



Spirit School

OF THE INTUITIVE ARTS

MARCH 2004 NEWSLETTER

“Each of our acts makes a statement as to our purpose.”

— LEO BUSCAGLIA

ABUNDANCE

The Guides

(Received by Christen McCormack)

There are many forms of abundance; i.e. prosperity, a sense of well-being, love, physical vitality, fun and laughter – to name just a few. This is why we refer to abundance as the direct experience of beauty and goodness in your life. It is actually a natural state to live in.

In order to make abundance more readily accessible in your life, we suggest this analogy: Think of the Universe as your bank, with unlimited funds or supply. Everyone reading this article has already learned how to make deposits into this Universal Source Bank through acts of good will and kindness, prayer and compassion. You are now learning how to make withdrawals.

By now you have discovered that hard work and struggle are only appropriate at certain times and for a short duration. Receptivity and allowance are more effective in the long run and many of you are unsure of how to live life in this way.

Receptivity is the most elevated kind of withdrawal you can make. It requires cooperation through a belief in the benevolence of the Universe and your own self-worth, as well as actions. Your actions should be consistent with the expectation that a withdrawal is being made. Truly, as you are expectant and receptive, much can come to you.

Here are the particulars for making a withdrawal:

- **Extend gratitude to the Universe for the money in hand every time you pay for something and every time you receive money.** Affirm your willingness to receive more. Gratitude is akin to a bowl that is waiting to be filled with goodness. It provides a container for abundance.

- **Express gratitude every time you recognize abundance in your life,** and be on the lookout for it in all of its many forms. Again, state your willingness to receive more. If you feel any resistance to receiving more, whatever the reason or rationale for it, release that. Allow yourself to do this with the breath. Your exhale releases resistance and your inhale brings in even more abundance.

- **Stay alert to opportunities which will be coming your way to make the energy of abundance real**

and tangible in your life. These opportunities will most certainly occur since you will be increasing your receptivity to abundance through gratitude. They might even come in the form of a gift, which is the most elevated form of abundance a person can receive. All gifts are divinely inspired.

As you respond to these opportunities affirmatively, you will find your sense of confidence in yourself increasing and you will find your belief and trust in the assistance of Divinity increasing as well. This is the meaning of abundance, it gives you the knowledge that you and Spirit are one and can work together cooperatively to manifest beautiful realities on the Earth plane. Living out the principles of abundance and achieving the knowledge of co-creation are essential steps toward enlightenment—living life in a state of at-one-ment.

We thank you, one and all, for your willingness to endeavor on the Earth plane on behalf of Divine consciousness. No matter what your walk in life or your aspirations, if you are reading this article then you are one of those souls who have chosen to awaken in this lifetime. Every moment of conscious awareness you have creates an expansion in everyone you meet and are in relationship with. Therefore, all are blessed. This is no small endeavor!

We know that life on the Earth plane is not always easy. Because you are entering changing times, some will be challenged by fear. The more you incorporate abundance into your life, the more you become a beacon of light to others. You will be reminding them that abundance and a sense of well-being are their birthright. And this is how you make steady deposits into the Universal Bank Account.

May you be truly blessed in the year ahead. Be grateful always, for beauty is in steady supply.

Christen McCormack, founder of Spirit School, has had a ministry of spiritual guidance since 1981, helping individuals to understand their soul purposes in this life, and to transform long-standing issues and patterns.

LITTLE ALTARS EVERYWHERE....

By J-Lee Newell

Little Altars Everywhere is an inspiring novel by Rebecca Wells that you might be familiar with as the film, *Divine Secrets of the Ya Ya Sisterhood*. The title has always made me smile, and today as I am gazing out my kitchen window and there are many birds and a very determined squirrel at my bird feeder I am smiling. When I glance down to my windowsill, my eyes rest upon a small, 2-1/2 inch lacquered triptych of the Madonna and Child, a gift from my husband's journey to Russia. There is a brass charm bracelet of kitchen utensils draped around Mary's picture and I quietly say thank you to the Goddess who feeds me and my family each and every day with compassion and strength.

Altars are an integral part of every level of Spirit School and are introduced in the middle of Level I as a way to help focus and structure meditation times. Over the years, students have been incredibly creative in constructing their own sacred spaces for personal meditation and students familiar with ritual have a newfound inspiration for using altars in group meditations and celebrations.

From ancient times, humankind has found meaning in setting aside sacred space, inviting heaven and earth to meet and be honored. In the beginning these were usually large sites on hilltops, as in Stonehenge. They were places that were seen from afar and where one could witness the landscape over a great distance. Often the elements were honored or present – earth, air, fire, and water. Ceremonies that supported and enlivened the community and individuals found expression at these places. Over time, some of these began to reflect a larger schism within the human experience of separating heaven and earth, as Gothic cathedrals rose to the heavens and mosques enveloped the ground under domes. Today, we are asked to live out of the larger truth of heaven in earth consciously and authentically, honoring these aspects in all areas of our lives.

Personal altars are but one way to do this and there are many arts, new and old, that can inform how we go about this task. Altars are a meaningful meditation tool that bring a rhythm to our practice as we return to the same space for meditation over time. These spaces can reflect the elements, the seasons, and celebrations of our lives. On a practical level, keeping our personal journals nearby, inspirational readings or prayers, matches, candles and incense in the same place can often mean that we can sit down to meditate whether we have five minutes or an hour to devote to our practice.

Once I began to work consciously with my altar while in Level I, I found I was very aware of my personal space wherever I was, the office, my home, my car, and my children's school. I paid close attention to colour, plants, flowers, and created touchstones of the Divine throughout my home and office, some more obvious than others but all meaningful to me. I also began to use Spirit School's vibrational essence spray, *Creating Sacred Space*, available from Christen McCormack.

Renee Beck and Sydney Barbara Metrick's book *The Art of Ritual*, Celestial Arts, 1990, has a chapter devoted to altars. There are many books on Feng Shui, the Chinese art of sacred space, as well as more secular books about organization and home design. *The Spiritual Art of Being Organized* by Claire Josefine (Winter's Daughter Press, 2004) is a lovely book that can help you organize your personal space and ultimately release your time and energy from the bondage of too much stuff, leaving more time to meditate, create, and engage your life in meaningful ways.

Altars are ways that we honor the sacred within the material world and remind us to pause in our busy days to connect to our inner Light as well as offering us sanctuary for serious meditations and prayer. I hope you find yourself creating and surrounded by little altars everywhere.

J-Lee Newell is an interfaith minister, intuitive, healer and altar craftswoman. She is a Level IV Graduate of Spirit School of the Intuitive Arts and founder of Spirit School of the Intuitive Arts, Maryland. She has a spiritual guidance and reiki practice in Takoma Park, Maryland. She will offer a Level I course in Maryland beginning in September 2005. For information about classes, workshops, and her private practice, see www.spiritschoolmd.com.

Important Dates

MARCH 9

Level I begins
Wednesdays
Fredericksburg,
VA

MAY 8

Spend
Mother's Day
with the Angels
Takoma Park, MD
(2 Hr. Workshop)

JUNE 11

Level I begins
Saturdays
Sperryville, VA

JUNE 20-24

Level I Intensive
Charlottesville, VA

JUNE 26

Gathering
of Spirit
Sperryville, VA
(All are invited)

AUGUST 13-14

Level II begins
Charlottesville, VA

SEPTEMBER 8

Level I begins
Takoma Park, MD

SEPTEMBER 10

Level I begins
Mt. Airy, MD

SEPTEMBER 26-30

Level I Intensive
Santa Fe, NM

For information
about MD classes
call J-Lee Newell at
301-706-3384

FLOWERS TO THE RESCUE!!! FLOWER ESSENCE BLENDS FOR EMERGENCIES

by Trish Mooney

Flower essences are dilute, potentized extracts made from wildflower blossoms which address a wide range of issues of emotional well-being, soul development, and mind-body health. Part of the emerging field of energy medicine which is exploding world wide, understanding how essences work asks that we recognize the human being as much more than a physical body; it asks that we acknowledge that we are comprised of subtle energy bodies as well (the etheric, emotional, mental and spiritual). Flower essences interact with all of these subtle bodies through the principle of resonance. As Dr. Edward Bach (the modern founder of flower essence therapy) said, when one is exposed to the right flower essence difficulties "melt away like snow in the sunshine". As we come into these new resonances within the context of the soul, we experience deep and profound changes in our sense of well being.

Flower essences can be used singly or can be combined to form a blend which can address a more complex picture. The only blend, or combination of essences Dr. Bach made during the time he was creating his repertory of essences was Rescue Remedy. It was designed to address a traumatic state and has been used worldwide for more than 30 years. There are now many companies creating their own lines of essences as well as pre-made blends. For those who are new to flower essence use, an emergency blend is a good place to start. An emergency blend can address many difficult soul states and its effects are felt immediately. They are especially good to have at home with children. Our animal companions also respond very well to flower essences.

If you are new to flower essences, a "rescue remedy" is a great place to start. In emergency situations, a crisis blend eliminates the guess work, and the results are often fast and dramatic. The beginning essence user will have no doubts about the power in flowers! Presented below is a repertory of emergency blends. Exploring the differences can help if you want to have more than one emergency blend on your medicine shelf, or if you want to choose one blend suited to your unique qualities when in crisis:

RESCUE REMEDY (*Bach Flower Essences*):

This blend works best in situations where a level of shock is present or when there is a sense that one is not centered or completely in the body. *Rescue Remedy* is renowned for its very neutral tone, it is neither too 'yin' or too 'yang'. It quickly brings one into a centered place, and can restore someone who is "shocky".

SOUL SUPPORT (*Alaskan Flower Essence Project*):

This emergency formula is good for treating an acute situation which may be active for longer periods of time. It brings a forward moving stability to many longer term situations. It has a deeply nurturing quality. Alaskan essences are known for their pristine quality.

EMERGENCY ESSENCE (*Australian Bush Flower Essences*):

The Australian Bush flowers have a powerful quality making its *Emergency Essence* quick acting. This blend clears the mental field in addition to its greatly stabilizing effect. One has great mental clarity when taking the Australian Bush *Emergency Essence*.

ETS PLUS (*Perelandra*):

ETS Plus, is one of the most comprehensive emergency blends available. Use it for extremely acute situations which often involve physical trauma or injury. It can quickly neutralize significant physical trauma with shock (for those familiar with homeopathy, it is very like Arnica in its ability to

ameliorate physical trauma). One of the "big guns" of emergency type blends, *ETS Plus* can re-anchor the soul and realign all subtle systems very quickly.

CRISIS RELIEF DROPS (*Living Essences of Australia*):

This blend's predominant characteristic is that it begins its work in the heart center. It calms fear in the heart. It will relax the lungs as well, allowing for deeper breathing, which in turn will settle the nervous system and instill a sense of calm.

FIRST AID (*Findhorn Flower Essences*):

This emergency blend has a particular action in the higher regions of the energy field. It forms a palpable vessel upward, bringing in a true sense of spiritual protection. It is also very grounding, and bumps out the energy field, and creates clear minded confidence. *First Aid* is a very complete remedy.

ANGELIC EMERGENCY FORMULA (*Angelic Essences*):

This is not actually a flower essence blend, but is a channeled angelic "essence". Vibrational in nature, this blend works on a cellular level creating an opportunity to make a system wide "shift" where one can just "move out" of a crisis state.

Resources:

The emergency blends reviewed in this article as well as others are available at www.healingwaters.com, with the exception of *ETS Plus* which is available at www.perelandra.com.

Trish Mooney is a Level IV SSIA graduate, a certified Flower Essence Practitioner, and a doll maker. She has a private practice in Chevy Chase, MD. She may be contacted at tmooney2@msn.com.

HEALING THE HEART WORKSHOP

by Kemper Conwell

“Pura vida” means “good life”, and this is an understatement at the Villas Pura Vida in Costa Rica. From the first moment you cross the gate threshold you are transported to a different world. The staff is responsive and friendly, with a genuineness that is refreshing. The atmosphere is healing and nurturing in general. Throw Spirit School into the mix and you have a powerful experience.

We met as a group for the first time on Sunday morning, and the presence of Spirit permeated the gathering. There was an amazing beauty as our contract to be together for this healing work was recognized. We began to shift to our new paradigm as unlimited beings with our initial meditation. Part of being in this unlimited state for me is the recognition of the part I play in a victim mentality, and releasing the idea of being a victim in any sense of the word. As an integral part of this healing, we connected with our souls. The Guides told us the soul anchors in the body through the heart. This brought the entire process home. Connection to our souls became a vital focus in the process of healing, and of our time together.

As we often do in Spirit School, we received a message by choosing an Angel Card. My card was Intention. The card meaning: "Your intentions create your experiences. What do you intend to happen? Make sure that your thoughts and feelings reflect your true intentions." This card and the reinforcement that came with it set the stage for a transformative week. As a group we were encouraged to set the intention of living in the light every day. This creates a healing not only of ourselves but of the planet. Living in alignment with our soul is living in alignment with Divine Light. This brings wisdom and peace. These messages are but a small sampling of the week we spent healing our hearts.

Integrative bodywork was an important part of our days, bringing in vibrational frequencies on all levels. We were given ample time to process the work we did in class by pampering ourselves with yoga classes every morning, a wide variety of spa treatments, as well as outside activities. For those who chose to venture outside the Resort, there were trips to the waterfalls, volcano, rainforest, and shopping. Incredible therapists were available to offer treatments such as facials and manicures/pedicures, Hot Stone Massage, Thai Massage, Ayurvedic Massage, and Watsu, to name a few. In addition to all the physical and visual treats at the Spa, we were served three scrumptious buffet meals a day. We sat outside, breathing in the clean mountain air and enjoyed the vistas of Costa Rica that our mountaintop retreat offered.

I urge you to consider this workshop as part of your growth and healing when it comes up again next year. If you feel the pull to investigate and then attend, follow your guidance. You will be richly rewarded.

Kemper Conwell is a Level IV SSIA Graduate, a Polarity Therapist in training, a Dreamer, and has a pre-press business in Charlottesville, VA.



*Spirit
Gatherings-
come join us!*

Summer Solstice
June 26, 2005

Fall Equinox
Sept. 18, 2005

10 am-4 pm
Sperryville, VA

Pot Luck Lunch

Directions on the website
www.spiritschool.net



For information
about polarity classes
and dates, visit
www.polaritybarn.com

