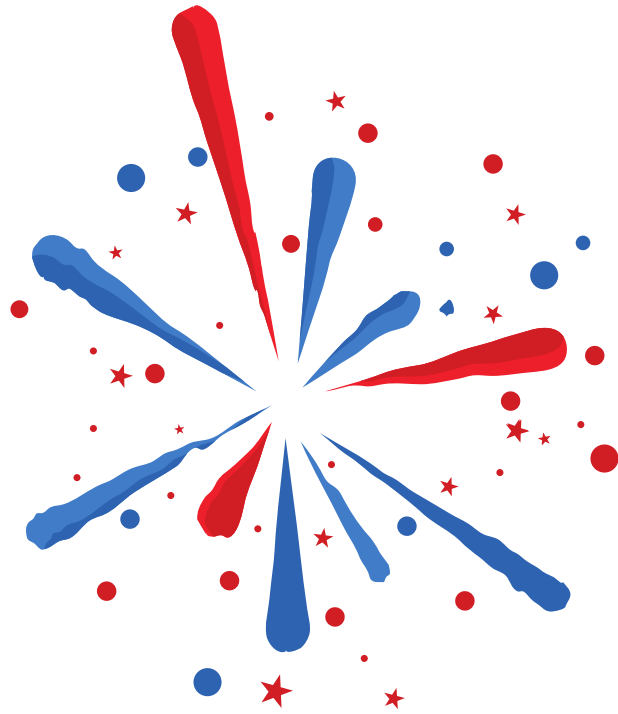


# Spiritual Light Center

JULY NEWSLETTER 2023



## UPCOMING SPEAKERS

July 2nd Melody Cooper - No Complaints

July 9th Kim May- Be the Joy

July 16th Don Peeples -Create My Own Happiness

July 23rd Tara Sariyah -A Musical Experience

July 30th Katherine Greysen- Everything in a Pebble of Sand

## 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.

# JULY

# President's Message:

The Earth collective consciousness is the collective energy, and thus the knowledge, of all life on this planet. The Earth grid is a neural network within our collective consciousness (some of which may be perceived as ley lines). Our collective consciousness links to all other places' collective consciousnesses via another neural net. And all of that is within the Source.

We do not have our complete self in this incarnation. We only bring what we need for the incarnation, like packing a suitcase and leaving some things at Home. We can, however, still access those parts of ourselves via the collective consciousness.

Likewise, we can touch the Earth anywhere and direct energy to another location, and it's just as good as being there. This is a form of bilocation.

Bilocation is very common for us, but we are often completely unaware of it. When we bilocate, we are using the collective consciousness to travel some of our soul energy to another location. Sort of like hitting the Earth's highways through our heart-mind. We are still very much in our local physical body, but send just a little bit of our energy to another location.

Examples include sending distance Reiki or healing prayers, thinking lovingly about someone far away, remembering and visualizing a place we have visited.

It's easy to accidentally pop over and check things out. For example, someone was telling me about the minotaurs guarding a secret library, and I unknowingly sent a tendril of myself there. Turns out minotaurs are extremely psychic and were being used as guards for that ability. I felt immediate psychic blowback, like a light punch in the head. I could tell that it was a mild consequence—the minotaur could easily have killed me, but only used enough force to send me away.

My favorite way to intentionally bilocate is to visualize Earth as a 3-inch globe in front of me. I place my hands about five inches apart to surround this Earth-globe. Closing my eyes, I intend for great gobs of glorious love to flow through me to Earth and all her inhabitants. How is this bilocation? Well, I am actually visualizing my bilocated self as big enough to surround the entire planet!

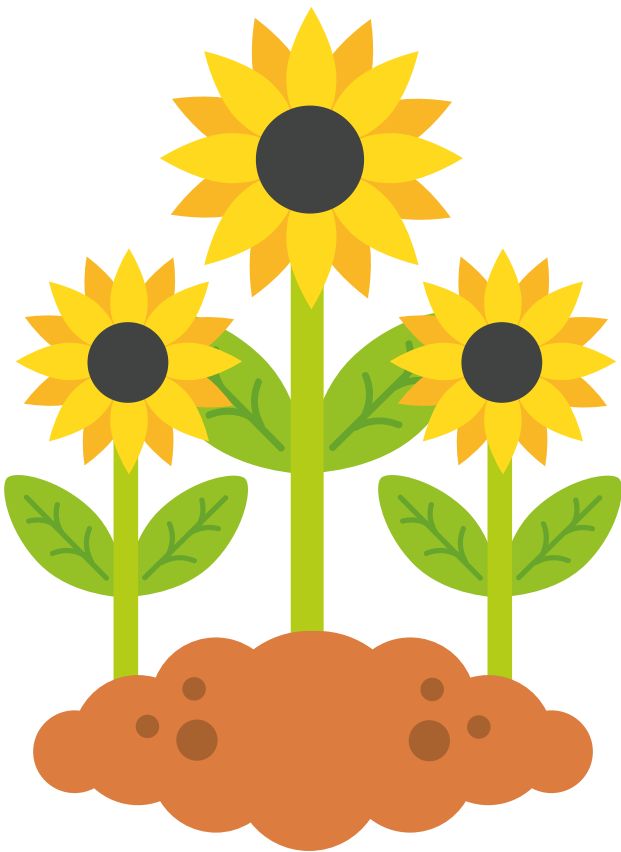
Much love, Rhonda Murphy



# Gardener's Corner

## by Sue Ditch

Many brands of cat litter now come in sturdy square buckets with handles and attached lids. Use them to store potting soil, lug small tools, collect pulled weeds, haul water, protect bird seeds from rodents, dump dirt in when you sweep the patio, carry biodegradable materials to the compost pile, and sit on as you're working in your garden beds.



## JULY

by Pamela Keyser

The proud, rosy, cardinal whispers  
her wishes to the dragonfly  
of lazy breezes, that make trees  
murmur & sing sweet lullabies.

Hallelujah, it is July!

Hello,  
SUMMER!

### Volunteer Help Needed

- Greeters: Come early on Sunday & greet everyone who comes in the door
- Facilitators: You lead the service and introduce the guest speaker
- Sound: Run the music during service
- See Ashley or Aidan for more info

Living in the moment is a gift, that's why they call it the present.

Author Unknown



# The Two Minute Rule- by Aidan Russell

We often “wake-up” and want to make a change in our lives for one reason or another, usually to make an improvement. It could be to start exercising, lose weight, start running or any number of possible changes we could make to better our lives. We want to make this our new habit. The first couple of days or even weeks go very well. We are enthusiastic, excited and motivated to achieve our new goals and better our lives. But as the days continue, we begin to hit a wall. We become less excited and start to create excuses in our minds- saying "it's fine, because we can always start again tomorrow." Then, tomorrow comes and we still don't feel like doing it, so we convince ourselves “I'll do it tomorrow”. This will continue off and on until the change we wanted to create for ourselves is nearly forgotten and no longer a desire for us.

One of the biggest reasons that we fail, or quit to make a new habit or change in our lives, is setting high expectations, causing the process to seem overwhelming. Our minds will pick up on this and start to create resistance. In the beginning, we are super-charged to make the change, and we get so excited about the idea that we set the goal too high right out of the gate. However, once the excitement and initial motivation begins to fade there is nothing really driving us forward, and we haven't created the habit yet. So instead of jumping into a change based on our motivation, we want to make the change by creating the habit first.

## The Two Minute Rule

Break a big habit down into a smaller two minute version of it. Obviously, we can't achieve a new habit in just two minutes, but a habit can be started this way. Once you start, it's easy to continue it. For example, you have decided that you want to start a practice of meditating for twenty minutes each morning. So, you decide that you can do twenty minutes a day and set your expectations to meditate every morning before you start your day. It doesn't take long to realize that twenty minutes can feel like hours when you are new to meditating and sometimes you are just too busy or running a little behind to do a whole twenty minutes . You put the meditation off until tomorrow which as we have seen will become tomorrow again and again until the new habit or goal is just a memory.

Twenty minute meditation became a daunting task for you but what if you applied the two minute rule?



## The Two Minute Rule Continued....


Using your new rule for creating a habit you set your expectation to meditate for just two minutes in the morning to get your day started. Although this might seem useless, taking this step to build a new habit can ensure that you continue to build on your routine. Today you wake up and begin your meditation practice, two minutes is possible no matter what is going on. But today you have lots of time and after just two minutes you decide to just keep meditating. Next thing you know it's five minutes later and you feel great because not only did you complete your expectation of meditating for two minutes, but you went an additional five minutes. Then as time goes on you find yourself able to meditate longer and longer. Maybe a day pops up where you can only get your two minutes in but that's your intention, so no loss. However, you eventually find that you have increased your expectations to five, ten, and finally twenty minutes a day or longer. You now have established a new habit of meditation by starting with just two minutes a day.

This is possible with just about any new change or habit we want to create for ourselves. It could be to write a book so you start by writing for just two minutes while drinking your morning coffee instead of trying to write a whole chapter or you want to start reading more, so you start by reading for just two minutes before bed. Our expectation should be to just start, no matter how little. Your new habit shouldn't feel like a chore or you will start to despise it. Over time each goal will continue to grow as we develop a habit of achieving our now attainable expectations. The point is to create the habit. Once you train yourself to just start it will become easier to continue and eventually become your routine.

OK! Two Minutes, I Can Do That!!

The most important part of making any change or creating a new habit is getting started. It should never be about how well or how long, that comes with time. Don't forget that even if two minutes may seem pointless in the short scheme of things, it's better to do a little to start with than to do nothing at all. Just give yourself two minutes and the rest will come.





June 25 was National UFO Day, and July 2nd is now dubbed World UFO day on the National Day Calendar. June 24 is the date that private pilot Kenneth Arnold saw nine flying discs in 1947 above the volcano Mount Rainier in the Cascades. Newspapers across the country published Arnold's report, igniting interest in UFOs. The July 2 date commemorates the incident that took place that same year in Roswell, New Mexico.

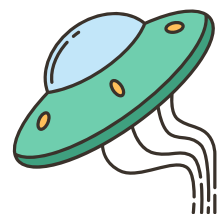
According to a recent poll by Pew Research, 65% of Americans believe that intelligent life exists outside of Earth. Fifty-one percent of Americans say that UFOs are probably or definitely proof of intelligent life. The states with the most sightings in order are Washington, Montana, Vermont, Alaska and Maine.

"I want to believe." These are the words of the notorious X-Files hero Fox Mulder, who convinced an entire generation that the truth is out there – we just have to find it. But on July 2nd, it won't only be sci-fi enthusiasts trying out their ET sleuthing skills, as everyone on planet earth will have the opportunity to celebrate World UFO Day. UFOs have been the stuff of legend for centuries, but it wasn't until the 1950s that freaky flying saucers grabbed national and international mainstream attention. Since then, UFOs have captured the minds of old and young alike, and witness' stories have proliferated around the world.

World UFO Day serves as a way for everyone to come together and watch the skies on the same night in search of UFOs, but that's not its only purpose. Many see the holiday as a way to spread knowledge and awareness of UFOs, making a case for their existence, and hoping to make disciples out of the dubious.

So why July 2? For many, this date represents the anniversary of the famed and all-but-confirmed 1947 incident in Roswell, New Mexico when believers claim a UFO crash landed there, deep in the American southwest. Many believe that the government has been covering it up ever since. The original report hailed the crashed object as a "flying disk." Later, the U.S. Army called it a UFO accident; but ultimately, the Pentagon claimed it was a balloon wreck. To this day, many don't accept that account and have urged the government to declassify the information.

What do you believe?



# Ongoing Events

## Thursday Afternoons Discussion Group

Each Thursday at 3:00 PM Join our group in the Fellowship Hall for thought provoking movies, interviews and more. If you have time, stay and continue the conversation at a local restaurant.

## Monday Evening Yoga- Note new time!

Monday Evenings at 5:30 PM Join Ashley in the fellowship for an all levels Yoga class. Class is free and open to all , just bring a mat and be ready to move- A love offering is much appreciated.

## First and Third Saturdays

5 PM -Quaker Style meditation with Tom in offered in the Sanctuary  
Come and listen to your inner light



**Financial Report:**  
**4/30/23 Opening balance \$9,404.43**  
**Donations (Sunday & Yoga) +\$909.00**  
**Garage Sale +\$1,722.00**  
**Expenses -\$1,120.05**  
**5/31/23 Ending balance \$10915.38**



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If you would like to contribute to SLC. We now have a PayPal account to make that easier. <https://tinyurl.com/SLC-donate>. This link takes you to a page where you can easily donate one time or make a recurring donation. You can also mail a contribution directly to us at Spiritual Light Center, 80 Heritage Hollow, Franklin, NC 28734.