

Change Is Constant

By Rev. Lauren Skye

We've all heard that phrase, "change is constant". Making space for spirit in our lives means, among many other lessons, becoming comfortable with change. As we grow, our lives will inevitably shift. Our outer world naturally adjusts to reflect the changes we've made from within. Letting go and letting come, while trusting in our divine nature, is truly a spiritual skill. Many times it's easier said than done, and awareness of how spirit works is an important part of really enjoying change. With spiritual awareness, we can recognize that change is just a part of ongoing transformation.

Over the last year, the energies on our planet have continued to shift. As fear is lifted and light increases; the manifestations of fear, separation, and judgment are right out in the open. Lack of integrity and abusive situations are quickly exposed. We're working toward spiritual integrity and truth, and it's been going on for quite a while now. Remember the Enron scandal?

This may look like new conflicts; but it's really old, buried fears surfacing as they come up for cleansing. At the same time, technological advances and our information base have made us more powerful than ever on a physical level. I see a great need for each of us to grow spiritually to use the fullness of our power well, coupling it with true compassion and our full capacity to love.

Certainly our center is no exception to the inevitable flow of change. It's a very different world today than when we founded our organization in 1998. Over the years, we've flowed with the global changes, the needs of our students, and our own journeys. Being a spiritual center, we've been called upon to transform many times and in many ways as the energy on our planet shifts and as we transform as individuals. As the director of this wonderful place, I am beyond grateful. There's just no word for my appreciation of all I've witnessed and learned. For me, it's been, and continues to be, a constant journey of personal growth and trust in spirit.

In keeping with the inevitable flow of transformation, I've just re-vamped our programs here at the Inner Connection to align our teachings with the present-time needs of souls on earth now. We all need spiritual skills to thrive in our current environment. Spiritual skills, or tools, help us see our truth; how we really feel, what we really want, what are our unique gifts to give and how to give them. Further, tools help us separate ourselves from the messages around us about what we should do and want. With self-awareness, and with awareness of the spiritual support that is always with us, we can gift this planet with the full expression of who we are; and do it with joy, abundance, and an overflowing heart.

You'll notice several new offerings in this edition of our newsletter; including and a brand-new class called "Clairvoyance – Your Next Step". In addition, I've shortened our Meditation and Psychic Basics class, restructured our Psychic Awareness Program curriculum, and created two new programs; Living With Spirit and Trance Mediumship. I've also added a quarterly meditation class just for kids. Please see page 3 for an updated list of our learning opportunities and page 6 for a list of our services. On page 5, there's our updated menu of open "healing clinics", where you can drop by and have a

taste of spiritual shift and of our style.

As always, the skills and services we present facilitate the graceful harmony of body, mind, and spirit. Our programs continue to honor and support the important unfolding of each individual. Peace and joy do start with each and every one of us, from the inside out. This new format facilitates that deep spiritual awakening with a gentle integration of divine perspective into daily life. The information presented keeps pace with spiritual evolution in our current cultural and global environment.

I hope you enjoy this updated newsletter and I thank you for taking the time to read it. If it's time for you to take a step on the spiritual path, join us now and create lasting, positive change in your world from the inside out – the only way that works!

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