$125
SEPT. 12-14	Martha’s Cottage (Lake Michigan retreat)	Saugatuck	\$125
DEC. 5-7	The Radisson (not in retreat)	Kalamazoo, MI	\$ 45

STORIES UNTOLD, AUSTIN, TX: Class description is the same as above. The dates for the Austin program are as follows:

FEB. 7-9, APR. 4-6, JUNE 6-8, AUG. 1-3, OCT. 10-12, DEC. 12-14, 2003

The Hill Country Lighthouse, Dripping Springs, TX

THE UNFOLDING CREATIVE SPIRIT: 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!)

MAR. 14-15	7:00 pm-7:00 pm	The Hill Country Lighthouse, Dripping Sprgs, TX	\$ 75
APR. 11-12	7:00 pm-7:00 pm	TBA Kalamazoo, MI	\$ 75

A CIRCLE OF WOMEN: The theme for each evening is a surprise! Interested? Then come and join us for these three special Friday evenings of celebrating the spirit of women. The dates are as follows:

JAN. 24, FEB. 21, & MAR. 21 7:00 PM – 9:00 PM The ILM Center, Austin, TX NC

COINS FOR KIDS

Once again the Austin ILM group is doing their Christmas Coins For Kids project! All year ILM members in the Austin (Texas) area have been saving their loose coins (and extra bills) to use towards the purchasing of gifts for children in need at Christmas time. And the outcome once again is extraordinary—we will break last year's total of \$5000 donated!

Over 100 children in need will get Coins for Kids Christmas gifts—purchased, and delivered, by the Austin ILM members themselves.

Anyone who would like to support this project is welcome to call:
Brian Yeakey at 512-306-1056.

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:

JAN. 19, FEB. 16, MAR. 16, and APR. 20	11:00 am	Brigade of Light	Ft. Wayne, IN
MAR. 23	10:30 am	Unity Christ Church	Ft. Wayne
MAR. 30	11:00 am	Temple of Love & Light	Ft. Wayne
APR. 18	<i>Good Friday service</i>	Unity Christ Church	Ft. Wayne
APR. 27	10:30 am	Unity Christ Church	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.

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. What we are discovering may surprise you! 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. Donations accepted.

JAN. 19, FEB. 16, MAR. 16, APR. 20	2:00-4:00 pm	YWCA	Ft. Wayne
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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. Steven will be present with the group at least every other month for support, singing, and sharing. Meeting locations will vary. If you are interested, please call Carolyn at 269-327-6851.

JAN. 25	4:00-6:00 pm	GilChrist, Three Rivers, MI	No charge
FEB. 15	3:00-5:00 pm	Kalamazoo, MI area	No charge
MAR. 15	3:00-5:00 pm	Kalamazoo, MI area	No charge

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:

JAN. 26, MAR. 30, APR. 27	2:00-5:00 pm	Signature Inn	Ft. Wayne, IN	\$7
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RETREAT:

FEB. 21-23	Fri. 7:30 pm-Sun. 2:30 pm	Location and cost TBA
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(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.)

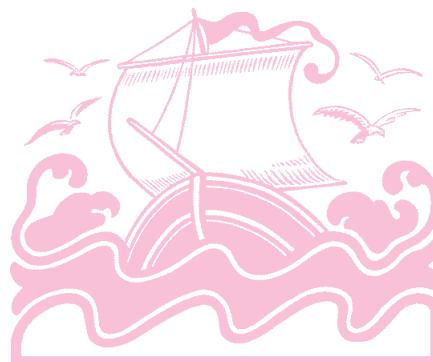
(Steven's Calendar continues on the next page.)

INNER LIGHT MINISTRIES CALENDAR

PRESENTED BY STEVEN R. MCAFEE: (continued) For additional information, call Steven at 260-485-2167.

VOYAGE OF THE SOUL RETREAT: We will set sail on the sea of life this year into a great adventure, an odyssey of the soul. In our time together this weekend, we will use this metaphor to develop practical tools for dealing with our soul's experience as it encounters a changing and often stormy world. The retreat will contain the following segments, which will include instruction, discussion, activities, and journal writing:

1. Baggage: what to check, what to carry, and what to leave behind,
2. Your final destination,
3. Charting your course,
4. Plotting vs. plodding,
5. Passports,
6. Landmarks,
7. Sight-seeing,
8. Dangers at sea,
9. Traveling companions,
10. In-flight corrections, and
11. Trusting your pilot.



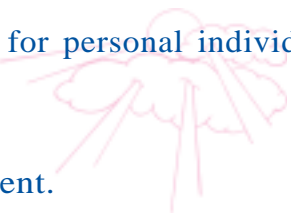
JAN. 24-26 Fri. 7:30 pm-Sun. 10:00 am Gilchrist, Three Rivers, MI \$125

UPCOMING MIDWEST EVENTS WITH JIM GORDON AND BRIAN YEAKEY:

SPIRITUAL COUNSELINGS: Brian Yeakey will be available for personal individual counselings (refer to page 3 for more information):

MAR. 19-20 Kalamazoo MI

Call Brian at 512-306-1056 for an appointment.

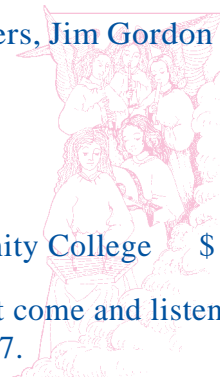


A DAY WITH SPIRIT: Join Inner Light Ministries with ILM Ministers, Jim Gordon and Brian Yeakey, for a day of:

INFORMAL SHARING AND QUESTIONS & ANSWERS

MAR. 22 Sat. 10:00 am-5:00 pm Kalamazoo Valley Community College \$ 15

Everyone is welcome to this day of sharing. Bring your questions or just come and listen. If you need more information, call Steven at 260-485-2167.



AN INTRODUCTION TO THE MEDITATION PATH OF SOUND AND LIGHT:

Jim Gordon will be sharing about the Path of Sound and Light, and about Initiation.

MAR. 23 Sun. 2:00 pm-5:00 pm Brigade of Light—YWCA Villa Ft. Wayne, IN Donation

If you need more information, call Steven at 260-485-2167.





THE BUDDHA IN THE BOOTH

by Steven McAfee, ILM Minister and Midwest Coordinator

Years ago I came across a saying attributed to the Buddha that has been a source of great strength and encouragement to me: “To love is to go on teaching forever, without becoming weary.” There are times, in both my ministry and my personal life, when I don’t want to make the effort that love requires at that moment. Times when I don’t want the responsibility of making the tough decision ... times when it feels like it would be easier to just give up than to try again. In such times, this saying helps me to lift my heart out of the discouragement and back into the loving.

Recently I was sitting in a local restaurant, working on a new ILM program, and thinking about how much I owe to those people in my life who never gave up on me, people who did not get “weary” in their love for me. And, as divine “coincidence” would have it, at that very moment two men sat down in the booth right next to mine and began speaking so loudly that I could not help over-hearing their conversation.

It was a father and son talking about forgiveness. They were discussing a major rift in their family, between the son (the one in the booth) and his brother (who was not present). The son was telling his dad how much it hurts that his brother never calls him, never visits him, won’t return his emails, forgot his birthday—how he just won’t forgive what happened. The son said that he felt his brother didn’t care about him anymore. His pain was obvious.

The father listened to his son. He listened a long time. Then, in a quiet voice, he said, “He doesn’t see much of us either lately, and he still hasn’t replied to your mother’s emails (his pain too was apparent). But let me make a suggestion to you. When men get their feelings hurt, men like your brother, they express it in ways they’ve been trained to—in anger—because that’s macho. But as long as there is anger ... and trust me, son, I’ve dealt with anger for a lot of years ... you can never work through things ... Sometimes both sides want to, if someone would just start, if someone would just say,

‘I know there has been a lot of pain, but we need to let it go, to put it behind us and move on ...’ But neither one does. There’s just too much pride. The anger divides us, but it is the pride that keeps us apart.”

They continued talking, the father encouraging the son to make an effort, and the son explaining how many times he has made the effort, but to no avail. The dad then said, “Don’t try him now, not in football season—you know how busy he is with the team. He won’t have time to respond the way he wants to, and he’ll just get more upset. Wait until the season is over, then write him—tell him how much he means to you and that you want to work it out with him, face to face.” The son answered sadly, “Dad, I HAVE tried. You know I have.” To which the father replied, “He’s your brother, Try again.”

Their conversation touched something deep within me. I felt the Lord once again loving me through the phrase, “To love is to go on teaching forever.” The conversation in the next booth reminded me of how important our relationships are and how few families, even the best of them, are without the conflicts that can break hearts and set loved ones against one another. I was reminded that we can take conscious action to repair what has been damaged, forgiving the pain others have caused us and we them. We can reach across the unbearable gulf between wounded souls that once had been so close, and find a way to bridge it. The first step may be as simple as *taking* the first step—to initiate an action of reconciliation, of making peace, even if we do not feel very hopeful about the outcome. That might mean apologizing to someone, or writing a heartfelt letter, or making a phone call. Or, it may mean simply sitting down and going within, to invite the higher self of the other person to come back into the loving with us—to willingly release that which has kept us apart and to come back in to harmony. That is the message I heard once again today, through the simple but eloquent words of an everyday “Buddha” in the booth beside me, “He’s your brother. Try again.” ▲



THE JOURNEY OF GREATER INTENTION

by Laura Kesten-Beaver, ILM Minister



The longer I walk upon the path of Spirituality, the more I realize the great capacity of Spirit's Love, and the bounty of opportunities Spirit offers in which to experience that Love more fully. One such opportunity presented itself to me recently. It is an experience, I believe, which has brought as much or more joy to my heart than any other.

This story began, simply, with me deciding to 'help someone'. I accepted an opportunity to be of service without hesitation. However, now as I look back at the initial reason for which I had accepted this opportunity, I am delightfully amused at my ignorance of what would actually unfold. You see, I thought I was accepting this service as a way to 'help'. "Help," in the dictionary, is defined as: "to make it possible for somebody to do something that one person cannot do alone." So I thought I was going to be 'of help' to someone. I was about to find out how 'help' in service really works.

Several years ago I met a woman, and, through our visits, we became good friends. Recently, I learned that a close relative of hers had died, and she was left to take care of his house and all of his belongings. I offered my assistance, knowing that one person alone could not possibly tackle such a huge project expediently. She took me up on it. I was delighted.

I suspected that this project would entail quite a bit of work. However, my suspicions didn't come close to encompassing the enormity of service-work involved. The two-story house, including a large basement, attic, sun porch, and garage, was full of old and beautiful relics, many dating back quite some time. But in order to get to the prized relics, we had to dig through 'stuff': collections of saved bottles of every size, plastic containers with and without lids, bags of assorted items including craft and holiday items, household paraphernalia, costume jewelry, fruit crates, etcetera, etcetera, etcetera. We sorted through closets full of coats for every season, garments of every size and style imaginable. There were endless boxes of books, papers, and photos to sort, not to mention shoes, shoes, and more shoes, games, linen, dishes, bags of

just bags, cans opened and unopened, tools, paint and paintbrushes ... and the list goes on and on and on. I had never seen anything quite like it!

With our work clothes on, our sleeves rolled up, we began to sort—some things to go to Goodwill, others to the missions, lots of stuff to simply be discarded, treasures to keep and others to be set aside for sale. Every individual item was given equal time in making a decision for its final destination. As we'd sift through the items, we'd often make jokes about this and that, or gently tease one another.

We'd finish each day with our clothes full of dirt, dust, and cobwebs; our hands too dirty to touch our noses, our bodies tired and exhausted from reaching, digging, bending, piling; our minds on the blink for the endless decisions. And yet, we were never too tired to look at each other and vote on who did the most work based on who was the dirtiest. We'd catch each other's twinkle in our eyes, and laugh. At some point, I began to sense that, when I looked into her eyes during those sweet and endearing moments, I was truly looking into the eyes of the Beloved—there was no difference between us. As the days passed, I was more and more filled with joy, the kind of joy that could make me laugh and cry at the same time, in the same breath.

It is my conclusion, after all these months of doing service 'for' this woman, 'helping' her to embark on this great undertaking, that the definition of the word 'help'—"to make it possible for somebody to do something that one person cannot do alone"—ironically applied more to me in the role as a recipient than in the role of 'helper.' You see, I thought I was *doing* service—helping *her* out with a colossal project; but instead, it was *her* that helped *me* out. You see, by accepting my offer of service, *she* gave *me* an opportunity to experience Spirit's magnificent gifts of joy and love more fully; gifts that I, as "one person could not do alone."

Initially, we do service because it makes us feel good to help; in the end it feels good to be of service because the act of service brings us closer to God. Being of service, I learned directly, 'helps' the giver as well as the receiver. ▲



MEDITATION OF LOVING

by Brian Yeakey, ILM Minister

I begin each day of my life by getting up in the morning and doing 2 1/2 hours of meditation. I usually start off by briefly reading from a book or listening to a tape on a subject of a spiritual nature, in order to focus my attention on Spirit. Then, when I'm aware that my attention is on Spirit, I move into my practice of meditation. In my meditation I focus on the Light of Spirit and on chanting "The names of God" given to me by my spiritual teacher. At the start of this process I allow room for any and all of my mental or emotional 'stuff' to come forward, in any of the myriad of ways that it does. This usually consists of thoughts on anything going on in my life, emotions having to do with any of my thoughts, or fantasies that I might be wishing for in my life. Not to mention any of the things that might be going on in my physical body at the time. My 'stuff' can come forward appearing as negative, positive, or indifferent. Regardless of how this 'stuff' appears, I allow room for God's presence to come forward and participate with me in all of these things that may be going on inside of me and around me.

By giving myself the freedom to let 'everything be okay', I have created a 'space' of acceptance and loving inside of myself and around me. And I have found through my experience that God, in His loving, will meet with me and participate with me in this space that I have created within. In this space, I bring forward my loving for God and I participate with Him in a reciprocal action—of God loving me and me loving God. As I do this, all of those 'things' that are a part of my life just merge into this loving spirit and are brought into a loving balance within me, or they just melt away.

Throughout my meditation I continually keep bringing my focus to loving God and to letting God love me. I do whatever I need to do to always hold to that focus or bring myself back to that focus when I get caught up in other stuff. When I do get

caught up in 'other stuff' (which happens pretty regularly), and I become aware that I'm caught up in it, I just remind myself and bring my attention back to loving. I bring the loving into those things that I'm caught up in or I bring those things into the loving. This is how I do forgiveness. I bring the loving into these things or I give these things to the loving. Either way, it's *for giving*.

The other thing that I do during my meditation time is talk directly to God. I really do mean this. I have found that when I allow myself to talk directly to God, I do experience God's Loving for me in me. I experience a direct, personal relationship with God and of God with me. I have discovered within myself a very discernable difference between when I'm talking directly with God and when I'm just talking in my mind. When I'm talking directly with God I experience an openness, a peacefulness, a fullness of loving. And when I'm talking in my mind, I experience a limitation, a separation, an aloneness ... I'm aware of wishing, wanting, and hoping. But, when I'm talking directly to God, I'm in my being and I'm *aware*.

It is in this direct, personal relationship with God that I experience my fulfillment, my joy, my peace, my loving, my knowing, my connection, my wisdom, my truth, and all that I need. It is in this that everything I need is brought forward in my awareness, and all I do is step into it and allow it to unfold. I surrender and just give my full participation. And in this participation I am fulfilled. All that I need, and all that I am, is fulfilled. From this, "My Cup Runneth Over," and I share this fulfillment with those around me so that they may share in the blessings and move toward their fulfillment as well. It is through this loving action that I am able to be of service to myself and to those around me and complete what I am here to do—which is, mainly, to love God and to let God love me. ▲

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-

Happy Holidays

from the ILM Staff:



(left to right) Tom Beaver, Laura Kesten-Beaver, Bill Stratton, Jim Gordon, Brian Yeakey, and Steven McAfee.

Not pictured are Carolyn Dailey, Sherri Robinson and Steve Bratsch.

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

Please write or phone for more information about ILM.

ILM:

Executive Office: Jim Gordon, 203 Buckeye Trail, Austin, TX 78746; Business Office: Tom Beaver, P.O. Box 1086, Dripping Springs, TX 78620; Midwest Office: Steven McAfee, P.O. Box 5139, Fort Wayne, IN 46895



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FORWARDING SERVICE REQUESTED

