



# *The Universal Flame*

Free monthly publication

Issue 092011

## September

### New Events

**The Life and Work  
of Mark Twain  
Fridays, 2 p.m.**

**Life is Meant to  
Work  
Friday, 9/9, 7 p.m.**

**Review: Reflexology,  
Korean Hand Ther-  
apy, Superbrain Yoga  
Tuesday, 9/6  
6:30 p.m.**

**Ordering from the  
Cosmic Kitchen  
(Six-week course)  
Begins Monday,  
9/19, 6:30 p.m.**

## What's Up

For those interested in receiving a reading from Leslie Saunders, a reminder that she has moved her available day from Thursday to Friday. Call her ahead of time to make a definite appointment (760-429-3854).

We have purchased some additional Teaching Company DVDs with grant money received from Moeller Foundation. The new titles are:

Biological Anthropology

The Life and Works of Mark Twain  
The Dead Sea Scrolls

Late Antiquity: Crisis and Transforma-  
tion

From Jesus to Constantine

The World of Byzantium

Roots of Human Behavior

Philosophy As a Guide to Living

From Yao to Mao: 5,000 Years of Chi-  
nese History

These, as well as many that we already have, are available for you to rent and watch in your home. It's a great way to receive knowledge about a subject at the college level.

We are hoping to hold a garage sale in September—the date is not definite yet, but if you have items to donate, are willing to hold a garage sale at your home, or would like to assist, please contact Genny Carr. This is one of the ways that we supplement our income and help is so appreciated and needed!

The Library is eager to offer classes and groups of all kinds. If you are interested in a particular subject, let us know and we will try to find a teacher. OR, if you would like to teach a class, contact Genny to set up and schedule a date (760) 743-3849.

Remember to stop in and get your bar-coded membership card. Here is the first person to get one....

**Joan Brentzel.**



### ***NEEDED!***

A volunteer Librarian to fill the vacancy left by the resignation of our long-term Librarian. In fact, we need volunteers in lots of other areas also. If Spirit so moves you, PLEASE consider helping out at the Library. You'll be surrounded by great "book" energy...lots of wisdom.

## Other Than This.....

When I was young, I took great pleasure in taking small leaves, pretending they were boats, and dropping them into the puddles and small rivulets of water created during Spring when the snows began to melt. The water flowed everywhere, next to the roads or in the empty fields across the street in our semi-rural neighborhood. In my young mind, they were lakes and rivers. There was bliss in the experience of watching and being a part of each little boat's travails and travels—some sinking immediately, some getting caught up in an eddy going nowhere. Always a few traveling on down and far out of sight.

The word 'bliss' comes up often in the language and texts of Spirituality, often referred to in the context of being a goal of some kind. Bliss is not a goal, but a byproduct of non-attachment—freedom from the suffering that comes not necessarily from any lack of strife, difficulties, and/or demands of daily earthly life, but seeing them for what they are—simple tiny leaves floating down the river and streams of life. Something to see, watch, enjoy it for what it is, was, as it passed, and letting it go. Then abiding in the Stillness of the willows and pampas grass and cool breezes on the bank next to the stream, the stream of which you are actually a part, just as it is a part of you. The mind is a wonderful tool to help see the stream, but it inevitably believes itself to be separate from the stream.

Even after one gets a glimpse of the Unity, the mind often re-imposes itself—there is nothing wrong with that. It's part of the process. One of the aspects of Spirituality that keeps one in suffering is this: because the mind does what it does, a person must be doing something wrong, or should be doing something else. That is not so. Or maybe that there is another teacher or book that will take one to where they think they should be. There is nothing wrong with this. It is just as much a part of your Spirituality, your personal path. Just as all your experiences are.

The word 'suffering' comes up often, especially among Buddhism and other Hindu traditions. I recently watched a video about Siddhārtha Gautama, the founder of Buddhism. (I write only from my own experience, and always give note to other's work.) One of the video's speakers explained the term "suffering" was probably not what the Buddha meant exactly. She explained it more as "dissatisfaction". This, I felt important—it could be a real eye-opener for a Spiritual Traveler. Who thinks of themselves as suffering when they are not starving, have a place to call home, and luxuries such as a cell phone and TV with 8,000 channels? But dissatisfaction—the mind always wanting more, something different, better, bigger, newer, and done 'my way'. This, almost everyone can relate to.

So where does this leave the one who has realized they are a student of Spirituality? It leaves them right where they started—where they have always been. On the bank watching the leaves dance down through the streams and puddles.

Blessings ~ ronananda

## Volunteer John Flannagan

Longtime Library friend, John Flannagan, has done good deeds for the month! At his own expense, he has replaced the window panel with a book drop/mail slot so that now borrowers can return books when we are not open. John also repaired the banged-up column right in front of our front door so that you can hardly notice anything odd about it.

We are so appreciative for his gift of love. It always warms the "cockles of our hearts" when Spirit shows up in the disguise of humans!

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## Monday Events

### Dream Exploration

**Monday, September 12, 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

### Ordering from the Cosmic Kitchen (6 wks.)

**Mondays, Begin. September 19, 6:30-8:30 p.m.**

Heart-Centered Therapy presents this dynamic course where you will learn principles for manifesting what you want in your life, clear out past limiting beliefs, reprogram the subconscious, and attract what you want for a more purposeful and joyous life.

Facilitator: Rhoda Reilly, LCSW, CHT is a Licensed Clinical Social Worker, Advanced Clinical Hypnotherapist, Reiki Master and Licensed Louise Hay workshop teacher. Rhoda's mission is to provide transformational skills and tools to others in dramatically improving their lives. Cost: \$120, which includes book. Pre-registration a must. Call (760) 742-1392. [www.vcheartcenteredtherapy.com](http://www.vcheartcenteredtherapy.com).

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## Tuesday Events

### Review of Reflexology, Korean Hand Therapy and Superbrain Yoga

**Tuesday, September 6, 6:30 p.m.**

Come and learn how to release your own pain! You will learn three easy ways to help yourself! For more information before the class, contact Linda Gifford (951) 852-3574 or Patt Allison (760) 294-2113. \$10.

## Tuesday Events

### Lady Ashtar

**Tuesday, September 13, 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. Participants' questions will fill out the session. More Info: Terrie at (760) 728-8728 or e-mail her at [terrie@ladyashtar.com](mailto:terrie@ladyashtar.com). \$40, or Preregister before event at [www.LadyAshtar.com](http://www.LadyAshtar.com) for \$35.

### Dream Exploration

**Tuesday, September 20, 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

### Tone for Peace

**Tuesday, September 27, 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 systematically structured around a 40-minute meditation CD that 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.; member of the Dominican Univ. music faculty for 20 years. Info: [toneforpeace@gmail.com](mailto:toneforpeace@gmail.com); (760) 704-7793. Library Donation.

## Chairs for Sale

**The Philosophical Library is selling 36 of our chairs. Perfect for conference room or church.**

**\$25 each**

**We would like to sell all 36 at one time. If this is not possible, can someone provide free, dry, long-term storage for the chairs?**

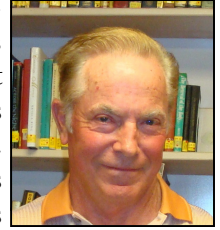
**Call Dan at 858-692-5552 for details.**

## Wednesday Events

### Alexander Speaks

**Wednesday, September 21, 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 DVDs now available.

## Thursday Events

### Maitreya, UFO'S and their Spiritual Mission

**Thursday, September 1, 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.

### Natural Remedies for Menstrual and Menopausal Symptoms

**Thursday, September 8, 6:30-8:00 p.m.**

Dr. Maher will be discussing drug-free alternatives that work in dealing with these troublesome issues. John H. Maher, DC, DCBCN, BCIM is in private practice at Crossroads Holistic 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](http://www.newnaturalmedicine.com). (760) 751-2208. Library Donation.

### **Friendship and Fun through Media**

**Thursday, September 15, 4-5:30 p.m.**

We continue our lively discussions and learning with a presentation by Vic about the Holographic Nature of the Universe. Have you ever considered the similarities of our world above and below sea level? Are the birds in the sky like the fishes in the ocean? Vic will help us to stretch our imagination! Deep friendships can develop by sharing books, DVDs and presentations we have seen that have changed our lives. Each month on the third Thursday, join to share what we learn! Library Donation. Info: Jan: [janieb@cox.net](mailto:janieb@cox.net) or (760) 579-2466.

### **Sedona Method**

**Thursday, September 15; 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](mailto:anders@welcomingfreedom.com).



### **Akashic Record Readings**

**Thursday, September 22, 5:00 p.m.**

Akashic Records are the vibrational Library that holds the record of every soul and its journey. These records can give insights into any question, but more specifically, into past lives and their influences into our present incarnation. Izabelle offers Quick Pulse, a Jo Dunning's technique that transcends in a few minutes and clears energetically any limitation, belief or blockage that affects our life. 45 min. reading: \$75; reading plus 1 item cleared: \$100; 1 item cleared: \$40; 4 items cleared: \$100. For appt: Contact Izabelle Joie Doucet (BA in Metaphysics, Minister) at (800) 363-4171.

### **Body Talk**

**Thursday, September 22, 7:30-8:30 p.m.**

BodyTalk is a revolutionary new system created by Dr. Veithem (of the International BodyTalk Association. <http://www.bodytalksystem.com>) involving balancing of the human energy system as well as other communications systems through the body. Through biofeedback,

the body's innate wisdom is used to help balance and restore communication. The system uses a light tapping process to stimulate both hemispheres of the brain and also the heart. When the body is balanced and synchronized, it can operate as nature intended. Library Donation. Chris Cravens, HHP.

Info: [www.DangGoodYoga.com](http://www.DangGoodYoga.com) or (760) 755-7800.

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## **Friday Events**

### **The Life and Work of Mark Twain**

**Fridays, 2:00 p.m.**

We will begin a twelve-week look at Mark Twain and his works. One focus will be on several of his most representative works and their impact on American life. Another focus will be his public and private life and how they interplayed with his stories. Join us as we learn about one of the most fascinating authors of the 19th century. Included are excerpts from "The Life and Work of Mark Twain" DVD class taught by Professor Stephen Railton, University of Virginia. Library Donation. Info: (760) 745-2724.

### **Adyashanti Gathering**

**1st Friday of the month, September 2, 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: Genny (760) 743-3849.

### **Life is Meant to Work**

**Friday, September 9, 6:00-7:30 p.m.**

Jane Ilene Cohen will share the personal journey that brought her to a totally positive thought system, based on the principle "Life is Meant to 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. This thought system enables you to shift into a perception of reality in which life does work. Jane will also address moving from the "Substitute World" to the "Real World"—the Shift in Consciousness we're all in the midst of. If you've ever questioned whether life is really meant to work or not, this event will give you new clarity about the positive nature of reality.

Jane is an Intuitive and Transformational Counselor, teacher and author as well as an NLP and TimeLine Master Practitioner.. She has a private practice in Encinitas. Her Websites: [www.JaneCohenCounseling.com](http://www.JaneCohenCounseling.com) and <http://blog.JaneCohenCounseling.com>. Library donation. Info: (760) 753-0733.



# Services

At the Philosophical Library:

## Rev. Leslie Saunders—Kaballah Readings and Spirit Circles

**Fridays, 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](mailto: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](mailto:gracespiritualistchurch@gmail.com)



*Lance Blake Design*  
"Creative Florals"

[hummingbirdlive@sbcglobal.net](mailto:hummingbirdlive@sbcglobal.net)

(760) 212-9549

[lanceblakedesign.com](http://lanceblakedesign.com)

Visit our **AMAZON** store, Ibis Books, at  
[www.amazon.com/shops/ibis\\_books](http://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.

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happiness is a continuation of happenings which are not resisted.</b></p> <p style="text-align: right;"><i>Deepak Chopra</i></p>				<p>1 Maitreya 6:30</p>	<p>2 The Life and Work of Mark Twain 2 pm</p> <p>Adyashanti 7 pm</p>	<p>3 Goldsmith 11 am</p>
<p>4 EFT 6 pm</p>	<p>5 <b>LABOR DAY</b></p>	<p>6 Review of Reflexology, Korean Hand Therapy and Superbrain Yoga 6:30 pm</p>	<p>7</p>	<p>8 Natural Remedies for Menstrual and Menopausal Symptoms 6:30-8:00 pm</p>	<p>9 Mark Twain 2 pm Life is Meant to Work 6 pm Self Inquiry with the work of Byron Katie 7 pm</p>	<p>10 Goldsmith 11 am</p>
<p>11 EFT 6 pm</p>	<p>12 Dream Exploration 7 pm</p>	<p>13 Lady Ashtar 7 pm</p>	<p>14</p>	<p>15 Friendship &amp; Fun Thru Media 4 pm</p> <p>Sedona Method 6:30 pm</p>	<p>16 The Life and Work of Mark Twain 2 pm</p> <p>Board Meeting 7:30 pm</p>	<p>17 Goldsmith 11 am</p> <p>Nothing is Incurable 5 pm</p>
<p>18 EFT 6 pm</p>	<p>19 Ordering from the Cosmic Kitchen 6:30 pm</p>	<p>20 Dream Exploration 7 pm</p>	<p>21 Alexander Speaks 7 pm</p>	<p>22 Akashic Record Readings 5 pm</p> <p>Body Talk 7:30-8:30 pm</p>	<p>23 The Life and Work of Mark Twain 2 pm Self Inquiry with the work of Byron Katie 7 pm</p>	<p>24 Goldsmith 11 am</p>
<p>25 EFT 6 pm</p>	<p>26 Ordering from the Cosmic Kitchen 6:30 pm</p>	<p>27 Tone for Peace 7 pm</p>	<p>28</p>	<p>29</p>	<p>30 The Life and Work of Mark Twain 2 pm</p>	

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

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US Postage Paid  
Escondido, CA  
Permit #193

Return Service Requested

**September**

 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”.*

1330 East Valley Parkway, Suite G

Escondido, CA 92030-1030

Phone: (760) 745-2724

Web Site: [www.philosophicallibrary.org](http://www.philosophicallibrary.org)

E-mail: [info@philosophicallibrary.org](mailto:info@philosophicallibrary.org)

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

Sat. 12-2 p.m.

Closed Sundays, Mondays and Holidays