



An Interfaith Circle of Love...

A Community of Expanding Consciousness....

San Luis Obispo, California

Autumn 2008

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Inside there is so much bliss. You constantly try to find happiness in the pleasures of the world, but truly the bliss you are looking for is inside...[through meditation,] the bliss reveals itself more and more.

-Baba Muktananda

A few thoughts from your Spiritual Leader...Abundant Blessings

Autumn is rich with brilliant color and reflects the beauty and abundance of our spirit. Abundance comes not from without, but from within. Its presence is sparked from the recognition that we are already rich—*rich in spirit*.

Genuine abundance emanates from the love inside of us, from that infinite well-spring where our Source resides.

Diane Berke, author of *The Gentle Smile: Practicing Oneness in Everyday Life*, states, "Giving and receiving are complementary aspects of a single movement, a single process, like breathing in and breathing out."

Buddhists believe that being compassionately generous to all people is the basis for living a genuine and fulfilling spiritual life.

Here are some practical ways to experience abun-

dant blessings in your life:

1. **Increase your willingness to give.** A *Course in Miracles* teaches us, "Give a little more than you think you can, a little more than you feel comfortable with."

2. **Keep your intentions pure.** Remember that you are always the giver and receiver. Most people unconsciously give to get something in return. Be willing to give to others in a way that you would want to be given to.

3. **Practice receiving with graciousness.** So many times, we discount compliments or refuse to receive what another wants to give. Low self-worth convinces us we don't deserve the gift, or distrust tells us that if we receive something, we'll be obligated. It's important to remember

that you cannot truly give if you're unwilling to receive, for they compliment each other like a hand and glove.

4. **Give in those situations where you feel the most lack.** In what area of your life do you feel the most scarcity? For some it's money, recognition or approval, for others it's time, and still for others it is love, or affection. Determine where you feel the greatest lack. These areas are your greatest opportunities for practicing abundance because the place you most need to give is the area in which you are feeling the most lack.

Abundance is your birthright. May you experience the richness of your own spirit and the joy that comes from extending it to everyone you encounter.

Namaste

Laura



Upcoming Class

Keys to the Kingdom (Created by David Owen Ritz)



Facilitated by Laura V. Grace

***An advanced program for building
prosperity consciousness***

Wednesdays: Sept. 17, 24, & Oct. 1, 8, 15, 22, 29

6:30-8PM, \$75.00

Week One: *Make the Commitment*

Week Two: *Hold the Vision*

Week Three: *Build a New Awareness*

Week Four: *Make Room for the New*

Week Five: *Let Go of the Past*

Week Six: *Count the Blessings*

Week Seven: *Live in the Flow*

Circle of Spiritual Enlightenment, Room J-4

Pre-registration required

On-line registration available: www.spiritualcircle.org

(click on the “calendar” tab)

“What is the best religion?” queried a truth seeker.

“Self-realization,” Yogananda replied.

“Self-realization is, in fact, the only religion. For it is the true purpose of religion, no matter how people define their beliefs.”

One Truth,



Many Paths

Your deep desire for a truly abundant life is not just a desire to have more. It's a desire to be more—more free, more creative, more whole, more loving, more conscious of your own true spiritual nature. What you feel is really the desire of Spirit to express Itself in a greater way through you and into the world. —David Owen Ritz

Larisa Stow and Shakti Tribe!



Concert: Saturday, September 27,

7PM, Tickets \$15 in advance, \$20 at the door

As winner of **Los Angeles Music Awards' Singer/Songwriter of the Year**, Larisa Stow is known for her thought-provoking, soul-searching lyrics and haunting melodies. Most recently, her passion to integrate the sounds of popular music, world-based rhythms and melodies with the ancient form of Kirtan, devotional call and response music, has driven her to collaborate with Grammy award-winning producer and songwriter, Rick Hahn (Celine Dion).

"This is music that touches the heart. Larisa will move your emotions- not with a shove- but with a caress." —Bernard Bauer of Music Connection

Creating Peace through Music

"Rivers to the Sea" Weekend Retreat

With Michael Stillwater, Intuitive Musician & Doris Stillwater,
Contemplative Psychologist, Co-led by Laura V. Grace

Rivers to the Sea provides a sanctuary for unfolding one's essence, cultivating a life of truth, and trusting in the 'Ocean of Being.' Set in a site of natural beauty, the program includes self-inquiry, breath work, meditation, singing & chanting,, and other creative exercises.

November 7-9, Cambria Ocean Pines, \$350 w/lodging, \$300 w/out lodging

Price includes meals

www.spiritualcircle.org



**One Truth
Many Paths**

Contact Information

Sunday Gatherings: Unified
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Services: 10AM

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Some questions & answers regarding the Circle...

Q: What are the teachings of the Circle of Spiritual Enlightenment?

A: We are an interfaith community dedicated to celebrating diversity and honoring the spirit that connects all things. We respect the truth in the world's religions and the path of each individual. The Circle affirms that the Spirit of Love is the Source of life, and that we are meant to co-create as loving participants in the world in which we live. We subscribe to the ancient wisdom of the world's sages in ways that supports contemporary living. The Circle's teachings demonstrate the way for individuals to heal and awaken through the power of prayer, meditation, and self-less service. The Circle's teachings point the way to how an individual may cultivate their own unique relationship with what some call God, Allah, Creator, or for what others call the Nameless. We identify with Interfaith teachings because we embrace and respect the Truth in all faiths equally.

Q: Is the Circle of Spiritual Enlightenment a church?

A: No. "Church" is commonly associated with specific denominations and their houses of worship. We are best described as an Interfaith "circle" for it best defines the infinite and all inclusive community in which we exist. The Circle does not advocate "membership," and thus, there are no members. Our intention is to keep the focus on spiritual nourishment based on teachings of Truth and Love.

A Heartfelt

THANK YOU



to all of those special souls who make our services happen!

Our love and appreciation flows to:

Bejoy, Deborah, Connie, Ethel, Joanne, Jodee, Judy,
Korby, Larry, Mary Lou, Pat, Patrick, Peter, Susan, Vince