



Spirit School OF THE INTUITIVE ARTS

APRIL 2006 NEWSLETTER

“Expect to have hope rekindled. Expect your prayers to be answered in wondrous ways. The dry seasons in life do not last. The spring rains will come again.”

—SARAH BAN BREATHNACH

Making the Right Decisions

Using Intuitive Guidance

RECEIVED BY CHRISTEN MCCORMACK
(www.spiritschool.net)

When you were growing up there probably were a number of things you had to do which you did not want to do; they made you uncomfortable. Perhaps these things really were important and in your best interests. For a variety of reasons your parents couldn't always make this clear to you, maybe they didn't even try to. You just had to proceed and do these things anyway, no matter how you felt.

This was an unavoidable part of growing up in our culture. In combination with the fact that the western world puts very little stock in intuitive knowing and other things mystical, you probably came into adulthood believing that every important decision required gathering the facts and then a very careful analysis of them.

We would suggest that you instead let your inner truth and wisdom, which resides in your body, lead you. (This is known as your intuition.) In fact, the most efficient and accurate way to make an important decision would be to gather your facts, then get quiet and focus your attention on your inner being to see what arises in response to these facts. We are talking about going deep into your body self, rather than your mind. What are the feelings, sensations, and knowings that are there? How does your body feel, particularly your belly and chest? Is your breath moving freely and easily in and out of your body?

You will have a comfortable, relaxed sensation if the decision is one you should proceed with, if the answer is yes. And you will have an uneasiness or apprehension, contraction and tension, if it's not right for you at this time, or not at all.

This may seem like a risky way to make a decision to you at first, but if you “practice” this approach a few times with smaller decisions you will be pleasantly surprised at the bounty of information your inner self has to provide for you.

If your body's response seems subtle or vague, you may need to quiet yourself a little longer and make a concerted effort to stop thinking, just let the feelings and sensations emerge. Listening to your body about anything, even the food or exercise it needs, may be new to you. However, the skills you need to relate to your inner self, the wisdom in your body, are an inherent part of your make-up. You only have to try this a few times to get credible results.

Analyzing the response you get is a common pitfall. If you are experiencing a contracted or uneasy response (a no) you may find yourself questioning it.

Your thoughts could sound like this: Maybe I feel this way because of my childhood experiences. Maybe I'm just having a reaction because my last relationship was so hurtful. I'm probably hesitant because my last job ended so badly. Etc.

...this intuitive center is a very large part of who you are and you respond to life through this knowing more often than you realize.

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This type of analysis is really a resistance to the experience of the knowing response you are getting and is not helpful. Your intuition, or inner knowing, is not stuck in time. It knows what is right for you based on the current situation at hand.

Quiet yourself again and go to the contracted place inside you by gently focusing on that point of tension. If you feel it in more than one place in your body, go to where it is most noticeable. Just breathe deep and focus on that area with the intention of letting more information emerge. Experience it without editing, questioning, or analyzing. Let the images, thoughts or words rise up into your consciousness. Simply be with it and observe.

This exercise of going deep into yourself is very relaxing. However, if the truth is that a decision is not right for you at this time, then you will again feel tense and uneasy as you consider moving forward with your plans. Even if the reasons it's not right are indeed based upon unresolved experiences from your past, your intuition/inner wisdom is telling you clearly that a successful or happy outcome is not likely in the present.

Perhaps you get a relaxed, peaceful feeling as a response. (A yes response.) You may even feel inspired, or a warm expansiveness. There are many ways you might question this as well. It may feel risky to trust. Stay quiet and go within to ask the question again. If it's truly an affirmative response, and if you are not engaging in analysis or editing, then the warm, relaxed feeling will return or increase. It can even be made clear to you through images and words or a sensation of knowing why this is a good decision for you.

The process of going within exists in all traditions. It is not confined to any one path or discipline. It is an age old practice that still has great merit today. Perhaps even more so because of the hectic pace of our world and its many distractions.

We have not tried to define for you what this inner knowing is or where it comes from. We will leave that for you to decide. We can only tell you that this intuitive center is a very large part of who you are and you respond to life through this knowing more often than you realize. We are sure you will enjoy getting more acquainted with it and feel richly rewarded by the guidance you receive as you do so.



2006- Classes, Gatherings

LEVEL 1 CLASSES

taught by Christen McCormack

540-987-9272

SpiritSchool.net

Thursdays

Sperryville

June 29

July 27

August 24

September 21

October 19

November 16

LEVEL 2 CLASSES

taught by Christen McCormack

and Beth Goldstein

540-987-9272

Charlottesville (The Barn)

September 16-17

October 14-15

November 11-12

December 9-10

January 20-21, 2007

February 24-25, 2007

LEVEL 3 CLASSES

taught by Christen McCormack

and Beth Goldstein

540-987-9272

Charlottesville (The Barn)

March 11-12

April 8-9

May 6-7

June 3-4

July 8-9

August 5-6

Sept 9-10

Practitioner track meets five Fridays as well

2007 Readings & Workshops

GATHERING

SUMMER SOLSTICE

Saturday, June 24, 2006

10 am – 3 pm

Unity Church, Oakton, Virginia

Pot Luck Lunch

Directions on the Spirit School website:

www.spiritschool.net

LEVEL 1 CLASSES

taught by **Mary Rose Goldstein**

(410) 747-0012

maryrose@healinginsights.us

SpiritSchoolMD.com

Saturdays

breathe books, Baltimore, MD

June 24

July 15

August 19

September 16

October 21

November 18

LEVEL 1 CLASSES

taught by **J-Lee Newell, 301-706-3384**

jacquelineleenewell@yahoo.com

SpiritSchoolMD.com

Thursdays

Mount Airy, MD

September 21

October 12

November 9

December 7

January 11, 2007

February 8, 2007

BELIEF VERSES DESIRE

By *Mary Rose Goldstein*

Why do so many of us live lives that aren't "perfect" in our judgment? Why does it sometimes take so long for a manifestation to occur, and sometimes when it does it doesn't always meet our expectations?

All of us have belief systems that create fear in us at some level. This fear in turn prevents us from reaching our full potential. We may be totally unaware of these beliefs and the way they present themselves in our lives. They may have been developed as a defense mechanism to protect us. These belief systems run very deep in our subconscious, and unless we are willing to overcome them, they will continue to block our growth.

One way of overcoming a belief system is through recognition of our heart's desires. Desire is the knowing that something can be vastly improved, which eventually helps us to overcome our beliefs. Desire is that fire of inspiration that burns in us, giving us one minded focus. It is something that holds on firmly—that we feel everyday or even every moment. Desire requires feeling, emotion, and passion. Without these qualities, it isn't desire, but a want or a fleeting thought.

In the Spirit School Manifestation Process it is essential to be clear about your desire. Putting the desire into words and saying it out loud is one of the most important steps. If you can't express your desire, then there are belief systems that are getting in the way. We often have the vision in our minds, but as we try to verbally describe it the vision becomes like smoke we are trying to grasp. This will make it hard for our desire to fully manifest. Our desire and our belief will both energetically go out into the universe. The result may be a manifestation that is a jumble of the two, or nothing at all, as they might cancel each other out. Clearly stating your desire is the first step towards receiving it.

Often we are able to state our desire, but we feel fear at the thought of it. Our belief systems can affect us in ways we don't realize. Desire, though, is our soul's way of showing us that there is a possibility beyond our belief. This gift helps us to become more conscious—to see a possibility on the other side of our fear. As our desire grows, our belief system is challenged. A strong, consistent, heartfelt desire will let the universe know that there is no doubt about what you expect. The universe in turn, with your clear instructions, will bring the fulfillment of your desire as you have clearly instructed.

Mary Rose Goldstein, APP is a Practitioner graduate and a core group member of SSIA. She is completing her student teaching requirements for Level I classes and will start teaching Level I classes in Baltimore in June. Her practice, Healing Insights, is located in Catonsville, Maryland and includes intuitive readings, Reiki, Polarity Therapy and some astrology. Mary is in her second of a two year astrology internship with Creative Choices. You may contact Mary at www.healinginsights.us

**HONORING LIFE'S CYCLES THROUGH THE ELEMENTS:
THE SECOND OF A SIX PART SERIES**

By Mary Rose Goldstein

Every person is a combination of the four material elements. In starting this article, it seems fitting that I've been listening to and feeling the effects of the howling wind outside. To me, air is the first in the cycle of the elements. Air can't be seen, but its lack or full force is certainly noticed.

Air is all around us – we depend on it for life. We breathe in air without even thinking about it. When there is no air movement, we feel stagnant or suffocated. When the wind is blowing strongly, we can find it difficult to move against.

Air represents the beginning of a process and the originating idea. This cycle is observed in our lifetime, year, month and day. We begin our life at infancy. Each year we are reminded of the stage of infancy in the spring when there is birth all around us. During each month there is a beginning of the lunar cycle with the waxing, crescent moon. Even each day is greeted by the dawn.

Air is associated with quick thinking and logic. In astrology, the air signs are Gemini, Libra and Aquarius. People who possess these qualities are often wordy and always thinking. They tend to be good writers and communicators. Their thinking is quick, and they are able to take in new ideas and incorporate them and make the ideas their own. Too much air may make it hard for an air person to express themselves, as they have too many thoughts running around in their heads. An "airhead" is someone who is floating in the clouds. Because air people rely so heavily on thoughts and tend to ignore feelings, they can be detached and noncommittal. Since words are carried on air, hearing is also an air quality. Air people can be very good listeners as they like to have new ideas and perspectives. They are seeking the truth, either from books or conversations. They are discriminating, filtering what comes in – taking what works for them and filing the rest for later use.

We can honor air everyday by becoming conscious of its presence in our life. Starting our morning meditation with air on our altar is great place to begin. Air can be

represented by feathers, fans, incense, pinwheels, books and pens. Colors that represent air are yellow, sky blue, and white. Meditation itself is ruled by air.

Creativity in the form of the initial idea and subsequent thoughts and refinements are air based. The manifestation process will go nowhere if an idea is not well formulated. The thought can't just stay in ones head, but must be verbalized to realize its full potential.

Part of honoring air is using it in a balanced way. Just as in nature a lack of air or too much wind can be devastating, so too in the way air moves through our lives. Communication cannot occur if only one person is listening and the other is talking. Both are required to create balance. As you learn about the other elements and their qualities, you will see ways that they can all be brought together to create balance in all cycles.

You may contact Mary at www.healinginsights.us



HEALING THE HEART WORKSHOP
Pura Vida Spa, Costa Rica
February 10-17, 2007