



## Living Our Principles

### Choose Once Again—by Beth Monteith

I believe, whether we recognize it or not, we are always experiencing our consciousness, and we call that experience "OUR LIFE". I also know that we can choose to change our thoughts and beliefs, and in that choosing it follows that we change our experience. The Buddha reminded us that "With our thoughts, we make the world." And the Bible urges us to "Be transformed by the renewing of your minds". This ancient and simple idea awaits our application. That's the work, the trick, and the simple choice. And like so many things in life, it's in the actual doing that we receive the gift. I recently had an experience of realizing my mental resistance, and moving my consciousness from resistance to a level of highest thought. This is a simple story, which I hope will encourage you to recognize the thought choice you're making, and to step up to the opportunity to change resistant fear thoughts to love and acceptance, or as Byron Katie reminds us to "love, really love, what is."

Here is my example: On a recent Sunday I was home taking care of things left hanging in the busy preceding week. Gary was doing the same. Having such an opportunity together, such a relaxing easy-going Sunday is precious and rare for us. Then, suddenly, our little dog called my attention to the alarm sound of my hospital chaplain pager. I knew the page was a mistake because I wasn't on call, and quickly dialed the flashing number on its display to let them know of their error. The answering nurse told me about a woman who 'coded' and was now in cardiac ICU, and that the family needed a chaplain. I explained to her that she called me by mistake, but that I would call the correct chaplain, and have him get there right away. However, when I called, he couldn't respond for at least an hour! I jumped in the shower and began rushing around. I was resisting and feeling trapped, but I kept moving. As I got into my car I found myself willing to choose once again. The light of "a little willingness" was shining in me as I reminded myself about "no coincidences" and about "always being in the right place at the right time". And as I began backing my car out of the driveway, I said a prayer that I might be truly helpful in this

situation. Driving toward the hospital I automatically began saying our "Prayer for Protection" for the woman and her family. As I drove I found myself saying that prayer over and over again: "Anna Brown (not her real name) "The Light of God surrounds you, the Love of God enfolds you, the Power of God protects you, the Presence of God watches over you, wherever you are GOD IS and ALL IS WELL." Each time I said it I touched into the feeling of the truth of that prayer. I knew that she might have already passed, but I knew that she was within the arms of Divine Love. I kept repeating it over and over, it was my mantra.

By the time I arrived at the hospital parking lot, I felt I'd left Beth somewhere along the way. I was simply a messenger of Loving Truth for those with whom I had this divine appointment. Anna was alive. Her family was awaiting me in the lounge, including her 93 year old mother. They were beautiful. As if we'd planned this meeting long ago, we were immediately comfortable together. The daughters expressed their concerns, and told me many things about her. Anna's elderly mom, sitting directly in front of me, our knees almost touching as she held her fixed gaze right on my eyes, often smiled and nodded reassuringly. We prayed together, and listened deeply to each other. Soon I said my goodbyes to them, and to Anna. I returned home in peace and in a state of humble yet ecstatic gratitude.

At the Fellowship we remind each other that we can change our beliefs. We know that we are to "Be transformed by the renewing of our minds". Consequently we believe that it is worth our time and work to challenge fear-based resistant thoughts and ask to be lead in highest thinking and believing practices. Simply put we believe in the miracle of transformation, we believe in healing, one thought at a time. Try it, you'll like it. Love, Beth





## FELLOWSHIP FOR TODAY

Honoring All Spiritual  
Paths—Recognizing the  
Divine in Everyone

### Sunday Service

5:30 p.m. meeting time  
2400 E. Lake Lansing Road  
East Lansing, MI 48823  
(See Pg. 11 for upcoming  
speakers)

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# Beliefs in the Service of Life, or Life in the Service of Beliefs— Joseph Warren



The complexity of human life requires people to develop beliefs and belief systems to help them navigate daily life. Unquestioned beliefs become the rocky shoals upon which many a life has been lost

because the believer did not understand the limitations of beliefs as statements of truth. Beliefs only express what one does not know to be true. If one knows something to be true, one does not say they believe it to be true.

To avoid the pitfalls of belief systems one has to understand the unique human condition that governs our life. To be human is to live in the world of the head as well as that of the heart. When they are in harmony the energy of life flows freely to nurture all who are touched by it. When they are not in harmony, one's life is in turmoil. This conflict is especially true when one tries to live one's religious beliefs in the context of the daily temptations of life.

To understand this dilemma, consider the heart as the source of our desires. What fills the heart our minds will find a way to achieve or justify doing it. For example, if one has larceny in one's heart, the mind will search the data bases of the mind to find a justification to steal what one's heart desires. It is the heart, or what fills our consciousness, that governs our behavior. The mind is only a vehicle to help us achieve what we want.

When it comes to religious beliefs systems, why do so many of us choose to do the wrong thing when we know what the right thing to do is according to our belief systems? When faced with this dilemma, we should know we have a conflict between the head and the heart. How should we resolve the conflict?

The first step is to understand the role of beliefs in our lives. Beliefs are expressions of the intellect and serve as road maps to guide our actions. When beliefs become rigid, they form a mental prison that confines our awareness and cuts us off from the connecting flow of life's energy. For example, one can have a set of beliefs about love, but are those beliefs useful in connecting us with another person emotionally? Who can convince someone to love them by intellectual arguments if the other person doesn't feel the connection?

In the end it is not what one believes that is important, but who one is that is important in defining character of our lives. We have all met people who cover their character defects by mouthing high sounding principles and beliefs. In the end the character defects are apparent no matter how loudly the person proclaims the principles and beliefs.

If one wants to be like Jesus or Buddha, or any other spiritual leader, is it wise to imitate their behavior and then claim to be like them in the absence of the understanding what gave rise to their actions? Or is it better to drink from the same well of spiritual insight they did and then express your understanding in the actions of your life? Put another way, do the clothes make the man any more than beliefs do? Cannot beliefs be changed as easily as one changes garments to meet the situation? Is it not more productive to look past the garments to see the character of who wears them?

How do our lives change if we change the focus of our search? When faced with the tough questions what happens when we answer them with beliefs? Our search for the source of life ends at the walls erected by our belief systems. When we try substituting one belief for another, and find that we are no closer to the answer, we hear the cry "what am I to believe?" In the silence of the heart, the answer is "nothing," for the elixir of life cannot be contained in the stagnant pools of belief systems.

# FELLOWSHIP VOYAGES

*...is an inspirational newsletter by and for  
Fellowship members and friends.*

Editor, Denise Wootton—thewoots@hotmail.com

**NEXT VOYAGES DEADLINE:** Nov. 20, for  
Jan/Feb/Mar Issue

For current events and time-sensitive news, see  
FELLOWSHIP ANNOUNCEMENTS, distributed via e-mail  
each Wednesday. To be added to this list, send your re-  
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When the mind seeks answers, it is satisfied only with thoughts. Yet, can the elixir of life be contained in a thought? Is not love, for example, beyond the rational grasp of the mind? Can the smile in the eyes of a child be grasped by thought, or does it exist only to be enjoyed in the moment it is experienced? Can the mind make the heart feel love? Or does the heart use the mind to express the love it feels?

It is very difficult to develop a belief system and then hope that you will feel what the belief system expresses. It is easier to be open to the experiences of life and then develop your belief systems to express what you have experienced. Then beliefs become the short-hand expression of what you have experienced as you communicate it to the world.

When we have moments of connection with another, or when we experience something profound, we want to understand it. Here the mind, through language and concepts, can help us to find ways to understand and express it. If one is to develop an authentic understanding of life, it must come first from experience and not from belief or belief systems. Beliefs in the absence of experience are only empty words.

In the end human life is that unique combination of heart and mind as the expressions of what one has experienced and now seeks to offer to others in the context of human interaction. Each has a role to play in the totality of human life. This is why the mind believes, the psyche experiences, but in the end one truly becomes what is in one's heart.

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# Where Do We Find Christ? - Larry Hutchinson



When we look outward at the world around us we find an external landscape of objects and people. This world is easy to find. We can perceive it with a combination of inputs received from our eyes, our ears, our nose, our tongue, and our skin. The world of perceptions is loud and immediate and impossible to miss.

There is also an inner landscape that not everyone is aware of. This landscape is less obvious than the external one, and requires practice and focus to become aware of it. The senses required to know it generally require some level of development. Many people go through their entire lives and never learn to develop their inner perceptual mechanisms, and miss an immensely important part of living.

A number of practices can be used to help us become more spiritually developed. Various forms of meditation and prayer provide the most obvious means. Other practices such as helping others or being forgiving or just being kind, can also promote moving us along toward the inner landscape.

When we look outward at the world, we see the things and events that we have made. When we look at the inner world we can find what God has created. Then by looking at the outer world through the inner eyes of spirit, we can find God's holy creation embedded in the fabric of time and space. We can see beyond the surface appearance of things to the inner truth.

All of life is connected. The connection isn't found though in the external form, it isn't found in the atoms. The connection is found in the depths of our own heart. Imagine looking at waves in the ocean. On the surface each wave may look independent of the others, but at the heart of each and every wave is the ocean. The wave is simply a surface appearance, the ocean is the underlying reality.

By developing daily spiritual practices we become aware of the depths of the inner landscape. By looking deeply enough we find our connection to others. And as we encounter the depths of that connection we realize that they are a part of us, we are a part of them. When we condemn others we build blocks to our awareness of love's presence, and thereby condemn ourselves. As we forgive others the inner walls that block our view begin to dissolve, and we experience our own forgiveness. When we're able to turn within and find God's creation, within ourselves, that wondrous joyful connection, then we have found Christ. We are all one in Christ - together.

*"Do not, then, be deceived in your brother, see only his loving thoughts as his reality, for by denying that his mind is split, you will heal yours. Accept him as his Father accepts him, and heal him unto Christ, for Christ is his healing and yours."*

*A Course in Miracles*

*T-11, VIII.9*

*"You will be made whole as you make whole, for to perceive in sickness the appeal for health is to recognize in hatred the call for love. And to give a brother what he really wants is to offer it unto yourself, for your Father wills you to know your brother as yourself. Answer his call for love, and yours is answered."*

*A Course in Miracles T-12, II.3*

If you have enjoyed Fellowship Voyages this year, your support of the Fellowship For Today would be greatly appreciated. For your convenience, we have enclosed a return envelope in this issue.

# Celebrating Sufficiency — Grace Menzel

There is a subtle and profound shift happening at the Fellowship. Have you noticed it? It began in late June when thirty FFT members gathered for a two day visioning session. During that process we connected to what brought us together and keeps us coming back to FFT. We remembered who we are and dreamed of who we are becoming. Together we sang, ate, laughed, shared and connected to the essence of our spiritual community.

Then, in August, a small group continued the conversation to clarify our true purpose. After several rounds of discussions, we agreed that **FFT is a loving, affirming, encouraging and accepting spiritual community that offers inspiring services and practical spiritual lessons to enrich and heal our lives.** And we agreed that we want to shift our focus from “not enough” to creating an experience where everyone feels that they ARE ENOUGH. We want to receive all gifts of money, time and energy as generous, important and ENOUGH. Truly this is a shift from a mindset of scarcity to sufficiency.

In a compelling video on the Global Sufficiency Network, Lynne Twist offers some timely wisdom on this subject. She calls sufficiency a radical surprising truth about life. Sufficiency is “the state of being, the state of knowing, the state of relating to the world that there is enough.” As we let go of scarcity and the incessant drive for more, we can discover a state of being that is simply elegant. If we pay attention to what we have and make our choices from there, we will find that “life meets us exactly where we are and gives us exactly what we need.” The good news is that we all have the capacity to see the world through a lens of sufficiency.

The Steering Committee is leading the way in the shift to the mindset of sufficiency. We have begun by examining how we relate to one another and have implemented a “keeper of the heart” practice at our monthly meetings. We are calling ourselves forth, as the leader body of the Fellowship, to practice finding what is good, to honor, respect and listen to one another with a loving heart and to speak and act consciously. By acknowledging that everything is in divine order, we move from a scarcity mindset to one of sufficiency. The Steering Committee is committed to providing an

excellent experience for all those who attend Sunday services and other FFT events. Indeed we are enough and have enough to make this happen. Here are a couple of examples of sufficiency at the Fellowship:

Have you ever watched Deb Parks? She has a quiet way of getting things done. Deb creates from nothing. She made window coverings for the office so we could darken the room when we are showing videos. A great team member, she has ideas, takes action and gets it done. A kindness emanates from Deb. There is always a gentle smile, soft word, and “can do” attitude. She seems to know that she is enough and you feel like you are enough when you are in her presence.

And how about Leo Seifert. He has been a long time member of the Steering Committee. You can find him in the front row on most Sundays. Alert and paying attention, Leo is the kind of guy who is always thinking. He doesn't accept something on face value. Leo looks beneath the surface to the heart of the matter. He doesn't mess around either. He is committed to staying on course and true to his principles. Leo is someone who will stand up for what he believes, challenge ideas and stick to his guns even when it is unpopular. He is enough just as he is.

How about you? Are you ready to try on the mindset of sufficiency? Look around you. Notice what we have as a community. Notice the amazing resources we each bring to the Fellowship. We need nothing more. It is all here. Lynne Twist says that “what you appreciate, appreciates”. As we draw from the deep well of love that resides in each of us to welcome, honor, and recognize one another – our love grows. Now is a time to appreciate what we have and know that we have all that we need. As we practice this important principle, we will transform our own lives, the Fellowship and the world.



*“All the elements for your happiness are already here. There is no need to run, strive, search or struggle. Just be.” Thich Nhat Hanh*

*“We are what we think. All that we are arises with our thoughts. With our thoughts we make the world.” Buddha*

*“To be in alignment with “what is” means to be in a relationship of inner non-resistance with what happens.” Eckhart Tolle*

# GRATEFUL TO “SHOW UP ” TILL DEATH DO US PART:

**My Healing Journey 15 Years after Being Diagnosed with ALS (Lou Gehrig’s Disease) — By Craig Oster**

**The Gift of Breath Is Threatened**—After midnight, I awoke with the sensation of restricted air flow to my lungs. My caregiver had left several hours earlier, and I would be alone for seven more hours. I decided to activate the Lifeline emergency pendant that lies next to my pillow. After several shrill beeps from the speaker on my nightstand, and the digital recording, I finally heard the voice of a real person. When the man asked if I needed help, I used what I had learned in speech therapy to make my speech intelligible. As I formed the words to express the help that I needed, I exaggerated the movement of my mouth for each syllable and put extra separation between each word. I felt great relief when he understood me. My friend arrived about 30 minutes later, opened windows, helped me drink water, and placed a fan toward me; after a couple hours, I was able to breathe more comfortably again.

After further nights of needing to activate the button, I was panicky about being left alone at night. “Will I wake up to find myself barely breathing again?” To comfort and soothe myself, I silently said, “If it happens, I will handle it and I will not die.”

Several weeks later, I ended up in the hospital emergency room breathing faintly, exhausted, and scared. The doctors concluded there was no respiratory infection contributing to my progressing trouble. I was someone with a diagnosis of ALS (Lou Gehrig’s disease), which leads to a progressive, eventually fatal, weakening of the respiratory muscles. The doctors were impressed that I had survived 14 years with ALS, whereas most die within 3 to 5 years after this terminal diagnosis.

When they explained that EKG results showed I had a strong heart, my mother remarked: “We knew that. You have a strong heart filled with courage and love, and it’s going to help you heal. It has to.” The immense love and respect in my mother’s voice distracted me from the overwhelming feelings of helplessness, fear, and sadness.

**Unbelievably Entering Hospice**—Within a couple of weeks, I found myself signing up with hospice so that I could have some medical care in my apartment each week. Being in hospice was not part of the story I had managed to keep alive within myself for the 14 years following my ALS diagnosis—namely the story that I was one of the rare persons who was turning this disease around. Although my energy was diminishing and breathing was a struggle at a whole new level, I was not ready to relinquish this perspective. I worked to animate myself as much as possible to make an impression on the two intake nurses, “I am not planning on dying! I just need more help now. Will you still work with me and respect my belief that I could live for decades from now?”

In the past, even when muscle mass disappeared with each passing year, eventually totaling 45 pounds, I kept faith that my healing activities were bringing me closer to reversing the damage ALS had done to my nervous system. I had kept highlighting any sign of improvement, and my determination was reinforced by more than one amazing incident of increased strength.

As my breathing continued to diminish, and I needed the help of either oxygen or a breathing machine to get through the night, I wondered how much more this could go on before my life would be extinguished by respiratory failure. I felt excruciating emotional pain about ALS ending my life. Hospice helped me write my living will. This involved some very painful conversations with my girlfriend, parents, and closest friends. I made decisions about resuscitation, life support, the music that I would listen to as I was dying, memorial arrangements, and so forth. More than once I found myself gasping for air as I cried, “I’m...not...ready...to...die.”

**My Earthly Existence Soon to be Erased?**—I was experiencing a new level of exhaustion, beyond what I had previously adapted to. I found myself thinking it might be easier to die than endure this new level of physical suffering. No longer was I able to work out three times a week in the rehab gym. My life force had weakened so much that I found myself only able to show up to exercise a few minutes—or not at all. One day, which I thought might be the last day I could show up, I arrived too exhausted to even have my caregiver move me to the stretching table. I sat in the corner by the table and saw myself working out to the limit, people telling me how much I inspire them, loving interactions with staff and patients, having to die and say goodbye to my girlfriend, family, friends, and my quest to use my healing journey to help many more people. I felt shocked and overwhelmed by the possibility my earthly existence might be erased so soon and my wishes would go unfulfilled.

**Discipline and Love Reclaim Hope and Healing**—I began delving into profoundly deep places, especially through working with my nighttime dreams, which had me facing annihilation, terror, and my own cremation. How I could emotionally believe in my possible physical healing in my severely weakened state? Yet, through the love of people in my life, healing dreams, prayer, and grace, I kept finding a way to bring my healing story back to life. I was determined to do



everything in my power to heal, and sought to use prayer and imagination power at a new level. I studied breathing, and memorized internet videos of virtual respiratory systems functioning perfectly. When I experienced doubts, I challenged myself to choose new thoughts. Increasingly, I experienced myself as the awareness that is beyond all thoughts, yet I was humbled by how often I was imprisoned by identification with conditioned thoughts. Living or dying, either way, I desired the peace of inner freedom.

When my life force increased a little, I returned to the rehab gym. With my lungs barely moving, the treadmill was agonizing. After a few minutes, I began to make animal-like squeaking sounds and could continue no more. I rested, and then went back at it. I felt hope and gratitude after each workout because I could breathe a little easier. Gradually, I began increasing how long I could go at the full speed at which I had previously walked. I felt great victory when I finally forced my way to 25 minutes at the full speed, recapturing my former achievement. My lungs had to struggle much more than before, but if I could make this much progress, more was possible. I prayed for motivation to add hours of “awareness movement exercise work” to my program each week in order to develop new neural connections in my brain. Finally, I developed the wherewithal to do this.

**Kicked Out of Hospice**—Six months after enrolling with hospice, they told me that I must be discharged from hospice. Medicare required documentation of unremitting declining health to continue to receive their medical care. Because of all my efforts, and grace, I was not declining. My nurse was astonished when she measured my left upper arm and found it to be 2 cm larger than prior measurements. She took the measurement again to make sure that she had not made an error; the measurement was accurate.

Even though I had made progress and was being released from hospice, I was still having significant breathing difficulty. One morning, with tears, I shouted out to a caring friend, “It feels like I have a concrete prison around my chest preventing me from breathing in enough air. I just want the space within me to allow me to breathe in more air. I am not being allowed!” Although my air space was limited, my friend’s witnessing helped me access precious space of another kind—space in which to become more fully aware of my inner experience that contained emotions that were sometimes too painful to bear alone. Striving to be aware of my thoughts and emotions at the deepest level possible was my passion as a clinical psychologist before ALS; however, this passion became even more intense in my quest to optimize my physical healing. Psychotherapy, dream analysis, movement awareness, prayer/contemplation/imagination, homeopathy, and relationships were all contributing to growth in awareness of the healing power within me. This, along with my holistic healing program, was helping me heal.

More improvements have followed. I breathe much easier during my treadmill workouts, and I am closer to being able to breathe through the night on my own without requiring assistance. I also gained 7 pounds of weight, and the resulting muscle mass can be seen on my Facebook web site. I am expecting continuing improvement every month.

**Turbocharged Healing Mission**—The story I had managed to keep alive for 14 years following the ALS diagnosis—namely that I am one of the rare persons who is turning this disease around—is alive and well again. This vision pulls me toward the future, even when I feel I can barely move; however, the real “turbocharged” motivating power in this story comes from the image I hold in my mind of using my healing to inspire, give hope to, and help thousands of people. I am currently working on my second video documentary. Also, a web page designer has volunteered to help me create a web site to offer useful health and healing information to others, and to document my healing progress through videos, photos, and writings.

I am thankful for everyone who has been a part of my healing mission, and I give thanks in advance to anyone who will choose to give any support to help me remain strong in this quest. Without the help that I have had over the last year, financially and in many other wonderfully caring ways, I would not have been able to be delivered from the valley of the shadow of death. This story is not over. I will keep showing up till death do us part, hopefully decades from now. (To be continued...)

With love and gratitude, Craig Oster

*Craig can be reached at 517-575-0151 or at [ostercra@msu.edu](mailto:ostercra@msu.edu). If you would like to donate to help with Craig’s historical fight, you can make a check payable to: CRAIG OSTER TRUST, c/o Bonnie Conn-Oster, 1431 S. Sheldon Rd., # 3, Plymouth, MI 48170 • A contribution to the Craig Oster Trust may also be made with a secure transaction on the Internet (<http://www.myspace.com/craigoster>).*

# Getting In Touch With Feeling — Deb Parks



*To be myself I must know myself. And to know myself I must feel myself.*

Has this ever happened to you? I went to the bookstore looking for anything that might possibly light a fire under me. Mine had gone out. I so wanted to find some new inspiration and the delicious energy that always comes with it. I started rooting around in the metaphysical stacks, hoping to dig up some buried treasure there. One book kept catching my eye, so I took it off the shelf and opened it to somewhere in the middle. Wow! Every part I read was speaking to me. Eureka! This was just what I was looking for!

The book came home with me, but I didn't actually get around to reading it for quite awhile. It kept calling to me, though. Finally I started to read it, and with great anticipation. I just knew there was something wonderful and deep in there, and I couldn't wait to find it! But the more I read, the more seriously uninspiring it seemed to get. Suddenly I could not wait to be done with it. It wasn't even a little bit fun to read. I admit it, I'm an entertainment junky. I want to be surprised and delighted.

I wondered what ever possessed me to buy this book. I couldn't even find the parts I read before that excited me so much. But like a person who wants to finish every last tidbit on her plate, I had to read the whole, over written, drawn out thing. Have you ever found yourself doing this? The word "ridiculous" entered my mind. But then, in the last couple of pages, something magical happened. The author asked his six year old daughter what she thought made a great artist. She exclaimed:

"Be yourself.  
Do your best.  
Never give up."

When I read this, and saw the pictures she had drawn to illustrate it, some kind of crazy shift took place in my head. (I'm just sure it was a setup by The Great Mystery.) I realized I had spent the better part of my last 60 years only dreaming about this being yourself thing, but not really doing it. Not even coming close. In fact, I had

been doing just the opposite, trying to convince the world, as well as myself, that I was someone else. It was time to make a change, a big change. And, it was essential that I do it NOW. Yesterday would have been even better. I suddenly understood that everything I wanted absolutely hinged on it. Light bulbs! Of course I would be on my own here. No one could do it for me.

## BE MYSELF

And that was the beginning of a new way of living for me. How comical it seemed that I was only now discovering this. And maybe a little shocking, too. Suddenly everything became a part of this great big experiment, with no certainty about any outcome. Yikes! On the outside, things still looked the same. But on the inside, quite a new and different story was getting written.

BE MYSELF. But what does that mean? Who, what, where, when and how am I going to do that? Do I even know who I am? Have I ever known? How can I be myself if I don't even know myself? Oh!

Questions, and more questions started to show up. And then came a question that was underneath all the others. Hidden in plain sight was THE KEY, at least for me. To be myself I must know myself. And to know myself I must feel myself. I must allow myself to feel the feelings my self is having. It's all about feeling, isn't it?

Of course, this is when it started to get tricky and sticky. I couldn't just jump right in and start feeling what it is to be this self, without assigning any labels, opinions, and judgments. No ego in its right mind is going to allow that. Mine wanted to analyze (what Michael Brown calls "anal eyes" in the Presence Process) each and every feeling I had until it had completely reconfigured it. Isn't that what egos do best?

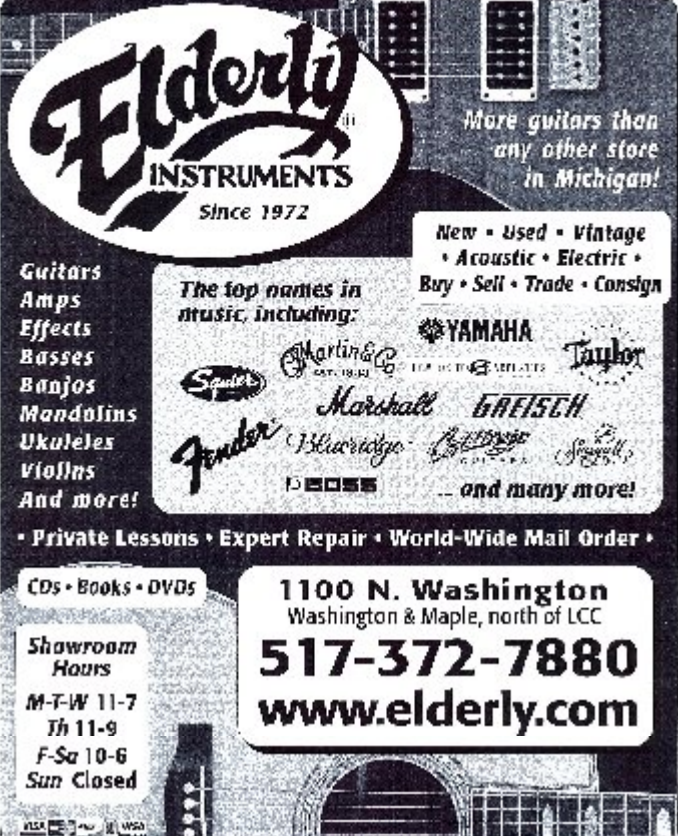
I think I'm only in the beginning stages of this great feeling experiment. I'll only know in retrospect where it is all headed. Still, here's what I've uncovered so far:

1. Every feeling has its very own signature. Think of it as a frequency, pattern, or quality unique just to that feeling.
  2. Accurate intuition relies heavily on being able to read these feeling signatures, and differentiate between them.
  3. When I take time to feel the journey, the journey becomes a lot more fun and exciting than the destination.
  4. Simply thinking about being the change I wish to see in the world has little effect. The power is in feeling the change happening within myself.
  5. I can't ask anyone else to feel anything that I am unable to feel myself.
  6. I can bring my favorite feelings into my world, simply by loving on them.
  7. Believing is a feeling state. What I believe, I feed with my feelings. Then what I believe starts showing up. It's probably looking for more food.
  8. Resistance is a feeling state. What I resist, I feed with my feelings. Then what I resist starts showing up. It's also probably looking for more food.
  9. I don't know why, but it helps enormously to feel I have received permission to feel. I can give myself that permission as long as there is both an "I" and a "myself." I suspect that once there is only one of us, I won't need permission anymore.
  10. I must start where I am, even though it is obvious that I am coming from a place of twoness, of duality and polarity. Getting in touch with feeling has become my next great adventure.
- ...and so it is.



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Inspiration for this article was provided by: Alex and Zena Grey, Michael Brown, Byron Katie, Adyashanti, and Abraham-Hicks.

# Love Holds No Grievances — Julia Freije and Jean Herford



*Through the years, we couldn't have been successful without the many people who have stepped up to help us*

Love holds no grievances”—a popular passage from *A Course in Miracles*—took on a special meaning for us when we volunteered to take charge of the FFT bookstore over 21 years ago.

Earlier in the year, the two of us had a “falling out” situation which kept us at odds with each other. Because of this conflict, we continued to hold grievances that stood in the way of our happiness and spiritual growth.

The bookstore, which originally was called the “book table,” started out as two long tables set up in the fireplace room at the UU church. The spiritual and metaphysical books were attractively displayed on a purple plush velvet cloth. Each Sunday about 30 different books were unpacked from the cardboard boxes in which they were stored. The books were sold after Sunday service, and then arduously repacked to be stored during the week.

When the original bookstore proprietor decided to leave the area in 1988, we cautiously decided to continue keeping this valuable Fellowship service going even though we weren't sure if the two of us could work together as a team. But as the months progressed and the desire for “new thought” teachings increased among Fellowshipians, we both worked in tandem to increase our inventory to include audio and video tapes, CDs, calendars, sweatshirts, tee shirts, pins, bookmarks, cups, and as many as 300 books. We also worked with those who operated our sound system to provide tapes and CDs of previous Sunday services so that our members and friends of FFT could continue to be inspired during the week by the talks and music provided at Sunday services. Thankfully, in 1989 Leon Harris made things easier for us and crafted our portable bookcase which made displaying the books and other merchandise so much easier.

Eventually the bookstore took on a life of its own as the inventory increased and the synergy grew. In no time the bookstore came alive as an inspi-

rationally hub for Fellowshipians, as we each sought our own spiritual path. Through the years many members, friends, and students have come together after Sunday services to peruse the displays and book shelves while sharing our truths with each other. Moreover, some of our best sellers are written by members and friends, like Bill Diedrich and Amalie Frank. We also have sold numerous audio tapes and CDs featuring our own Lucille Olson, Jim Noble, and Linda Abar.

The bookstore has even ventured out of the church setting to other locales. In 1990 when the organizers of the 20<sup>th</sup> anniversary of Earth Day planned a celebratory event, we displayed a booth on Lansing's riverfront, selling books, Earth Day shirts, bumper stickers, and pins with a photo of Earth that said, “All One People” in many languages. In 2004 we set up a table at a political rally that featured Marianne Williamson as one of the main speakers. We sold many of her books and CDs as well as other popular titles.

Fortunately for the world, new thought and metaphysical literature have become mainstream—including books by Eckhart Tolle and Wayne Dyer. But in the past few years, sales have gone down because our members are able purchase books at their convenience at larger bookstores, discount stores, and on the internet at lower prices. But we call it good, because this means more and more people are experiencing new thought ideas.

Through the years, we couldn't have been successful without the many people who have stepped up to help us, including Cynthia Kruska, Debbie Parks, and Rose Roche. We would like to thank all of you who have participated in this wonderful experience. Hopefully books or items purchased here have inspired and assisted you in your spiritual quest.

For both of us, working as a team in this endeavor is not only helping us individually in our spiritual growth, but is healing our friendship as well. Most importantly, each time we come together for a cause greater than ourselves, such as facilitating the FFT bookstore, we experience first hand that “love holds no grievances.”

# FELLOWSHIP HAPPENINGS

For additional information or to register for any of these workshops or classes, call the Fellowship Office at (517) 337-4070 or e-mail at [info@fellowshipfortoday.org](mailto:info@fellowshipfortoday.org).



## SAVE THE DATE !!

Saturday evening, November 21, 2009  
Fellowship Office  
2722 E. Michigan Avenue

## FELLOWSHIP HOLIDAY/GRATITUDE PARTY

To jump start the holiday season, we have moved the date up this year, and are changing the theme from a simple Christmas get together to a celebration of gratitude.

We will be adopting a group of Tibetans who have recently immigrated to the Lansing area. By getting our gift to them early, they will have time to shop for the holidays.

Set aside the date on your calendar, start saving your spare change, and start planning what glorious goodies you'd like to share.

**Stay tuned for more details!**



## OUR CALENDAR

### 'A COURSE IN MIRACLES' STUDY GROUPS, ONGOING:

**FFT OFFICE, 2722 E. Michigan Ave., Lansing,  
517 337-4070**

Wednesdays, 9:15-10:30 a.m.

Wednesdays, 6-7 p.m.

Thursdays, 7:30-8:45 p.m.

**Thursdays Noon to 1:00 p.m.** 10th Floor, Boji Tower, corner of Capitol & Allegan. Call Doug Austin (517) 377-0838

**Saturdays 10:00 a.m.** 5331 Park Lake Rd., East Lansing. Contact Jim Noble at: [jamesdnoble@juno.com](mailto:jamesdnoble@juno.com)

## SUNDAY SERVICE

**5:30 p.m. @ Korean United Methodist Church  
2400 E. Lake Lansing Road, East Lansing, MI 48823**

DATE	SPEAKER	MUSICIANS
OCTOBER 18	Rev. Delyth Balmer	Jim Noble, Doug Austin
OCTOBER 25	Rev. Brad Miller	Jeff English, Linda Abar
NOVEMBER 1	Rev. Beth Monteith	Jim Noble, Doug Austin
NOVEMBER 8	Rev. Brad Miller	Lucille Olson, Colleen Bethea
NOVEMBER 15	Rev. Delyth Balmer	Jeff English, Linda Abar
NOVEMBER 22	Rev. Beth Monteith	Lucille Olson, Matt Bliton
NOVEMBER 29	Rev. Denise Wootton	Jeff English, Colleen Bethea
DECEMBER 6	Rev. Delyth Balmer	Jim Noble, Doug Austin
DECEMBER 13	SISTRUM (Lansing Women's Chorus) Annual Cookie Walk!	Christmas Concert
DECEMBER 20	Rev. Brad Miller	Jeff English, Matt Bliton
DECEMBER 24 (9:30 p.m.)	Christmas Eve Service	Lillian Werbin, Lucille Olson
DECEMBER 27	Burning Bowl Ceremony	Jeff English, Linda Abar

This is the invitation:  
To embrace the art of living life consciously.

This is the journey:  
To awaken from time and become present in this world.

This is the promise:  
To become available and therefore truly useful.

This is the gift:  
Awareness of the power of our Inner Presence.

Michael Brown



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