



# Spiritual Light Center

**Newsletter—April 2014**

## MESSAGE FROM BILL

**Dear SLC Family,**

On the last Sunday of March Rev. Frank from the Creative Thought Center gave a talk simply entitled “Truth”. As I write this I’ve not heard it yet, but the title alone got my grey matter all in a tizzy. There was a time when I was quite certain what the Truth exactly is; now I’m less sure. Does that mean as I’ve gotten older and wiser I’m experiencing a Truth deficit, some sort of spiritual dementia? Heavens! Is there a pill for that? Actually I believe I’ve just gotten more tolerant, accepting, and less judgmental. At least I hope that’s it. I genuinely believe each person must walk their own path, evolving at their own pace, coming to and growing through the ever-developing landscape we call “Truth”.

When I say these things, I am not saying there is no such thing as absolute Truth. To the extent such a reality exists, I just don’t now know what it is. Perhaps when our consciousness fully joins with Universal Oneness we will become that enlightened. I hope so. Acknowledging my current state as a being-in-process, I choose to honor the earnest efforts of each person holding to their individual, albeit temporary, vision of Truth.

This does not excuse us from the necessary quest to seek the Truth. Even if we dismissively wave our hand and say

“Oh, there is no ultimate Truth; each person just creates their own”, in doing so we are claiming an ultimate Truth by stating there is none. We can’t circumvent the reality that we all hold to some Truth. Perhaps a positive step for us beings-in-process would be to avoid, as best we can, imposing that belief upon others, while always allowing and even encouraging others to freely express their Truths without criticizing. Expressing what we believe is not *at all* the same thing as imposing it. Such discussion is the tool we use to clarify our vision and proceed along our spiritual journey.

In this newsletter let’s explore some ideas about Truth. May this exploration nourish us in our own personal quest.

Many blessings to you,  
Bill Groves, President

### 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.



## ONGOING EVENTS in the 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 other Thursday, April 3 & 17, at 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 further details.

**Thursdays at 6:30pm** come join us for our **book study**. We're reading The Sermon on the Mount by Emmett Fox. This book is filled with wisdom and has spurred some very lively discussion.

## UPCOMING SPEAKERS

**April 6, 11 a.m.**

**Rita deMaintenon**, a retired educator, speaker, and full-time fiber artist will be sharing with us on "Spring Fever".

**April 13, 11 a.m.**

**Bill Groves**, former priest, addictions counselor, our office manager and board president will speak on "A Meaning for Easter".

**April 20, 11 a.m. Easter Sunday**

**Arthur Cataldo**, a professional therapist and head of Mountain Light, will lead a discussion on "What does Easter & Resurrection mean to you?".

**April 27, 11 a.m.**

**Robin Whitley, M.Div**, a poet, musician and author of two books, will share with us her first time at SLC on "Original Blessing". Let's give her the warmest welcome!

## FRIDAY SPIRITUAL EDUCATION 1pm in the Fellowship Hall

**April 4** – Barbara Vitale will speak on "Practical everyday strategies of protection & how they help us as healers & spiritual beings".

**April 11** – Ramsey Patterson, CNA, will speak on "Munay-Ki", from the initiatory rites of the Q'ero shamans of Peru.

**April 18** - Easter weekend, no talk.

**April 25** – Dale Allen Hoffman will speak from his extensive knowledge of the Aramaic & ancient languages.



## GRAND REOPENING OF OUR SLC METAPHYSICAL STORE

On Friday, April 4<sup>th</sup> our store reopens under the experienced management of Sandy Frary, a certified gemologist. We are selling items on consignment or donated, including books, jewelry, gift items, decorative items, original art, and handmade crafts and clothing. The new hours will be Friday through Sunday 12 to 7pm. **WE STILL VERY MUCH NEED YOUR DONATED AND CONSIGNED ITEMS!** We'll help you bring them if needed. For further information please call Sandy at 342-7843.

### OUR BOARD OF TRUSTEES

PRESIDENT.....Bill Groves  
VICE PRESIDENT.....Kay Smith  
SECRETARY.....Millard Deutsch  
TREASURER.....Linda Ramsey  
VICE TREASURER.....Arthur Cataldo  
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### SPIRITUAL LIGHT CENTER INFORMATION

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## Reflections on Truth

*Spiritual Truth* by Terry Lowey, MFT

Spiritual Truth might seem a daunting topic, both too vague and too vast to define. It is, after all, intangible, going beyond our 5 senses. In the stubbornly left-brained logical, rational culture in which we find ourselves, things that cannot be materially quantified are often pushed to the background and even demeaned as not being worth our time.

Then there are those that believe their particular religious traditions hold the only keys to spiritual truth, excluding others who don't believe exactly the same brand of faith. Herein lies one thing that real spiritual truth certainly is not – exclusionary or based solely on a dogmatic belief system. Core spiritual truth would have to be universally true regardless of any of our secular divisions. It would be true for all people at all times. In a world characterized by unbounded information fettering out even a few aspects of truth gives us pause. What would be the value? Like the demeanor of the soldier in the

foxhole, knowing his own death could be imminent; he is faced with the choice of objectifying the enemy or realizing they are, like him, another human being. It is in times exactly like these that spiritual truth becomes especially alluring.

Webster's definition of spirit is "a life-giving force; the animating principle; soul." This will be the premise of this article – that there is such a source that is omnipresent and that can be drawn upon for direction. Further, when this direction is taken spirit will ultimately lead a person to a heightened state of well-being. The resulting decision-making and actions benefit not only them but also the world at large. In short, the result is a win-win for the individual and the collective.

Throughout all of human history reference to this source is documented and given a place of sacred reverence. It harkens us to live in ways that are for our highest good. It is called The Light. To be apart from it is that persistent feeling we get that something is just not right. It beckons us back toward itself, spiritual truth. It comforts us and assures us that there are ways to live replete with love, beauty, meaning and fulfillment. It engenders trust in life, promising a sigh of relief and rekindling hope and optimism.

Spiritual truth does not require belief in a specific religion or deity because it is innate and instinctual. Reverence for the dynamic and multifaceted-beyond-comprehension unfolding of the life process; for the indescribable natural rhythm that runs through everything in this universe, is alignment with Spiritual truth.

You are where it starts. Spirituality is inner-directed, a deeply personal experience. It requires going within and honing your ability to hear that "still, small voice". It is not small in the sense of being timid or inconsequential, but soft and non-intrusive. It beckons but does not demand, honoring our free will. It requires a state of stillness and of being conscious in the present moment. It holds the power to transform a thought, a feeling, a moment and a life.

Following one's spiritual truth can actually lead away from established religious practice or societal norms. It is mysterious in that it is the opposite of a 'know-it-all' position. Sue Monk Kidd states "...We carry the conviction (often only faintly) that even though we don't know where we'll end up, we're following a soul-path of immense richness, that we're supposed to be on this path, that it's required of us somehow. We move in a sense of rightness, of lure, of following a flute that pipes irresistible music."

Core spiritual truth is inclusive, never objectifying others but rather seeing them as people with wants, needs and passionate beliefs just like our own. Objectification of others leads to vilification of them and then we are drawn further to points of view (we call them facts) that justify our conclusions. Our information gathering mechanism then becomes tainted, or prejudiced. We become arrogantly judgmental.

This is not to preclude even hearty disagreement. It does, however, require empathy and consideration for the others point of view, along with a healthy dose of enough humility to know that our own understanding of things is not omniscient. We may still, in good conscience, staunchly maintain our course for a certain cause, but will now do so holding our opponent in high regard as a person with equal value to ours. Whether in a corporation, political debate or a family unit, this stance of "a heart of peace" will facilitate more enduring outcomes.

Too rarely, yet every now and again we will hear a political leader with “a heart of peace” making a definitive stand on a topic while still being graciously respectful of the opponents’ point of view. Both Mahatma Gandhi and Martin Luther King Junior demonstrated this character when dealing with those who disagreed with their policies. It is noteworthy that both made considerable, respected and lasting historical imprints. The parent who approaches their child with an open heart, willing to hear them out while at the same time holding fast to their standards will have a far higher probability of positively influencing that child than the parent who engages in an intractable power struggle. The same holds true with a schoolteacher or a manager at the office.

“A heart of peace” is a primary component of spiritual truth because it embraces the inherent humanity of each and every individual. Taking this truth to heart is being guided by love, and putting it into action leads to peace. Tuning into Spiritual truth is a surrendering that is an ever-evolving process. Love is misunderstood to be an emotion; actually, it is a state of awareness, a way of being in the world, a way of seeing oneself and others. “It is always the false that makes you suffer-- the false desires and fears, the false values and ideas, the false relationships between people. Abandon the false and you are free of pain; truth makes happy, truth liberates.” Sri Nisargadatta Maharaj.



☞ The whole range...of the theory and practice of any system of metaphysics consists in knowing the Truth concerning yourself and the world in which you live; in knowing Truth in order to express harmony, you must think harmony; in order to express health you must think health; and in order to express abundance you must think abundance. To do this you must reverse the evidence of the senses. When you come to know that every form of disease, sickness, lack, and limitation are simply the result of wrong thinking, you will have come to know "the Truth which shall make you free." —C. Haanel

☞ Heretofore we have sought knowledge and help from outside sources, not knowing that the source of all knowledge, the very Spirit of Truth, is lying latent within each one of us, waiting to be called on to teach us the truth about all things —most marvelous of teachers, and everywhere present, without money or price! —H. Emilie Cady

☞ Still the intellect for the time being, and let universal Mind speak to you; and when it speaks, though it be but a "still small voice" (1 Kings 19:12), you will know that what it says is Truth. How will you know? You will know just as you know that you are alive. All the argument in the world to convince you against Truth that comes to you through direct revelation will fall flat and harmless at your side. And the Truth that you know, not simply believe, you can use to help others. That which comes forth through your spirit will reach the very innermost spirit of him to whom you speak. —H. Emilie Cady

☞ You must learn to see the underlying TRUTH in all things; you must see beneath all seemingly wrong conditions the Great One Life ever moving forward toward fuller expression and more complete happiness. —Wallace Wattles

☞ It is a fatal delusion to think that life is detached from the momentary thought and act, and not to understand that the passing thought and deed is the foundation and substance of life. When this is fully understood all things are seen as sacred, and every act becomes religious. Truth is wrapped up in infinitesimal details. —James Allen

☞ Religions are different roads converging to the same point. What does it matter that we take different roads, so long as we reach the same goal? In reality, there are as many religions as there are individuals. —Mahatma Gandhi

☞ All Truth is eternal. Truth is nobody's property; no race, no individual can lay any exclusive claim to it. Truth is the nature of all souls. Who can lay a special claim to it? But it has to be made practical, to be made simple (for the highest truths are always simple), so that it may penetrate every pore of human society, and become the property of the highest intellects and the commonest minds. —Swami Vivekananda

☞ You remember in the Old Testament where Moses was told, "Take off thy shoes from off thy feet, for the place whereon thou standest is holy ground." We must always approach the study of religion with that reverent attitude. He who comes with a pure heart and a reverent attitude, his heart will be opened; the doors will open for him, and he will see the Truth. If you come with intellect only, you can have a little intellectual gymnastics, intellectual theories, but not Truth. Truth has such a face that anyone who sees that face becomes convinced. The sun does not require any torch to show it; the sun is self-effulgent.... We must approach religion with reverence and with love, and our heart will stand up and say, this is Truth, and this is untruth. —Swami Vivekananda



## *The Power of Truth* from TheTruthsofLife.com

"I claim no perfection for myself. But I do claim to be a passionate seeker after Truth, which is but another name for God." "I do not envisage God other than truth and non-violence." "The search for Truth is the search for God. Truth is God. God is, because Truth is." - Mahatma Ghandi

Now perhaps we can tackle the misinterpretations of this quote from Jesus:

"Jesus said to him, I am the way, the Truth, and the life: no man cometh unto the Father, but by me." - John 14:6

Jesus said this out of being a representation of Truth. This wasn't meant to be interpreted that no one can come to the Father except by Jesus the man. It means that no one comes to the Truth (the Father), except by ways of Truth. It was the Truth speaking through the man because the man and his mind were out of the way. It was the Truth speaking, not the ego/mind of Jesus the man. The only way to the Truth, is by the truth.



The Truth shines through and happens all by itself when that which is in the way (thoughts), is out of the way. All-knowing intuitive Awareness which is the real you, shines through when one is no longer identified with being the body and the automatic random repetitive thoughts of the mind. Silence is the nature of God so only a silent mind can come to the firsthand experience of It. Speaking about it, and either believing in it, or against it, is missing the point entirely.

Words only have the meaning that the ego/mind of the individual has attached to them. Also, over time different words become imbued with certain energy frequencies; the frequency of the thing that the word represents. But this is dealing with the realm of relative truth where things change. When it comes to the changeless indescribable Absolute of Divinity, words are meaningless.

"The ultimate Truth is beyond words. Doctrines are words. They're not the Way. The Way is wordless. Words are Illusions." - Bodhidharma, founder of Zen

"Truth is by nature self-evident. As soon as you remove the cobwebs of ignorance that surround it, it shines clear." "Truth stands, even if there be no public support. It is self-sustained." - Mahatma Gandhi

Truth is self-sustaining because it is the only thing that's real. Falsehood has no power when brought to the light of truth because all falsehood is the absence of truth, which means it's not real and it doesn't actually exist. The truth takes it over completely and fills the void that used to be un-truth. There is no such thing as falsehood because that would imply that it exists. That's why it's better to call it un-truth or the absence of truth. Or better yet, don't define it at all, don't call it anything, don't create concepts and words in your mind, and you'll experience the Truth, rather than just speaking about it.

The more you realize that you are actually formless Awareness/Spirit/Divinity, and not the mind and body, the more the mind and body are healed. The more you abide in happiness, joy, and peace, despite life's circumstances, the more the mind and body are healed. But the physical mind and body are only temporary vehicles used for the purpose of evolving consciousness to the point where one is no longer identified with being the mind and body, and instead is identified with being Awareness as Infinitely Everything.

"You have always been one with the Buddha (Absolute), so do not pretend you can ATTAIN to this oneness by various practices." - Huang Po

## *6 Powerful Spiritual Truths* by Lisa H.

- 1- You already have everything that you need to create the life you desire; you just need to tap into it.
- 2- The universe is always unfolding exactly as it should. The experience you are having at the moment is the one that you need, simply because you are having it.
- 3- When you are physically in one place but mentally in another, you are missing your life. And not just missing it, but missing it at warp speed.

- 4- If you cultivate compassion and gratitude, you will be always in love never alone.
- 5- Be kind, even to those who are unkind to you.
- 6- The same pain, joy, love, and wisdom that runs through you, runs through everyone you come in contact with.



## *10 Spiritual Truths We Weren't Taught in School*

By Michelle Walling, CHLC

What would our world be like today if these top 10 spiritual truths were taught in our schools, in the mainstream media, and in our history books?

1. We are spiritual beings on a human journey. Before we came down into this physical body, we planned out the point in time that we would begin to awaken to who and what we are. The womb of our mother was the tunnel of forgetting, and we knew the challenge of remembering would be tough. The biggest risk we took was forgetting. We were never disconnected from our source of light; however the connection was stretched very long and thin to reach this part of the universe in density. Our challenge is to strengthen this connection and to grow our pillar of light in remembrance and recognition of who we truly are.

2. Our souls never die- we just change our focus. As a spark of light from Source, we are infinitely connected to the flow of experience. When it is time to disconnect the cord of life from our physical body, our spark rises up and out of the human physical body. We take the experience of our lifetime with us, but our focus is changed to a slightly different level of vibration. We still exist as the person we were in human form as well as the many people we have been before. Every lifetime builds experience and wisdom.

3. Everything is energy vibrating at a certain frequency. All living things on earth have consciousness, even rocks and trees. Everything and everyone is connected to a "tree of life" or an infinite energy source. We can connect to the consciousness of trees and rocks and can carry on conversations with them by tuning in to their particular



vibrational frequency. Our bodies are 90% water and can be programmed and molded to a certain vibrational frequency via thoughts, sound, color, and love. When we understand vibration, we can understand how alternative and holistic treatments can cure any disease or ailment in the body by changing the water vibration.

4. Our thoughts create our reality. All thoughts are energy which manifest into what we see as reality. Always being aware of your thoughts is one of the first steps in responsible co-creation of your reality. It is a simple concept but takes awareness and work. If every person on earth changed their thoughts towards peace and freedom there would be no war or tyranny. Our reality is a manifestation of what we create through thought patterns.

5. We are the ones we have been waiting for. We volunteered to be here at this time, answering the call from the consciousness of Planet Earth as she cried out for help. We came here from other galaxies, universes, and cosmoses. Many came here each time there was a chance to achieve a “golden age” after the “fall”. Although those times were not completely successful, they were all preparation for this time.

6. Most of us incarnated here before, many times, in order to prepare for this current lifetime. There are souls who are here to be wayshowers and leaders and there are souls here who just wanted to be here to witness the raising of vibration of the human race. We had many “classes” to take in order to prepare to master ourselves in this incarnation. The scope of the effect this event will have on all of creation is one of the biggest secrets of all.

7. We are never alone. We could not exist here without help from our spirit guides and angels, or high vibrational beings of light who made agreements with us to help steer us on the path toward the goal of ascension. They exist in another vibrational level or dimension higher than ours, thus most of us cannot see them. They are always with us and are waiting patiently for us to ask for help, as we live on a free will planet. They abide by laws of interference because of our free will, but if we ask with our highest and best interest they do have creative ways of manifesting what you ask for. Most guidance comes from within, through a process of telepathy where you get an idea in your head. Messages can also come from other people, those who can tap into that vibrational level in order to hear what they have to say.

8. Time is an illusion. We have a past and we have already been to the future. Our souls exist in a place of “no time”. Time is created in order to experience. Meditation or “going within” is the key to returning to the place of “no time” where all the answers lie.

9. Ascension does not involve going anywhere. It is a state of being, a focus of awareness and consciousness into a higher vibrational frequency. It is what we were created for, to “go forth and experience”, and return the experiences back to Source in an infinite loop of co-creation and mastery. A great reward of incarnating is rising like the phoenix from the ashes into the bliss and light of love. This is achieved by being love itself.

10. Love is all there is. Finding and reconnecting to love again is the most important thing we can do as humans. Source is unconditional love, and we are sparks of source- which means we are also love. Therefore we are what we seek. Loving ourselves unconditionally is the key to returning to source.

Change starts with each individual person recognizing these truths. We are not responsible for trying to convince others of our own truth, but instead all we have to do is to "be" truth and the rest will follow. Live your truth, and watch the world change before your eyes. By becoming responsible for ourselves, our thoughts, and our actions, we will have made one great leap as spiritual beings on a human journey. We have the greatest opportunity ever in the history of the earth to be the best version of a human being we can be. It is simply up to us as to how glorious we create the future of humanity existing on Earth.



## What is Truth? by Judy Campbell

Truth is not to be confused with the truth, first and foremost. The truth is more a matter of facts, subjective opinion, and perception. Truth as it is being described here is an aspect of God, an absolute, a Spiritual Law. Truth is not religious per se, rather it is a Universal Principle. An aspect of Truth is contained in most, if not all religions in some form or another.

Truth is of God; Spirit... it can be experienced yet it defies description. As with all Spiritual Law, we can really only point in the direction of Truth. With Truth there is no time, nor space; it is Eternal...omnipresent...unambiguous. When Truth strikes our mind we are astounded by it, literally stopped in our tracks.

We can search for Truth, yet it often finds us not as we are looking, but when we are just allowing the Presence to speak to us, in our moments of stillness and peace.

When the voice of Truth speaks to us, we are guided to clarity, understanding, a sense of Oneness. A Course in Miracles, says this about Truth, "Truth does not come and go nor shift nor change, in this appearance. It does not hide. It stands in light, in obvious accessibility."

Truth is rarely translated into recognizable form in our everyday lives, for we are often too busy or scattered. Yet Truth is always right under our noses. It is in our wonder and appreciation of nature or perhaps Art, that we catch a glimpse of Truth.

What can be said of Truth is that It lives within us, "The Kingdom of Heaven is within you" And as with all the gifts of the Kingdom Truth is ever present, we have only to allow it.

As the saying goes, "you shall know Truth and it shall set you free! Here's to you finding Truth today!"

