



Spiritual Light Center

February 2017 Newsletter

Love

There is a song that asks the question, "What is love?" The answer in the song is "Five feet of heaven and a pony tail." A long time ago, when I was in college, actually, I asked in meditation what love is. The answer I got really surprised me. Love, Spirit told me, is the frequency that subsumes all other frequencies. I did not know at that time that everything is frequency. And it would be more than a decade before I would be introduced to Unity School of Christianity, and the concept that God is Love.

If Love is the frequency that includes all other frequencies, isn't that a definition of white light? White light contains all the other colors of the spectrum. But now we are talking about a spectrum that is much broader, one that subsumes all other frequencies in the Universe. That would have to

be a blinding white light. When Moses saw God on Mt Sinai, wasn't he blinded

by the light so that he could not look directly at it?

Quantum Physics was not as popular at that time (we're talking about the 1960's) as it is today. The concept that everything is frequency was new to me. Now, one of my favorite quotations is from Albert Einstein: "Everything in life is vibration. This is not metaphysics, this is physics."

To sum it up, God is Love, and Love is God. And that is all there is.

Arthur
President, Board of Trustees

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 4:30 p.m. (NEW TIME)

Join our group in the Hall for **Movie Night!** We enjoy a good spiritual movie or documentary and afterward pick a place to eat!

Thursday, February 2 and 16 at 4:00 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.

Wednesday February 1, 5-7 p.m. & Friday February 17, 4-6 p.m., come to the Sacred Circle/TEA, an open group dedicated to spiritual sharing and growth. Contact Denise Andrew for details.

UPCOMING SPEAKERS

February 5, 11 a.m.

Arthur Cataldo, A.B.D. is a clinical psychologist experienced in many healing modalities, as well as being our current SLC Board president. Arthur will speak on **“Groundhog Day.**

February 12, 11 a.m.

Revs. Eileen Douglas & Richard Talley met at Unity Village where they were married about 25 years ago. They have co-ministered various Unity Churches and now lead PATH Ministries in Hendersonville. They will speak together on **“Love”**

February 19, 11 a.m.

Rev. Barbara Jefferys, an ordained Science of Mind minister and pastor of Open Door Center in Sylva and a wonderful, vivacious speaker, will share with us on **“A Metaphysical Interpretation of the Ten Commandments.”**

February 26, 11 a.m.

Dr. Faye Corbett is doctor of Naturopathic Medicine and well-versed in Ayurvedic medicine and herbology, as well as owning an organic farm. She returns to speak on **“You Have the Power”**.

Friday, Feb. 24 at 6 p.m.

Dr. Millard Deutsch will conduct a workshop on **Revelations of Cosmic Disclosures**. Millard states these now public disclosures are giving us a far more complete understanding of how things really work. He says this is “not for the faint of heart”. Please join us and buckle your seat belts! A love offering is requested.

YOGA CLASSES AT SLC

MaryAnn Ingram will be holding her Yoga classes in our Hall for a few months on **Tuesdays from 3 to 4 p.m.** while the community Center is being remodeled. To make room, **we will be holding our Tuesday Movie Night at 4:30 p.m. for a while.**



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

Love is All there is

☞ *The Spiritual Secret of Being in Love Forever*

by David Truman

Everyone agrees that being "in love" is one of the most wonderful experiences life has to offer. When we're in love, every part of life shines a little brighter. Our bodies and minds tingle with energy. Concerns shrivel and disappear; challenges are easily handled; priorities fall effortlessly into place with love firmly on top.

Best of all, we enjoy a close and unbroken connection with our beloved, whether the beloved is physically with us or apart. Not only do we feel their presence, in us and around us, but we are so psychically attuned that we find ourselves saying things like, "What you just did is perfect -- how did you know?" "You took the words right out of my mouth." "I was just about to phone you when you called!"

Wouldn't it be great if our significant relationships *always* felt this way? But being in love seems to be a mysterious state that "just happens to us" and, for most people, unhappens just as mysteriously. Fortunately, being in love is an experience we can enjoy every day of our lives.

That's because the state we call being "in love" is simply a sneak preview of an authentic spiritual experience -- the experience of true and eternal Love -- which can and ultimately will become our permanent realization.

We *will be* Love forever as we come to live under the cosmic laws that govern all reality.



☞ *The Truth about “True Love”* by Ben Neal

Do you believe in love? I’m talking about that deep down, life changing, earth shaking, always-and-forever kind of love—the stuff of poetry and legend.

Many people are skeptical, and for good reason. Today’s culture isn’t very fertile ground for romance. With social media, text messaging and online dating, we’ve revolutionized communication but we’ve lost the art of relationship. There aren’t many success stories. (Sometimes it seems like there are very few people having real, face-to-face conversations anymore!)

But I believe. Scratch that. *I know.* True love is real—deep, unconditional, everlasting. The reason it is so rare is because it is so misunderstood.

Most people’s idea of “true love” looks something like this: Mr. or Mrs. Right is waiting out there somewhere, “the One” they are destined to be with. And that special someone is looking for them too, and it’s only a matter of time before they meet each other—and of course, they’ll both live happily ever after.

Bullshit.

Happily ever after doesn’t exist. And God didn’t hand pick one special person waiting just for you. In fact, the whole idea of finding fulfillment in someone else is an illusion.

The truth is, love can only be found within. Most people who are looking for love “out there” are actually just running away from loneliness. They constantly settle for less than what they want, and less than what they deserve, because their greatest fear is to be alone, grow old alone and die alone.

The fear of loneliness prevents us from experiencing real intimacy. True love lies beyond that fear. We have to face what Louis C.K. calls the “forever empty,” the unquenchable sadness deep within us; the ever present knowledge of our own mortality, that in the end we all face death alone.



The truth is that real love requires real inner work. It requires that we first be happy in our solitude; that we come to know ourselves, accept ourselves and love ourselves. We have to find our peace of mind, find our purpose, our passion. It requires that we lay down the ego's defenses and be naked and vulnerable. We must give up our planning and fantasizing about the future and live in the Now. Only then are we really ready to love. When you fully grasp that tomorrow is not guaranteed—that this moment is truly all that we have—there is nothing to do but give it everything you've got, expecting nothing in return.

In fact, you know in advance that your heart will be broken for a while. You will be lied to, you will be taken for granted; you will be hurt and disappointed. Sooner or later, between here and your deathbed, you will have to say goodbye. You know it, you accept it, and *you love anyway*.



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What we call “true love” is that rare and sacred union that happens when two people join in this dance together. It is a friendship, a love affair and an act of worship. Passion, lust, affection, caring, trust, respect and devotion all become part of an exquisite surrender. Lovers merge with each other and with the vast, wild universe. Neither knows for sure if it will last a weekend or a lifetime. It doesn't matter.

All that matters is this moment of oneness—holy and beautiful. It contains eternity.

What is Spiritual Love? How to Love Yourself Using Universal Truths by Michael Alperstein

What is the deepest, purest source of love available? Is it relationships? Well, they are usually where we look for love. We look for a special someone to give us love and return us to a state where we feel supported and safe. This can work great.... for a while.

Love is the motivation behind many of our dreams, actions and thoughts. People move across the country, quit jobs, stay in unhealthy situations, all because they want love and they think these choices will bring it. Yet we often have a lot of rules and ideas about love that stop us from recognizing it when it may be there. See these rules for what they really are: attempts to make human love conform to the parameters of divine love. Our rules around love are well-intentioned, but they are usually stifling. Divine love has no bounds and conditions; human love is filled with bounds and conditions. We want others to love us unconditionally, but we usually put so many conditions on what love is in the first place.

We have to step out from the rules and move into Spiritual love. Love, without any rules, conditions, limitations or neediness is spiritual love. Human love says "I will love you if you show up on time, take the trash out, dress a certain way, etc...." It's fleeting; it comes and goes depending on what people are doing and thinking. It gets mixed up with a lot of day to day nonsense! Spiritual Love on the other hand is pure and unveiled. It is always present, regardless of whether or not we are in a relationship. It is in your own heart.

How do you increase spiritual love in your life? You go for the source of it and you realize its source can never be outside you, that it **MUST** be revealed from within.

This may sound strange, but part of you knows how to find and access love in your heart. Part of you knows intuitively what these next sentences mean: You travel nowhere to get more spiritual love. Nowhere = **NOW HERE**. There is nowhere to go but here in your heart. Being present and seeing the people and circumstances in your life with fresh eyes reveals a shining love that was there all along.... but it may have been blocked. Realize the game of human love is a game of ideas about what love should be like and how others should act.

Go for real love instead. Or at least put inner spiritual love alongside your pursuit of outer love. Real love is the Essence of what you want and what you seek, is it not? You want travel? A home in Switzerland? A private yacht? The essence you seek is freedom. You want to meet someone special? Feel attractive? Connect with others? The essence you want is love—spiritual love—which does not discriminate, in contrast to human love that takes or needs.



What are you looking for in your life? Love. But since you *are* love, we could say your desire is for Life itself. Your desire is for *you*. Capture the feeling of being yourself and you will feel like you are flying. Trust that what you really want is the reality of your True Self. This reality is the feeling of being vibrantly alive. When you trust your True Self it becomes expansive and totally envelopes all your old thoughts. Suffering falls away effortlessly. Darkness does not stand a chance in light.

Don't fight the darkness with judgment; just bring in more light. Breathe deep. Open your heart. And thrive. Fulfillment comes as a result of seeing that the source of love is inside you and it is not a compromise; it is not a substitute for your "real desires" in the world. It IS your desire in pure form.



Whenever you are desperately seeking "more" of anything, what lies underneath this seeking is always a wish to be your true nature, which is love. And under that wish is a pure knowing that you ARE this nature. You ARE sweetness, freedom, and love. This realization may get covered over by thoughts and ideas, but YOU are still there.

The good news is that you are not trapped in your seeking. You can find love where you are. There's no need to stop seeking new circumstances or things in order to find essential love. You just have to be who you are. Seeking is not an obstacle to knowing yourself. Even with knowing that real love comes from within, outward seeking may still continue. However, it's likely that it will take on a less important and more surreal quality.

You will see that relationships are spiritual teachers, not essential sources of love and fulfillment. If you feel you are trapped in seeking love on the outside, remember this: The more you seek your freedom "out there", the more you will know looking "out there" for love is a game. Access love where you are. If you want freedom, seek freedom. Be freedom. Step out of the game of looking for love. Now BE love instead.

☪ The 7 Spiritual Laws of Love by Deepak Chopra

Within every love story hides the wooing of the gods and goddesses. This is one area of life where the practical meets the mythical. For many people the experience of romantic love is their first experience of spirituality, although they may not know it.

The First Stage of Love: Attraction The Law of Attraction states, “To be attractive, you have to be authentic.” What makes a person attractive? The wisdom traditions tell us that attraction first and foremost comes from naturalness. Nothing is more beautiful than naturalness.

The Second Stage of Love: Infatuation This law states that infatuation exists to open the door to a deeper, transcendent reality. Infatuation happens when the attraction between two people is so intense that it transports them beyond ordinary perception and the ordinary world becomes enchanted.

The Third Stage of Love: Communion The Law of Communion says that communion is contact of soul with soul. Communion is the sharing of spirit. Therefore, communion is the basis of trust. In this stage, lovers move into territory of the unknown, taking from each other what they did not possess alone.

The Fourth Stage of Love: Intimacy The law of Intimacy states that in true intimacy flesh merges with flesh, and spirit with spirit. In intimacy, sexual energy and spiritual energy are recognized as one. Sexual energy is seen as the creative energy of the universe.

The Fifth Stage of Love: Surrender and Non-Attachment The Law of Surrender says that losing yourself in another person is the best way to find your true self. Surrender is the result of relinquishing the ego’s last claims to separation. Surrender and non-attachment open the door to the miraculous, because miracles exist outside the realm of I, me, and mine.

The Sixth Stage of Love: Passion The Law of Passion says that higher reality is experienced in the merging of the masculine and the feminine in one’s own being. Passion for life and passion in love are the same thing. This is because life, in its essence, is love.

The Seventh Stage of Love: Ecstasy The Law of Ecstasy says that ecstasy is our original state. This is where we come from, the Garden of Eden, the state of grace to which we shall one day return. Ecstasy is the final stage of intimacy with spirit that flows through love.



February 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5-7pm TEA	2 Groundhog Day 5 p.m. Meditation	3	4
5 Super Bowl 11:00 Sunday Service Arthur Cataldo, A.B.D.	6	7 4:30 p.m. Movie Night	8	9	10	11
12 11:00 Sunday Service Revs. Eileen Douglas & Richard Talley	13	14 Valentine's Day 4:30 p.m. Movie Night	15	16 5 p.m. Meditation	17 4-6pm TEA	18
19 11:00 Sunday Service Rev. Barbara Jefferys	20 Presidents Day	21 4:30 p.m. Movie Night	22	23	24 6pm Millard Deutsch in the Hall. A Workshop on Revelations of Cosmic Dis- closures	25
26 11:00 Sunday Service Dr. Faye Corbett	27	28 4:30 p.m. Movie Night	Notes:			

