



The Universal Flame

Free monthly publication

Issue 052011

May

New Events

Money, Astrology and You

Saturday, May 7, 2 p.m.

Working With the Upside and Dealing with the Downside

Mondays, May 9, 16, 23
7:00 p.m.

Life is Meant to Work

Tuesday, May 17, 7 p.m.

Beginner Yoga

Saturday, May 21
3-5:00 p.m.

PMS, Menstrual Problems and Menopause

Tuesday, May 31
6:30-8:30 p.m.

What's Up

We recently purchased a fascinating and exciting large book, "The Red Book" by Carl Jung. It is magnificently crafted in his own handwriting and intricate art work. It documents his inner journey as he was taught from within, about the psyche of the human being. It is available in the library for perusing, as a reference book; it cannot be checked out. We are grateful to the Moeller Foundation for funds to purchase this wonderful addition to our Library.

We need some help! Can you volunteer for the following tasks?

- Hauling (pickup truck needed) chairs and boxes of books that we had to put in storage as we moved.
- Working a four-hour shift in the bookstore (training provided)
- Grant writing—as a non-profit, we are eligible for many grants; we just need someone with the "know-how" to write them!

Actually, all activity of the Library is volunteer—no one gets paid with \$\$\$. However, there is a reward for volunteering here: meeting like-minded

people and making good friends, absorbing the great energy of our books, and expanding our own understanding of this vast universe. I know from first-hand experience that this is priceless!

We have two rooms that you can use to present a workshop or teach a class. The large room rents for \$25/hr with a two-hour minimum, and the small room rents for \$15/hr with a two-hour minimum. The room can be reserved without a rental charge if the participants make a Library donation.

The stress and disorientation stirred up by the move to our new location has slowly settled into a pleasant rhythm and things are definitely calmer! There is a steady increase in the classes and groups presenting. More of our community are coming in to check out or browse the books, sit and read, and have deep conversations. It is very exciting to watch this happening. For me, it is assurance that the Library's purpose of holding the space for those seeking their path is being fulfilled.

Genny Carr



Philosophical Library's Annual Open House **Saturday, April 30th! Noon-6 p.m.**

Join us for speakers, arts and crafts, snacks, book sale and silent auction. Readers will be available and door prizes will go to lucky winners. See Web site for details.

Other Than This.....

Three college students enrolled in an art class. The first enrolled because he needed a liberal arts credit to graduate. The second enrolled because he had been gifted with talent and enjoyed creating with his hands. The third enrolled because he saw the class listed in the catalog and thought it looked interesting. As a test, on the last day of class the instructor took them to a museum and showed them one of his favorite paintings, Renoir's Ball at the Moulin. He told each of them "Now, look at the painting closely; what do you see?"

The first spoke up immediately "I see people dancing." The second thought for a moment and said "I see a celebration of life and nature." The third student looked closely not speaking for several minutes. The others wondered what it was that could be taking him so much time. Finally, he said "I see the illusion of Reality constructed of pigment and oil spread upon the canvas. I see the canvas as Spirit. It's the Spirit that supports and underlines all of Reality. It's the only true Reality which supports all of what we see, and what we think we see."

The first student received his credit for the class, the second received high marks, the third barely passed.

In the years that followed, the first student went to a job at the local lumber yard. He married a woman he had met in college, and they had several children. He touched the world through his kindness, through always doing the best he could in every situation, and through his children and wife and his Love for them. It was a Blessed life.

The second went on to pursue his art. He studied for years and perfected his craft. He was one of few who in their lifetime would go on to produce income from doing their talent and doing what they enjoyed. He married several times, but the relationships never seemed to work out. He touched the world with his art and made it more beautiful and enjoyable with his expression of Beauty. He also lived a Blessed life.

The third student learned to live simply, in each day as it came. He finished college; but went on to work odd jobs, making friends as he went, and enjoying the pleasures of the world for what they are. Not many read his poetry or saw his art work. He enjoyed talking with friends. Many heard him speak, but few truly listened. Those who did listen heard not just of the dancers nor just the celebration of life. They saw not only the pigment and oil, but the also canvas that lie beneath supporting all that is. He touched few in this world. But for them, he made the world more understandable with humility and Truth. He showed them Reality and Love and how to see the Beauty inherent in every day and in every individual person. It, too, was a Blessed life.

Blessings ~ ron

Monday Events

Dream Exploration

Monday, May 2, 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

Working with the Upside and Dealing with the Downside

Mondays, May 9, 16 and 23, 7:00 p.m.

Change is happening faster and faster and isn't slowing down. Learning to flow with it creatively, powerfully and joyfully helps us work with the upside of life. Dealing skillfully with the inevitable downside presents opportunities to experience new upsides, riding the wave for all that it's worth, because life is a hands-on experience. This workshop will deal with handling change as human and spiritual beings. Applying the tools of neuro linguistic programming (NLP), self hypnosis, guided meditation, time line therapy, and Divine Universal Grace can help us live a creative and meaningful life, a life of our own choosing. Michael-Mhead Phillips will present these three workshops. He has produced and hosted workshops and seminars on the application of spiritual principles since 1987, produced and hosted 35 TV programs on the relationship and application of quantum physics and spiritual principles. Info: (760) 805-9020 Info:gvp.mmphillips@gmail.com; Library donation

Tuesday Events

Life is Meant to Work

Tuesday, May 17, 7-8:30 p.m.

Jane Ilene Cohen will share the personal journey that brought her to a totally positive, new, thought system, enabling you to shift into a perception of reality in which life DOES work.



You will learn how your experience of reality gets distorted into the perception of life not working, and what gets in the way of people living an empowered life. Jane will also address moving from the "Substitute World" to the "Real World"—the Shift in Consciousness we're all in the midst of. Jane is an Intuitive and Transformational Counselor, Teacher and Author as well as an NLP and Timeline Master practitioner. Library Donation Info: www.JaneCohenCounseling.com; (760) 753-0733.

Tone for Peace**Tuesday, May 24, 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. Info: toneforpeace@gmail.com; (760) 230-4616. Library Donation.

PMS, Menstrual Problems and Menopause**Tuesday, May 31, 6:30-8:00 p.m.**

Dr. Maher of Crossroads Holistic Health (in Valley Center) will be discussing which natural remedies are safest and most effective for dealing with these troublesome issues. John H. Maher, DC, DCBCN, BCIM is in private practice at Crossroads Health Center in Valley Center. He is a nationally recognized health and wellness columnist and educator, and past post graduate faculty in Anti-Aging Medicine. Dr. Maher has over 25 years' experience in getting sick people well by natural means. For more information: www.newnaturalmedicine.com. Library Donation.

Wednesday Events**Yoga Classes with Chris Cravens, HHP****Yoga Foundations****Wednesdays, 9-10:00 a.m.**

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.**

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 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, May 18, 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.

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.

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.

Thursday Events

Sedona Method

**Thursday, May 12; 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.



Enneagrams

Thursday, May 5, 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. Cheri Smith, M.S., MDiv has taught enneagram workshops throughout the world for 40 years. This course is into the third part, which is Part III, the Doing Group. Examples, characteristics, and a self-test given. Library donation. Info: peacefulangel@att.net; (760) 994-6756.

Maitreya, UFO'S and their Spiritual Mission

Thursday, May 12, 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.

Grief and Our Health

Thursday, May 19, 7:00 p.m.

Grief can come from many things and show up in many ways in our health. A loss is not only a person leaving our life (such as death, divorce or moving away). It can be a loss of a job or income, losing a home, job, pet, aging, loss of hearing or eyesight and so much more. Why am I pointing this out and how does it affect our health? What can one do to prevent a health issue? Come and find out some new insight on Health and Grief. Info: Linda Gifford (951) 852-3574. \$10.

Friendship and Fun through Media

Thursday, May 19, 4-5:30 p.m.

This month we will continue with our lively discussions. We are coming up with subjects to discuss and using various media as resources for those discussions. 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.

Alternative and Complimentary Medicine

Thursday, May 26, 7:00 p.m.

There has been some new and exciting information coming out of Europe. Some cutting edge alternative and complimentary medicine that one can do for themselves and for their loved ones. This class takes you on a step by step protocol that will be useful for many years to come. Come, see and try some of these new findings. Make it a very informative and fun evening. \$10. Info: Linda (951) 852-3574

Friday Events

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

Fridays, 2:00 p.m

This program is divided into sections: 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, May 6, 7:00 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.

Things don't change....only the way you look at them.

Carlos Castenada

Saturday Events

Joel Goldsmith's "The Infinite Way" Tape Study

All Saturdays, 11:00 a.m.

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.

Astrology, Money and You

Saturday, May 7, 2:00 p.m.

FINANCIAL WELL-BEING is a requirement for physical, emotional, mental and spiritual well-being. FINANCIAL WELL-BEING is your birthright. From her book, Money, Astrology and You (In The Driver's Seat), Chanara will explain how to use astrology to understand money issues and turn weakness into strength for satisfying financial gain. E-mail your name, birth date, birth time and place to: moneyhoroscopes@gmail.com BEFORE May 4th and receive your FREE NATAL CHART at the event. Info: (760) 704-7793. Library Donation.

Touch for Health

Saturday, May 21, 9 a.m.-7 p.m.

Sunday, May 22, 12:30-8:30 p.m

Man is a structural, chemical, psychological and spiritual being. Maintaining balance between the four aspects is the intention. In *TOUCH FOR HEALTH* the emphasis is placed on the structural, even though it includes all four. In this workshop you will learn how to: test and balance 14 muscles; strengthen the body structure and correct posture; alleviate pain; unblock lymphatic system and balance the muscles according to

the Law of the Five Elements. TWO FOR ONE SPECIAL! Instead of \$225 per person, you can bring a another person free. Recommendation is reading the Touch for Health book by Dr. John Thie before class. More info: Merle Kellogg (760) 877-9834 or Kalos office (800) 775-2567



Beginner Yoga Basics

Saturday, May 21, 3-5:00 p.m.

Join Chris Cravens for a Beginner Yoga Basics workshop, specifically developed for those who have been curious about yoga, but don't want to walk into a class without some basic knowledge. Your questions are encouraged and serve to help others in the class gain a deeper understanding. Workshop consists of basic yoga poses, breath work, alignment, philosophy of yoga and meditation. Limited number of mats available; please reserve in advance. Upon completion, you will be ready to join a basic yoga class, knowing how to have a safe and effective practice that you'll enjoy. Please inform instructor of injuries and limitations. Info: www.DangGood Yoga.com or (760) 755-7800. \$20 in advance; \$25 at the door.

Sunday Events

EFT (Emotional Freedom Technique) Training

Sundays, 6:00 p.m

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 _____

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City _____ State _____ Zip _____ Amount \$ _____

Thank you!!!!!!!

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



Services

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



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



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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!

Check out our gift shop.....

We now have a nice selection of semi-precious stone and metal pendants. Nag Champa, sandalwood, pine, cedar and balsam incense is available as well as incense holders.

calendar

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

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Permit #193

**Open House
April 30!!**

Return Service Requested

May

 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