



AUGUST 2024

NEWSLETTER

President's Message

Doug VanOrsdall

Continuing On Our Spiritual Paths To Awakening

Yoga Starts August 8th



Vickie Rundquist will be teaching gentle, stretching yoga suitable for all ages and levels beginning Thursday, Aug. 8, 11 AM in the Fellowship Hall. (See page 6 for details)

UPCOMING SPEAKERS:

- Aug. 4.....Kim May
- Aug. 11.....Barbara Vitale
- Aug. 18.....Annual Meeting**
- Aug. 25.....Craig Eister



SLC is pet friendly.

HELLO! Fellow Members of SLC Franklin—

In today's rapidly evolving world, there is a noticeable shift towards spirituality and awakening to higher dimensions of consciousness. As individuals explore these concepts, they often encounter the question of the difference between being *religious* and being *spiritual*.

This exploration has led many to delve into practices such as meditation, yoga, and energy healing to deepen their spiritual connection and awaken to the fifth dimension. The distinction between being religious and being spiritual is pivotal in understanding one's personal beliefs and experiences.

Religion often involves adherence to a specific set of beliefs, rituals, and practices dictated by a particular faith or denomination. It typically centers around worshiping a deity, following prescribed doctrines, and participating in organized religious activities. Conversely, spirituality emphasizes inner growth, self-discovery, and a deeper connection with the universe that transcends traditional religious boundaries. It allows individuals to explore their personal beliefs, connect with their inner selves, and seek a more profound understanding of their place in the world.

The shift from being religious to being spiritual gained momentum in the United States during the 1960s and 1970s, a period marked by social and cultural upheaval. As people began to question conventional religious institutions, they sought alternative forms of spiritual expression that resonated with their individual beliefs and experiences. This led to a surge of interest in Eastern philosophies, meditation, and other spiritual practices focused on personal growth and self-discovery.

Numerous authors, scholars, and spiritual leaders have contributed to the exploration of awakening to higher dimensions of consciousness and the fifth dimension. One notable figure is Eckhart Tolle, author of "The Power of Now" and "A New Earth." Tolle's teachings emphasize

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the importance of living in the present moment, transcending the ego, and awakening to a higher state of consciousness. His work has resonated with millions of readers worldwide, guiding them on a path of spiritual awakening and personal transformation.

Another influential voice in the realm of spirituality is Deepak Chopra, a renowned author, speaker, and advocate for mind-body healing. Chopra's books, such as "*The Seven Spiritual Laws of Success*" and "*The Book of Secrets*," explore the intersection of science, spirituality, and consciousness. He delves into topics like meditation, energy healing, and the interconnectedness of all beings, offering readers practical tools for spiritual growth and self-realization.

In addition to individual authors, various periodicals and spiritual publications have contributed to the discourse on awakening to the fifth dimension and walking the spiritual path. Magazines like "*Spirituality & Health*," "*Mindful*," and "*Yoga Journal*" feature articles, interviews, and resources that cater to individuals seeking to deepen their spiritual practices and explore higher realms of consciousness.

As individuals embark on their spiritual journey and seek to awaken to the fifth dimension, they often turn to practices like meditation, yoga, energy healing, and mindfulness. These practices serve as gateways to higher states of consciousness, allowing individuals to raise their vibration, expand their awareness, and align with the frequencies of the fifth dimension. By releasing old patterns, beliefs, and emotions, individuals can clear the path for spiritual growth, transformation, and alignment with their true purpose.

In conclusion, the difference between being religious and being spiritual lies in the approach to spirituality and the level of personal exploration and autonomy involved. The shift towards spirituality in the United States and around the world has sparked a renewed interest in awakening to higher dimensions of consciousness, including the fifth dimension. Authors, scholars, and spiritual leaders have played a pivotal role in guiding individuals on

their spiritual journey, offering insights, tools, and practices to facilitate personal growth, transformation, and awakening to the infinite possibilities that lie within.

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As a fellow member of our wonderful SLC Franklin Family, I'm excited about our future, walking hand in hand, embracing individuals from all denominations of religion, backgrounds and those I consider to be scholars and spiritual leaders, I can't help but be proud to know all those who have delved deep into the realms of awakening to higher dimensions of consciousness.

While their journey has led them to explore the fifth dimension and beyond, I find myself on a path of personal growth and discovery that may not have reached those heights just yet. However, my journey is not one that I walk alone! Alongside my husband, family, conscious friends, pets, and fellow congregants, I am embarking on a shared path of spiritual exploration and growth.

While we may not be on the exact same journey, or have reached the same levels of consciousness, the beauty lies in our collective experience of walking side by side towards a greater understanding of ourselves and the universe. The excitement for the future combined with the anticipation of what lies

Could Our Clothing Be Toxic?

We've all heard the old truism, *You Are What You Eat*, but how many of us have considered that external fabrics that come in contact with our skin for extended periods such as clothing and bedding may be stressing our immune systems just like food does?

The average piece of clothing may not only be made from potential allergens like latex, Lycra or spandex, but may also be contaminated with a variety of disease causing chemicals used during the manufacturing process and then coated with toxic

(President's message, continued from page 2)

ahead, those are the things that fuel my spiritual journey and keep me motivated to continue exploring, learning, and evolving.

The diversity of perspectives, beliefs, and experiences within our community enriches our collective journey and reminds us of the interconnectedness of all beings on this wondrous planet we call Earth.

As we navigate the complexities of life and delve deeper into the realms of spirituality, we find solace and strength in the shared experiences of those around us. It is through this unity, support, and collective growth, that we find the courage to step into the unknown, embrace the mysteries of the universe, and continue on our path of spiritual awakening.

While I may not have reached the fifth dimension just yet, I remain grateful for the companionship and support of my loved ones and fellow seekers on this spiritual journey. Together, we are creating a tapestry of diverse experiences, beliefs, and perspectives that come together to form a beautiful mosaic of shared growth, understanding, and love. And it is in this shared journey, that we find the true beauty and magic of life unfolding before all of us.

May your path be enlightened with Love, Joy and Prosperity~~

Doug

fire retardants before they appear on a retailer's shelves. And that isn't even taking into account how harmful to the environment textile manufacturing can be.

For example, did you know that microfiber cloth (think fleece for example) releases tiny pieces of microfiber plastic every time it's washed causing serious environmental concerns?

Most of us know that it's important to launder new clothes and bedding before using (IMO, not just once but several times), but even that may not render clothing totally safe.

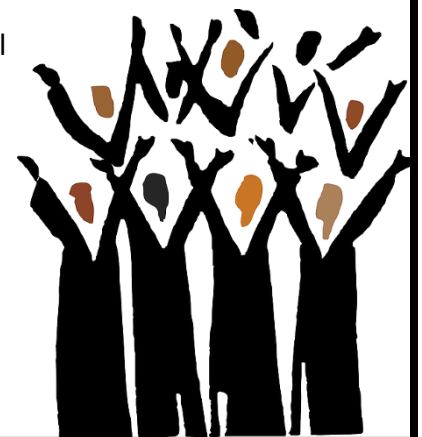
Common chemicals found in our clothing include glyphosate, chlorine bleach, formaldehyde, VOCs, PFCs, brominated flame retardants, ammonia, and heavy metals.

And then there's the toxins released in our wastewater. Even how we wash things makes a difference. Take microfiber, for example. Top load washers shed 5 times more microfibers than those washed in front-loaders. In a comparison of acrylic, polyester and polyester blends, acrylics shed microfibers up to four times faster than polyester cotton blends.

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Our Vision

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.





Project completed— Heart-felt thanks to Ron Packer (Sue’s neighbor) who obtained and hauled the gravel to fill our planter. And an enthusiastic thank you to all the volunteers who turned out to help offload the gravel and shovel it into place.



Annual Meeting

Our annual meeting and Board election will be Aug. 18th in place of our regular service. Running for a 2-year term are **Sue Ditch, Penney Parker and Robyn Annon**. They will be joining Doug VanOrsdall, Claudia Arnold and Frank Smith, who have one more year to serve..

SLC Member Offering Energy Work

Jeannine Johnson, RM, CHT, who is a Reiki Master and teacher, offers ultimate deep relaxation, stress reduction and balance of mind, body and spirit through Reiki. Her office is above Mountain Valley Health Food in Franklin.

Contact her at (828) 421-9567.



(If you are a member of the Spiritual Light Center and would like to have your services listed in the newsletter, please contact us at slcfranklin@frontier.com)



CLEANING THE GUTTERS—Robyn Annon cheerfully scaled the heights to clean out the roadside gutters on Friday for our two buildings, assisted by Larry Turlington and Sheree Poling. We so appreciate our SLC volunteers who make the magic happen.

THURSDAYS AT 3:00

Join us in the Fellowship hall for thought provoking videos and conversation, followed by supper and more fellowship at a local eatery. Everyone is welcome, members and nonmembers alike.



Sleep, Creep, Leap: How Perennial Plants Grow

by Master Gardiner Sue Ditch

Perennial plants take several seasons to mature before they reach their full size. They return year after year from the same established root system, as long as they are planted in the right location and growing conditions.

Sleep Creep Leap is a phrase that's used among gardeners to simplify the typical phases a perennial plant will go through to reach its full mature size.

Year 1: Sleep refers to the first year in the garden where a perennial plant will focus energy on its root system. Typically you'll see foliage, but no blooms, the plant is pulling energy into a healthy, robust root system that will survive winter dormancy. Healthy roots anchor the plant, help it draw in water and nutrients, and build a healthy foundation for a long life in your garden.

Year 2: Creep is the second year in the garden. Returning from winter dormancy, the plant will wake up in spring and continue to grow. In the second year you can expect blooms, though the plant hasn't quite reached its full size or full flowering potential. In year two, the root system will continue to grow larger and deeper.

Year 3: Leap refers to the third year in the garden when the plant will take off and reach its full size. Flowers and foliage will be at their best, and you will see the full potential of your plant. Yes, you need patience—but as gardeners, we know that there is always something to look forward to.

“And each flower and herb on Earth's dark breast rose from the dreams of its wintry rest .“

Percy Bysshe Shelley



(Toxic, continued from page 3)

Just as everything in the universe vibrates at its own frequency, so do the fabrics we put on our bodies. These frequencies can significantly influence our energy levels, mental clarity, and overall well-being.

Linen and silk are renowned for their high vibrational frequencies, often measured around 5,000 Hz. Wearing them is believed to enhance clarity of mind, reduce stress, and boost overall energy. However, do not wear them together as they are thought to vibrate in opposite directions and cancel each other out.

Organic cotton has a frequency of about 3,500 Hz. The absence of harmful chemicals and the sustainable farming practices contribute to its high vibrational state. This fabric is gentle on the skin and supports a balanced, calm energy, promoting comfort and well-being.

Conventional cotton, though natural, has a lower frequency of around 2,500 Hz due to the pesticides and chemicals used in its cultivation. While still beneficial, its vibrational energy is not as pure or high as organic cotton, potentially leading to less optimal health benefits.

Polyester, nylon and spandex have much lower frequencies, often measured below 100 Hz. Wearing them can contribute to a lower vibrational state, potentially leading to feelings of discomfort, disconnection, and lower energy. Acrylic typically measures around 150 Hz. Wearing acrylic can contribute to static energy build-up and discomfort, making it less ideal for maintaining a balanced energy state.

Book Club Meets Wednesdays at 6 pm

A Course in Miracles Made Easy by Alan Cohen (*Mastering the Journey from Love to Fear*) is our summer Book Club read. It is being facilitated by the Rev. Penney Parker, who has studied ACIM for 20 years. It is never too late to join in.

Not a reader? Chapter by chapter videos are available on YouTube. Search for *Alan Cohen, ACIM Made Easy*.

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The human body itself vibrates at different frequencies depending on its state of health. A healthy body typically vibrates between 62-72 Hz. An ill body, however, vibrates at a much lower frequency, around 58 Hz. (Studies have shown the frequency of a dead body drops to about 25 Hz.) Choosing the right fabric is not just about style or comfort. It's about aligning with the frequencies that support our overall health and well-being. By understanding and considering these vibrational properties, we can make more informed, health-conscious choices in our clothing, ultimately leading to a more balanced and energized life.

Gentle Yoga Class Starts August 8th

Vickie Rundquist, who has taught Yoga for more than 20 years, will be leading a one-hour Yoga class suitable for all ages and all levels of fitness on Thursday mornings, beginning August 8th at 11 AM in the Fellowship Hall. Every area of the body will be stretched, and all muscle groups worked, from head to toe.

Bring a mat if you have one or blanket to put on the floor, a stretch band or one man's necktie, and water to rehydrate.

If you have been intimidated by Yoga in the past, don't be. The class will feature gentle moves and stretches, breathing, and meditation. There is no set fee for the class, but an optional love offering will help offset facility costs. For questions or more information, contact Vickie at vrundquist@yahoo.com.

Yoga lowers the risk of injury from other activities, makes activities of daily living easier, reduces stress, improves overall fitness, improves sleep, leads to higher self esteem and overall better health.

Volunteer Opportunities at SLC

Are you comfortable with computers? Consider helping with music and recording the service on an occasional Sunday. Other volunteer opportunities include decorating and setting up for covered dish events, sending out meeting notices, helping with scheduling speakers, being a greeter on Sundays, or helping with minor maintenance tasks.



Newsletter Submissions Wanted

This is your newsletter. Help us to improve, be current, and shape it into something you look forward to receiving every month. We are looking for member generated articles, poems, quotes, photos, recipes, tips, event announcements and anything else that you feel might be of general interest.

Looking forward to hearing from you at slcfranklin@frontier.com

Our Mission Statement

We are developing our highest selves by continuous sharing of spiritual ideas in an environment of unconditional love and respect for others.

FINANCIAL REPORT

Balance on 5/31/24.....\$ 4411.62
Income.....4711.77
Expense.....1003.84
Balance on 6/30/24.....\$ 8119.55



The **Spiritual Light Center** is located at 80 Heritage Hollow Drive in Franklin (28734) right behind the Gazebo Restaurant in Heritage Hollow. 828-369-3065

slcfranklin@frontier.com www.spirituellightcenter.com

If you would like to contribute to SLC, we have a PayPal account, <https://tinyurl.com/SLC-donate>. This link takes you to a page where you can easily donate one time or make a recurring donation.