



THE LIGHT

THE MAGAZINE OF INNER FAITH MINISTRIES WORLD WIDE

Dr. Sharron Stroud - Founder

July/August 2009

*Dr. Sharron: "INVITE LOVE
The Attitude of Abundance!
The Pet Ministry*

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July Reflection: Invite Love

In these amazing and interesting times I Am moved to share an old legend about a woman in a small village who came out of her dwelling place and saw three old men with long white beards sitting in the grassy area of her front yard. She did not recognize them. She said “I don’t think I know you, but you must be hungry. Please come in and have something to eat.”

“Is the man of the house home?” they asked. “No”, she said. “He’s out.” “Then we cannot come in,” they replied. In the evening when her husband came home, she told him what had happened. “Go tell them I am home and invite them in!” The woman went out and invited the three white bearded men in. “We do not go into a dwelling together,” they replied. “Why is that?” she wanted to know. One of the old white bearded men explained: “His name is Wealth,” he said pointing to one of his friends, and said pointing to another one, “He is Success, and I am Love.” Then he added, “Now go in and discuss with your husband which one of us you want in your dwelling place.”

The woman went in and told her husband what was said. Her husband was overjoyed. “How nice!” he said. “Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!” His wife disagreed. “My dear, why don’t we invite Success?”

Their daughter was listening from the other corner of the home. She jumped in with her own suggestion: “Would it not be better to invite Love? Our home will then be filled with love!”

“Let us heed our daughter’s advice,” said the husband to his wife. “Go out and invite Love to be our guest.” The woman went out and asked the three old white

bearded men, “Which one of you is Love? Please come in and be our guest.” Love got up and started walking toward the house. The other two also got up and followed him. Surprised, the lady asked Wealth and Success: “I only invited Love, Why are you coming in?” The old white bearded sages replied together: “If you had invited Wealth or Success, the other two of us would’ve stayed out, but since you invited Love, wherever He goes, we go with him. Wherever there is Love, there is also Wealth and Success!”

Yes, “Wherever there is Love, there is also Wealth and Success!” Marsha Sinetar in her best-selling book, *Do What You Love and the Money Will Follow* has stated, “Do what you Love reveals a well-kept secret that there are hundreds and thousands of people who have overcome internal and external obstacles to become successful doing what they love. If people can cultivate self-respect and inner security and develop a commitment to their own talents, they can earn as much money as they need, or want. This is true success, and this work describes what it takes to achieve it and even what it means to go beyond the goal of money to the goal of authentic self-expression, self-trust and actualization.”

Our Theme for the month of July is Free to Live Your Best Life! I will be representing the United States of America at the World Forum in Washington D.C. and speaking on *The Biology of Belief* in July. However, the Master Teacher stated over 2,000 years ago: “It is done unto you as you believe” and this one declaration shapes our very lives! Yes, invite Love!

Namast’e and Love,

Dr. Sharron Stroud, Founder



LAUGHTER



Swami Beyondananda

Wake Up Laughing is where healing laughter and “new edge” comedy meet. For years we have been learning that laughter in and of itself has proven physiological benefits. Laughter produces endorphins, our body’s natural painkiller. Laughter improves immune function. Hearty laughter is literally good for the heart, because when we laugh it causes our blood vessels to dilate. And that is certainly better than having them die early!

But laughter is medicine in the Native American sense as well, a transformational tool that used wisely can bring not just physical healing, but emotional release, mental

flexibility and spiritual perspective. George Carlin once said that most people go to comedy clubs to release just enough tension so they can go back to their basically unsatisfying lives. Put all of these unsatisfying lives together and you get ... well, just turn on the TV.

What I call “new edge” comedy has enough of an edge to cut through the bull that lurks behind every sacred cow. But unlike the cynical (and even mean) comedy that our culture has cultivated over the past 30 years, Wake Up Laughing offers a healing intention designed to awaken joy, compassion, kindness, wisdom -- and the innocent playfulness that so many of us abandoned when we were tricked into believing that life is serious. As Swami Beyondananda has said, “Life is a joke ... but God is laughing with us, not at us.” And if God is laughing, who are we to not laugh?

Wake Up Laughing is here to help you wake up to the Cosmic Comedy, and go forth and multiply playfulness and joy.

May you wake up laughing, and leave laughter in your wake. And may the Farce be with you



4 Ways to Stop Overload Now

By Marsh Engle



!The fact is life is full. Yes, there are days we feel like we are pulled in a million directions. Family, friends, community, work – some days the “to do” list is more like the ‘way too much to ever get done list’. But, here’s the thing: We have a tendency to keep this list running over and over and OVER in our

heads. Like the refrain of an old worn out song, we constantly remind ourselves of what we think we need to get done. What happens? Big distraction, increased stress and maximum overload! Most importantly, we simply can’t FOCUS. But after all, how could we? How can we stay focused on our real vision when our mind reminds us a thousand times a day that we can’t forget to respond to email, follow-up with that new potential client, change the oil in the car, remember our son’s school open house, and oh yeah, what’s for dinner? Now, try multiplying this a thousand times and you have the picture of what our mind does each day.

What’s the solution? This week, try experimenting with the 4 ‘R’s’ of rekindling your creativity, igniting fresh inspiration and creating a life you absolutely love!

#1 – Respond Now.

What’s on your list that is a quick and easy get it done now task?

If it’s something that will take only 15-20 minutes, why wait? Do it now. Save yourself the investment of energy that it takes to remind your self of the task. Feel the freedom of completion and allow it to propel and motivate you forward.

#2 – Re-Assign It.

Everyone needs a support team. Whether we are a dedicated stay-at home mom or CEO of a growing enterprise, when it comes to living our vision, support is not only necessary, it’s vital! Who are the members of your team? Look around and then ask for help. Let go of the “I can do it all myself” mindset and become a team player.

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#3 – Relinquish It.

Remember that stack of magazines and newspapers in the corner? Let’s be honest, will you ever get around to reading them? Take a close look at your list. My sense is there are some things – maybe many things - that you can simply release and let go of. Lighten the load, really prioritize and recapture boundless creative energy for what really matters most to you.

#4 – Re-Prioritize It.

Remember, this is YOUR life. So really consider what is most important to you. Take a look at your ‘to do’ list and closely consider your investment of time in a purposeful way. Create a vision. Then, one by one consider each step and when it can be accomplished. Set a date in the future and enjoy the journey of creating.

The best part of this exercise is that your mind will immediately become opened and relaxed. And, that relaxed state creates a spectacular atmosphere for more authentic, spontaneous success – where you can discover new possibilities, say YES to the life YOU desire, and live by your own unique design!

Looking for ways to celebrate your most amazing life now?

**THE
INNERFAITH MINISTRIES
WORLDWIDE
MINISTERIAL TEAM**

Dr. Sharron Stroud, Founder	(760) 318-3196
Rev. Chaplain Rich Cress	(760) 320-4453
Rev. Chaplains Lou & Lloyd Brushett	(760) 770-9263
Rev. Chaplain Roger Bambinek	(760) 318-9977
Rev. Arline Hoover, Minister Emeritus	(760) 360-8918
Dr. Terre York	(760) 799-4256
Dr. Ted Telford	(760) 416-7489
Linda Orrick	(760) 464-9054
Carol Evans	(760) 902-4320
Denise Meyers	(760) 220-8405
Mike Burger	(760) 409-7939

The Attitude Of Abundance



By Sharon Michaels

It's true, abundance and wealth takes attitude.

Oh yes, it's also about managing and growing your money but, **if you don't cultivate an abundant attitude**, you'll never allow yourself to achieve and enjoy lasting wealth.

Let the few tips below act as a focus for your learning and for living with an attitude of abundance.

A prosperity truth: Focusing on and worrying about lack will create even greater lack.

Focusing positive energy on creating, enjoying and living in abundance opens your mind to the emotional and physical possibilities of creating and maintaining unlimited abundance. The opposite of an abundant attitude is an attitude of lack, scarcity, poverty and debt.

You formed your attitude of abundance sometime in childhood while listening to parents, relatives and friends talk about wealth, money and prosperity.

The abundance attitude is a combination of likes and dislikes, and values and beliefs. Attitudes eventually form judgments and judgments turn into positive and negative habits - creating positive and negative results.



Today, locked deep within your subconscious mind are attitudes about wealthy people in general and especially your ability to accumulate and enjoy wealth.

You **also** have an outward and conscious attitude about wealth. This outward attitude is reflected in how positively you talk about wealth and money.

What is an abundant attitude? Here are some examples:

1. An abundant attitude believes there are more than enough resources for everyone – the pie of abundance gets larger and keeps expanding.

2. An abundant attitude allows you to live with an attitude of thankfulness for all the resources coming into your life. Gratitude is a hallmark of an abundant attitude.

3. Those who live in abundance see the glass of prosperity as half full as opposed to half empty.

4. An abundant mind-set focuses on positive choices. The more empowered your choices, the more empowered and abundant your life.

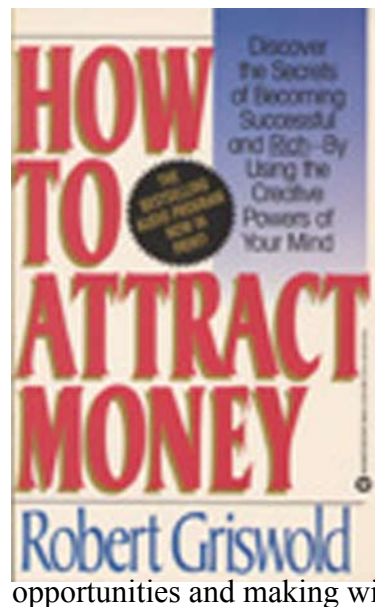
5. An abundant attitude is about being proactive in life. Victim mentality focuses on “lack” while an abundant attitude focuses on expanding opportunities and making wise choices.

6. Abundance focuses on “how many ways can I” as opposed to “why can't I.” An abundant attitude is about finding win-win financial solutions. Abundance is the attitude of how many ways will I make my financial goals reality even when faced with obstacles and stumbling blocks. It's a combination of positive mind-set and consistent positive action.

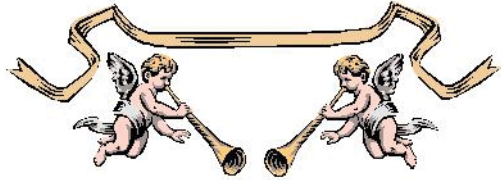
7. Abundance is about positive possibilities. Instead of focusing on debt, an abundant attitude focuses on finding the opportunities to create more wealth and prosperity.

Developing the attitude of abundance is about developing an abundant mind-set – a mind-set focused on positive solutions and opportunities.

How is your abundant attitude?



ANNOUNCEMENTS



Annual Leo Party & Talent Show!

Wed Nite Live July 29th

Dr. Sharron's Day of Birth!

TOTALLY ALIVE AT 65!!!

7:00 pm at the Spa Hotel in the Cahuilla Room!

Friendship Sunday Brunch

The first Sunday of each month



After church, the first Sunday of each month, join Dr. Sharron and the Ministerial Innerfaith Team at The Rock Garden Café at 777 S Palm Canyon Dr in Palm Springs. Special

price \$11.95 to InnerFaith members and guests! Please join us. All are welcome. Spiritual Community is created by breaking bread one with another!

Healing Service

9:15 each Sunday morning facilitated by the Ministerial Team. Experience healing energy and the joy of deepening spirituality.

Centering Meditation By Musicians

9:35 AM each Sunday Morning in the Sanctuary Theater.

Children's Ministry

9:45 each Sunday morning

Prayer Ministry

The Ministry of Prayer is here to serve you. A member of our Prayer Team will assist you with your prayer request and pray with you personally if you desire. If you have the Faith as a grain of mustard seed all things are possible unto you! Ask and ye shall receive!

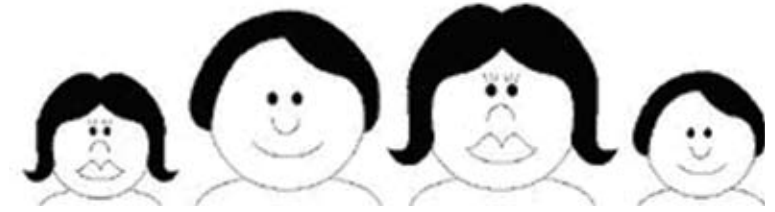
Founder's Circle

Become a member of the Founder's Circle. Join today by tithing \$100 or more a month over your regular contribution. This works out to \$3.25 a day to be a Founder! To join, write Founder's Circle on your check. Talk with our Treasurer, Ted Telford about the miracles that come from giving to a Purpose larger than yourself.

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Flower Power

Bring flowers to honor a special occasion for the service. Take them with you when you leave to brighten your day!



Men's Group

6:30 PM pot luck hosted by various members of the Innerfaith Community on a quarterly basis. Innerfaith Ministries Men's Spirituality Group, Our Mission: To create a group of Spiritually Minded Men Who Gather Together to make a Positive Difference for Themselves and Innerfaith Ministries Worldwide!



Women's Empowerment - led by Dr. Sharron Stroud

6:30 PM veggie pot luck and vital discussion from Dr. Clarissa Pinkola Estes. Sign up in the foyer.

Volunteer

A big thank you to all the VIPS (Volunteer's In Progress) who make this ministry happen! You are a gift and you are loved and greatly appreciated. See Martin Anthony our Volunteer Coordinator or call 760-318-3196 to sign up.

Food Drive

Chaplain Lloyd Brushett collects canned goods our partner in charity at The Well in the Desert. Please leave your canned food donations at the designated place in the foyer.

CELEBRATE WITH US

July - Sunday Theme and Topics

I Am Free to Live My Best Life! I affirm and declare that I Am Happy, Healthy, Prosperous and Free!

And so it is.

July Sunday Theme: **FREE TO LIVE YOUR BEST LIFE!**

5 Free to Be Me! **New time: 9:45**

Friendship Sunday - bring a friend and join us for brunch at the Rock Garden.

12 Free to Succeed! **New time: 9:45**

19 Free to Forgive! **New time: 9:45**

26 Free to Love! **New time: 9:45**

August- Sunday Theme & Topics

The Joy of the Universe flows through every area of my life and I Am filled with a great sense of well-being and peace! I Accept my good and my unexpected good!
And so it is.

August Sunday Theme: **HEALTHY PLEASURES**

2 The Pleasure Principle
Friendship Sunday - bring a friend and join us for brunch at the Rock Garden. **New time: 9:45**

9 Coming to Your Senses **New time: 9:45**

16 All Pleasures Great & Small! **New time: 9:45**

23 The Confidence Game **New time: 9:45**

30 Laughing Matters! **New time: 9:45**

THE SPIRIT, MIND, & BODY CONNECTION



WELL SPIRIT FITNESS CENTER

SPA RESORT HOTEL

Every Wednesday at 7:00 p.m.

Tahquitz Room (Off the main lobby at the Encilia and Tahquitz Canyon entrance)

July

1st – There will be No Wednesday Night Live Service in Honor of Independence Day.

8 – Dr. Ernie Panza – How to Read a Face Like a Book – Join Dr. Panza for an interesting evening of learning about an individual's personality by studying the physical features of the face. He will discuss the 37 different facial characteristics and its personality trait. Dr. Panza has overcome illiteracy, dyslexia and low self-esteem to become a highly successful chiropractor, author, and motivational speaker. Now retired after 28 years of practice, he travels the world spreading his message of love, inspiration and the power of positive attitude. He has written and published 8 books with another due out soon.

15 – Joseph Sheehan – Astrological Perspectives of 2009 - 2012 – Back by popular demand! Join us for an interesting evening of astrology with Joseph Sheehan. The astrological position of our planets between 2009 and 2012 suggests a deepening of our spiritual perceptions. Joseph will discuss this & other potential economic and political events that might occur during

this period. Joseph, who was a monk for 25 years, was led to his study of astrology which he feels provides a profound tool for gaining insight into the Soul's evolutionary journey.

22 – Denise Myers – An Evening of Tea Leaves

– Reading tea leaves is a form of divination which relies on the psychic's ability to interpret the different symbols and patterns created by loose tea leaves in a white cup. Denise, a Reiki master teacher and 3rd generation tea-leaf reader will share the ancient art of tea leaf reading and how this gift makes itself known to her.

29 – Annual Leo Party & Talent Show! This Year we will present the INNERFAITH TALENT SHOW. It will feature local talent from the Innerfaith Community and the greater Palm Springs area. Each Year Dr. Sharron shares her birthday with her community to express joy and to feel the Spirit of Play! Summer is a time to express Joyology, Playology, and Bubbleosophy! This will be an evening of Love, Laughter, and Light! Yes, Let there be Cake!

August

5th – Frederic Delarue – Eyes of Your Heart – Join Frederic as he presents his first inspirational book, EYES OF YOUR HEART and his new CD by the same name, which is the Music of the Soul. Frederic is a world-renowned music composer, spiritual teacher, speaker, and angel communicator. He currently resides in California. "My hands play what the Angels sing in my ears" quotes Frederic. In this book, his hands write what the Angels told him in the eyes of his heart.

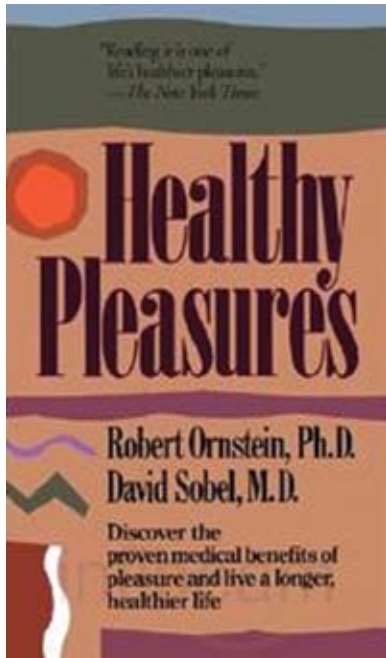
12– Kae Schreiber – Are You Looking For Love? It's Right in Front of You! – Join Kae, an amazing Palm Springs Intuitive Palmist/Medium, for Part II of exploring "The Heart Line." Your heart line identifies your emotional system. It tells how you want to be treated in relationships and what motivates your behavior with others. Heart lines provide an easy way to gain understanding of yourself and others.

19 – Peter Anthony – You, Numerology, Astrology and Why Palm Springs? – Join our own local astrologer and numerologist, Peter Anthony for an interesting evening of discussions about how numerology and astrology compliment our Soul-Purpose, their influence on how we attract people, places, and situations, why we choose certain cities to learn our spiritual lessons, and why we chose to live in Palm Springs.

26 – Dr. Sharron Stroud – Spiritual Cinema Circle – Joining us for a fun evening of movies from the Spiritual Cinema Circle. The Circle opens the door to a new world. You'll see comedies, dramas and documentaries with all the great themes of Spiritual Cinema.

*For Greater Detail, Please Review Our Website at:
<http://innerfaithworldwide.com/celebrate.htm>*

Book Recommendation!! A Letter



Author: Robert Ornstein

Amazon.com

Description:

Healthy Pleasures encourages people to denounce the ideology of “no pain, no gain”, and improve their health through activities that make them feel good. Authors Robert Ornstein, a psychologist, and David Sobel, an medical doctor and prenatitive medicine specialist, sup-

ports their assertion that eating, drinking, having sex, listening to or making music, and many other gratifying activities are health-promoting with substantiative explanations and referenced research, as well as with common sense, anecdotal stories, and professional experience.

Topics covered include:

- the Pleasure Principle
- mental immunity
- the language of touch
- musical medicine
- scent
- sex
- taste
- exercise
- relaxation
- healthy illusions
- healthy and unhealthy denial
- marriage
- pets
- and many more

Dr. Sharron,

Just a note to say that we are all so VERY PROUD of you and your achievements.

The entire congregation of INNERFAITH wish you a safe and fruitful journey.

Your honor is our honor.....and we know that the Universe is blessing you for the joy and knowledge that you continually share with the world.

We are all blessed to be in your company.

Love,

M a r t i n

Amazing Woman's Day 2009



Annual Leo Party & Talent Show!



Wed Nite Live July 29th 7:00 pm
at the Spa Hotel

in the Cahuilla Room!

INNERFAITH TALENT SHOW

The Show will feature
local talent from the
Innerfaith Community!

Each year Dr. Sharron throws a
LEO PARTY to express Joy and to feel
the Spirit of Play!

Summer is a time to express
Joyology, Playology, and Bubbleosophy!

This will be an evening of
Love, Laughter, and Light!

Yes, Let there be Cake!

Please sign up in the Foyer To Be in the Show
Sharing From the Heart with Joy!



OUR COMMUNITY



Dr. Sharron and Rev. Dennis Stoops
Who just joined the Ministry!!

“Flyboy”



Doug Etie, Dr. Sharron & Ernesto

CELEBRATES

Das Cake! →



← "Tinker Bell" "I can Have my cake and eat it to!"



Chaplains Lou and (Birthday Boy) Lloyd



Dr. Sharron and the "Birthday Boy at 81 & still Having Fun!"

Looking for Love?

(It's in front of you)

Kae Schriber

Have you been looking for love in all the wrong places? Do you know what you need in a relationship? What you have to offer? We all have an ideal in our mind of the perfect compliment to our needs, but what do we bring to the table? Fortunately the science of Hand Analysis can show us what our needs are and the gifts we have to share with others.

According to God's Divine Plan we have been given by our creator a pair of hands that are unique to us. Like snow flakes, no two palms are alike. When was the last time you looked at your hands and palms closely? Did you see the miracle of God's love in your hands, the love with which you were made? Did you see the lines, feel the texture, and notice the length of your fingers? Did you realize no one will ever be you? That makes you rarer than a priceless Michelangelo.

When it comes to love, we are best to see it in ourselves first and let the light be reflected back to others. Finding love inside begins with knowing God doesn't make junk. When we feel Divine Love in our hearts, the rest is actually pretty easy.

In the practical world though, if you dig a little deeper into palmistry you can find the answer to, "Am I Passionate, do I have a Big Heart or maybe I'm a Hermit or Romantic Idealist". Each one of these is a specific type of line in the hand that tells you volumes about your love needs and gifts of spirit. This is your blueprint and it's in front of you. Your specific love line tells you what the creator had in mind. What kind of itinerary you signed up for regarding love in this lifetime.

Look at your hands right now. Right or left at this point doesn't matter. What do you see? The heart line is the line that starts under the little finger and goes across the hand and curves up

between the index finger and middle finger. If you have such a heart line you are a Passionate type. Passionate type people are fiery, energetic, and enthusiastic about their beliefs. You might be a bit direct and being spontaneous can be easy for you. You might also be impatient and like being treated royally. Other people may see you as selfish or self oriented. Actually you are teaching others what it looks like to ASK for what you want. In some ways it's similar to a fire sign that knows what they want and goes after it. A common partner would be the Romantic Idealist.

Romantic Idealist heart lines are flat and long, starting under the pinkie and ending under Jupiter, the index finger. In Hand Analysis, the longer the heart line, the more "heart" the owner possesses and the more "other-oriented" his or her emotional system. You are thoughtful, considerate, idealistic, capable of justifying change, sensitive, able to find meaning in everything and solution-oriented. You are focused on the needs of others and serve with genuine caring.

Are your lines different? In another issue I will be discussing the other two heart lines, Hermit and Big Heart. Until then appreciate the miracle that exists inside of you.

Kae Schreiber is an Intuitive Palmist/Medium living in Palm Springs. She is available to discuss your individual Heart Lines. See my website at www.inspirationandhope.com

Thank You.

Your Heart is in your Hands

By Pamela Landers

*A Special Message
From Louise Hay*

Float on the Oceans of Life



Our thoughts are creative. This is the most important law of nature that we need to know. One idle thought doesn't make much difference, but thoughts are like drops of water—they accumulate. As we continue to rethink the same thoughts over a period of time, they become puddles, ponds, lakes, or oceans. If they're positive,

we can float on the oceans of life. If they're negative, we can drown in the sea of negativity.

What's your normal attitude when you wake up in the morning? Is it one of hope, faith, and love? Then the day will bring you what you need. Sit quietly for a few moments and notice your train of thoughts. Did you really want to have the sort of life that these thoughts will produce? Choose thoughts that nourish you.

Affirm: I express who I am in joyous, positive ways.

If you want to clean a room thoroughly, you will pick up and examine everything in it. Some things you will look at with love, and you will dust them or polish them to give them new beauty. Some things you will see that they need refinishing or repair, and you will make a note to do that. Some things will never serve you again, and it becomes time to let those things go. Old magazines and newspapers and dirty paper plates can be dropped into the wastebasket very calmly. There is no need to get angry in order to clean a room.

It is the same thing when we are cleaning our mental house. There is no need to get angry just because some of the beliefs in it are ready to be tossed out. Let them go as easily as you would scrape bits of food into the trash after a meal. Would you really dig into yesterday's garbage to make tonight's meal? Do you dig into old mental garbage to create tomorrow's experiences?

If a thought or belief does not serve you, let it go! There is no written law that says that because you once believed something, you have to continue to believe it forever.

Affirm: The past is over, so it has no power now. The thoughts of this moment create my future.

The Point of Power is Always in the Present Moment!



Opportunity!

*Grow Your
Spirit and Prosperity
with the*

Innerfaith Light

In this new and exciting chance to broaden your reach within both the Innerfaith and the broader communities, you can now place business card sized advertisements in the *Innerfaith Light*, featuring both physical and internet exposure side by side with spiritual insights and more mundane wisdom of the day.

Call Linda at (760) 318-3196!!!

The Pet Ministry

By Kate Porter



Hello again, dear InnerFaith family. It's always fun for me to visit with you thru "The Light" and this time in particular I am excited by the theme Dr. Sharron has asked us each to address, "Living our best life".

I realized some years ago that tho most people don't seem to live it that way, the real gift of each life is that it is a personal experience. Yes, we do, of course, enjoy

the company of friends and family and the comings and goings of our society in general, but what about the in-between times? Who are we when we have no one to reflect us? When we are alone with ourselves? When the "still, small voice" is most audible? And all we are listening to...if we can hear it?

As most of you know, my days are delightfully filled with the vibrant, engaging "thrum" of working and playing

with as many members of the animal world as I can. The work of it falls into that interesting spiritual arena of "Chop wood, carry water." When I remember to see the cleaning, feeding and housing of these furry friends in this way, I am happy. If I don't, and I allow myself to get into the effort, I am not. (I'm just pooped! Lol!) Lately, though, because of the influence of our church and dear Dr. Sharron's own "thrum" of seeing things from a positive perspective (no matter how ominous or

difficult they might appear to the unconscious eye...), my world in general is a very happy place.

When I was a little girl, my father, a brilliant man with a great sense of humor was one haunted by alcoholism and the attendant depression. Though he could be very kind, he was a hot and cold running parent at best and when feeling cynical, he used to derisively call me "Little Mary Sunshine" because of my usually cheery ways. At the time, I felt foolish, but though I began to hide my happy heart from him, through the years it was my innocent optimism that was eventually the thing that saved me from the many sad times experienced because of his tortured and torturing presence. For the most part, after I left home at 17, I continued with a sense of hope and excitement into a world where my God given talents took me.

Time passed, however, and by mid-life my years in "show business" began to erode my view of things. The rampant greed and my need to defend myself from the onslaught of dark intentions by others had

started to depress the "happy child". Once again, I became saddened by "the way things were". Many years later in the early 90's, heart-tired and lonely for something missing, I left the noisy, spiritually suffocating city for what became, unexpectedly, the subtle challenge of a life in the desert.

Thankfully, several years ago, my love for the animals in my life and much soul searching brought me back to

what I knew as "me". I found being with them peaceful and I was (and still am when I am surrounded with their energy...) filled with a sense of gentle joy, something that cannot help but touch me with hope, no matter how often living in the world trips me up on my sacred Journey.

Today, because of my exposure to our wonderful ministry as expressed by Dr. Sharron and our various beautiful members and Ministers, I feel myself moving



toward becoming safer and richer in Spirit than I have ever been. Healed in part by the love and support of my special partner, Dr. Terre, I am much closer to an inner “knowing”, something I take sweet pleasure in as I sit listening to music or as I enjoy and am invigorated by a desert bluster or while just looking out at the night sky or lovely desert shadows at twilight.

Currently, I believe that one of the pronounced results of my spiritual balance is the manifesting of support for our non-

profit animal/Senior help organization, the Critter Coalition. As many of you know, we were recently blessed by a substantial donation, but since it was earmarked for the development of our “Critter Cabin” (a safe place to foster small adoptable shelter animals to keep them from being euthanized until they can be “re-homed” ...) we are

still always in need of donations that we can use to feed the pets of the needy Seniors of our low and high deserts.

Because of this circumstance, I am deeply grateful to our InnerFaith family who donated over \$250 to the Critter Coalition from our delightful annual Pet Blessing that Dr. Sharron so lovingly does for our beloved pets each Spring. The InnerFaith donation bought 300 cans of cat food and 150 cans of dog food for our pet food bank! Thank you Dr. Sharron and the Vision Council Board of IFMW and all of our special pet loving members for gifting the pets of our desert community. I must also thank Vince and John for their on-going gift of towels and blankets for the pets that we serve. Kudos and many Kitten and Puppy hugs to all!

Finally, “living my best life” has become more natural for me because of my being able to see many of you, my fellow InnerFaithers, living yours. My spiritual family is a constant reminder to me that being “Little Mary Sunshine” is not a foolish thing to be, but is a blessing

to my life and a blessing also to those who share in my joi de vie. I pray that each one of us during these times ... times that can appear to be so sad or frightening...will have the courage to stand strong in our communal belief that together we can create enough kind and loving intentions to change the world around us...one heartfelt idea at a time.

I finish this sharing with our very special word, Namaste. See you in the Fall, dear ones, and may you and your furies, featheries or finnies have a lovely, cool Summer!

Hugs & heart, Kate

PS One last thing. (Well, several actually...) Please remember to keep your pets safe from the heat by not walking your dogs on hot pavement in



the heat of the day and, later, when you do walk them in the cooler hours, take some water with you to give them an occasional drink. Also, please don't leave them in your car, even for a few minutes while you shop or run into a post office or other errand, etc.

Particularly, during these toasty summer months, if your pets are left in the yard, be sure they have shade and that their water bowl is not metal, but plastic or pottery. The metal bowls will pick up the ambient heat and the water can become very hot, burning their tongues and sweet furry lips. :) Thank you for caring!

www.YouTube.com/CritterChitchat

Kate Porter

www.CritterCoalition.org

The Best Health Care is Self Care

By Tricia Greaves



Yesterday President Obama addressed the need for taking personal responsibility for one's health while discussing US health care reform. I'm so glad he brought this to the fore.

I don't think there is anything more critical to a happy, prosperous and successful life than good

health. Yet too often we don't make our health a priority; we chase money, property and prestige as if they were most important to our success; we pursue companionship above all else believing that is the key to survival; we even place the demands of our family ahead of our health.

But I ask you, are any of these things actually more important than our health? Can we effectively pursue and nurture these gifts if we have neglected our health in the process of acquiring them?

The fact is that if we don't put our health at the top of our "to-do" list, we are short-changing ourselves and everyone around us.

On a daily basis we all have a choice. We can choose what is most important in our lives. Obviously, our hectic schedules and numerous demands on our time and attention make it seem frivolous to put exercise, home cooking and meditation at the top of the list.

But who was it who scheduled our time? Who was it who didn't allow for a break at lunch to take a walk and enjoy a salad? Whose decision was it to watch TV instead

of taking the kids for a bike ride? Who was it who worked an extra 20 hours this week in hopes of impressing the boss when some of that time could have been used for slowing down and smelling the roses?

Of course we all encounter life situations that are beyond our control and which require us to neglect our own needs at times. But as Roy Nelson often says: "we always find time for what's important". Isn't that the truth? We find time for shoe-shopping and hours on the internet, so is it really true that we don't have time for a walk, a conversation with a close friend or a trip to the farmer's market?

To paraphrase Emmet Fox: "If you don't have time to be healthy, you'll be sure to find time to be sick". What's nice about putting our physical, emotional and spiritual health as our top priority is that it gives us the foundation for successfully pursuing and enjoying all the other aspects of our life.

I'd like to challenge you today to examine your priorities. Where does your health fall on your list? Are you neglecting your body (body temple) thinking it can wait until you have more time? Are you depending on medications to keep you patched up instead of investing the time and energy in true healing?

The best national health care plan is self-care, and only we can administer the medicine it requires. Why don't you choose to do one thing that your "inner doctor" orders and begin enjoying a healthier you today?

To your health,

Tricia

Having lost 50 lbs. through identifying and addressing the underlying causes of her emotional eating, Tricia Greaves created www.HealYourHunger.com an online resource which offers hope and healing for emotional eaters worldwide. Tricia is also the Executive Director of The Greaves Foundation (www.TheGreavesFoundation.org)



HEAL YOUR HUNGER

Hope And Healing For Emotional Eaters Worldwide

Fleet

Benefits

A “The Well In The Desert” event.



In yet another always exciting development, desert entertainer and Innerfaith Member Fleet Easton recently shared his copious talents with the benefit show, “Two Guys And A Girl” for local homeless shelter “The Well



In The Desert” located in beautiful, sunny, Palm Springs.



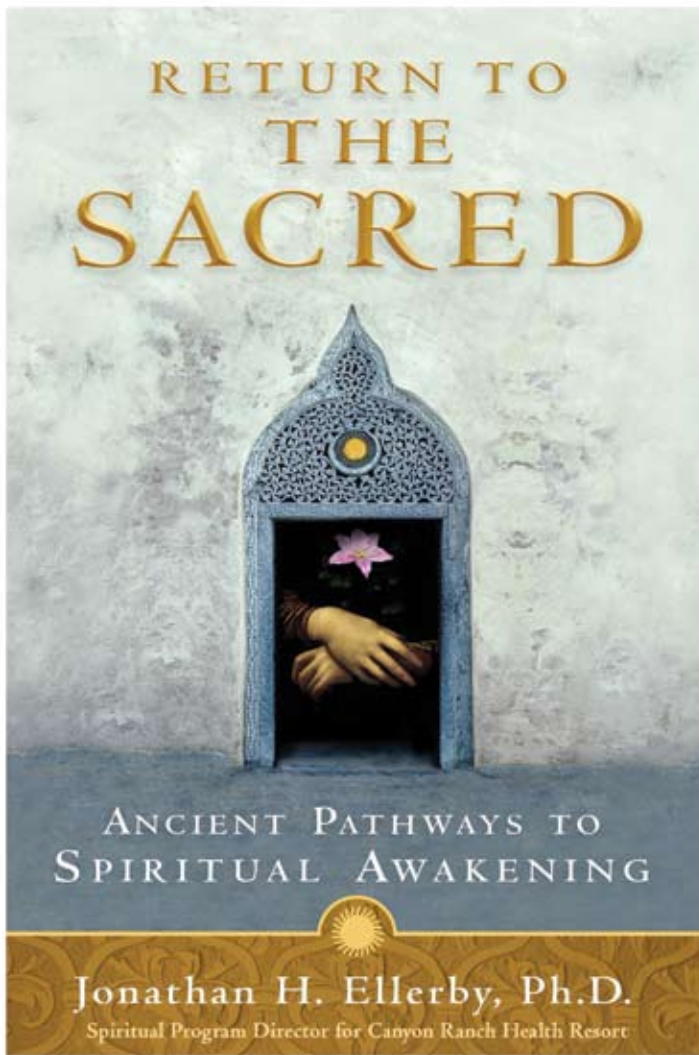
Produced with his usual style and panache, the event showcased Easton’s not inconsiderable talents as both an entertainer and producer in front of a sold-out house, with entertainment, dancing, and more.



Easton wishes to extend his sincere thanks both to attendees at this event benefiting a worthy cause, and to all those who helped make the event such a major success.



Book Recommendation



JONATHAN ELLERBY ~ Return to the Sacred

Ancient Pathways to Spiritual Awakening

Return to The Sacred is a fascinating guide that will help you understand the importance of having a spiritual practice on the path toward healing and enlightenment. This is a book that does more than provide philosophy and inspiration; it gives you the freedom to find the practice that will work for you and the knowledge to experience the answers for yourself. You'll learn about the diverse time-tested tools of spiritual growth that will help you discover extraordinary depths of wisdom, power, and peace.

Dr. Ellerby weaves threads of personal growth with comparative religion and fascinating true tales of spiritual adventures with teachers and healers around the world. Through colorful stories and clear reflections he presents a perspective that reveals the extraordinary rewards of spiritual practice, and a realistic understanding of the deep commitments and challenging steps along the way. Return to The Sacred is an inspiring journey around the globe and into the furthest reaches of the Spirit.

Recommended by Hay House

Founders Circle

Become a member of the Founder's Circle. Join Today by tithing \$100.00 or more a month over your regular contribution.

To join, write "The Founder's Circle" on your check. Talk with Ted Telford at 760-416-7489 about the miracles that come from giving to a Purpose larger than yourself.



OUR THANKS TO:

Ministerial Team Background Photo: By Axel Rouvin

And all of our wonderful contributors!!