



Spiritual Light Center

August 2015 Newsletter

AUTHENTICITY

“Authenticity is the alignment of head, mouth, heart, and feet - thinking, saying, feeling, and doing the same thing - consistently. This builds trust ...” – Lance Secretan

This definition reminds me of Don Miguel Ruiz's *Four Agreements*. The first agreement is to be impeccable with your word, to speak with integrity, say only what you mean. That impeccability requires aligning your head and heart, thinking and emotions with the words you speak. The fourth agreement is to always *do* your best. Doing your best requires making your actions congruent with what you think and feel.

“We need to find the courage to say no to the things and people that are not serving us if we want to rediscover ourselves and live our lives with authenticity.” – Barbara de Angelis

Authenticity requires the courage not only to say “no” to what is not serving us, but also to say “yes” to what does – what makes us thrive. Changing your diet is a good example. You have to say “no” to the junk food offered you in social situations and recognize that the green drink with lots of fresh veggies, fruit, protein and fat, with just enough fresh ginger and lemon to make it taste good, makes your heart and tummy sing. Saying “no” is difficult because we don't want to hurt the feelings of the person who took time to make food available. You don't want to insult them by saying that their food is unhealthy.

You could lie and say that you're not hungry, but that wouldn't be authentic. You could sacrifice your body on the altar of friendship and eat

the food you know is not good for you thinking that your body will process it and no great harm will be done to it. (Sounds familiar, doesn't it?) But would you do that to your child; would you make a child eat something you know is harmful to them? Why not be as nurturing to yourself? Say, “No. It's not against you; it's for me.”

The addict needs to say “no” and cut him/herself off from addicted friends, unless they also make a commitment to get clean. If they make that commitment with you, they can actually be a needed support. We also need to look at the ways we spend our time, and if they don't support our health and well-being, let them go. Authenticity seems to require a lot of letting go.

According to Marianne Williamson, the goal of true authenticity is enlightenment. Jesus said that the way to achieve the Kingdom of Heaven is to bring all our parts together – to align our head, heart, mouth and feet – our thinking, feeling, speaking and doing.

Arthur Cataldo, 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 AT SLC

Every Tuesday at 5:15 p.m. - Join our group in the Hall for **Movie Night!** We enjoy a good spiritual movie or documentary and afterward we pick a place to go eat!

Wednesday, August 5 & 19, 5 to 7 p.m. **Come to the Sacred Circle/TEA**, an open group dedicated to spiritual sharing and growth, facilitated by Tina Wardell. Contact Tina at 828-276-6557.

Every other Thursday, August 6 & 20, at 5:00 p.m. - Please join us for our **meditation group** in the Chapel led by Dr. Richard Kimball. We have an informative discussion followed by walking and sitting meditation. Call Richard at 371-3425 for further details.

Every Thursday at 6:30 p.m. - Come join us for our **book study**. We're reading The Life and Teaching of the Masters of the Far East by Baird Spalding. This is a fascinating book sure to spur great conversation.

UPCOMING SPEAKERS

August 2, 11 a.m.

Rev. Bonnie Mills, a gifted psychic who is working on her Masters in Metaphysics and Parapsychology will be speaking on "Spiritual Gifts & Recent Orb Revelations".

August 9, 11 a.m.

Bill Groves, M.Div., our own Office Manager, counselor, lecturer, and former priest will share on "Speaking of Spirituality."

August 16, 11 a.m.

Annual All Membership Meeting There will be no regular service. We will meet in the Fellowship Hall to discuss and vote on important issues ahead including our new board members. Everyone is welcome!

August 23, 11 a.m.

Ubuntu, our area's gift of song who can send your soul soaring skyward, is joining us 12to share their unique Sounds of Joy.

August 30, 11 a.m.

Dr. Jim Swanson, past board president, a long-time student of Science of Mind and a friend to us all, shares "On Inner Wisdom."

Friday Groups in the Fellowship Hall

August 14, 6. p.m.

Dr. David Marn, a holistic chiropractic physician in NC since 1995 and meteorologist for 13 years will speak on "**Light & its Dynamic Relationship with Mind & Body Health**". Discover the hidden nature of light and its fractal-holographic relationship to the body, mind, and soul

August 28, 6 p.m.

Heather Perry, a long-time mystical, sensitive member of our Franklin New Thought community, will conduct a workshop entitled "**Find your OWN Power, Live your OWN Light, Be your OWN Dream Come True.**"

SLC Store News

Store Hours continue to be Friday and Saturday from 10 – 3, and surrounding all scheduled events. We'll announce a special **BACK TO SCHOOL/BOOK SALE** to be this month. Any good books you can donate would be very much appreciated!

Come Join us for Millard Deutsch's 19th (at least) Birthday!

It will be Wednesday, August 5 from 3 – 6 (or later) in our Fellowship Hall. We will provide some food, but bring whatever you like to drink! Please No Gifts, but bring your significant other, or a hot date for Millard! Please RSVP to Millard (369-0408) to help us get a food estimate.



SPIRITUAL LIGHT CENTER INFORMATION

80 Heritage Hollow Drive, Franklin, NC 28734
Right behind the Gazebo Restaurant in Heritage Hollow
828-369-3065
slcfranklin@frontier.com www.spirituallightcenter.com

OUR BOARD OF TRUSTEES

PRESIDENT: Arthur Cataldo - Elected 2013 for first two year term. Up for re-election.

VICE PRESIDENT: Kay Smith - Serves one more year of her second two year term.

SECRETARY: Millard Deutsch - Completed first two year term. Chooses not to run again.

TREASURER: Linda Ramsey - Completed first two year term. Chooses not to run again.

VICE TREASURER: Bill Groves - Serves one more year of his second two year term.

TRUSTEE-AT-LARGE: Raymond Braziel - Elected 2013 for first two year term. Up for re-election.

NEW NOMINEES (so far): Rhonda Murphy & Penny Solomon

New Nominees will be called for at the August 16 All Membership Meeting



Authenticity in Spiritual Life

“Real isn't how you are made,' said the Skin Horse. 'It's a thing that happens to you.

When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real.'

'Does it hurt?' asked the Rabbit.

'Sometimes,' said the Skin Horse, for he was always truthful. 'When you are Real you don't mind being hurt.'

'Does it happen all at once, like being wound up,' he asked, 'or bit by bit?'

'It doesn't happen all at once,' said the Skin Horse. 'You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand.'"

~Margery Williams, *The Velveteen Rabbit*

☪ Spirituality & Authenticity by Susan Chen

Spirituality is the awareness of our own being. It is simply being aware of the moment in which we exist. Spirituality is acknowledging the ordinary—the little details of our everyday life. Spirituality is tuning in. It can be recognizing the leaves scattered across the garden bed. It can be tasting every bite of your breakfast with every bud of your tongue. It can be the awareness of your breathing when you are going for a run.

Spirituality is surrendering our notions of the past and future for the present moment. It asks us to be available to life, so life can be available to us. When we are available to life, we are available to all the opportunities and possibilities it has to offer. By doing so, we are allowing every opportunity and possibility the chance to be available to us because we are being vulnerable and authentic to the present moment.

A misconception we often have about spirituality is that once we complete our spiritual activities of choice, we will be spiritual, and therefore, happy. The truth about spirituality is that it is not something we arrive at like a destination. It is not a town we can pass through on a road trip. It is not a vacation or paradise. Spirituality is not frozen or stuck to one place because spirituality is movement. When we are spiritual, we are always traveling.

We can be meditating, and we could say to ourselves: why don't I feel spiritual yet? Why don't I feel happier? The tricky part about spirituality is that its true task is being fully present in the moment. It requires our confrontation of the present moment and requires our vulnerability to be authentic. If we are in a negative state of mind, we think it is our task to focus on something more positive—but the thing is, when we do that, we deny our authenticity of the moment. We are refusing to admit to our negative state of mind, which results in our resistance to feel our negative emotions, whether they be our anger, our sadness, etc. So the question arises again: what is spirituality and what does it mean? Spirituality does not make us authentic, but rather, it requires us to be first vulnerable, so we can be authentic—and when we are authentic, we are united with the present moment, and are available to it.

So the next time you are brushing your teeth or reading a book, the next time you are driving or taking the bus, that moment is available to you. So what is spirituality and what does it mean? Spirituality is what bridges the present moment to you; it is what connects you and integrates you. Spirituality allows you to be vulnerable so you can be authentic. Spirituality allows you to embrace your own truth of the moment: again and again and again—at anywhere and at anytime.



☞ The Authenticity Paradox and Spiritual Growth by David Drury

There is a paradox to authenticity. When you start something new and different in your life you feel strange, like you are faking it, and you can even feel like a fraud. However, in doing that new and different thing you may find a part of yourself you never knew existed. You may find that your identity can incorporate new dimensions of what you can be, of what you are becoming. This concept is called the “authenticity paradox” by Herminia Ibarra.

Authenticity does not mean doing what you’ve always done or being who you’ve always been. That definition of authenticity would mean that you never grow and never change. You never become who you were meant to be if you devote yourself to this kind of “authenticity.” **We want to be different; but we don’t want to change.**

Authenticity has become somewhat of a cliché in our culture; it is the word everyone throws around to let people know they are “keeping it real.” They may act as if anything implying they need to change is infringing upon their identity. Under this distorted view of authenticity we would all remain children, never changing from our childlike states of self-centeredness, neediness, and codependency. Now that I think of it those words might actually define our culture in general right now. Our distorted view of authenticity has stunted our growth spiritually, so that we all remain spiritually immature.

Instead (when it comes to our spiritual lives at least) **God is doing something new, unique, unrepeatable in us.** He is changing us. Things will be different—but we have to change first. Yes, this feels odd at the start. It may feel strange; it may feel like you’re faking it; and perhaps even like you are a fraud. But you are *not* a fraud, you’re merely doing something new and as Scripture says the old person in you is dying. The new person you are becoming is emerging forth (Romans 6).

So, the next time you use the word *authenticity*, remember this paradox. If you are resisting change in your own soul because it feels new and different, remember that **God is the only one who fully knows the authentic you**—the You that you are becoming, if you follow Spirit’s lead and are willing to change.



☞ “Perhaps the day will come where the validity of one’s spirituality will be judged not by the correctness of one’s theology but by the authenticity of one’s spiritual life. When that day comes, an authentically spiritual Buddhist and an authentically spiritual Christian may find that they have more in common with each other than they do with those in their respective religions who have failed to develop their spirituality.” ~David N. Elkins

☞ “Consider the fact that maybe...just maybe...beauty and worth aren’t found in a makeup bottle, or a salon-fresh hairstyle, or a fabulous outfit. Maybe our sparkle comes from somewhere deeper inside, somewhere so pure and authentic and REAL, it doesn’t need gloss or polish or glitter to shine.” ~Mandy Hale

☞ “Live authentically. Why would you continue to compromise something that’s beautiful to create something that is fake?” ~Steve Maraboli

☞ “Only the truth of who you are, if realized, will set you free.” ~Eckhart Tolle

☞ *Realign with your Authentic Self* by Eve Hogan

Realigning with your authentic self is very similar to remembering who you really are. However, remember as we might at the beginning of our day, it won’t be long (if we are observant) before we discover ourselves acting like who we really aren’t—angry, jealous, controlling, depressed, or full of self-doubt. Once observed, we have the opportunity to transcend the ego-drama of control and approval and return to our authentic selves. So, let’s take another look at “who we really are,” that divine aspect with which we are aiming to align our thoughts, words and actions.

Consider the positive qualities of small children before they have been “contaminated” by the world around them. They are inherently playful, funny, creative, honest, imaginative, curious, wonder-filled, loving, joyful, enthusiastic, and are adventurous risk-takers. They are authentic and in the moment with their emotions; they laugh when they are happy, cry when they are sad, and forget about whatever it was that upset them as soon as it is fixed or something new happens. They are natural learners wanting to know what everything is called and how things work. They are creative and imaginative; able to build a magnificent fort out of a few blankets and chairs. Children are able to take compliments, simply knowing of their own worth and confident that the compliments are true. Small children get along with others regardless of race, religion, gender, or handicaps, as they haven’t yet learned to judge. Small children are forgiving, as living in the present moment doesn’t allow them to hold a grudge. Children are closely aligned with their true self because they haven’t yet had life experiences that have separated their egos from their spirit. Small children know their divine essence. All they do is an authentic expression of who they are.



Keep in mind that this is not only true about the children outside of you, but also about the child inside of you. You were like this as a child, too! These child-like qualities are an expression of your soul and represent “who you really are.” The good news is that these qualities never go away; access to them just gets blocked with limiting beliefs and ego dramas. With a little concerted effort, we can regain access to all these child-like, qualities again. (This is where the skill of transcending the ego and letting go comes in handy!)

If you are not familiar with this aspect of yourself, I assure you it has been trying to make itself known to you. We have all had “Magic Moments” in which we have an experience of overwhelming beauty, a powerful and meaningful dream, a deep feeling of love, an ingenious idea, a calm knowing, a deep connection with another, a moment of peace, a creative surge, or an intuitive insight in which our divine essence has been working through us, trying to wake us up to who we really are. Pay attention and the signs will be there. Get outside in nature. Sit in silence and listen. Walk a labyrinth. Work in a journal. Express yourself creatively.

As the saying goes, “Energy flows where your attention goes.” The more you practice self-observation and letting go of your ego dramas, the more you will realize that your dramas are temporary, fleeting and generally self-created. Your authentic self is unwavering, steady, constant, creative, capable, compassionate and peaceful. The more you practice these skills, the more in alignment, the more powerful, the more peaceful and joyful you will become.

First, remember who you are AND what you want. Second, self-observe. Notice when what you are doing, saying and thinking is supporting what you want, and when your words, thoughts and actions become the obstacle to what you want. Ego is always the obstacle, so notice when your ego is flaring, vs. your authentic self. Third, if what you are doing is not serving you nor leading toward your goal, take a deep breath and consciously shift your intention and attention from the ego-mind, to your heart/spirit. For me this is like taking a “down elevator” from my head to my heart and happens in one, maybe two, breaths. Access to authenticity is found in the present moment, so take a moment to bring yourself back into a centered state. Stopping and choosing to do these things is essential for realigning with your authentic self.

☞ “As you become more aligned with the truth of who you are, the question of liking yourself goes away. It is a natural state of being.” ~*Rachel Archelaus*

☞ “The privilege of a lifetime is to become who you truly are.” ~*Carl Jung*

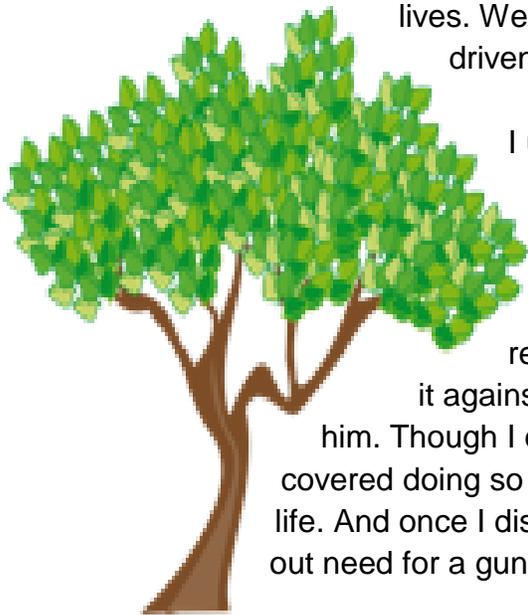


Authenticity by Timothy Mantooth, Ph.D.

Spirituality is, first and foremost, about authenticity--being true to one's self and living with integrity towards our values and ideals, even if that means allowing ourselves to have a bad day or to experience negative emotions on occasion. Even Jesus expressed the dismay of abandonment in crying, "My God. My God. Why have you forsaken me?", though few would question his abiding spirituality.

When we are authentic, truth emerges from within and not from what others attempt to impose on our reality, provided our inner convictions remain congruent with our highest and greatest good. That is to say, spirituality and self-destructive behaviors or harmful actions toward another are essentially incompatible. We can heighten spiritual awareness by aligning to those inner convictions responding to Presence, the very God-within.

Authenticity is forfeited once we depend on external sources as a basis of empowerment. External sources may strengthen our convictions but they must not command our well-being. That is why authentic living does not correspond to any form of excess in our lives. We cannot be true to our highest sense of self when we are driven by destructive passions, appetites, or pursuits.



I use to carry a fully loaded, concealed 9mm Glock with 18 rounds of ammunition anywhere I traveled. Friends occasionally ask why I no longer carry a pistol. I realized I carried a gun because I lacked a spiritual center and found that by packing a firearm I felt powerful and in control. I realized I was also secretly hoping for an opportunity to use it against some unsuspecting bad guy who already had it coming to him. Though I do not judge another for legally concealing a weapon, I discovered doing so was not authentic to how I wanted to live and present my life. And once I discovered a spiritual center, I felt internally empowered without need for a gun concealed in the back of my pants.

The quest for authenticity is the unfolding of a never ending adventure as we explore the deepest sense of self and live accordingly. And the joy, my friend, is in the journey, not in reaching the destination. Any destination or attainment of a desired outcome is but a transition to the next phase of the journey and not an ends unto itself. Life is a mystical experience of love, joy, and opportunity. Live it, true to self, with authenticity.

 "You'll never know who you are unless you shed who you pretend to be." ~*Vironika Tugaleva*

~ August 2015 ~						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 11:00 Sunday Service Rev. Bonnie Mills	3	4 5:15 Movie Night	5 5pm TEA	6 5:00 Meditation 6:30 Book Study	7	8
9 11:00 Sunday Service Bill Groves	10	11 5:15 Movie Night	12	13 6:30 Book Study	14 6pm in the Hall Dr. David Marn	15
16 11:00 Sunday Service Annual All Membership Meeting	17	18 5:15 Movie Night	19 5pm TEA	20 5:00 Meditation 6:30 Book Study	21	22
23 11:00 Sunday Service Ubuntu	24	25 5:15 Movie Night	26	27 6:30 Book Study	28 6pm in the Hall Heather Perry	29
30 11:00 Sunday Service Dr. Jim Swanson	31	Notes:				