



Spiritual Light Center

Newsletter -- April 2013

MESSAGE FROM JIM

Dear Spiritual Light Center Family and Friends:

For several years, I have been interested in the work of Robert A. (Bob) Monroe, the founder of The Monroe Institute (TMI) in Faber, VA. Bob is known as a prominent researcher in human consciousness, but perhaps he is best remembered as a pioneer in studies of out-of-body experiences (OBEs). He wrote several books on his own experiences, the best-known of which are Journeys out of the body, Far Journeys, and Ultimate Journey.

In a memorial event held at TMI near the 18th anniversary of Monroe's final out-of-body experience, his nephew Robert Emmett Monroe delivered a tribute to his uncle in which he said "He paid attention to his own experience, his own inner life. . . . He looked inward at the unusual experiences he was having, and went with them, and tried to walk and talk with them and understand them. He reflected on them and listened to what they meant."

Many others have reported on OBEs, astral travel, and similar "anomalous experiences" but Bob Monroe was a careful recorder of his "travels." As his nephew put it, he "bothered to write down his ephemeral experiences, instead of dismissing them."

He continued, ". . . that may give you some inspiration to pay attention to your own inner world. And that was the most consistent drumbeat of Bob's message. Pay attention to your own inner life, pay attention to your own experience. Find out for yourself."

I believe this is a good suggestion for us all. If you have one of those "anomalous" experiences, record it objectively in your journal, and make sure you pay attention to your inner self. It might be an OBE, a meeting with a departed relative in a dream, or a particularly synchronistic event in the "real" world. Ponder on it, discuss it with others (but ONLY if you are so inclined), and see if it can enrich your life.

For more information TMI, go to <http://www.monroeinstitute.org>.

All of Robert Emmett Monroe's tribute to his uncle can be seen at:

<http://www.monroeinstitute.org/tmi-news/remembering-robert-monroe>.

Namasté!

Jim Swanson

OUR VISION STATEMENT

The Spiritual Light Center is a peaceful and joyful fellowship of individuals, centered in love, dedicated to the God within, and honoring the many paths to truth.

OUR MISSION STATEMENT

We seek to develop our highest selves by continuous sharing of spiritual ideas, in an environment of unconditional love and respect for others.

NOTE: The Board of Trustees will meet at 10:00 a.m. on April 14, in the Fellowship Hall. This is the regular Board meeting, and all SLC members are invited to attend.

ONGOING EVENTS in Fellowship Hall

Every Tuesday at 5:15 pm - Join our insightful group as we watch a selected film of a spiritual nature, followed by discussion to develop our evolution. Afterward we choose a restaurant and go out to eat!

Every Wednesday at 6:30 pm - Musicians and singers gather to share their love of music. Everyone is welcome. Please call Tom Tyre at 421-0520 for more information.

Every other Thursday, 5:15 pm - Please join us for our meditation group led by Dr Richard Kimball. He begins with an informative discussion on the practice of meditation followed by walking and then sitting meditation. Call Richard at 371-3425 for details.

Every Thursday at 6:30pm - Come to a group discussion studying the Workbook in A Course in Miracles. This has a powerful message. Expertly led by Arthur Cataldo.

Last Sunday of each Month- Join us following our Sunday Celebration for a pot luck lunch. Bring a covered dish and join us for food and enjoyment.

NEW RECOVERY GROUP

New Local Recovery Group - Double Trouble in Recovery 12 Step Program for people struggling with substance abuse or mental health issues

has just formed. They are meeting Mondays 6:30 to 7:30PM at the Macon Baptist Association, 110 Doraul Street in Franklin, lower level. Anyone with a desire to remain sober is welcome, however it is specifically to support those dually diagnosed with substance abuse and mental health issues.

ALSO: NAMI Appalachian South, is a peer support group for those dealing with mental health issues, and their loved ones, meets every Thursday from 7 to 8:15PM at 14 W. Palmer in Palmer Street Mall, Franklin.

INTRO TO REIKI

Friday April 12, 6:30 – 8:30pm -- Arthur Cataldo will be conducting an introduction to Reiki and Amanohuna, alternative forms of hands on healing for self and others, in our fellowship hall. All are welcome. Love offering requested. For more info contact Arthur at 349-3818 or a.cataldo@morrisbb.net.

UPCOMING SPEAKERS

April 7, 11 a.m.
Rev. Barbara Hayes-Ross, lecturer from Nashville and author of spiritual books will speak on Crop Circles -- The Spirituality of the Mysterious Images in the Fields.

April 14, 11 a.m.
Carolyn G. Buttram, Author and energetic lecturer, will speak to us of the wisdom channeled from elders she writes of in her new book "The

Elders Speak: Conversations on the Human Experience".

April 21

There will be no service at The Spiritual Light Center.

Instead we are all encouraged to hear **Annie Sims speak at the Creative Thought Center in Waynesville, NC.** She will conduct the Sunday service at 11a.m. This will be followed by a lunch for all attending. After this is a 2-hour workshop at which Annie Sims will speak on "How to have a Personal Conversion with God". This sounds too good to pass up, so we will carpool and head to Waynesville to take part!

April 28 11 a.m.

Kim May, a well known and energetic speaker from the Creative Thought Center in Waynesville will speak on "Choosing Wholeness" – ways to regain a sense of being whole and complete.

May 5, 11 a.m.

Rita deMaintenon -- Followed by a workshop with Rita on "A Lazy Person's Guide to Enlightenment".

May 12, 11 a.m.

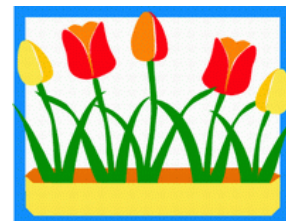
Dr. Harvey Tritel

May 19, 11AM

Dale Allen Hoffman

May 26, 11AM

Carol Harrison



BOARD OF TRUSTEES

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The Board of Trustees meets at 10 a.m. on the second Sunday of each month.
All SLC members are welcome to attend.

SPIRITUAL LIGHT CENTER INFORMATION

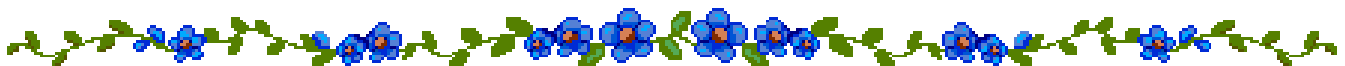
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Our Work and Service in the World
by Ernest Holmes

“Freely ye have received, freely give.”
When the law of circulation is retarded, stagnation results. It is only as we allow the Divine current to flow through us on and out that we really express life. The law of giving and receiving is definite. Emerson tells us to beware of holding too much good in our hands.

Because of the unity underlying all life, no man lives entirely unto himself, but through himself, he lives unto the whole, which whole embodies all other lives. Therefore, “He that findeth his life shall lose it; and he that loseth his life, shall find it.”

When a man’s thought rests entirely upon himself, he becomes abnormal and unhappy; but when he gives himself with enthusiasm to any legitimate purpose, losing himself in the thing which he is doing, he becomes normal and happy. Only as much life enters into us as we can conceive, and we conceive of life—in the larger sense—only when there is complete abandonment to it. Let the one who is sad, depressed, or unhappy find some altruistic purpose into which he may pour his whole being, and he will find a new inflow of life of which he has never dreamed.



If we understood the power of our thoughts, we would guard them more closely.

If we understood the awesome power of our words, we would prefer silence to almost anything negative.

In our thoughts and words we create our own weaknesses and our own strengths.

Our limitations and joys begin in our hearts.

We can always replace negative with positive.

-- Betty J. Eadie (from 'Embraced By the Light')

Keep your thoughts positive, because your thoughts become your words.

Keep your words positive, because your words become your behaviors.

Keep your behaviors positive, because your behaviors become your habits.

Keep your habits positive, because your habits become your values.

Keep your values positive, because your values become your destiny.

-- Mahatma Gandhi



**The act of forgiveness is the act of returning to present time.
And that's why when one has become a forgiving person,
and has managed to let go of the past,
what they've really done is they've shifted their relationship with time.**

-- Caroline Myss

God is the name we give to that unchangeable, inexorable principle at the source of all existence. To the individual consciousness God takes on personality, but as the creative underlying cause of all things, He is principle, impersonal; as expressed in each individual, He becomes personal to that one—a personal, loving, all-forgiving Father-Mother.

-- H. Emilie Cady

The nature of God is a circle
of which the center is every-
where
and the circumference is
nowhere.

-- Empedocles

The Best Is Yet To Be

“Father, into thy hands I commend my spirit.” These words, ascribed to Jesus at the close of his mission in this life, expressing a supreme confidence in the universe and in the immortality of the soul. They are of peculiar significance to us at the Easter season. Jesus knew the soul to be immortal. “In my Father’s house are many mansions.” He taught that this is but one of the innumerable planes for the soul on its ever-expanding pathway of self-unfoldment.

Since humankind first began to meditate deeply and earnestly upon the spiritual meaning of life, there has always been a teaching that this physical plane is but a manifestation of a more subtle and ethereal plane, that this physical body is but a counterpart of an immaterial body.

If immortality is a principle, it must be true for every living soul. It would not be rational to assume that the Divine Creative Intelligence incarnates in some and then withdraws its presence from them, nor can intelligence accept the proposition that some people are immortal while



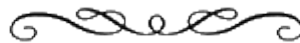
others are not. It certainly does not seem reasonable to suppose that immortality is a thing to be bargained for over some cosmic counter.

Those spiritually illumined throughout the ages have taught the immortality of every person, the continuity of every person’s individualized stream of God consciousness and self-awareness. We may desecrate our spiritual natures; we may temporarily dishonor or disown them; we may prolong the advent of our heaven. But somewhere, under some condition, we shall all awaken from our sleep.



Let us, then, seek that Divine Reality which ever enfolds us in its eternal embrace, that Spirit which is within, around, and about us, that inspiration which is the guiding star of our soul. And as we permit Eternity to make a new imprint upon our mind, to enlarge the boundaries of our spiritual horizon, to break down the intellectual barriers of our thought, then we shall view the world “as one vast plane and one boundless reach of sky,” and we may walk into the Light in joy.

-- Ernest Holmes



**The Snow Goose need not bathe
to make itself white.
Neither need you do anything
but be yourself.**

-- Lao Tzu

**For me the different religions are
beautiful flowers from the same garden.
They are branches of the same majestic tree.
Therefore, they are equally true,
though being received and interpreted
through human instruments equally imper-
fect.**

-- Mahatma Gandhi