

# Harmonious Living

Harmony Church

August 2011  
Volume 3, Issue 8

## Message from the Reverend

### Focus on Joy

Create a joyful and fulfilling life for the time you are here. For this month, let your focus be on joy. Simple joy, pure joy.

This month, your assignment is very simple. you are to learn to feel joy. You are to teach yourself that you are capable of filling yourself with joy, no matter what is happening in your life. You are to learn that joy is something you create inside, not something that is imposed from outside circumstances and other people. Learn that you are truly the creator of your life, and learn it by creating joy in every moment. Understand that the one real thing worth achieving is ultimately the joy, peace and happiness that you give yourself, and it is available at all times. It is within you always, and all you have to do is open yourself to it.

Come to know joy as connection. This is why falling in love has such a joyful component; because you finally feel connected. However, you can achieve that same connection yourself, by connecting with your own soul self. You do not need another person to be that conduit to pure love, joy and peace. Let the love and energy from your soul self-pour down into you. Feel it entering in the crown of your head, allow it to flow down throughout your entire body. Know this flowing energy as peace, then know it as love, and then finally know it as joy.

You will find that you respond differently to people when you have opened yourself up to love and joy. You will make different decisions, you will listen differently, and the tension in your life will reduce dramatically. Take every possible opportunity to clear yourself and fill yourself with joy. Open yourself to the joyous energy, which is you, and let it fill you.

Joy, love and peace. They are what you are made of at the higher level. Let it be what you are made of here, in this physical level as well.

Peace and Blessings,

Rev. Sheila

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## Book of the Month

*Quantum Touch The Power To Heal* By Richard Gordon

Reviewed by Rev. Cheri Makeda

*Quantum-Touch* represents a major breakthrough in the art of hands-on-healing. Whether you are a complete novice, professional chiropractor, physical therapist, body worker, healer or other health professional, *Quantum-Touch* allows you a dimension of power in your work that heretofore has not seemed possible.

"This book clearly teaches you to use special breathing and body focusing techniques to raise your energy level so high that with a light touch, you can see postural corrections spontaneously occur as bones gently glide back into their correct alignment."

This simple technique may be the next step for all healers, young and old, who expect to take healing to the next vibrational level. *Quantum-Touch* is an easy read, and you can incorporate this technique for yourself, and even animals.

Available at the Gifts of Harmony Bookstore for \$19.95.

## Inspirational Quotes

**Robin Sharma**

"We are all here for some special reason. Stop being a prisoner of your past. Become the architect of your future."

**Chief Dan George**

"May the stars carry your sadness away, May the flowers fill your heart with beauty, May hope forever wipe away your tears, and, above all, may silence make you strong."

**A Course in Miracles**

"Look lovingly upon the present, for it holds the only things that are forever true."

## Reflection

### A MESSAGE OF LOVE

I would like to share with you this wonderful message I was lucky to stumble upon. Following is an obituary written by some who were fortunate enough to be students of this amazing man.

GELBERMAN--Rabbi Joseph H. ("Chaim") April 27, 1912-September 9, 2010. Our beloved Rebbe A modern day prophet. Gatherer of differences, pioneer of peace, physician of the soul. A message of love from your students of All Faiths Seminary. You showed us how to see each other through the eyes of the heart, as brothers and sisters connected in divine, loving unity. How to live life to the fullest, how to face resistance with love, how to always be giving of spirit, how to accept all living beings as part of G-d, how to study scripture and interpret it on our own, how to break down walls of hate, how to build foundations of love, how to always be on a journey inward, how to respect all beliefs and celebrate the miracle of life in concert with them, how to be resilient in the face of despair, how to sing and dance at every chance, how to remember that fear is the greatest sin and the opposite of love, how to be victorious over the negative, how to be forgiving, how to wake up each morning grateful for life, and above all else, how to be joyful always joyful. Yes, Rabbi, We Are Ready for life. We Are Ready to do the good and the beautiful. You must have had faith that we are. Once again, our brother, you have brought us all together. Never instead of, always in addition to. Adonai. li, v'lo, irah

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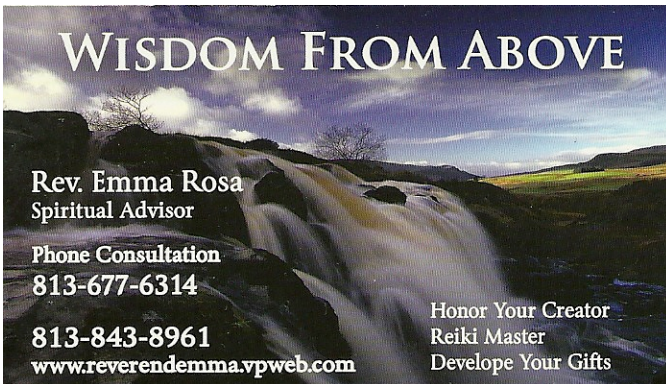
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## Perspective

### **Christianity Led the Way**

### **My Jewish Heritage**

By Arlene Lewis

The entrapment of religion, its strict ritual and structure, eluded me from the time I was a young girl. My eastern European grandparents followed the ritual and took me to synagogue. When they died, so did the ritual and the attendance at synagogue. But, the light in my soul kept shining, telling me not to forget who I am.

It was immediately after World War II that my parents drifted away from our faith. Except for the obligatory attendance at High Holy days and festive occasions, we were not affiliated with a synagogue. There was upward mobility across the country in the 1950's. Many Jews abandoned the "old ways" and became modern or Reformed. "We don't want to appear too Jewish," they would say. "We have to fit in."

As for me, I much preferred to seek out the beauty, pomp and ceremony of the Catholic church wherever I traveled and with friends in New York. "Oh, no," you moan. "Not the Catholic church. Did you, at least, try one of the Protestant churches?" No, I did not. There was "something" that called to me. I now know that something to be my many past lives as a Catholic.

I explored other philosophies and found The Ethical Culture Society in Manhattan. They are attached to no religious dogma, only a moral and ethical way of life. I attended services, social functions, and immersed myself in their teachings and beliefs. Spiritual growth and awareness began with the arrival of the "occult" on the New York scene in the 1970's. Remember the voodoo bookstores and underground groups meeting to discuss what we now openly accept as metaphysics? I found my niche, went to every course I could find, and read every book recommended.

Since I was a child, the little voice told me that I've been here before. I had no idea what that was all about until the first time I heard the words, "energy never dies." I was validated. I found my path in this life – those "things" that we do not see, hear or feel with our physical senses, but that we know exist and are very much a part of our lives. Still, all of this information was intellectual. I had not come to terms with God and/or a connection to the Universe.

The 1980's brought me the link between Christianity, spirituality, and Judaism. I met Uris on the first day of my new civil service job in Queens, New York. As I introduced myself, I was told that employees were sharing desks. When Uris offered her desk, I said, "This is very nice of you, but you don't even know me." She said, "Oh, yes, I know you." We are friends to this day.

Being of Trinidadian ancestry, I discovered Uris was not only a devout Catholic, but was on a spiritual path. She was then and still is a metaphysician. After working together for a while, my friend remarked, "You're not looking too good these days. Something bothering you?" "Things are not going well for me lately," I replied. "Well," she said handing me a book entitled, *Powers of the Psalms*, read the 23rd Psalm every day and observe how your life will change." Not only did I learn the 23rd Psalm by heart, I still have that book, now tattered, worn, and bookmarked at my favorite psalms. And, yes, my life began to change, enlighten, and connect with the Universe. At that time, I explored the possibility that there is an energy that we call God.

My friend was not trying to convert me. She was trying to raise me up, encouraging me to attend a Temple and reconnect with Judaism. Now follow my path to reconnection. Spirit transported me to Tampa on October 31, 2004. Harmony Metaphysical Church found me two weeks later. Rev. Donna Jeanne greeted me as I walked into the bookstore inquiring about a Reiki Circle. She said, "Welcome home. Where have you been?" I have attended service every Sunday since then and continue to absorb all there is to learn.

One year later, an introductory course in The Kabbalah was offered by Rabbi Esther. Coincidence or Divine Order? I had made several failed attempts to learn Kabbalah in past years. Here was another opportunity. During the few months of group study at Harmony, I learned that Rabbi Esther had converted from one of the Protestant disciplines to Judaism. This, together with her spiritual presence, and Kabbalistic teachings, peaked my interest in formally learning Judaism.

The Kabbalah means to receive. I, as well as many people, mistakenly thought Kabbalah was part of the Torah, that it was an integral part of Judaism. I have since learned that it is a set of scriptures that exist outside of traditional Jewish texts. Kabbalah is a set of esoteric teachings meant to explain the relationship between an external and mysterious Creator and the mortal and finite Universe, which is his creation. It explains how we came from nothing to Being; our authentic soul (who we really are); the Tree of Life and how we can use its principles in our everyday life. I can go on and on. Study of the Kabbalah is not only another completion on my "to do" list, but a mind and soul exploration into a profound spiritual world.

While the above explanation is an attempt to simplify complex text, there is a fun side to unveiling the mystery of commonly used words. Abracadabra – magic. In Kabbalistic terms – I create as I speak. The breakdown of the word is from the Hebrew: Abera. The first letter of the Hebrew alphabet Alpeh or A – Adonai (God). Kaf or K begins the Hebrew word Keter (crown). Dabera starts with the Hebrew letter Dalet or D – doorway. Dalet opens the spiritual doorways between the finite and infinite worlds. Voila! Abracadabra – Magic.

It is said that Jesus was a Kabbalist, as well as a Reiki Master.

At the conclusion of the course at Harmony, I told Rabbi Esther of my spiritual journey thus far; that I was ready to embark on a study of the Torah (The Old Testament) and all things Jewish that have passed me by. I have completed the five books of the Torah and renewed the Holy Days, all with a Kabbalistic interpretation. I am presently studying the Hebrew alphabet with a view toward confirmation – the rite of passage. The Hebrew alphabet includes 22 letters and is an integral part of the Kabbalah. Each letter or symbol unmasks amazing mind expanding information. For instance, number 22 adds to number 4. Any time there is a number 4 or multiples of 4 in our lives, there is transcendence between the worlds or to a higher level of spiritual growth.

Attendance at Temple is now part of my life. My journey has brought me to an understanding and appreciation of the service and ritual.

But it's not all about me. I proudly have raised Rabbi Esther to the level of Reiki Master.

Christianity evolved from Judaism, but the inclusion of Harmony in my life was the catalyst that united all of my studies and beliefs, bringing me inner peace and At-One-Ness with myself, God and the Universe.

Rabbi Esther's book, *Created in the Image of God, A foundational course in the Kabbalah*, may be ordered at the Gifts of Harmony bookstore.

## Power Stones



August Birthstone - **Peridot**

It is thought to bring the wearer fame, dignity, good luck, peace, protection and success. Its powers enhance health, protection, relaxation and sleep. The advantages of peridot are to attract love and calm anger while also soothing nerves and dispelling negative emotions.

Peridot is also a money stone. Wear it to draw money and opportunity your way. Put peridot in your cash box and/or your change purse along with citrine. Peridot will help to draw money to you, and citrine will help to keep it once you get it!



**Citrine**

This is the stone of self-confidence and individuality. It has always been considered particularly lucky for those who have a distinct goal in life or ambitious plans and need time and energy to fulfill them. In times of confusion and frustration, it provides good cheer. It promotes creativity, helps personal clarity and eliminates self-destructive tendencies.

## Ongoing Classes in Our Spiritual Education Program

### Intuitive Development

Facilitator: Garner Cowen  
Every First and Fourth Monday at 7:00 pm  
Location: Gillespie Hall  
Cost: Love Offering

Garner Cowan and St. Clara of Assisi present Guided Meditation. Journeys for your soul assistance in the ascension process. Experience integration with higher self and effect the change you want in your life.

### Reiki Share

Facilitator: Charlotte Brown  
Every First Wednesday at 7:00 pm  
Location: Gillespie Hall  
Cost: Love Offering

Reiki Share with Charlotte Brown offers newly attuned people as well as experienced practitioners to share the Love and help heal the world one person at a time. This is also open to people that want to come and experience Reiki energy and how the energy feels. Also, if you are thinking of becoming a practitioner, this is a wonderful opportunity to get firsthand experience. This is an evening to share with other people who have taken a Reiki workshop. We invite you to try your abilities and techniques on each other, or with individuals that have come to receive an energy session. This is your chance to experience both the giving and the receiving.

### The Gift program

Facilitator: MIT Eva Hiraldo  
Every Tuesday at 6:30 pm  
Location: Sanctuary  
Cost: Free

Gift-Get Into Fitness Today is a Free Weight Loss/Nutrition Program sponsored by the Florida Department of Health and the Hillsborough County Health Department. This is a support group based program.

You will learn about; Weight/Body Fat & BMI, Weight Control, Nutrition that includes sample meal plans and eating fruits and vegetables, Exercise/Daily Activities, Healthy cooking, shopping and eating out, proper water intake, Diabetes prevention and much, much more.

### Message Service

Facilitator: HMC Minister  
Every Thursday at 7:00 pm  
Location: Sanctuary  
Cost: \$10

The Message Service includes a Healing and Meditation Service which begins at 6:30 pm. Candles are available for spiritual progression, thanksgiving, healing, special intention, and spiritual guidance. Billets are available to receive a message.

### A Course in Miracles

Facilitator: Pepito Valdez  
Every Thursday at 7:00 pm  
Location: Gillespie Hall  
Cost: Love Offering

A Course in Miracles is a modern day expression of the demonstrations and teachings of Jesus. This study group reads and discusses the book which invites us to open to a richer, deeper experience of one's spiritual nature. The course focuses on forgiveness (letting go of thoughts and pictures in our minds that cause us to suffer) as the path to happiness, love and joy.

## The Children's Realm



"The miracle comes quietly into the mind that stops an instant and is still."  
A Course in Miracles



## The Kitchen Corner

By Deb Gayle

### DIJON ROASTED NEW POTATOES

Pam vegetable spray

2 Tbsp. Dijon Mustard

1 tsp. olive oil

3/4 tsp. paprika

1/2 tsp. salt

1/4 tsp. thyme

1/4 tsp. pepper

1 1/2 lbs. new potatoes (halved or quartered)

Heat oven 425

Coat 9x13 pan with Pam vegetable spray

Whisk seasonings together

Add potatoes and coat well

Put in prepared pan

Roast 15 minutes

Stir and return to oven for additional 15 minutes of roasting

From my kitchen to yours. Enjoy!

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