



Radiant Light Spiritual Direction

The Spark - April 2022

Dear friends,

All are welcome to attend our monthly Guided Virtues Meditation and the Spiritual Topics Study Group.

Also, I offer an introductory meditation course. If you would like to gain new insights to develop your custom meditation practice, please join us!

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

marilyn@radiant-light.org

<http://www.radiant-light.org/>

Personal spiritual direction to support your unique spiritual quest. [Click here to learn more.](#)

Guided Virtues Meditation

Wednesday, April 20th at 4:30 PM.

Join us for an on-line guided meditation focused on a virtue. Virtues are linked to our health, healing, and expansion of consciousness. Focusing on the virtues opens our hearts and helps us to be receptive to our higher intuitive mind.

Please email Marilyn to receive the link for this meeting. marilyn@radiant-light.org

No fee for this guided meditation.

Spiritual Topics Study Group

Thursday, April 28th at 4:00 to 5:00 PM

This month, we will meet on Thursday, April 29th to read and discuss various topics of the spiritual quest. We will read from Meher Baba's *Discourses*. I will share the pages on the screen, so you do not need a copy of the book. Each month, the group can choose a topic of interest to read and discuss.

The *Discourses* covers many subjects, both practical and highly esoteric. Chapters go into the human search for the Truth and God, spiritual advancement, and the spiritual path.

Please email Marilyn to receive the Zoom link for this meeting. marilyn@radiant-light.org

No fee for this study group.



Meditation: Turning Within

Tips for Your Meditation Practice

Wednesday, April 27th at 2:00 to 4:00 pm

Sliding scale: \$50 - \$80

A daily practice of meditation and contemplation cultivates Self-awareness, inner peace and contentment. It also improves your ability to focus on what's happening in the present, without being so distracted about what has happened in the past, or what will happen in the future. People who meditate find they are calmer and better able to focus.

Marilyn has been practicing meditation since 1971, and teaching meditation since 1976. She has studied and practiced a variety of meditation and contemplative techniques. She shares from her personal experience of this lifetime of spiritual exploration and Self-discovery.

A two-hour session for both beginners and experienced meditators. Explore of several methods of "passive" meditation, in order to learn to relax and regenerate your energy and learn simple guidelines for establishing a daily meditation practice.

You will be empowered to discover a daily, personal practice that you enjoy!

Please contact Marilyn if you would like attend this course.

Ponder This

With beauty before me, may I walk.

With beauty behind me, may I walk.

With beauty below me, may I walk.

With beauty above me, may I walk.

With beauty all around me, may I walk.

Navajo prayer

What is Spiritual Direction?

Spiritual direction supports you on your spiritual journey, making it a less isolated experience.

Spiritual direction is an opportunity to tend to the awareness of the sacred in your life and to how you are being prompted to express that sacredness.

Our first meeting is always free of charge. During an initial 50 minute on-line meeting we will explore your interests and needs to determine if spiritual direction will be of value to you.

I am a member of [*Spiritual Directors International*](#). Browse their website to learn more.

The wisdom you seek is already written in your heart
