

Radiant Light Spiritual Direction

The Spark - August 2022

Dear friends,

I appreciate your patience as I took a break during July. In August, we will resume our monthly Aquarian Rosary Practice Group, Guided Virtues Meditation, and Spiritual Topics Study Group.

Additionally, all are welcome to attend a new two-hour course, **Cultivating the Inner Life**. We will address any challenges you may have with your meditation practice. I will offer new practices that can be easily integrated in to your daily life to support your unique spiritual quest. Bring your questions, challenges, ponderings to this exploration of the spiritual life.

Stay cool!

Peace and Blessings,
Rev. Marilyn L. Buehler, M.Div.
Spiritual Director
Radiant Light Spiritual Direction
email: marilyn@radiant-light.org
website: <http://www.radiant-light.org/>

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

Aquarian Rosary Practice

The Art of Mantra Yoga

Wednesday, August 10th 4 to 5 pm

Suggested donation: \$5



The
**AQUARIAN
ROSARY**
Reviving The Art of
Mantra Yoga

Rev. Carol E. Parrish-Harra, Ph.D.

The Aquarian Rosary practice invokes our feminine, receptive, and nurturing qualities. The source for this mantra yoga practice is the book, [The Aquarian Rosary, Reviving the Art of](#)

[Mantra Yoga](#) by Rev. Carol Parrish-Harra, Ph.D. You do not need a copy of the book, as I will display the pages on Zoom.

Experience how the use of beads and reciting the rosary creates a sense of peace. Contemplating each mystery opens us to spiritual insights.

Please email to Marilyn to register. marilyn@radiant-light.org

Guided Virtues Meditation

Wednesday, August 17th 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 to Marilyn to register. marilyn@radiant-light.org

No fee for this guided meditation.

Cultivating the Inner Life

Wednesday, August 24th at 2:00 to 4:00 pm

Sliding scale: \$50 - \$80

This two-hour session is an opportunity to address challenges with your meditation practice and to explore a variety of simple, practices that can be integrated into your daily life to support your unique spiritual journey.

This session expands our understanding of meditation and explores "active" meditation, in which one intently focuses and expands on the meaning of a word, phrase, or sacred reading. We will also explore other practices that may support your inner journey.

Learn to:

- **Build the connection to the higher and intuitive mind.**
- **Increase your awareness of "inner knowing" and wisdom.**
- **Express greater beauty in your daily life.**

Email Marilyn to register for this study: marilyn@radiant-light.org

Spiritual Topics Study Group

Thursday, August 25th at 4:00 to 5:00 pm

Join us as we read from Meher Baba's *Discourses*. I will share the pages on the screen, so you do not need a copy of the book. All are welcome to this reading and discussion of spiritual topics.

Please email Marilyn to register. marilyn@radiant-light.org

No fee for this study group.

Ponder This



What is Spiritual Direction?

Spiritual direction supports you on your spiritual journey. 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 Zoom 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 written in your heart.
