



A.L.L.

June 2010

Newsletter from the Association for Light and Life

Healing & Wholeness Retreat Weekend Recap

Submitted by **Donna D'Ingillo**

Twelve truth seekers (10 women and 2 men) [Steffani Murray, Carol Hurtado, Verna Marie Anderson, Judy Langston, Rabia Harris, Meredith Tenney, Donna D'Ingillo, Lugena Gooch, Kathy Reynolds, Dolores Nice, Peter Hayman and Marty Risacher] gathered at the Dayspring Retreat Center in Ellenton, Florida over the weekend of May 21, 2010 to celebrate the theme of Healing and Wholeness. The soft gentle breezes of the Florida climate seemed to beckon us into a peaceful space for our gathering to unfold, as if Mother Spirit was holding us safely in her arms.



On Friday night after greeting one another at dinner, we began with the worship and meditation session led by **Dolores Nice**, which set the tone for the rest of the weekend. She led us through several gorgeous songs of praise and communion,

setting the environment for the Spirit to come close to us and envelope us in light and love. Our meditation time truly raised the group energy vibrations and we all sensed that Spirit was there with us preparing us for what was to transpire on Saturday and Sunday.

Saturday morning's presentation was my workshop "I AM WHOLENESS." This focused on the healing the effects of the Lucifer Rebellion—how the legacy of the rebellion affected our subconscious mind-body system and our DNA, and what our Divine Parents are doing to heal us as a compensatory measure so we are operating more in concert with our Thought Adjusters. I discussed how the language of Spirit encodes into us during the healing sessions I conduct as part of the ministry of the Center for Christ Consciousness, and led a demonstration of an actual healing session for people to witness what occurs when our Parents come into their children to bring them to wholeness.

On Saturday afternoon, **Judy Langston** presented a dynamic workshop on Non-Violent Communication (NVC), based on the work of Marshall Rosenberg. In it, she provided insights into how to move aggressive and defensive ways to communicating to a way that honors what people feel. She presented examples of NVC and how we move from relating to one another by trying to fix things, to how to speak in a way that fosters an understanding of what is truly motivating someone's

feelings. We had a lively discussion led by Judy as we looked into how we communicate with one another, and felt that these would be great tools to bring into group situations for healing and transformation. The book on NVC is one of the training tools available as well as workshops in local communities to help people learn a new way of being with one another in a positive and constructive way. Judy is continuing her training in NVC and hopes to facilitate groups as part of her service work.

Saturday night was a time of worship and prayer. Dolores Nice led us in singing, readings from the *Urantia Book* and other spiritual texts, a remembrance supper as the spiritual energies continued to weave us together in community. After that, **Peter Hayman** facilitated prayers for healing of our world and for our brothers and sisters in a powerhouse session. It felt as if we were plugged into the spiritual realm and being able to tap on the heart of God for healing of some very challenging illnesses and life situations. It was a very moving experience and we felt things shift for those we prayed for.

Sunday morning's presentation by **Rabia Harris** capped off the weekend as she led us in Soaking Prayer with Michael and Mother Spirit. This was a time to experience our Parents' love and their will for our wholeness. We took turns on the healing table as the group laid on hands and sent energy into each one as we took our turns. Under Rabia's facilitation, the energies were profound and everyone did indeed feel saturated with love. This experience-centered time was the icing on the cake of all that we received from Spirit during the weekend, and we felt re-charged and uplifted as we concluded.

As the retreat ended, we felt that something had been birthed during the weekend. There is a time for integration of the spiritual energies we received and a period for us to be moved in spirit to build community. There was a feeling shared by many that this retreat could serve as a model for future retreats, especially to bring people into deeper experience and healing with God. In saying good-bye to one another, we perceived that something is stirring in Spirit that will yield the good fruits of service in time to come.

SECONDARY WORKS: *What works?* Saskia Raevouri

ANYONE who has visited a metaphysical bookstore lately can see that there is a dire need of more secondary works for *The Urantia Book*. Each of the other book-based movements has its own separate section where browsers can look for related works.

A Course in Miracles, for instance, which came out twenty years after *The Urantia Book*, often has several feet of shelf space devoted to its many well-produced secondary works—interpretations of the teachings, personal experiences, biographies of the founders and leaders, books by Marianne Williamson, and so on.

When looking for *The Urantia Book*, on the other hand, one never knows where to start. It can be found almost anywhere, depending on the whim of the bookstore owner. It might be sitting in the Religion section, the New Age section, the flying saucer section, or the Western Mysticism section. Usually it is clumsily placed in the Occult section, alongside other one-time only books that debuted over a century ago and never got off

the ground—such as *OAH SPE*, which is almost as thick as the UB but is green. Even the names sound similar, as neither one has yet gained mainstream recognition and respect.

When *OAH SPE* came out in 1882, it declared itself “the most astonishing book in the English language.” It described God, the universe, the angelic hierarchy, man’s history, destiny and purpose. In the preface to the first edition it reads, “*OAH SPE* will become known abroad all over the earth world!” But its time has come and gone, and if you read it today it sounds quaint. Although it has sporadically been reprinted, it will never be taken seriously by the masses, and it appears never to have had secondary works to back it up. If we don’t want URANTIA to begin sounding like *OAH SPE* we had better get serious about producing secondary works that will tie the book and its teachings in with things people can relate to. The revelation needs its own section or subsection in bookstores where it can gain staying power.

But what types of secondary works would be most effective? Restating what the book says in simplified language is one way, and each one of us would write a very different book, as no two of us interpret even the most straightforward sentences alike. And that is as it *should* be, for we can reach more people that way.

Looking at history, it seems that God works most effectively and almost exclusively through inspired individuals. If his work is done through a group, it is usually a group headed by an inspired leader who has a vision, and who can attract likeminded co-workers to help make his or her dream a reality.

One example of an inspired individual who is producing a secondary work of immense value is Duane Faw, with his *Paramony*. By paralleling and harmonizing the teachings of *The Urantia Book* with the Bible he is helping to bring *The Urantia Book* into an area that everyone is familiar with.

Matthew Block’s upcoming book, *Sources of The Urantia Book*, is another case in point. When people see that many of the phrases and concepts were with us already, written by ordinary men and women—though not combined before in such a comprehensive way—Matthew’s work will help bring *The Urantia Book* out of the occult and into the mainstream where it belongs. We need to build a bridge between the Urantia teachings and prevailing knowledge and beliefs. For my part, I am working on a “travelogue” about life after death, taking assorted gems from many other books I have devotedly collected over the years and fitting them into the framework given to us by *The Urantia Book*.

Only by having something to compare *The Urantia Book* to will the world be able to recognize, relate to, and be enriched by the amplified concepts, but each project will need an inspired and devoted “leader” who will find a way to bring his or her beloved area of study into the world where it can be appreciated by others.

Unfortunately we cannot *hire* anyone to do this job—to work for God one must come out of the woodwork voluntarily and usually work for free. Even if one cannot write a book himself, he could help by taking a course in history, anthropology, astronomy, biology or geology, and in the process introduce the book to a classmate who will be so enthralled by the teachings that he will become the connecting link between that subject and the outside world.

We need secondary works that inform, not preach. We need to integrate the teachings so that they can act as a leaven, to add new dimensions and insights to what people already know and believe. We don't need another religious movement, but we need to help upgrade the ones we already have. *Now* is the time, for should we ever become well known as a separate and competing religious sect our time will have passed.

—Saskia Raevouri

PRESS RELEASE

“SPIRITS OF PROMISE”

Seven Chakra Vortices and

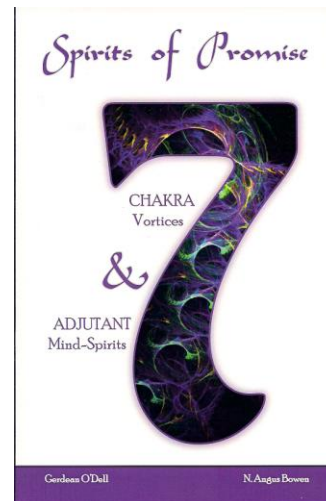
Seven Adjutant Mind-Spirits

Harp of God publisher Marty Greenhut is pleased to announce the publication of its fifth title *Spirits of Promise* by long-time Harp associates Gerdean O'Dell and Angus Bowen.

“As the influence of the Urantia Papers infiltrate the collective I AM consciousness, the relationship between Eastern and Western spirituality comes into At-One-Ment. The dynamically new and the respectably ancient join hands.”

The authors reveal the Sethite priesthood, followers of Machiventa Melchizedek (the teacher of Abraham) migrated into India, carrying with them the advanced teachings of the Sage of Salem, and suggest the teachings about the mind-spirits survived as the chakras. Thus commences a fascinating journey into the theory presented that looks at how the chakra energy vortices and the adjutant mind-spirits compare, correlate, and converge, adding a new dimension to the reality potential within all living creatures.

The book is basically compiled from a talk given to a group of Urantia Book readers at Bogus Basin ID in 2004, a presentation given to a group of New Age women at the Red Door bookstore in Corrales, NM, and the series of transmissions from Cherubim What-About-Bob and Sanobim Lady that first introduced the theory.



Work on the cover was undertaken with the assistance of the ALL membership. The ultimate design was done by Bobbi Jo MacElroy (Gerdean's sister's daughter) and Joe Rice (Gerdean's brother's son). It is listed with Bowkers and available through the Harp of God website. The bookstore url is: <http://www.harpofgod.org/bookstore.html>

Harp's prior publications include Teacher Tomas' runaway best seller "Fruits of the Spirit"; Gerdean's metaphysical fiction "The Zoid Mission"; JOYce Mary Brenton's daily meditation "The Mind of Christ – Yesterday, Today and Forever"; and Teacher Welmek's "Lessons on Prayer" through Donna D'Ingillo.

“This is an important book,” Marty avers. “It will introduce many people to the love of our Spirit Mother as she enlivens us all.”

Many Faiths, One Truth

By TENZIN GYATSO

WHEN I was a boy in Tibet, I felt that my own Buddhist religion must be the best - and that other faiths were somehow inferior. Now I see how naïve I was, and how dangerous the extremes of religious intolerance can be today.

Though intolerance may be as old as religion itself, we still see vigorous signs of its virulence. In Europe, there are intense debates about newcomers wearing veils or wanting to erect minarets and episodes of violence against Muslim immigrants. Radical atheists issue blanket condemnations of those who hold to religious beliefs. In the Middle East, the flames of war are fanned by hatred of those who adhere to a different faith.

Such tensions are likely to increase as the world becomes more interconnected and cultures, peoples and religions become ever more entwined. The pressure this creates tests more than our tolerance - it demands that we promote peaceful coexistence and understanding across boundaries.

Granted, every religion has a sense of exclusivity as part of its core identity. Even so, I believe there is genuine potential for mutual understanding. While preserving faith toward one's own tradition, one can respect, admire and appreciate other traditions.

An early eye-opener for me was my meeting with the Trappist monk Thomas Merton in India shortly before his untimely death in 1968. Merton told me he could be perfectly faithful to Christianity, yet learn in depth from other religions like Buddhism. The same is true for me as an ardent Buddhist

learning from the world's other great religions.

A main point in my discussion with Merton was how central compassion was to the message of both Christianity and Buddhism. In my readings of the New Testament, I find myself inspired by Jesus' acts of compassion. His miracle of the loaves and fishes, his healing and his teaching are all motivated by the desire to relieve suffering.

I'm a firm believer in the power of personal contact to bridge differences, so I've long been drawn to dialogues with people of other religious outlooks. The focus on compassion that Merton and I observed in our two religions strikes me as a strong unifying thread among all the major faiths. And these days we need to highlight what unifies us.

Take Judaism, for instance. I first visited a synagogue in Cochin, India, in 1965, and have met with many rabbis over the years. I remember vividly the rabbi in the Netherlands who told me about the Holocaust with such intensity that we were both in tears. And I've learned how the Talmud and the Bible repeat the theme of compassion, as in the passage in Leviticus that admonishes, "Love your neighbor as yourself."

In my many encounters with Hindu scholars in India, I've come to see the centrality of selfless compassion in Hinduism too - as expressed, for instance, in the Bhagavad Gita, which praises those who "delight in the welfare of all beings." I'm moved by the ways this value has been expressed in the life of great beings like Mahatma Gandhi, or the lesser-known Baba Amte, who founded a leper colony not far from a Tibetan settlement in Maharashtra State in India. There he fed and sheltered lepers who were

otherwise shunned. When I received my Nobel Peace Prize, I made a donation to his colony.

Compassion is equally important in Islam - and recognizing that has become crucial in the years since Sept. 11, especially in answering those who paint Islam as a militant faith. On the first anniversary of 9/11, I spoke at the National Cathedral in Washington, pleading that we not blindly follow the lead of some in the news media and let the violent acts of a few individuals define an entire religion.

Let me tell you about the Islam I know. Tibet has had an Islamic community for around 400 years, although my richest contacts with Islam have been in India, which has the world's second-largest Muslim population. An imam in Ladakh once told me that a true Muslim should love and respect all of Allah's creatures. And in my understanding, Islam enshrines compassion as a core spiritual principle, reflected in the very name of God, the "Compassionate and Merciful," that appears at the beginning of virtually each chapter of the Koran.

Finding common ground among faiths can help us bridge needless divides at a time when unified action is more crucial than ever. As a species, we must embrace the oneness of humanity as we face global issues like pandemics, economic crises and ecological disaster. At that scale, our response must be as one.

Harmony among the major faiths has become an essential ingredient of peaceful coexistence in our world. From this perspective, mutual understanding among these traditions is not merely the business of religious believers - it matters for the welfare of humanity as a whole.

Tenzin Gyatso, the 14th Dalai Lama, is the author, most recently, of "Toward a True Kinship of Faiths: How the World's Religions Can Come Together."

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Gatherings/Events in July:

July 1-5

"United Urantia Family Festival"

Montreal, Quebec, Canada

[Schedule of Events](#)

Contact [Diane Labrecque](#)

July 21-26

UB Fellowship's

Summer Study Session

"God Consciousness and Cosmic Morality: Living the Gospel"

Chicago IL

For more details [click here](#)

July 29 - August 1

2010 UBtheNEWS:

Education for Outreach

Boulder, CO

Contact [Hal Katzen](#)



Ginny Jakubiak's Lilacs
Spokane Washington, May 2010

That's ALL Folks!