



# Spirit School OF THE INTUITIVE ARTS

OCTOBER 2005 NEWSLETTER

*“There is a soul force in the universe, which, if we permit it, will flow through us and produce miraculous results.”*

—MAHATMA GANDHI

**O**n September 18 we had a Gathering of Spirit different from any we’ve ever had. We held a Health Fair in the afternoon, and time of prayer and meditation in the morning. All proceeds went to a very worthy charity, Malawi Children’s Village. MCV serves every orphan in 36 villages of Malawi, Africa. The specific goal of MCV is that no orphan shall die for lack of care, attention or resources. We are happy to say that so many came and contributed over and above what was asked of them that we were able to send to MCV \$2610. Here is a letter written by Kemper Conwell that was sent off with that very large donation.

Donations may be made to Malawi Children’s Village, c/o Garry Prime, Treasurer, 20 Pond Park Road, Hingham, MA 02043.



*Spirit School*  
OF THE INTUITIVE ARTS

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21 September 2005

Dear Malawi Children’s Village,

Spirit School of the Intuitive Arts was founded by Christen McCormack to provide the tools and techniques needed to awaken people to the ongoing reality of Spirit in their lives. Being aware of our connection to divinity, and of our responsibility to the children of the world, we searched for an organization to support through a special day of prayers and healing-session fundraising. Our classmate, Bob Devlin, knew Malawi from his time there, and suggested that as a group we might choose to recognize Malawi as representatives for all children.

Sunday, September 18 was our special day of love. The day was devoted to healing prayers and intuitive readings. The morning was composed of meditations for all children of the world. The afternoon consisted of intuitive readings and energetic bodywork. All proceeds from the day are enclosed. Please use the funds to their best advantage and know that our hearts are with you now and always.

Love and blessings,

Christen McCormack  
Founder and Teacher

Beth Goldstein  
Co-Teacher



EASY WAYS TO LIVE OUR LIVES IN BALANCE  
by Mary Rose Goldstein

We learn basic energy balancing techniques in Level I. Several of these are the most important and beneficial processes we can bring into our lives. By incorporating these meditations and practices into our daily routines, we can live a more harmonious and peaceful life, and make a difference in our community and world.

One of the first things we learn is how to stay grounded. Grounding helps to keep us present throughout our day. How can we maintain our energy when we are off floating somewhere else? How can we make the choices that are in our highest and best when we are not present, or are not willing to make them?

Another indispensable tool is taught in the third Level I class, Tools for Self Healing. We learn about energy, or essence; how we give up our energy, and how we can change or heal it. The meditation process, to Call Your Spirit Back, teaches us how to have all our energy/essence with us in the present. We learn how to be in our power. Just because we gave our power to a situation in the past doesn't mean it has to stay there. We can decide to have all of us – our power, energy and spirit – present with us at all times. And by practicing this technique of calling back our spirit, we start training ourselves not to give it up in the first place. With each incident we start becoming aware that a piece of us is missing. We more quickly realize that we need and want our energy back with us.

We also learn in this third class about our energy field. We experience what it feels like to have our field tightly contracted about us, and how it feels to have an overly expanded, diffused field. By keeping our energy field clean and filled with divine light, we again become more aware when we are not in this state. It starts to feel uncomfortable to be contracted or diffused. We more quickly shift back into a balanced, clear energy field.

It is important to remember in this process that staying too long in lower frequency emotions lowers our overall frequency and the frequency of those around us. When entering a room of angry people, it usually doesn't take much for us to become angry too, or, at least, to feel worse than when we entered the room. I am not suggesting that we give up our emotions, but that we use these techniques to help us shift to an energetic level that makes a positive difference in the world.

Practicing these techniques helps us to be more present in our lives. By being present, we start taking responsibility for how we respond to life's events, instead of reacting to them and feeling victimized. By staying connected to our source, the Divine Presence within us, and by staying present and in our power, we help to bring the world around us into balance. You can feel the energetic difference also when you walk into a room of happy people you will feel uplifted. The more we stand as pillars of energetic light and balance in the world, the higher the world's frequency is raised. As the world's frequency is raised more and more people will turn toward their inner light– the growth will continue exponentially.

Mary Rose Goldstein • [www.healinginsights.us](http://www.healinginsights.us)

## 2006 Classes

**LEVEL 1, Thursdays**  
Charlottesville (The Barn)  
January 19  
February 9  
March 9  
April 6  
May 11  
June 8

**LEVEL 1, Thursdays**  
Sperryville  
January 26  
February 23  
March 23  
April 20  
May 25  
June 22

**LEVEL 1, Saturdays**  
Sperryville  
June 24  
July 22  
August 19  
September 16  
October 14  
November 18

**LEVEL 2**  
Charlottesville (The Barn)  
May 15-16  
June 12-13  
July 17-18  
August 14-15  
September 18-19  
October 16-17

**LEVEL 3**  
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 tract meets  
five Fridays as well*

**WINTER  
GATHERING**  
January 8, 2006  
Sperryville

**SPRING  
GATHERING**  
March 19, 2006  
Sperryville

**HEALING THE  
HEART WORKSHOP**  
February 11-18, 2006  
Pura Vida Spa,  
Costa Rica

**MARYLAND LEVEL 1**  
TBA  
J-Lee Newell at  
[SpiritSchoolMD.com](http://SpiritSchoolMD.com)

# Message from the Guides

RECEIVED BY CHRISTEN MCCORMACK AT THE FALL GATHERING

We are all children. This never changes. You have an adult body, but you are a child of the universe and of Divinity. Choosing to bring radiant, magnificent light into the physical body—which seems limited but is constantly giving birth every moment—is an awakening.

You always desire to be cared for, to be loved, supported and embraced; this is not a deficiency on your part. This is part of the construct of the physical plane. You know as a soul that when you take on a body you take on a sensation of need and desire. This serves a purpose. When you seek to have a need fulfilled, you seek light for yourself and for others. All need to be reminded of their light and the light of Divinity. When you embrace, when you smile at someone, you let the light of your soul and of the universe radiate through your smile. One touch on someone's shoulder is a reminder that you are all one.

You incarnate to experience tangible evidence of your light and the light in others. Each one of you is a generous spirit, and each needs generosity. Each is compassionate, and each needs compassion. None are separate; so much unites you. When you pursue a knowledge of your true self, you are co-creating the evolution of humanity.

The beauty of a child is that for a period of time they remember their light; it's known as innocence. Because of this remembrance of the light they carry they have an expectation that light will be expressed by others. At a certain point they experience the duality of the earth plane, and understand that many do not remember their light. They also come to realize the need to conform and that this conformity is necessary, but restricting. Soon a forgetfulness sets in. Then, when they become adults, the process is to become reacquainted with the light within and celebrate this light.

The light within craves expression. Don't think being humble and timid is the way. The joy within you is needed by the world and by yourselves. Look at the children—they are filled with joy. Anger and sadness pass quickly; the emotional body feels it and lets it go. There is a great deal everyone can learn from children.

We are asking you, encouraging you, pleading with you—consider the light you have to give to the world. What does your soul want to express? Take a moment to be in the beauty of your own heart, to consider what you can commit to do to help the world? No act is too small. Anything you are willing to do will make a difference.

Now we speak to the Divine Child within you. Some of you, as children, may never have heard these words. We speak the truth. We ask you to receive this deep into your heart:

*You are special. You are more special than some. You have a purpose in this world that is both personal and universal. When you say "Yes" to the world you are living in—the physical plane—your personal purpose then becomes your universal purpose. All the help you need to fulfill this is within you, with your strength, your light, and your love. You are loved. You are extraordinarily loved. You have never been without love and you never will be. You are incredibly strong. You are beautiful. You deserve the best and so does every human being on this planet.*

Join with us today in making this a reality—the fulfillment for every living being—of security and happiness. If you send love and light to the planet and to children every day, it reaches them. Yes, it does. Ask your friends, family, and neighbors to join with you in this endeavor. We cannot stress enough how important this is.

With every new generation there is a greater responsibility to self development, to claim your empowerment, to move away from the concept of victimization into an expression of love and light. Many great teachers have come to remind you of this. Every one is a teacher. You have a great purpose to remind young and old of their light.

Every good and positive thing you can say to another is a way to remind them of their light. You are here to prepare this planet for a new way, a loving and gentle way. It is many years in coming, but it is still your greatest purpose.

Smile, especially to the children, because they are so receptive. Every time you smile you are radiating light and reminding others of their light. Assure yourself: "My mission in life is to smile." So simple, but so touching. Touching because it reminds you of the Truth. Give of your hearts, and spiritual gifts. Give money if you can. The world is your own backyard. Children are children no matter what country they live in.

If you give out of exhaustion or depletion the effectiveness is diminished. Give joyfully, out of light and empowerment. Experience the joy of giving, then it has lasting and infinite value. Don't feel you have to sacrifice. You and others can all have happiness and well-being. Suffering is no longer the way. You don't have to suffer for others and not know joy. As you cultivate light and delight you make it possible for others to experience this as well.

Join together, from the radiance of your light and the glory of your soul. Know that healing and transformation will take place in this world. Do not diminish yourselves any longer. Go forth. So be it.

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

By Mary Rose Goldstein

Living in a western society, we learn from an early age to be constantly on the go. If we are not always going or doing, people might consider us as slacking off or lazy. Many people have a hard time taking time for themselves, and may guiltily say "I didn't do anything yesterday." In this society that encourages us to keep busy, we have forgotten how to listen, not only to our inner cycles, but also the cycles of life and the flow of the world around us.

From the daily rising and setting of the sun, to the waxing and waning of the moon, to the four seasons, nature continues her ebb and flow whether we notice or not. Even manmade cycles of a 9 to 5 job, five days a week or the school year contain the rhythm of beginning, growing, decreasing and ending.

One way we can consciously bring balance back into our lives and honor these cycles is by acknowledging the symbolism of the five elements in our lives. The elements are the energetic representation of the stages contained in every cycle. There are four material elements with the fifth corresponding to Spirit. The elements are represented in most of the world's religions, ancient cultures, nature based societies and esoteric tools. Although the elements may not always be called by the same name, or presented in the same order, their expression is recognized and honored.

In the west, the elements are usually represented by ether, air, fire, water and earth. Ether symbolizes Spirit, the center and nothingness from which all the other elements are created. The other four elements represent so much in our physical world: the seasons, the time of day, the stage of our life, the movement from the spiritual into the physical and much more.

We use the elements in the manifestation process, starting with thought and mental formation (air). The formulation and wording (air) of the manifestation is important to building it's container and boundaries. Our inspiration and desire (fire) for the manifestation fuels our passion (fire) to bring our manifestation into being. Next, we move into the feeling (water) of what it will be like to achieve this

manifestation. We use our creativity and imagination (water) to open to the possibilities of how this will come to us. Finally, our manifestation materializes (earth) into a tangible creation. Each step deepens and concretizes our manifestation into being.

The elements are also represented in many esoteric and healing arts. In Astrology, all the signs are divided into the four material elements. This helps to give a global picture of a person's tendencies. A person with many planets in Gemini, Libra and Aquarius (air) will generally be mentally quick and will find it easy to express themselves. Taurus, Virgo and Capricorns (earth) will tend to be more grounded and matter of fact. Aries, Leos and Sagittarians (fire) will probably be outgoing, competitive, and hot-headed. Cancers, Scorpios and Pisces are more likely to be in touch with their emotions, expressing how things feel.

The energy balancing modality of Polarity Therapy uses the elements in conjunction with the first five chakras. Ether is represented by the throat chakra, air is at the heart chakra, fire resides in the solar plexus, water is in the sacral plexus or second chakra and earth is grounded in the first chakra, the coccygeal plexus. These elements are used to bring the body into energetic balance. Illness is created when the elements are not working in harmony with each other.

The rest of the articles in this series will go into more detail about each element and their symbolism, how they affect and influence our lives and how we can call on their frequencies to aid us through our daily routines.

*Mary Rose Goldstein is a Spirit School Practitioner and Level I Teacher Trainee. Her practice, Healing Insights, is located in Catonsville, Maryland and includes Intuitive Readings, Reiki, Polarity Therapy and some Astrology. Mary is completing the session requirements to become an Associate Polarity Practitioner and is starting the second of a two year Astrology Internship with Creative Choices. You may contact Mary at [www.healinginsights.us](http://www.healinginsights.us)*