

Self-Empowerment

Autumn 2014

The newsletter dedicated to nurturing personal development

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Inner Wisdom Message

One day I was experiencing some free-floating anxiety, unaware of a particular cause to address. So I asked a question of my Higher Self, that Inner Wisdom within me that is not limited by ego programs. I asked, “What is the cause of my feelings of anxiety, and what can I do to release that anxiety?”

Here is the answer I received:

There is a tendency for you to habitually focus on the imagined opinions of others. You have accepted an imagined responsibility for other people’s comfort and happiness. It is not wrong or bad to want others to be comfortable and happy, but it is not your job to make that happen for them. Your job is to connect with your own Inner Wisdom that is a deeper part of your mind. It is from a place of peace and Self-connection that you can be aware of your own needs and feelings. As you attend to your needs and feelings first, you will be abundantly connected for true and non-codependent actions of generosity, a gift of your nature.

When you give from the level of personality, you plant the seeds of resentment and a desire for control, trying to manipulate the feelings and actions of others. When you are more connected with your Self, you will find that a greater clarity will keep you in balance with your own self-care and your desire to be helpful to others.

It is recommended that you take time to meditate daily and to reflect on your need for peace and balance. Put some greater effort into loving care of your physical body, your finances, and your energy level. You will find that discernment between “giving to get” and pure generosity will become very clear. As a result, you will experience a huge decrease in symptoms of anxiety.

You have made great strides in this area already, but are now more acutely aware of the negative impact on your health and well-being of even this smaller imbalance. Give thanks for the “red flag” of anxiety that alerts you to the work you can do to release and be released by a misplaced and overinflated sense of responsibility for other people’s feelings.

Allow others the freedom of their life path while you continue to work for the happiness and release of

suffering for yourself and others. Inner Wisdom will guide and comfort you as your true intention will be fulfilled.

It became clear to me that I often had a buzz of anxiety running in the background, in my mind and gut, but I usually just ignored it, as if it were acceptable background noise. However, due to a growing self-awareness, that background anxiety became less tolerable, enough for me to seek the cause and cure.

So, thanks to the clarity of the answer I received, I have been reducing the anxiety on two fronts. One way is through a greater re-dedication to my own needs to nurture healthier habits. I have slowed down and been more mindful of my moment-to-moment choices regarding my diet, expenses, and activities. On the other front, I have become more mindful of the “red flag” that pops up, bringing awareness to when I go into “rescue” mode, trying to figure out how to make someone happy and solve their troubles.

I recently had a powerful individual coaching session with Andrea Isaacs that led me to affirming “I am here. I am valuable. I take care of my needs first.” During that session I thought of an airline flight attendant explaining that in the case of an emergency I would need to put the oxygen mask on myself first before helping another, as I wouldn’t be effective helping another if I passed out while trying to help them. That symbolic thought was a validation of the principle that I need to heed for greater balance, based on my particular neurotic pattern. (See page 5 for Andrea’s contact information and a description of her group coaching calls.)

I am grateful for access to various resources, both inner and outer, that help me to become aware of self-defeating behaviors and how to overcome them. My work is certainly cut out for me – overcoming control issues, negative judgments, and frenetic busyness. But there is hope for me, and I plan to continue to share my inspiration with you.

My work addresses the causes of anxiety and suffering of any kind. I enjoy sharing my progress and inspiration with you.

Blessings and Love!

Your fellow traveler,

Rev. Jill

Message from Karen Drucker

*"Instructions for living a life:
Pay attention. Be astonished.
Tell about it."
~ Mary Oliver*

My friend Willow died today. I am facilitating a women's retreat in Portland on the subject of passion and during our break I checked my email. And there it was - the notice that I had been hoping would not come but it did. She was gone. The fact that the subject matter of the retreat was about following our passion was not lost on me with Willow's passing. I had known her for about 25 years or so. She was a well-known and respected singer and songwriter with a women's trio (Nicholas, Glover & Wray) that performed constantly. And yet there was an inner calling for Willow to do her own CD - something that would highlight her gifts as a songwriter, singer and entertainer. Through the years when I would see her at an event, she would confide to me that she felt stuck in how to make her own CD and would I be willing to help her out. I would always enthusiastically say yes, that I would love to help in any way that I could...and yet the call never came. When I would see her again I would ask how her progress towards her dream was coming and she would say she wanted to do it but was dealing with all the inner critics, the idea of it being the "ultimate" collection of songs, and other very justifiable reasons why it wasn't happening. Again, I encouraged her and hoped that she could find a way to make it real.

Then she got cancer. All her time and energy went into her treatments and after about 7 months the cancer was winning. After a stay in the hospital, she was told she had about 2 weeks left to live, and with her life-clock ticking, the time was now and she went for it. She left the hospital on March 27th, and on March 28th she began recording. With one last push of energy, and amazing love and support from all her favorite musicians and producers, she recorded 13 songs in 2 weeks! She put everything into it, and it seemed that the music was healing her. She had energy, was happy, and was thrilled to be doing this project. She sang her original songs, did all the graphics herself and the CD was mixed and mastered and shipped off for duplication. Even though her body was declining her Spirit was moving her through this whole process with love and grace. The hope was that the CD would be delivered to her in time so that she could feel and see her accomplishment. When the UPS truck pulled up at 4:00pm on May 29th, a group of people rushed the truck cheering and excited to deliver the CD's to her. By that time she was drifting between worlds and even though they put the CD in her hand, and played the music, she

was not really getting awake enough to experience it. The miracle happened the next morning when she woke up, perfectly lucid and saw the CD, remarked how thrilled she was that she got it back so soon and realized that it was done and complete. She read all the liner notes and then kissed the CD and tossed it into the air saying: "Okay, now go into the world and do your work!" then she went back to sleep. The next morning she peacefully left this world.

Wayne Dyer says, "*Don't die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul.*" In many of my women's retreats this is a theme that we all deal with: telling the truth about what our dreams and passions are and giving ourselves permission to go for it. It's so easy for all of us to use those tried and true and sometimes so justifiable reasons/excuses of time, money, other responsibilities. For me, the gift is being able to recognize what my soul/Spirit is calling out for and doing it in whatever way I can - taking baby steps, doing something towards it for five minutes a day, getting a friend(s) or a group to support me in my vision.

I can't know all the reasons why Willow waited so many years to manifest her dream - but maybe the timing was just perfect for her - and she did it - and now her legacy and music will live on. In dealing with my own sadness of her passing I see one of her many gifts is how important it is to follow that longing of our heart's calling and to know that we all leave a seed of love in whatever we do. As she writes in her song *On This Trail*, "... This trail, this road, will disappear with winter rain and wash away all traces of the places we have been, but seeds of love remain..."

Willow Wray - "the Cosmic Cowgirl"

October 5, 1950 - May 31, 2014

Her solo CD "Seeds of Love" can be purchased at

www.wilianniemusic.com

Karen Drucker is a prolific singer songwriter, author, and workshop leader. See www.KarenDrucker.com for her messages and music to heal, inspire, and empower. Join her mailing list for occasional newsletters, event schedule, and announcements of new CDs.

See page 3 for the lyrics to two of Willow Wray's songs on her "Seeds of Love" CD.



On This Trail (song by Willow Wray)

Two dear, dear people died on the same day, Ellen and Lorraine. Lorraine was my surrogate mom in high school, and Ellen was a great neighbor of mine in Muir Beach. They're who inspired this song. They were simply loving people. In this short life of ours, everything gets washed away and becomes new again, but the seeds of love remain –and that's our legacy. We all leave seeds of love on our paths. Even with people we never see again, or see only once. And sometimes, we don't even know the beauty we're giving to people. It's good to let people know they've planted their seeds of love in you. And, you plant your seeds of love in the world.

On this trail, on this road,
There's a scattering of seeds
A legacy of life,
What we sow and what we reap
Looking back on memories,
When laughter filled the air
All the times we were together,
All the moments that we share

On this trail, on this road
There's a path that winds its way
A journey of the heart,
One that seems so short a stay
All the trivial pursuits of life,
Like a distant marching band
Will fade away
When an angel takes our hand

This trail, this road,
Will disappear with winter rain
And wash away all traces
Of the places we have been
But seeds of love remain,
They're part of a bigger plan
It's the seeds of love that grow,
On this trail, on this road
That will lead us home again

On this trail, on this road,
As we leave this world behind
Is it all just an illusion,
Just a conjure of the mind
It really doesn't matter,
We don't even need to know
When we leave those seeds of love
On this trail, on this road

This trail, this road,
Will disappear with winter rain
And wash away all traces
Of the places we have been

But seeds of love remain,
They're part of a bigger plan
It's the seeds of love that grow,
On this trail, on this road
That will lead us home again
I pray I leave love's golden seeds
On this trail, on this road

Best In Me (song by Willow Wray)

This song was written for a loved one's birthday many years ago. Now, I sing it for two loved ones who are the dearest in my life. Without them, I can't imagine what my life would have been like these last 28 years. I feel very blessed.

There was a time, I lived day to day
Watching my dreams fading away
Then like a wish I breathed with a sigh
You entered my life

In the simplest way, with the gentlest of hand
You held me up where I'd never been
And I saw a world I never dreamed of
Through the eyes of your love

You brought out the best in me
Shined a light where I couldn't see
On a life I never knew and
You were the answer to my prayer
Taught me to face my fear
Showed me what love could be
You brought out the best in me

Seasons will change, the years will go by
My love will last beyond this life
For all we've done I know one thing
I'd do it all again

'Cause there is no time, there is no space
No boundary, no far distant place
No rhyme or reason to keep us apart
We're tethered forever by the heart

You brought out the best in me
Shined a light where I couldn't see
On a life I never knew and
You were the answer to my prayer
Taught me to face my fear
Showed me what love could be
You brought out the best in me

Purchase Willow Wray's solo CD "Seeds of Love" at www.wilianniemusic.com or send \$18.50 (\$15 + \$3.50 s&h) check payable to Iliani Matisse, P.O. Box 2231, Sebastopol, CA 95473 (add \$1 per each add'l CD for s&h)

One of my spiritual buddies, Eva Lisle, made a commitment to posting daily for a year on a blog that is a conversation between her ego's "epic fears" and "HS" (Holy Spirit or Higher Self, aka Inner Wisdom). Following is her invitation to those who might benefit from this conversation and a sample blog posting I have chosen to share with you re: fear of depression.

A Twelvemonth of Self Love: What happens when I meet my epic fears with love?

A blog by Eva Lisle

who I am

I am just like you. Lost and found; happy and sad; tired and excited; terrified and elated. I want to learn not to be afraid of my Self. I am sweet, kind, zaftig, and bewildered. I am a mother, wife, business and dog owner. I am a Minister and Spiritual Counselor. I love my family tenaciously, my friends with tea and sympathy and my local art museum with time and creativity. I love going to church by myself in the backyard. I have had a tumultuous affair with God most of my life and am trying to determine if UNCONDITIONAL LOVE can really make a difference to ME in my daily life.

I write, read, talk, laugh, visit, draw & color, enjoy, and listen. I enjoy art, most human beings, my two corgis, my precious daughters and my charismatic and charming husband. Revelation and truth WOW me daily and so does beauty, humor, irony and blow driers.

I was the only one in my Dale Carnegie class in Brisbane, Queensland (Australia) whose face fell when we were told we had five minutes to speak extemporaneously ("Only five?" I thought, feeling a little crushed). At the age of seven I was amazed that the traffic light knew to turn green when the cars moved. When told I have a bit of smudge on the left side of my mouth, I am the one who asks, "Is that left as I look at it in a mirror or the other left?" I am complicatedly simple. I have always worn my heart on my sleeve, apparently so that when I finally learned how to listen to it, it wouldn't be too hard to hear.

what I am doing

What AM I doing for goodness sakes? This blog records and tracks an experimental project. I decided I was tired of just waiting for my fears to come up when I least expected them and sabotage yet another goal, conversation, or opportunity for joy. So I decided I would go to them exactly where they are. It came to me to take an epic fear and extend love to it for 30 days straight and see what happened. Once that Idea surfaced, the rest of

my fears (apparently there are quite a few) started a rebellion and demanded to be heard. Thus the *Twelvemonth of Self Love Project* was born.

Each month I am guided to an epic fear (one that has always or nearly always caused me grief in some real way) and then I let Holy Spirit lead the way. I extend love to this thought daily and record the messages, practices and experiences I have along the way.

This journey is surprising, powerful, and more fun than I thought it would be. I post a lot because that is how I think and notice my thoughts. It is not necessary to follow or read posts in order for you to get a feel for what I am doing and how you, too, might be able to greet your fears in a new way.

join me

Believe it or not, extending love to fear is more fun than it should be. What if we did greet our fears like scampering hungry goats as opposed to terrorists?

It is interesting, worthwhile, and fascinating to read and be inspired by another's experience but why not have an EXPERIENCE OF YOUR OWN SELF as well.

Here are just a few ways you can use this blog to experience your OWN SELF as you notice your fears and extend love to them. Be willing to try one and see what happens. I'd love to hear about your own experience.

Explore. Read. Enjoy the blog. Notice and see what you feel drawn to. [Look up a fear or quality of love and see what happens.](#) Hold your own fear in your mind quietly for moment and just randomly click a link in categories or tags and see if it speaks to you. (I swear this works wonders!) Notice what happens when you allow yourself to be with a fear, even for a moment in this new way.

Blog posting re: fear of depression

(2nd month, Day 7 – posted May 7, 2014)

One of the fears of depression I have noticed within myself is that I have no right to feel depressed. This quote I read in a Maisie Dobbs novel expressed the nebulous fear in the background I was feeling but couldn't express. "The girl's had the very best, so don't tell me about despair, Miss Dobbs, that girl's got no right to despair."— *Birds of a Feather* by Jacqueline Winspear.

I guess I thought if I continued to ignore it, I would always feel happy.

HS: Depression cannot be ignored. It is a calling from within to notice your truth.

Me: It has taken me a long time to admit to feeling anything but gratitude and happiness because I truly felt I had no right to feel anything else. It has been challenging allowing myself to feel into depression and extend love to

it. I had help in an unusual way. I met a young woman who might be described as falling somewhere within the autistic spectrum of behavior. Being with her brought out a deep gratitude that I didn't have to be with her on a regular basis. I could feel the magnetic pull within me of powerlessness in the face of such singular behavior. This young woman was extremely bright and a published author yet there was something about being in her presence that made me feel invisible. Being with someone who does not see, notice or particularly demonstrate any care about you is extremely unsettling. Her focus was exclusively on her own creation, desires, thoughts, ideas, plans etc. I don't know why this isn't more appealing for it sounds strong and independent yet I was left feeling excluded and separate.

After the torrential one-sided conversation I could feel the very tip of the hopelessness of depression through the powerlessness I felt around this young woman.

I extend comfort to this thought.

Comfort. Just the word brings an inaudible *ahhhhhh* to my heart and breath. How can I extend comfort to my own self in this moment, HS?

HS: Be still and know that I am God. I am your strength. I am your comfort. Fear not that which makes you feel and become aware of your thoughts of powerlessness. It is only in seeing them fully, in the light, that they will dissolve back into the remembrance of your true power. Remember your real power is knowing fully who you are. You are Love. Loving is how you remember this. Ask yourself: how can I express my loving nature right now?

Me: Ok. I'll admit it. I expressed love & comfort to my own self and took a short nap. I feel beloved and restored. GO HS!!!

Eva Lisle has committed to posting daily on the blog www.twelvemonthselflove.com for one year. She writes about her chosen fear of the month (e.g. fear of commitment, depression, guilt, letting go) and offers the Holy Spirit message that she receives in response to her concerns.



Body Wisdom Group Coaching Calls with Andrea Isaacs

The Body Wisdom Group Coaching Calls are a great introduction to doing Somatic Focusing, a form of emotional alchemy, or emotional transformation work. This work has guided CEOs to deciding “yes” or “no” to big decisions, helped people land the job of their dreams, save their marriage, transform shyness into confidence, set healthy boundaries and express anger effectively while maintaining connection, and more.

The groups are deliberately small, and happen at different times of the day to accommodate people in different time zones. The groups range in size and have between 4-9 people on each call. There are three calls per month. You can enroll in a month-by-month basis and downloads of the recordings are available afterwards.

Bringing this work to neuroscience researcher Dario Nardi's brain lab, we saw scans that validate that this work engages both sides of the brain, meaning this is “whole brain” learning. It brought the brain to an “integrative” state, and the amplitude became quiet. You could conclude that this work engenders wholeness and inner peace, while creating new neural pathways that support desired change.

I have come to recognize that joy is a value I hold most high. Though many things contribute to joy, I believe that having thriving relationships is one of the most important factors. What seems to get in the way of that for most of us is our reactivity. Somatic Focusing is an incredibly efficient way to transform reactivity into another way of being that still allows us to address challenging topics, yet in a way that supports deepening our connections, building thriving relationships and having a joy-filled life.

Give it a try!

Contact Andrea for more info about individual & group coaching sessions, group intensives, & retreats. Andrea Isaacs, EnneaMotion and Somatic Focusing, 100 Sunrise Ranch Road, Loveland, CO 80538. Mobile (518) 265-5058 Landline (970) 679-4307 www.EnneaMotion.com



Hear her live radio show every Thursday on <http://ctrnetwork.com/profile/AndreaIsaacsHOST> or listen to the recorded podcasts “What We Need to Know” from iTunes.

Daily Word

I am a divine being in the constant flow of life.

Divine energy moves in and through all of life. I experience this flow as Life itself through my breath, ideas, creativity, health, and wholeness. Life is an unceasing river of good.

Throughout my day, I am conscious of this stream of divine energy as I focus on every blessing I receive – a friend's message, a hug, a lesson. I am energized and empowered. I am in the flow.

Conscious of ways I may be blocking the flow of good, I adjust my outlook from concern to confidence. A change in attitude can make the difference between failure and success. Grateful for the energy and power of Life, I am a divine being in the flow.

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Love

Sent to you with
Love & Blessings

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