

The Heart – a monthly newsletter for Heart of Many Ways

October 2021

“The Divine in us is what we can rely on”

Pir Vilayat Inayat Khan

Dear Friends and Participants,

As we approach the darkest time of the year, with the pandemic still ongoing and all the varying challenges we each confront, it is helpful to cultivate inner light. An experience with light can be triggered by our imagination. Many times my Sufi teacher used to lead into a meditation by saying “Imagine you’re a being of light from outer space and you’ve donned a body in order to explore life on this planet, and forgotten who you are - now you remember!” However, just imagining isn’t enough - - we discover there are veils obstructing this experience when we have to let go of negative impressions, clear our emotions of guilt or resentment...disengage from any falsehood..

Fortunately there is support in the form of inspiration, from Nature, from music, from our spiritual path /community, our loving friends. And our light will increase as we forget about our personal woes and extend our sympathy to others...

Love and Blessings, Melissa Clare

Treasurer's Report

We welcome our new treasurer, Lynne Roberts who will be joining us this month. We extend our gratitude to Rebekah Clark for her selfless service over the past several years.

- monthly basics;-

August Inflow: \$1429

Outflow: \$966

Bank Balance: Checking \$6133

Savings \$4251,

Bank Loan Balance: -\$4180



October schedule of events

The following programs are continuing this month:-



Sat. Oct 2nd 1.00pm – Metaphysical Study Group –details next page

Mondays Metaphysical society:-

October 4: Stephen Foster -- Metaphysical Interpretation of the Bible

October 11: Rebekah Clark -- Divine Singing and Sound Meditation

October 18: Glenda Moore -- Nature Spirits

October 25: Open Discussion

All sessions 7 to 9 pm in the downstairs meeting room.

Lunchtime Music in the Sanctuary Noon to 1.00pm

Tuesday October 5th:- Organ Music - Marsha Havens

Wednesday 13th:-Piano & violin- Rebecca Becker/ Laurel Owens

Wednesday 20th Meditative Sound Journey(harmonic singing, flute, Tibetan singing bowls)- Bradford Smith

Tuesday, 26th Gong Sounds – Richard Roberts

Services in the Sanctuary

Sunday 3rd 9.00am Our Lady of the Springs – Mass

Sunday 10th 3.00pm Universal Peace Service

Sunday 17th 11.00am I AM presence Interfaith Service

Sunday 24th 3.00pm Universal Peace Service





From our Affiliates & Study Groups

Metaphysics Study Group

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The Metaphysics Study Group will meet on Saturday, 02 October 2021, starting at 1pm in the downstairs Meeting Room.
The topic for discussion is: "Jane Robert's 'Seth' Non-Physical Personality - Worthy of a Metaphysical Inquiry?"
Bring face masks and note taking materials.
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Satsang

Thank you all so much for your continued interest in the Tuesday Satsang! It seems that it will be most effective when we're once again able to meet in person. The Tuesday Satsang will be postponed until we are once again joining as a community in the basement at the Heart of Many Ways. Looking forward to continuing our discussion on the 8-limbs of Yoga and more!

Wishing you all much happiness and health. If you would like to join us for the Tuesday Satsang when we meet in person, please email Seth Barker at barker.seth@gmail.com to be added to the list. Looking forward to meeting in person soon! Namaste

Sikh

Sat Nam

We are remaining healthy and happy, and safe during our travels. Planning on returning around October 1st.

The progress and completion of the Sikh/Kundalini Yoga alter will be completed by mid October.

"You have to understand the purpose in life, to do something which will last forever." Yogi Bhajan.

According to Yogi Bhajan's spiritual guide Guru Ram Das,
"One could fulfill one's life not merely with quiet meditation but in actively participating in the joy and sorrow of others." Guru Ram Das.

RICHARD ROBERTS

Our Lady of the Springs will gather for worship at Heart of Many Ways and Celebrate Holy Mass on Sunday morning at 9am October 3rd .

Everyone is welcomed!

(For more info - <http://www.freecatholicchurch.org/>)

I AM Presence

Transforming Ourselves and Planet Earth...

An I AM Interfaith Service: HMW Sanctuary

3rd Sunday, Oct. 17,'21 11 A.M. to 12:30 P.M.

CELEBRATE: Come join us in the Heart of Many Ways Sanctuary to **CELEBRATE** the joy of the Divine Presence within each of us, through the **JOY** of **SONGS!**



SHARE: Our focus will be on the Divine Light of Change, Transformation and true inner Freedom. This light is housed in the Seat of the Soul center of sexuality, procreation and creation. In the I Am teachings, this spiritual light has the power to **CREATE** on **ALL PLANES**. In the Eastern teachings, this center is the sacral chakra (Svadhithana) which holds this creative fire, and its precious power.

In the midst of Autumn, in **HONOR** of the Divine Goddess, we will **CONNECT** with the spiritual qualities of letting go, healthy detachment, stillness and rest.

INVOKE: Be **PRIESTS AND PRIESTESSES**, at the altar of **ALL HUMANITY**, and come do the alchemical work for our times. Help us **INVOKE**, by the power of Masters, like Krishna, Christ, Mary Magdalene, Zarathustra, Quan Yin & Guru Nanak, an increase of light for the inner liberation of all and for the many changes needed on our dear Mother Earth.

LISTEN: Readings will be done from the European Indigenous Path of Wicca, the Sikh Scriptures, along with a prayer from the Dakota Indian Foundation. In the Sanctuary: Amrit Knaus, Ordained Minister

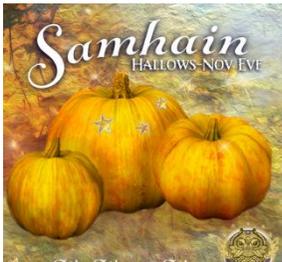
Sufi Winged Heart Group:- Our Universal Peace Service includes lighting candles representing many faiths and reading from their scriptures. Oct 24th we'll anticipate All Saints and All Souls - participants will be invited to light candles for loved ones who have passed - all are welcome. 3.00-4.00pm

Wiccan group -

The Veil between life and death is thin. We hear the call of our ancestors. The night air is chilly and dark. To dance around the fire and hear the Heartbeat drum is my ecstasy. Samhain is my most Sacred time of the year. A time to remember those who have gone before. A time to honor and thank the ones I love for being in my life. The time when I imagine the ones from long ago. I think of the distant generations and realize how I am touched by the ancient ones. The blood of my ancestors runs warm in my veins. I remember them, laugh with them, and cry with them as my heart is over filled with their presence.

To the ancient Celts, Samhain marked the most important of the four Celtic fire festivals. Located halfway between an equinox and a solstice, it is one of the four cross quarter festivals. Samhain marks the completion of the harvest and called to put energy into the coming winter. This was the time of the meat harvest when the animals were herded down from the pastures. Those not fattened enough to survive the winter were ceremoniously slaughtered. Animals were blessed before they were killed. Honoring the death of an animal was necessary as its life force nurtured the life of the clan.

In faerie lore, it was believed that the dead walk and the faeries cavort, causing magick and mayhem. Samhain was the night of the "Wild Hunt," a notorious and rambunctious ride on horses by scores of faeries racing out from the hollow hills to wreak havoc in the towns. Meandering mortals avoided traversing near the "sidhe", or faerie mounds, out of fear of abduction. Charms were worn for protection and Samhain became a night of divination. Benevolent spirits were beckoned and tempted with cakes. Malevolent spirits were banished. The origin of the jack o'lantern is rooted in the belief of wandering spirits and ghosts. The lantern's glow was meant as a beacon for spirits of the dearly departed, while the terrible faces carved into the pumpkins were meant to frighten away any spirit with ill intentions. Nowadays we celebrate with Halloween.



We will not meet in person this Samhain. An altar will be set at Heart of Many Ways to remember those who have gone before. Feel free to place photos of your loved ones on the altar. Send up prayers and blessings to those who have crossed the veil. Remember them with love and joy in your heart. If you would like me to place a photo for you, contact me at wander.woman@yahoo.com. I will be solitarily praying and giving altar devotionals in October leading up to Samhain. Let us also honor and remember those who have succumbed to Covid-19.

"For what is it to die but to stand naked in the wind and to melt into the sun? And what is it to cease breathing, but to free the breath from its restless tides, that it may rise and expand and seek God unencumbered? Only when you drink from the

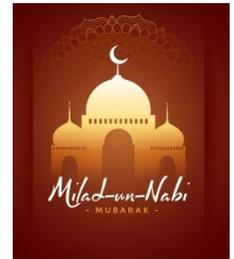
river of silence shall you indeed sing. And when you have reached the mountain top, then you shall begin to climb. And when the Earth shall claim your limbs, then shall you truly dance." by Kahlil Gibran

Sources include Judy Ann Nock, Llewellyn's Sabbat Essential, Ashleen O'Gaea, and myself - Melissa Sunshine.

Blessed Be.

Feasts and Fasts around the world!

Oct 8th Islamic: Milad -un-Nabi is the traditional commemoration of the birth of Muhammad beginning at sundown



Oct.7th to 15th - Hindu: Navratri - An important Hindu festival that honors the Goddess Durga who signifies the victory of good over evil. Navratri, in Hinduism, major festival held in honor of the divine feminine. Navratri occurs over 9 days and on the tenth and final day, 10/15 Dussehra celebrates the day Lord Rama defeated Ravana in the battle and killed him. While the celebrations vary with each different region in India, the deep

significance of the festival is constant. It is a reminder to do away with evil and live in harmony. This festival is considered a victory of good over evil.



Oct 18th Birth of the Bab - Bahá'í observance of the anniversary of the birth in 1819 of Siyyid, "the Báb," the prophet-herald of the Bahá'í Faith, in Shíráz, Persia.



Oct 19th Observance of the anniversary of the birth in 1817 of Bahá'u'lláh, prophet-founder of the Bahá'í Faith, in Núr, Persia.



October 20 - Birth of the Guru Granth Sahib

The Guru Granth Sahib is the holy text of the Sikh religion. These collections of hymns and writings come from six Sikh gurus, and the text is considered the final and everlasting guru that follows the lineage of the 10 principal Sikhs. On October 20, 1708, it was officially confirmed as the "Guru of the Sikhs," meaning that the book itself is a guru. On the anniversary of this declaration, observers celebrate by reading this book continuously from beginning to end for 48 hours before the morning of the holiday.



Oct 31st - All hallows eve - Christian - All Hallows' Eve falls on 31st October each year, and is the day before All Hallows Day, also known as All Saints Day in the Christian calendar. The Church traditionally held a vigil on All Hallows' Eve when worshippers would prepare themselves with prayers and fasting prior to the feast day itself. The name derives from the Old English 'hallowed' meaning holy or sanctified.

It is widely believed that many Hallowe'en traditions have evolved from the ancient Celtic festival Samhain which was Christianised by the early Church.



Divine love is the effulgence behind all creation behind all phenomena and the light in the heart of those you love, whose light you enhance by your love.”

“There are beings who do not exist on the physical plane but have their being on other planes. We have our being on all planes”

“The archangel of your being is your own soul”

“The more conscious we are of radiating light, the more light we radiate

“Be kind to your soul - your soul's need is exultation...” “We come to identify with our planetary, solar, galactic and even angelic inheritance as the boundaries of consciousness dissolve.” PVIK



A QUIZ

The following quotes on the subject of the denizens of the unseen realms come from many of the different religious traditions of the world . Can you place which tradition they each belong to? (Hindu, Buddhist, Zoroastrian, Native American, Jewish, Christian, Islamic)

(answers for last month's quiz:- 1-Christian 2 Native American 3Buddhist 4 Jewish, 5 Hindu, 6 Islamic, 7 Zoroastrian)

1) ... He had a dream; a stairway was set on the ground and its top reached to the sky and angels of God were going up and down on it.

2) But verily over you are appointed angels to protect you – Kind and honorable – writing down your deeds They know and understand all that you do.

3) ...the soul leaving the body and unwisdom behind, goes into a form newer and fairer: a form like that of the ancestors in heaven, or of the celestial beings, or of the gods of light, or of the Lord of Creation, or of Brahma the Creator supreme, or a form of other beings...

4) The Brahma angels took the child and placing him before the mother said “ Rejoice, Oh Queen, a mighty son has been born to you.”
.....All the worlds were flooded with light

5) And the whole multitude of the people were praying outside at the time of incense. And there appeared unto him an angel of the Lord standing on the right side of the altar of incense.

6) Do Thou proclaim the vigor and strength, the glory the help and the joy that are the Fravashis. Do thou reveal how they come to help Me How they bring assistance to Me

7) I looked up at the clouds and two men were coming there, headfirst like arrows slanting down: and as they came they sang a sacred song and the thunder was like drumming.



“There should be a balance between material and spiritual progress, a balance achieved through the principles based on love and compassion.” Dalai Lama



GroupsContact Information



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Sufi Winged Heart Group - melissaclare01@gmail.com

Wiccan group - Melissa Sunshine wander.woman@yahoo.com



Our Lady of the Springs - Brian Brown corvitreus@gmail.com

Towards Self Realization Halfmoonrising99@hotmail.com



Kirtan - Bradford Smith see FB page below

Self Empowerment group - barker.seth@gmail.com



I Am Presence group - Amrit 479-253-3165



QR Code for the Eureka Springs Kirtan FB page.

