



The Universal Flame

Free monthly publication

Issue 042011

April

New Events

Hypnotism for Childbirth

Sundays

5, 6 or 7:00 p.m.

Dream Exploration

Monday, April 4, 18

7 p.m.

Yoga—Foundations Gentle Yoga

Wednesdays

9 and 10 a.m.

Free Vitamin

Testing

Tuesday, April 26

7:00 p.m.

Lady Ashtar

Saturday, April 16

7:00 p.m.

What's Up



Philosophical Library's Annual Open House

Saturday, April 30th!

Noon-6 p.m.

Now in our 48th year, we will once again host our free annual Open House. This is also a celebration of the first Open House in our new "home". Speakers, arts and crafts, snacks, book sale and silent auction. Readers will be available and door prizes will go to lucky winners. Free space for arts and crafts; call Dan at 858-692-5552 to register.

Speaker's Schedule

(See our Website for more details)

1:00 p.m.	Jim Buchanan	"Alexander Speaks—2012 and Mass Conscious Manifestations"
2:00 p.m.	Jen Leong	"Feng Shui for Prosperity and Health"
3:00 p.m.	Dr. Rich Davidson	"How to Rise Ascension Waves Into the 7th Golden Wave"
4:00 p.m.	Anders Nelson	"Introduction to the Sedona Method"
5:00 p.m.	Dr. Wanda Binats	"Keeping It Together Mentally, Emotionally and Financially During the Shift"

The Philosophical Library was started as a place to find your own truth. We now have a 10,000 book library as well as classes and lectures. Come to the Open House and get a "Taste of the Library." You are sure to enjoy the afternoon, meet new people and perhaps find a place where you can continue the search for YOUR own truth.

Other Than This.....

Nature has been the subject a few times among the articles of "Other Than This". Nature may seem like just a small bit of some days, but it is more. Nature is so present all the time, you may have stopped seeing it. It can't *not* be present. Every breath you take is a testament to a Living Universe. Every day is such a phenomenon to appreciate, to explore, to revel in. Smell the morning air, bask in the sun setting; listen--in the dark. Experience in Silence.

Environment is often in the news these days. I am not qualified to speak with any knowledge to the issues raised daily about our environment. But I can say this with Knowledge, without hesitation: The Earth is our domain, but not to abuse, or use—just to *utilize*. If each of us accepts responsibility for what we can impact, and act on, then what we have done is tremendous. This isn't a struggle. So many people have too many struggles to deal with every day already. We'll not do everything right all the time, but we can keep trying to improve.

How is the resource of Nature to be used? Look at it like a bank account. Spent freely, it will be lost quickly, never to be recovered. Spent slowly it will last longer, but still be lost. Spend some, but only as needed, and let the interest accumulate when possible and it will last forever. It must last forever. There is no other option. In accepting personal responsibility for what you can affect, you will make the difference. Not just 'a' difference, but THE difference. Though always remember – the Earth will go on. Humans may not. If you can recycle, please do. Reduce in any way possible. If you are looking for a new car, consider one of the current hybrid models. Reuse—try thrift shops for both donating and buying clothing. Handle trash with care. People still throw trash out their car windows. Please dispose of it appropriately. When you purchase anything, you also purchase responsibility to dispose of it appropriately. So, consider your purchases carefully. Something to consider: Just because you can doesn't mean you should.

So many believe that, like our bodies, Nature is 'my' very own, and will just continue to go on seemingly able to take whatever it is given. But like our bodies, which are a truly Blessed vehicle that enable us to engage in this life, so too is Nature. Both strong and resilient—yet there is a certain fragility. Nature is not ours to own; it's something we just borrow on a daily basis. Like our bodies, Nature is an incredible gift not just every day, but every moment. The Earth, the Universe, all of this shall end one day. Only the Absolute is without beginning or end. This day, this weather, this moment, this body will end too. Enjoy it! Enjoy this special, unique, and very temporary day.

Blessings ~ ron

Ron: ron@leejen.com

Volunteer Ron



About six years ago, someone was driving down Valley Parkway and noticed the sign "Philosophical Library." It piqued his interest, so he turned his car around and came in to check us out. Lucky for us, he has been hanging around ever since! He has served as a Board member, a meditation leader, merchandise buyer, handyman par excellence, Executive Director, a writer for our newsletter "Flame" and a silent teacher who shows us the way to be present in each moment. You might say he is a "renaissance man".

He and his wife Erika live in Valley Center on a beautiful and much-loved acreage. Much of their time has been devoted to this land; together, they have created a lovely spot for peace, beauty and nature to abound. Although Ron is experiencing some health challenges, he continues to write interesting and contemplative articles for the Other Than This column in the Flame that have the capability of taking the reader very deep. The Library is blessed by his participation and presence. We are very grateful that he stepped into the Library when he did! If you'd like to send him a note of well-wishes, you can email him at ron@leejen.com or mail a card to 27691 Sunset Vista Lane, Valley Center, CA 92082.



Why We Need Volunteers

Volunteers are the heart and soul of The Philosophical Library. Do you have office, library, or retail skills, or no skills at all? If you have a weekday afternoon or just an hour or two, drop by or give us a call. On occasion we do have events or activities on the weekend that we need help with. We are very flexible and will work with your skills. Volunteers are critical to the success of the Library. The Philosophical Library has been serving Southern California and the community of Escondido for over 48 years. That's where volunteers come in. Come and join us in a wonderful opportunity to make a real difference in people's lives.

Needed Now: Someone for Saturday afternoons to work in the Gift Store!!!!



Monday Events

Dream Interpretation

Monday, April 4 and 18, 7:00 p.m.

Explore your dreams! Develop a relationship with your own “dream-maker” to help understand yourself. A variety of techniques will offer the opportunity to become more aware of your beliefs and inner conflicts. Info: Genny Carr: (760) 743-3849. Library Donation

Tuesday Events



Tone for Peace

Tuesday, April 19, 7:00 p.m.

There IS something we can do to cultivate peace on the planet. We believe the spirit of peace exists within each and every one of us. Toning is singing without words, a behavior commonly observed in babies and small children. This non-verbal form of expression allows people from all walks of life to unite with a common intention. The gathering, led by Chanara Casey Richmond, is structured around a 40-minute meditation CD that systematically guides us to experience peace in our bodies, feelings, thoughts, families, community, nation, world and universe.

Chanara is the Founder of TONE FOR PEACE, Inc. and was a member of the Dominican Univ. music faculty for 20 years. She has had an extensive classical performing career, and is a composer, producer, and recording artist. The focus of her life’s work has been dedicated to exploring the healing potential of the human voice and how it affects physical, emotional, mental and spiritual well being. Info: toneforpeace@gmail.com; (760) 230-4616. Library Donation.

Free Vitamin Testing

Tuesday, April 26, 7:00 p.m.

Do you have a lot of vitamins but do not know which ones you really need? Bring them with you and get tested free by Dr. Maher of Crossroads Holistic Health (in Valley Center). Using an advanced muscle testing method called NRT, he will determine which ones you really need and which you don’t. For more information: www.newnaturalmedicine.com. Library Donation.

Wednesday Events

Yoga Classes with Chris Cravens, HHP

Yoga Foundations

Wednesdays, 9-10:00 a.m. (except 4/27)

In this hatha-based class, foundational alignment details will be applied to allow more ease-full expansion in your practice. Optional expansive variations of poses will be offered with light-hearted playfulness, making this class appropriate for beginners as well as those looking to expand their existing practice.

Gentle Yoga

Wednesdays, 10-11:00 a.m. (except 4/27)

Are you intimidated to start taking a yoga class? In this hatha-based class, we will be outlining yoga basics, helping to take the fear out of starting a new practice. Alignment details and special needs will be addressed through use of props or gentle variations. Perfect for beginners, seniors, or those working through the limits of injuries.



Yoga mats are limited; please bring your own if you can. Purchase available, but please let Chris know ahead of time. \$10 single session; \$36/4; \$64/8; \$112/16. Info: DangGoodYoga@gmail.com or (760) 755-7800

Alexander Speaks

Wednesday, April 20, 7:00 p.m.

Alexander is now presenting the experience of discovering your energies and abilities from observable past overlays. Bring your unique talents and abilities and share in the process. Past lives and psychic messages as time permits.

Interactive discussions and insights include:

- The Future
- Alternative Prophecy for 2012
- Conflict Resolution
- Individual and Mass Conscious Manifestations
- Elimination of the Need for Control
- The Art of Forgiving
- Spiritual Development, Evolvment and Expansion
- Traits of An Evolving Being and more

Suggested \$10 loving support to your library. For more information, contact Jim Buchanan (858) 486-8390. Alexander DVD’s now available.

Thursday Events

Hall of Records and Doors

Thursday, April 7, 6-7:00 p.m.

Refreshments and a chance to mingle 7-7:30 p.m.

An exciting and informative lecture from Dr. Joseph Costa on accessing your own Hall of Records and Doors. In eastern philosophies we hear the term "Akashic Records" which describes a level reached by psychics and masters who access it for information about past and future events. It is sometimes called "the great hall of records" or "the book of life." They are describing what I call mass thought which is the storage place and source of all our thoughts. Info: Lisa (619) 516-3999. Library Donation

Sedona Method

Thursday, April 14; 6:30 p.m. Intro to Method

7:00 p.m. Support Group

The Sedona Method® is a set of simple but powerful techniques that help you to discover greater emotional freedom. Come uncover your natural ability to LET GO of unwanted feelings in the very moment they occur. The Method is designed to help you find more peace and effectiveness in all areas of life. The result is increased clarity in your decision-making, relationships, goal-setting, etc. You can even learn to experience more deeply the ultimate truth of who you really are. Library donation. More info: Anders Nelson, (858) 386-3981; anders@welcomingfreedom.com. Library donation.



Maitreya, UFO'S and their Spiritual Mission

Thursday, April 14, 6:30 p.m.

Maitreya has begun his open mission, together with his group of Masters and with the help of the Space Brothers. They come to guide us to complete the transformation of our planet. Come hear an introductory talk about their mission and what we can do to help. We will touch upon a different topic each month. Library Donation. Adrian 760-822-6294.

Friendship and Fun through Media

Thursday, April 21, 4-5:30 p.m.

This month we will continue with the subject of forgiveness. Much has been written and said about the power of forgiveness. We will look for writings, references, examples of forgiveness and bring these to the meeting for a

lively discussion. Deep friendships can develop by sharing books, DVDs and presentations we have seen that have changed our lives. Each month on the third Thursday, we will join to share what we learn! Library Donation. Info: Jan: janieb@cox.net or (760) 579-2466.

Enneagrams

Thursday, April 28, 7:00 p.m.

Nine human personality types are on the nine-pointed star known as the Enneagram, an ancient Sufi tool for understanding the ego and the Higher Self. Once we understand our point, our fixation, we become more aware of ego mechanistic responses and thus can free ourselves from them. We can also understand others better.

Cheri Smith, M.S., MDiv studied with Oscar Ichazo who brought the Enneagram to the US in the 1970's; she has taught enneagram workshops throughout the world for 40 years. There are books on the Enneagrams, however in the Sufi tradition, this esoteric teaching has always been passed orally. This course will be divided into three parts on three separate Thursdays; first, intro and overview, as well as the first group, the Being Group. Part II will be the Living Group and Part III, the Doing Group. Examples, characteristics, and a self-test given. Library donation. Info: peacefulangel@att.net; (760) 994-6756.

Friday Events

Discussion of Joseph Campbell's Mythos I: The Shaping of Our Mythic Tradition

Fridays, 2:00 p.m

This DVD program is divided into sections, partitioned with comments by Susan Sarandon: Psyche & Symbol, the psychological impulse for and response to myth; The Spirit Land, how myths awakened American Indians to the mystery of life; On Being Human, the emergence of myth in early hunter-gatherer societies; From Goddesses to God, the gradual shift from the Goddess to male, warlike deities; and The Mystical Life, non-biblical mythic strains that helped shape the Western spirit. Library donation. Info: (760) 745-2724.

Adyashanti Gathering

1st Friday of the month, April 1, 7 p.m.

An open group of those seeking to experience the teachings of Adyashanti and the truth that he points to. We begin by watching a DVD of one of his Satsangs. Following is a sharing of how his teachings have benefited or affected us. Info: Trudy Lynn (760) 745-2724

Saturday Events

Joel Goldsmith's "The Infinite Way" Tape Study

All Saturdays, 11:00 a.m. (except 4/30)

- Hear Joel Goldsmith's direct teachings of The Infinite Way principles, mysticism and meditation
- Learn how to practice and attain conscious union with God.
- Meditation before and after tape.

Info: Waddy Wells (760) 271-4187. Library donation.

Nothing is Incurable

Saturday, April 2 and 23, 5 p.m.

The Bruno Groening Circle of Friends hosts a free introductory lecture on help and healing on the spiritual path.

- Learn the teachings of Bruno Groening, the "Miracle Healer".
- Learn to connect to God's "Healing Stream"
- Learn to recharge your battery and bring health, finances and relationships into divine order.

Please RSVP. Donations. Info: Diane Wilson (858) 672-4376. diane_lene_wilson@hotmail.com

Lady Ashtar

Saturday, April 16, 7:00 p.m.

Terrie Symons, previously known as Terri Cunningham, will offer you an opportunity to receive a channeled teaching from the Ascended Master Ashtar in his loving voice. He will speak to a topic that will be appropriate to the group in attendance and give a message to each who sits in. Participant's questions will fill out the session. More Info: Terrie at (760) 728-8728 or e-mail her at terrie@ladyashtar.com. \$40, or Preregister before event at www.LadyAshtar.com for \$35.

Open House

Saturday, April 30, Noon-6:00 p.m.

Speaker's Program Page 1!

See our Web site for more details.

Sunday Events

Hypnotism for Labor and Childbirth

Sundays, 5, 6 or 7:00 p.m (except 4/24)

One-hour sessions...Select a time convenient for you

Be physically relaxed, perfectly comfortable and mentally alert for the birth of your baby. Hypnosis is an excellent tool that can be used with any birth plan. Don't limit yourself and your options. Be in control of your birth experience and make the best of it. Abolish preconceived notions about how painful, long, and horrifying labor can be. Make each miraculous moment precious and positive as you bring your baby into the world. Hypnosis doesn't change what's happening to you, it changes your perception of it. Five-week class; \$25/session (cash or check); Ten women per class, so sign up early to reserve your spot. Classes 4-5 includes birth partner. More info and registration:

hypnolaborandbirth.blogspot.com;

Daynaespinosa@aol.com.

EFT (Emotional Freedom Technique) Training

Sundays, 6:00 p.m (except 4/24)

Offered by Izabelle Joie Doucet, EFT practitioner who also has a background as a yoga instructor, past life therapist, pranic healer and spiritual counselor. Come and learn this powerful technique that is based on the same energy meridians as Chinese acupuncture but without the invasiveness of the needles. Seek a change in your life? Info: (760) 737-3515. \$5 Library donation.

**Please support your library
With a Donation**


Name _____ Phone _____

Address _____

City _____ State _____ Zip _____ Amount \$ _____

Thank you!!!!!!!

Send Donation to:
The Philosophical Library
P.O. Box 1001030
Escondido, CA 92030-1030





At the Philosophical Library:

Rev. Leslie Saunders—Kaballah Readings and Spirit Circles

Thursdays, 2:00 to 5:00 p.m.

Rev. Leslie Saunders, president of National City Spiritualist Church, is a medium, teacher and Kaballah reader with many years of experience. Phone for an appointment at (760) 429-3854.

Seeking to share your Light with the world?

We invite you to join the I.S.F.....

Founded in 1923, the International Spiritualist Association upholds world peace, environmentalism, and communication between different levels of life.

Please visit our Website at:

<http://www.theisf.com> OR

E-mail: isfgensec@aol.com.uk



Visit our **AMAZON** store, Ibis Books, at www.amazon.com/shops/ibis_books

See our interesting selection of used books for sale online—**spiritual—metaphysical—holistic—philosophical—alternative healing—paranormal—movement arts—some rare & out-of-print**—and, coming soon, gifts! All proceeds from your purchases from our Amazon store help keep the Library alive!

Grace Spiritualist Church
Living in Light

Reverend Grace Wynands
Pastor

Church services are on Sunday at 10:30 am

East Valley Community Center
Community Room (entrance from outside)

2245 E. Valley Parkway
Escondido, CA 92027

760 749 3625

gracespiritualistchurch@gmail.com


Newsletter Submissions/ Scheduling

In order to serve our members, giving enough prior advance notice for events, classes, etc. we **MUST** have the newsletter ready to be mailed early enough in the month. This means that items for the newsletter need to be submitted by the **10th of the preceding month**, allowing for creating, proofreading, revisions, printing, processing, etc. For booking new events, check with Genny Carr at (760) 743-3849 as to availability of dates.

Once your date and time has been established, you need to write a description of the event. This “blurb” should be kept to a reasonable length (75 words or less—see current items) and include a contact person and number and/or e-mail address for further information. Please indicate whether you will be charging a fee, or if it will be on a donation basis to the Library. Send blurbs to Jan at janieb@cox.net.

Meeting rooms are available for those looking for a facility to hold a class, workshop, speaker, etc. Contact Genny (760) 743-3849 for more info.

calendar

 The Philosophical Library
1330 E. Valley Parkway, Suite G
Escondido, CA 92027

Non-Profit
US Postage Paid
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**Open House
April 30!!**

Return Service Requested

April

 The Philosophical Library
Where spiritual seekers meet, learn and grow.

The Philosophical Library is now located at 1330 E. Valley Pkwy, Escondido, behind the IHop restaurant. We are a non-profit organization operated entirely by dedicated volunteers and have been a community asset in Escondido since 1963. With over 10,000 books, audio, video and reference materials, it is the largest privately owned lending library open to the public in Southern California. Our selections cover an extremely wide range of spiritual topics – from Astrology to Zoroasterism - and everything in between! We have classes, seminars, special events and a Gift Shop with a large selection of gems, crystals, gifts, incense and used books. Our mission at the Philosophical Library is “to provide unique resources for those seeking meaning, wisdom and self-discovery”.

P.O. Box 1001030

Escondido, CA 92030-1030

Phone: (760) 745-2724

Web Site: www.philosophicallibrary.org

E-mail: info@philosophicallibrary.org

Hours: Tues. thru Fri. 1 p.m. – 5 p.m.

Sat. 12-2 p.m.

Closed Sundays, Mondays and Holidays