



Spirit School OF THE INTUITIVE ARTS

JUNE 2006 NEWSLETTER

*"Like the moon,
Come out from behind the clouds!
Shine!"*

—BUDDHA

Your Soul Purposes

BY CHRISTEN MCCORMACK
(www.spiritschool.net)

When we are born into this world our soul has certain things that it wants to accomplish. We all have a minimum of four primary soul purposes. These are very important to the soul to fulfill and it usually takes a whole lifetime for this to happen. (More on these in our next issue.)

When people come to see me for a spiritual guidance session, a common question is, "What is my soul's purpose for me?" When they ask this, they are referring to what kind of work they should be doing. It's a question many are seeking an answer to. And it's understandable that this is an issue for so many people. Since so much of our time is spent working, of course we want to feel fulfilled by what we are doing.

Yet, for most people, their soul considers the work they do to be a free will choice. In other words, this is a decision meant to be made by them in the course of their life journey. Their soul has not designated a particular job or role for them. It is the process of exploring and deciding that is most exciting for the soul because of all the personal discoveries and growth along the way. What better way to find their gifts and talents, or develop confidence and self-empowerment, than the search for work that feels rich and satisfying? This search is actually one of their soul purposes.

Often it is a lack of self love that holds us back

from acting on what we want. How can we sell ourselves to a possible employer, or take the risk of starting that business if we don't believe in ourselves? Our souls are always concerned with healing and transforming our limiting beliefs, and honing our self perceptions to a greater depth of truth. When we are in full awareness of who we are, then we know with a deep conviction what we have to offer to the world and expect to be supported in our endeavors.

*Our soul
talks to us
through our
inspirations,
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desires.*

Many people feel a deep creative passion and are not sure how to express this. They question themselves each step of the way and if they think they can't turn it into a financial success then they don't pursue it. But our soul talks to us through our inspirations, our creative urges, and our heart's desires. If we allow ourselves the freedom to pursue these, even if only as a hobby at first, these pursuits will always bring us treasures we couldn't have dreamed of initially.

When we learn to say yes to the desires of our hearts and when we value ourselves enough to let enthusiasm and inspiration lead us, we will take the necessary steps on the path of success. The work which will fulfill us and give us a sense of purpose is always going to require us to grow and expand our sense of what is possible for us. And that is exactly what our soul wants us to achieve.

2006-2007 Classes, Gatherings & Workshops

LEVEL 1 CLASSES

taught by Christen McCormack
540-987-9272
SpiritSchool.net

Thursdays

Charlottesville

September 14

October 12

November 9

December 7

January 4, 2007

February 1, 2007

Thursdays

Sperryville

September 21

October 19

November 16

December 14

January 11, 2007

February 8, 2007

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

are underway now.

Please check the website.
2007 dates TBA.

NATURE CALLS

Last month our Level III topic was Plant and Animal Communication. The connections with both kingdoms always appears particularly heightened during this weekend, the cows chanting is perfectly timed (“Moo” is after all, “Om” backwards), birds hover at our window, hawks circle us. The nest of birds outside my upstairs bedroom window had been extremely lively. I was getting used to the 6 am wakeup call. But during lunch, the babies appeared very vocal, and unusually loud. One of our students glanced over to a small hole in the chinking of the inside log wall and a baby bird was poking its little beak out and crying. With much telepathic coaxing and effort we rescued three babies. Another student tried putting them outside on a tree limb, but it was rainy and extremely cold. As she frantically called vets, Christen called and suggested we place the birds in a just-emptied bluebird box. It eventually seemed our only alternative. The student recreated a nest and lovingly placed them in the box. A knowledgeable friend called me that evening and assured me the birds would not survive the night.

I tentatively checked the box in the morning, fearing they had perished. As I approached, I noticed adult birds circling and entering the box. As Spirit would have it, the babies were alive and well. When I checked again in the afternoon, the babies had flown away. Our nickname for our bird savior is now “Doctor Doolittle” and she has become a vegetarian.

Beth

*Beth Goldstein is co-teacher for Levels II & III
(www.polaritybarn.com).*

OAK TREE MESSAGE

“Fun is partly a matter of perception, of how you frame the events of your everyday doings, how you respond to what life offers you at any given time. Fun is a bubble that wells up from the place of deep joy, when it is a frequency of substance that can impact your frame of mind and your sense of your life in lasting ways. This is the kind of fun I assume you are asking about. It is effervescent. It is light, it is laughing and being silly at times. A ‘let-down’ of the cares and responsibilities you carry around with you all the time, the sense of heaviness that puts a veil between you and the delight of the world. When this veil is down and you stand shining in the sun with your hands relaxed and your heart open, the frequency of fun will be waiting to surprise you and pop out at any moment. It is a bit mysterious, has a bit of a trickster heart; waiting to waylay you when your least expect it. Giving yourself permission to have this quality in your life, inviting it in and appreciating and valuing it is the first step for you. You have regarded it as maybe not on the list of priorities of what you think you need in your life.

You've got too much to do! It is too frivolous for someone

continued on next column

OAK TREE MESSAGE *continued*

like you who has all this valuable work to do! As the little brown ants that scurry up and down my trunk all day are important, valued and have their unique part to play on this earth, so fun should be regarded as a wonderful, healthy expression of the vitality of life. Make this change in your heart, my dear.”

—received by Sandra Hirth of Grace River Healing Arts,
(540) 987-9428, during a Level III meditation

LET YOUR LIGHT SHINE

Every once in a while I meet a person in business who doesn't respond to me in a positive way. One particular woman reacted strongly when I was unwilling to stop work and talk about her project. I was on a tight deadline and was conscious of being “strong” and enforcing those challenging boundaries. She didn't like it one bit.

We had the occasion to do business again this week, and when I saw who was waiting on me I made the choice to shift from showing my strength to showing my light. I filled my energy field with my soul's light and let her decide how she would choose to deal with it. Not surprisingly our interaction was smooth, full of smiles and laughter; it was a blessed event.

Try shifting your perceptions and choose to make your next “challenge” an opportunity to stand in the truth of your soul's light, and recognize the beauty and the power of that light, and how it affects all your interactions.

Blessings will most certainly come to you.

Kemper

Kemper Conwell is a SSIA Core Group member, Teaching Assistant in Level II, Polarity Therapist in training, a Dreamer, and has a pre-press business in Charlottesville, VA.

**SPIRIT SCHOOL IS REPRESENTED
AT SEVERAL EXPOS THIS YEAR!**

Since October 2005, Spirit School has been represented at several Washington, DC-area expos and fairs. After the encouragement of our friends and teachers – in form and Spirit! – Spirit School's founding director, Christen McCormack decided SSIA was ready to be shared with an even broader audience. These fairs and expos have provided a wonderful venue to meet friends old and new, an opportunity for the public to meet Spirit School teachers, share information about our classes in Maryland and Virginia, our annual Costa Rica retreat, and offer short, intuitive readings. SSIA has exhibited at the Pathways Expo in Bethesda, Maryland, the Women's Expo in Catonsville, Maryland, Health Quest Expo in Timonium, Maryland, and the Wise Woman Festival in Fairfax, Virginia. We plan to be at the Pathways Expo in Bethesda this October so stay tuned for more information. We hope we see you there. Come early, stay late—and bring your friends!

2006-2007
*Classes, Gatherings
& Workshops*

GATHERING

FALL SOLSTICE

THE POWER OF CHOICE

All are Invited

Sunday, September 24, 2006

10 am – 4 pm

Sperryville, Virginia

Pot Luck Lunch

Directions on the Spirit School

website: www.spiritschool.net

LEVEL 1 CLASSES

taught by **Mary Rose Goldstein**

(410) 747-4644

maryrose@healinginsights.us

SpiritSchoolMD.com

Saturdays

breathe books, Baltimore, MD

September 16

October 21

November 18

December 9

January 13, 2007

February 3, 2007

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



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

By Mary Rose Goldstein

The element of fire is slightly different from the other three physical elements. Fire does not have a natural home in our world. Fire exists by consuming other elements. It needs material of earth and air to grow.

Although we can't exist in physical fire, it is the spark of life, the will, the desire that keeps us going. Fire is what adds spice to our lives. Fire is what gives us light and heat. Although fire is associated with destruction, it is what burns things away, transforming the old, allowing for new life and growth.

Fire is what gives our ideas the desire and power to move forward. Without the will to bring an idea into manifestation, it will simply fade away, having no force of its own to survive. It is the sprout of a plant or an idea, being called by the light, determined to push upwards although there is only darkness around. Fire has a knowing, living from the gut instincts to move forward. Fire is the place of intuition and insight, as well as physical vision. Fire needs the inspiration of air though, to give it shape and direction. Otherwise fire pushes ahead without a plan.

Fire is associated with passion, heat and action. Aries, Leo and Sagittarius are the astrological signs ruled by the fire element. They are very energetic and assertive. They are excitable and enthusiastic, courageous and self-motivated. They often become the leaders, wanting to move ahead quickly. They don't mind taking risks and are often the pioneers clearing the way for others to follow. They have the courage and insight to seek out new beginnings.

When fire is out of balance, a person can have a temper, be hot-headed, and so active that they burn themselves out. They can feel their instincts are correct and be too arrogant to listen to anyone else. They can also be dogmatic in their approach of getting others to follow them. A fire personality can jump from one thing to the next, never quite finishing what they start. If the fire qualities are out of control, the person can be aggressive and even violent. When there is a lack of fire, a person has no motivation or vitality. They lack passion and desire. Just getting out of bed and starting the day can be a chore.

More fire can be brought into your life through food, decorations in your home and

your altar. Add foods that are hot and spicy like cayenne, chilies, salsa, tabasco and curry. Using red, orange and yellow in decorating can add more fire to a home or your altar. Use southwestern designs and colors as well as fireplaces and wood burning stoves. Have candles throughout the house or mirrors. Fire can be represented on the altar with a candle or colors like red, orange or yellow. Air and fire can be combined by using incense, usually with a flame below and the oil or incense above. Even burning a stick of incense can symbolize both elements. Use salamanders and lions, and in some native American traditions, coyotes and swans.

Summer time is perfect for celebrating fire. Working out in the sunny garden gives you the light and warmth of the sun while also getting you in touch with the earth. Being at the beach combines fire and water. Balance is necessary though, especially during the summer time we need to remember to limit our sun exposure or we will get burned.

Just as summer is fire's season, midday and the full moon also symbolize fire in their cycles. The direction of south is known as a fire orientation, allowing for more light. In the human cycle of life, it is youth.

In combination with the other three material elements, fire works best with air. Fire can't exist without air, and wind is what fans the flames, causing fire to spread. Fire and air are both active, positive, yang like in their nature. Fire does consume some earth, but earth can also be used to douse fire as when camping. Fire and water don't get along well. Water is usually extinguishing fire's flame if they get too close.

If you feel you lack passion, direction or action in your life, adding more fire can help. If you feel you have too much anger or you are always on the go, you may need to diminish some of your fire. Balance is the key.

Mary Rose Goldstein, APP is a Spirit School Level I teacher, practitioner graduate and a core group member of SSIA. Her practice, Healing Insights, is located in Catonsville, Maryland and includes Polarity Therapy, Reiki and some Astrology. Mary will be completing the Creative Choices Astrology internship program in October 2006. She teaches Level I in the Baltimore area. You can contact Mary at www.healinginsights.us or by phone at 410-747-4644.