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# Living in the Balance

September 2016

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## *The Words of Rumi*

Seek the wisdom that will untie your knot. Seek the path that demands your whole being.

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Why do you stay in prison when the door is wide open?"

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You were born with potential.  
You were born with goodness and trust.  
You were born with ideals and dreams.  
You were born with greatness.  
You were born with wings.  
You are not meant for crawling, so don't.  
You have wings.  
Learn to use them and fly.

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The wound is the place where the Light enters you.

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Stop acting small. You are the universe in ecstatic motion.

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On a day when the wind is perfect,  
the sail just needs to open and the world is full of beauty.  
Today is such a day.

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## *The Five Reiki Principles*

Just for today.....

I release angry thoughts and feelings  
I release thoughts of worry  
I'm grateful for my many blessings  
I practice expanding my consciousness  
I'm gentle with all beings including myself



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## *Calendar considerations.....*

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### **Centering Prayer Retreat**

Offered by the Center for Spiritual Wisdom

October 3 – 6

Lake Logan Retreat Center, Canton, NC

For more information about this and other offerings by the Center <https://center4spiritualwisdom.org>

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### **John Philip Newell**

Spirituality Conference, St. Philip's Cathedral,

Atlanta, GA, Saturday October 29

<https://www.stphilipscathedral.org/Learn/Prayer-and-Spiritual-Formation/Spirituality-Conference/>

Mountain Top Lectures, Dawsonville, GA, November 11 –12

<http://www.mountaintoplectures.org/page-1108406>

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### **The Sophia Institute, Charleston, SC**

The One Life We are Given – Finding the Wisdom that Waits in Your Heart, Mark Nepo September 16 – 18

Soul Saturation: Igniting an Intimate Relationship with your Soul, October 7 and 8

An Interspiritual Approach to Contemplative Living, October 28 and 29

[www.thesophiainstitute.org](http://www.thesophiainstitute.org)

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### **The Four Consents: A Journey into the Fullness of Life**

Offered by Myers Park Presbyterian Church, Charlotte, NC

September 24, 2016

[jotps46@carolina.rr.com](mailto:jotps46@carolina.rr.com)

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### **James Carroll: Reimagining Christ for the Modern World**

Offered by the Anderson School of Theology for Laypersons

October 16, 2016. Two different lectures at 2:30 and 4:30

<http://astlonline.org/>

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### **Greenville Friends of Jung**

A Weekend with Jungian Analyst Dr. Jenny Yates

Friday & Saturday, Oct 21 & 22, the Sears Shelter, 120 E. Park Ave, Greenville

Friday lecture 7 - 9:15 p.m. "Death & Immortality"

Saturday workshop 9:00 a.m. – noon "Dreams"

<https://sites.google.com/site/friendsofjunggreenville/events>

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### **The Anchorage**

Praying Scriptures at Mepkin Abbey

October 3 – 7

<http://www.theanchorage.org/events.htm#Event5>

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## *Calendar considerations.....*

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### **Kanuga Conference Center**

Lansing Lee Conference with Mark Oppenheimer, October 16 – 18

Enneagram Conference, October 27 – 30

Icon Writing, November 13 – 19

[www.kanuga.org](http://www.kanuga.org)

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### **Southern Dharma Center**

Buddhism and the Twelve Steps, September 1 – 5

Experiencing the Four Foundations of Mindfulness through Yoga, September 15 – 18

Wake Up! Meditation on the Cushion and in Daily Life, September 22 – 25

For more information [www.southerndharma.org](http://www.southerndharma.org)

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### **Awakening Soul 2016**

Tending the Fire with Brian McLaren and Becca Stephens

November 10 – 13

Lutheridge, Asheville, NC

[www.awakeningsoulpresents.org](http://www.awakeningsoulpresents.org)

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### **Valle Crucis Conference Center**

Advanced Centering Prayer Retreat, November 27 – December 4

<http://www.vconferences.org/programs>

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### **Spirituality and Practice E-courses**

Online access anytime courses include, Joan Chittister

Sylvia Boorstein, James Hollis, Cynthia Bourgeault, Rami Shapiro

<http://www.spiritualityandpractice.com/ecourses>

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“Strength is the capacity to break a Hershey bar  
into four pieces with your bare hands  
- and then eat just one of the pieces.”

*Judith Viorst*





## About Spiritual Direction —

- Offers a space and time for you to explore, reflect upon, and deepen your relationship with God.
- Provides a haven from the daily busyness of the outer world and opens a time to be still and to reflect on your inner journey.
- Is a companioning relationship grounded in dialogue and discernment.
- Explores ways you may integrate spirituality into your daily life.
- Is not limited to any one spiritual practice or tradition.
- May involve one or two meetings or multiple meetings over time.

### You may wish to consider spiritual companioning if you are —

- Longing for a deeper relationship with the Divine
- Looking for a place to dialogue about spiritual questions
- Seeking ways to connect with the Spirit in a more intentional way
- Discerning ways to live in a more integrated and whole way
- Standing at a crossroads in your life
- Exploring new or fresh ways to be in relationship with God

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For more information about Spiritual Direction, please feel free to contact me by phone  
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*All of the photos this month are my work. These are from provincial France and were taken in May 2016.*