



## Radiant Light Contemplative Study Group

# The Spark - April/May 2023

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Dear friends,

Starting in April, we will resume our monthly Guided Virtues Meditation. We will meet the last Wednesday of each month at 6:30 pm Pacific. All are welcome to join this meaningful reflective meditation.

Peace and Blessings,  
*Rev. Marilyn L. Buehler, M.Div.*  
*Spiritual Director*

**Radiant Light Contemplative Study Group**

*Exploring Contemplative Spiritual Practices*

email: [marilynb@radiant-light.org](mailto:marilynb@radiant-light.org)

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

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## Guided Virtues Meditation

Last Wednesday of each month at 6:30 pm Pacific

- April 26th
- May 31st

Focusing on a virtue invokes the qualities of that virtue into our life, opens our hearts, and helps us to be receptive to our higher intuitive mind. All are welcome to join this guided meditation and reflection.

**Please RSVP to Marilyn to receive the Zoom link for this guided meditation.**

\$5 offering welcomed, but not required.

Payment for the session is accepted by Zelle, PopMoney, or check.

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## Reflective Reading Group

Thursdays at 9 am to 10 am every week

This weekly reflective reading group reads about Meher Baba's messages for the awakening

humanity. We are currently reading *The Spiritual Training Programme* by Bhau Kachuri. The book will be displayed on the Zoom screen. As the group reads together, there is time for reflection and discussion of what we read that day.

<https://avatarmeherbabatrust.org/the-spiritual-training-programme/>

**Please RSVP to Marilyn to receive the Zoom link for this reading group.**  
no fee for this reading group

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## Ponder This

A soul quality clearly expressed is drawn into the personality and flows without distortion through one's consciousness into the physical world. This ability to bring a soul quality into the personality is called "building a virtue or facet of the soul".

Carol E. Parrish-Harra, Ph.D.

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## What is Spiritual Direction?

As a Spiritual Director, I honor each person's unique journey. Spiritual direction is an opportunity to explore your unique inner quest, and tend to the sacred in your life and to how you are being prompted to express that in daily life. I provide a contemplative listening presence, reflect, and invite questions to deepen your awareness of the sacred.

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. Our first meeting is always free of charge.

I am a member of *Spiritual Directors International*. Browse their website to learn more.

***The wisdom you seek is written in your heart.***

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