

Spirit Is Our River

Wayshowers Community Fellowship
Summer/Fall Issue 2005

Spirit Is Our River is a publication sponsored by Wayshowers Community Fellowship, an umbrella for all spiritual traditions.

Notes from a Traveling Wayshower



Welcome to our Summer/Fall edition! We are happy to bring you sharings from Summer Camp in Osceola as well as news from WCF, Peace Community Church International and Inner Peace Movement programs.

One of my personal highlights of Summer Camp was experiencing Americana Leadership College training to present Growing Executives of Tomorrow (G.E.T.) programs in the community. The ALC 4000 and 4000-A courses re-inspired my inner drive to accomplish my spiritual purpose at this time of inner awakening on planet earth.

G.E.T. programs are directed to young people, and I look forward to WCF retreats which will focus on training more leadership to reach youth in schools, clubs, churches and other places where young people are searching to find their own answers through action and spiritual involvement.

Look for announcements of upcoming GET training sponsored by WCF through what we are calling the "Young Lions

Project." A core group of adults met in Iowa to brainstorm ways to expand WCF services to youth. We thank those who took that first step this summer, as we explored different ideas of Intergenerational involvement to engage young people in unfolding their inner leadership.

Many thanks to those who gave generously to the WCF Summer Camp 2005 Youth Fund! We have already begun receiving tax-deductible donations for next year's 2006 Operation Action /GET Summer Camp. Special thanks to Cheryl South of Oceanside, CA, who is setting the pace for giving!

Interfaith sharing and understanding is a key principle of WCF. There is no better place to explore this goal than in one's own experience.

I have had opportunities to share about WCF with a Sufi Master in Fort Lauderdale, practitioners of the Quan Yin method of meditation, leaders in the Baha'i faith and the Church of Scientology and to sing "Let There Be Peace on Earth" with 1,000 others at an interfaith concert.

In each instance, I shared a card, a brochure or a Man & the Universe book to open the door to spiritual exchange. I am following up by inviting these individuals to IPM programs, Angel Encounter Workshops and/ or WCF fellowships.

Recently, I met with an elder and the spiritual leader of the Pequot Indian Nation in Connecticut at their Schemitzun or Celebration of the Green Corn in

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***It is the
Spirit that
unites us.***

WCF Executive Board Members

Dorinda Fox
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Coral Springs, FL

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***"I've learned that
people will forget
what you said,
people will forget
what you did, but
people will never
forget how you
made them feel."***

- Maya Angelou

Cover Photo:
*This photo of nature's Fall
beauty was taken in Virginia
by Andrew Ansnick*

Healing in the Maori Tradition

In the Maori tradition, health, healing, illness, death and grieving centers upon the notions of unity, harmony and balance. This means that a person lives in harmony with the natural, physical and spiritual world, and that this delicate balance is maintained through systems of customary practices and the law of *tapu*.

Any illness affecting one member of the group is shared by others, and any loss through sickness or death weakens the family network as a whole. The family is considered only as strong as its weakest member or link; the most vulnerable members, particularly the old and the very young, receive much caring, nurturing and support.

Te Karakia: Prayers and Incantations.

In the Maori world, *karakia* are an integral part of any sickness, dying, and grieving process.

They acknowledge and re-affirm the spiritual dimensions and essence of human kind, strengthening the delicate relationships and links between the living, ancestral and spiritual worlds of the family person.

Karakia ask for peace, mercy, spiritual strength and guidance from the divine creator of all things. Also, they aim to reassure and assist the person who may have violated the law of *tapu* by invoking the protective and defensive attributes of *kaitiaki*.

Karakia may take several forms. They may be recited, chanted or performed and usually incorporate references to the sick patient, immediate family, ancestral spirits of the family or tribal groups and those who have gathered to provide care and support. They often combine traditional Maori and modern Christian beliefs in healing practices, and acknowledge the place and role of scientific medicine in taking care of the sick patient. The *Tohunga* (an expert in the tribal law, customs and healing practices), *kaumatua* (elders) and members of the clergy are the most important people and practitioners of *karakia* and spiritual healing.

While in some areas local *Tohunga* take care of *Te Taha Maori* (the Maori aspects of an illness), in others Maori clergy, elders and lay readers may fulfill both traditional and modern *karakia* roles. Water and certain foods also play a significant role in the *karakia*, both in Maori healing and in sickness management practice, as they are essential elements in many ceremonies or rituals for lifting *tapu*.



Contributed by Evie Diamond
Mangawhai, Northland, New Zealand.



Nikki Ralston

IPM Sharing from Down Under

Since committing to being a part of the IPM Dimensions of My Past, Present and Future group work (white manual), I felt a sudden surge of energy propelling me forward. It was urging me to consciously and subconsciously release and move on from past issues and blockages that I had worked through and identified in the previous two manuals (*New Spiritual Horizons* and *Discovering Your True Identity*).

Once the day arrived to do the Energy Dynamics workshop, I felt very focused and in a real business energy. The most interesting part for me was how much 'myself' I felt. I was taken to a state of consciousness not unfamiliar but a place within me that feels like home or on the true path there. It's amazing to have such an overwhelm-

ing sense of peace and calm, while simultaneously feeling such a motivating energy to move forward.

I feel that my involvement in the IPM program has helped me return to myself, the true authentic me. It has armed me with some tools to understand myself better and to be able to handle future challenges with more respect for myself and others. It has also been fantastic to share my journey so far with the like-minded souls of my spiritual brothers and sisters.

I appreciate being guided on my path by such inspiring, authentic true leaders. I am learning to become a leader of myself. That is the only way to encourage others to become leaders of themselves.

Pono aroha and backing,
Nikki Ralston
Auckland, New Zealand

A Healing Story: Finding A Life of Value

My nephew Milan Vitale passed on this year from cancer after being diagnosed 45 years ago. He was 31 years old. He surprised his doctors, his family and friends and everyone he met by living as long as he did. I believe it was his generous spirit that kept his heart beating until it was time to make his transition. He had told my sister Alison (his mother), "I will leave on my own terms." and he did.

By traditional standards, Milan had not done much with his life. He had not been much of a student, had a shaky past with the ups and downs of teen rebellion, held only odd jobs. He had reached a place in his life when he wanted more. Then cancer struck.

Perhaps that's when Milan began to accomplish "his greatest works." He began to express his spiritual leadership as a wayshower. He greeted each day with a generous heart. He believed there was a purpose for everything. Instead of complaining or feeling sorry for himself, he chose to encourage everyone around him—family, friends, the hospital and hospice staff, other patients—with optimism and a calm, loving spirit.

He shared his appreciation for life with his family, helping them release past hurts and share their love. He stayed in contact with his extended family around the U.S., his aunts and uncles, his cousins (Sarah, Sondra, Crystal, Catherine and Matthew). His phone calls inspired everyone to care a little more, to love a little more unconditionally.

He understood and lived the phrase...it is the Spirit that unites us. He was (and is) a wise and gentle warrior.

Susan Kellogg
Albuquerque, NM



Our spiritual family enjoys another delicious barbecue at the Annual 4th of July Celebration held at the International Conference Center in Osceola, Iowa.

Healing Arts Corner

A Wise and Gentle Warrior

To the tune of "Wayfaring Stranger"

**I am a wise and gentle warrior
I move through darkness, doubt and fear
To share the light of understanding
With those I love – both far and near.**

**I'm going home to peaceful waters
To shine on brighter than before
There is no loss or separation
In passing through that golden door.**

**Each life is full of many lessons
Each day a chance to rise above
The simple acts are full of power
We learn to care, we learn to love.**

**I'm going home to peaceful waters
To shine on brighter than before
There is no loss or separation
In passing through that golden door.**

By Susan Kellogg
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Know someone who would like to join WCF?

The Annual Membership is just \$50. Seniors over 65 and Students under 21 can join for \$25. Enclose check or money order:

Name: _____
Address: _____
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Clip and return this portion with your payment to:

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P.O. Box 4925, Washington, DC 20008**



J. Maria Leonardo gets an "uplifting experience" with the Energy Elevator technique at an EID Workshop in Elizabeth, NJ..

Spanish IPM Program in NYC

The opportunity to share program in English to Spanish speaking (bilingual) people over the years has always been gratifying. The Spanish version of the Angel brochure has led to WOM Introductory Lectures and profiles.

A few months ago, two Chilean friends helped revise the Man and the Universe book in Spanish. Roger Ringo inspired the completion of this project and generously had the books printed. Recently, an Ecuadorian friend backed the translation of the Exploring Inner Dynamics Workshop (EID) slides. I was now ready for my first Introductory Lecture and EID Workshop totally in Spanish!

On September 11th, while the city of New York was hosting the commemoration of the Twin Towers event, I held a Spanish Intro/EID in Franklin Square, Long Island, NY. The participants were from various Spanish-speaking countries. I called upon my angels to back me with the language that I had learned from my parents and studied for my teaching career. By the end of the EID the participants were transformed and very grateful for the experience. One woman is moving back to the Dominican Republic and expressed the desire to continue there. Another invited me to share with her friends and family. The group looks forward to getting their first profile soon and moving into group work.

I had a two-hour drive through the maze of traffic on the George Washington Bridge, Cross Bronx Expressway, Throgs Neck Bridge, and Cross Island Parkway to get to my programs. It was all worth it! My angels and I have always had fun sharing and this day was very special!

Julia Leonardo
N. Arlington, NJ

IPM Sharings From NYC:

He tenido mucho progreso en mi negocio y mucha paz en mi corazon. Le doy gracias a Dios que me puso esto en mi camino.

I have had much progress in my business and much peace in my heart. I thank God for putting this on my path.

Elsa Aviles

No estaba creyente, pero escuche la charla y me senti con mucha paz in mi interior.

I was not a believer, but I listened to the lecture and I felt a lot of peace within.

Clara Simo

La ensenanza fue muy hermosa y aprendi algo.
The teaching was beautiful and I learned something.

Meceni Fernandez

Me senti con mucha paz despues de la sesion.
I felt a lot of peace after the session.

Ligia Pena

Me senti muy tranquila.
I felt very tranquil.

Blanca Hernandez

Quiero introducir esto a mi mama y mis amigas.
I want to introduce this to my mother and friends.

Mariana Diaz

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7090: Reincarnation, The Evolution of My Soul

This course has helped me to take a step back and see what I have been learning in this past lifetime and to realize the things I have accomplished in other past lives. It is important to see life as an experience. I learn from my experiences and in return grow as a soul.

J. Maria Leonardo, Elizabeth, NJ

In order to grow spiritually, concepts need to change to fit the situations to make each experience more enjoyable. I learned it is up to me to remain positive so that suffering is kept to a minimum. That way I learn my lesson and move on. I am encouraged by what I've learned so far, and I was given tools to help me go farther.

Stephanie Luczka, Passaic, NJ

I am a soul passing through. My journey is directed toward fulfilling my spirit. This lifetime is a learning experience where I can take every opportunity to reflect on myself, why I do the things I do, why I attract certain things to me. I will keep growing and my soul will expand.

Annika Nordenbring, Bloomfield, NJ



ALC 7090 (L to R): Annika Nordenbring, Julia Lenardo, Valerie Richburg, Stephanie Luczka & J. Maria Leonardo

I'm a soul with a body, passing through to learn certain lessons of this life on earth. I am influenced by the positive and negative qualities of my parents which I can keep or not. I don't have to suffer or be a victim anymore. I can replace what I don't want. I learned a powerful technique where I can easily go back to a past life to find out why I am experiencing what I'm experiencing now and understand the lessons I came to learn.

Valerie Richburg, Paterson, NJ

A Kiwi Leader Enjoys ALC Summer Camp 2005!

My time in Osceola to attend Summer Camp in July was simply amazing, to be greeted by spiritual brothers and sisters, I immediately felt at



Two Kiwis—Melissa Kitto (front R) and Evie Diamond (back R) help Colleen South master the rope with plenty of support from other teammates.

home. To be able to grow securely and independently with such vigor in discovering who I am, was priceless.

One highlight in particular for me was course #721B - Energy Light & Your Spiritual Aura. I had been wanting to see aura's since I was little. Not only did I open my awareness to the vibrations of colour, I experienced seeing aura's for the first time, and in the company of beautiful souls, with truly sincere, concerned instructors.

Becoming a professional presenter and trainer of the Angel Encounter Workshop was another highlight. I experienced my first Introductory Lecture at an AEW, and I feel relaxed in promoting this workshop to people who are searching to discover who they are and who want clarification in how to communicate with their angels.

I am looking forward to teaming with others to present these workshops, in New Zealand and world wide.

I loved camp - the whole experience. The OA Olympics, learning to drive tractors, courses, training, working in teams, wrapping up in the evenings, sharing, creating, wearing several different hats at any one time...

**Love and Backing
Evie Diamond, New Zealand**

Summer Camp 2005 — Priceless!



Left: OA Olympics took total teamwork! Caitlin Shrieves goes up and over!

Below left: The OA Team takes a break after climbing the Wall! (L to R) Front: Catherine, Laura, Kort, Sondra, Crystal, Brittany, Brianna, and Kylie. Back: Tiger, Elliot, Todd, Matt, Caitlin, Adam, Andrew and Donovan .



Above: In an OA Regrouping Circle, everyone gets to share what they enjoyed and learned that day.

Right: The Wizard (aka John Paul Pirolli) and the Harry Potter Gang on Skit Night (L to R): Kort Hammond, Donovan Neale, Kylie Lassiter, Brianna Neale and Brittany Gutierrez enjoy taking center stage.

“I’m An OAer, A Doer of Action!”

These past two weeks have been a great spiritual opportunity. What I have learned will help me throughout the rest of my life and I wouldn’t give it up for anything!

Todd Hall, Kansas City, KS

I learned about being supportive of your teammates and trusting them to support you.

Laura Hammond, Kansas City, KS

This year I learned how to get along with people and I enjoyed meeting everyone.

Kylie Lassiter, Locust Grove, VA

I had fun. I got to go up the wall. I learned to be patient..

Brittany Gutierrez, Las Vegas, NV

This camp has to be one of the most interesting for me. I learned a lot about myself and about support for fellow teammates.

Catherine Kellogg, Albuquerque, NM

Setting goals was my highlight!

Kort Hammond, Kansas City, KS

I enjoyed the skit night and building the wall and I learned that I need to be more patient.

Matt Kellogg, Albuquerque, NM

At camp this year I had a blast. I learned that you need to keep balanced.

Brianna Neale, Calgary, Alberta CAN

This year I had a lot of fun at camp. I learned how to work on my leadership skills and I enjoyed just being here!

Caitlin Shrieves, Calgary, Alberta CAN

I loved the OA Olympics I finally was able to participate in.

Elliot Lassiter, Locust Grove, VA

The young OAers at camp this year...[are] perfect examples of souls moving by desire.

OA Executive—Sondra Kellogg, Ft. Lauderdale, FL



The 15 Secrets of Life: From A Presentation by Deepak Chopra

Susan and I attended a seminar presented by noted author and lecturer Deepak Chopra when he visited Albuquerque, New Mexico as part of a World Wellness Weekend Expo. He addressed a standing-room only audience for several hours, sharing stories and inspiration in his unique delivery. One of the many highlights for me were his comments about 15 Secrets of Life.

Here is some of what Deepak Chopra shared from his Book of Secrets:

1. I explore the hidden dimensions of my own existence. Everyday, I ask myself: Who am I? What do I want? What is my purpose?
2. I see the world in me instead of me in the world.
3. I act with impeccability and then forget about the results.
4. I continually expand my levels of awareness. I don't need to judge myself, just observe myself.
5. I understand that the source of all fulfillment comes within myself.
6. I find my freedom in choiceful awareness.
7. I ask, "What do I need to shift so the mirror outside will shift.
8. I do not see evil as the enemy. Every soul has a shadow.
9. I understand that my soul is experiencing multiple dimensions all the time.
10. I see every death as a quantum leap in creativity.
11. I allow the universe to express itself through me.
12. I accept the only time I have is now. The present is the moment of infinite creativity.
13. I am free knowing that I am not my personality.
14. I find the hidden meaning behind all events.
15. I never stop asking.

**Paul Kellogg
Albuquerque, NM**

A Soul Moves By Desire



Most of us have heard the phrase "the soul moves by desire". It's such an easy statement to make, but what does it really mean?

The wisdom we gain from simply moving by desire is all but forgotten at times. Too often we analyze our feelings to decide "is this what I really want?" Then, when we are done analyzing our true desires, we analyze our analysis of the analysis. After all, we were told we need to Feel, THINK, and then Act right? What we need to remember is that our intellect is there to decipher how and when to do something, not to talk us out of doing it. There is no need to question our true feelings or inner desires.

There is something so pure in just wanting to do something (Feel), deciding how to do it (Think) and doing it (Act). It's a simple process really and can happen in seconds. If I forget that, or question the truth in that statement, all I have to do is stop and think about the young OAers at camp this year...the perfect examples of souls moving by desire.

My true feelings flow and my commitment to myself is fulfilled when I move by the desire of following my own direction. There are many people and many things that inspire change in my life. It is my mindset, however, and the internalization of my desires that makes the difference between something "inspiring" my change, or something "directing" my change.

If I am making decisions in my life in order to be with someone else, or expecting them to lead me to my purpose,

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An OA Reunion in Osceola: Souls moving by desire are (L t R) Donna (Winegarden) Govan, Paul Kellogg, Jim Lemmon, Jan Robinson and Anne Kellogg.



Honoring Elders: Claiming Your Place At The Fire

New Mexico hosts an annual conference for seniors, the **New Mexico Conference on Aging**. This year's conference, aptly titled "*Sharing Wisdom, Knowledge and Experience*," brought together seniors and service providers for seniors from across New Mexico and neighboring states to experience four days of inspiring speakers and many workshops addressing health, business, spiritual, family, relationships and other quality of life issues.

One of the keynote speakers at the conference was Richard Leider, an author and nationally certified master career counselor, and one of *Forbes*'s "top five" most respected coaches. His passion for over 30 years is to help people discern their purpose or "calling." He has met with elders around the world, and meets annually with a circle of elders in Tanzania, Africa.

In his keynote address, "*Claiming Your Place At the Fire*," Leider's opening question was, "What makes you want to get out of bed in the morning?"

Isolation is deadly to a person. It leads to chronic stress and illness. Leider shared a startling statistic: 2/3 of all people in the world who have lived past age 65 are alive *today*! With that in mind, there are new paradigms for the senior population.

People need a sense of community, a "tribe" or a "shared path" which supports and inspires them. Every individual has the opportunity to reinvent his/her life and continually find new support teams for each stage in the journey.

Four Flames of Vital Aging

Richard Leider feels there is a need for a Vital Aging Movement, to help share new messages about the 2nd stage of life.

He defined **Four Flames of Vital Aging**:

- 1) **The flame of identity:** we look at where we are, where we have been and where we are going.
- 2) **The flame of community:** we feel the need to connect with positive community
- 3) **The flame of passion:** we need to focus on what we care about; without the will to live, we kill the inner.
- 4) **The flame of meaning:** we look at our purpose and our legacy.

Leider suggests we continually ask ourselves, "Am I using my gifts in a purposeful and passionate way...in an environment that supports my values?" That, says Leider, is your 'calling.'

In her book, *On Death and Dying*, Elizabeth Kubler-Ross defines three essential elements for a person to evaluate the quality of their life:

???Did I give and receive love?

???Did I bring my 'voice' into the world?

???Did I leave the planet a little bit better?

If you would live your life over again, what wisdom would you pass on? Leider suggests we take time to be more reflective, be more courageous, and reclaim our purpose.

"People who are giving of themselves are the most fulfilled."



Pequot Spiritual Leader Laughing Woman, (center) is joined by her husband (L) and a tribal elder

Notes From a Traveling Wayshower, Continued from page 1

or Celebration of Green Corn in Connecticut. Over 100 tribal nations participated in three days of drumming, singing and dance in an outdoor festival atmosphere. Laughing Woman, who is the Pequot Spiritual Leader, shared songs and prayers to encourage tribes to respect each other as well as for individuals to keep their faith in their Maker and in themselves through life's challenges.

I am thankful for the opportunity during the last months to share openly about spiritual ideas and personal growth with many of diverse backgrounds. There has been welcoming of the goals of WCF in each situation. I am learning that as I share from the heart at spirit's suggestion, a beautiful dialogue and a sense of oneness unfolds.

**Dorinda Fox, WCF President
Coral Springs, FL**



Circle of Sages: Sharing the Wisdom of Many Cycles

The Cycle of 63 and up...As souls, we keep evolving in 7-year cycles. When we reach the cycle from 63 and beyond, we describe it as 'doing our greatest work.' Typically, after age 63, a person's children have moved out of the house, friends have moved on or died, time is your own. So you become your own prototype. There are very few excuses left not to do what you want to do. When you don't worry about what other people think of you, doing your greatest works becomes easier and easier.

A dynamic group of Wayshowers gathered together in Osceola, during the 2005 Summer Camp. Their common denominator? They were all in the Cycles of Life from age 63 and up....a Circle of Sages.

The group that gathered had lifetimes of experience and were excited to be tuning into the power of their common passion for life. They shared some of what they felt they had in common :

- ✍ *We're alive right here and now.*
- ✍ *We all have wisdom.*
- ✍ *We want what's for the best good of all people.*
- ✍ *We let the love light shine in our eyes.*
- ✍ *We have true concern and a desire to share*
- ✍ *We have a deep passion for living and helping others*

Spiritual training has played an important part in a Sage's overall quality of life, helping them to be consciously aware at all times:

"It is necessary to be honest, authentic and present. How can you be honest if you don't know what you are thinking?"

"I remember when there was a time I was always in a hurry. I like to be 'mellow' now."

"Every time I deal with physical aches and pains, it grounds me and makes me stop and pay attention. Tuning into spiritual energy uplifts me and gives me more energy I find I can accomplish more!"

"I truly believe in magic, in the invisible, in the impossible, in life."

Maizie Dalby shared an experience of being aware of her unlimited energy. "I had seen a picture of the Ascension of Jesus in the Catholic Church and told myself, 'I can do that!' I remember levitating as a child. I remember looking down on myself from the ceiling and I 'saw' my mother clearly on the other side of the house. I didn't tell my mother. I knew she would be upset if I did.

"What I did do later in life was to teach my children to accept their psychic and spiritual powers. Everything is spirit. It is the unifying force."

One of the common inspirations among the members of this Circle is sharing with the younger generation. Some of the ways this Circle of Sages would like to share their message are:

- ✍ *Work with youth in intergenerational activities, team up with other younger leaders*
- ✍ *Through Senior groups (like National Council on Aging,, Elder Women Circles, senior centers)*
- ✍ *Create WCF-sponsored workshops for seniors to share their spiritual tools and wisdom*

Science now is saying that physically, there is the potential to live until 120 years or more. Many souls begin to fade out at age 65. The group explored ideas of what inspires the soul to pursue life beyond the norm.

What are some of their keys to finding fulfillment in the continuing cycles? Adventure, sharing, going with the flow, having fun, simple enjoyment, patience, humor, inner peace, being of service and self-acceptance.



*Wisdomkeepers meet in Osceola:
(L to R) Florence Kellogg, Iris Sparks*

Circle of Sages & Their Spiritual Thrusts

Mary Betts - *Clarity Through Inner Sensitivity and Guidance*

Maizie Dalby - *Perseverance To Meet All Challenges*

David Hakim - *To Be At Peace With Myself*

Florence Kellogg - *Feeling Belong Wherever I Am*

Steve Protulis - *Wisdom Is the Key To My Life*

Iris Sparks - *Sharing Is My Beauty*

Jesse Traywick - *To Beam The Signal to the Searcher*

To back the wayshower in each of us...

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www.wayshowerscommunityfellowship.org

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Wayshowers Community Fellowship is an umbrella for all spiritual traditions. Peace Community Churchsm programs are based on the teachings of the Master Jesus, and the first to be a part of WCF. We welcome wisdom from the Native American, Judaic, Christian, Islamic, Hindu, Buddhist and other spiritual traditions. The goals of Wayshowers are two-fold: to back the “wayshower” in each of us, the part that inspires and shows a way of life to others; and to build bridges among the spiritual traditions on planet earth by focusing on the deeper spiritual truths contained in all the world’s religions.

For more information, contact Dorinda Fox by email at:
president@wayshowerscommunityfellowship.org

Wayshowers Spirit Call

Each Friday evening, at 9:30pm EST, there is a 15-20 minute WCF Spirit Call whose purpose is to share inspiration and healing energy with individuals and the world community. The number to call is: 641-497-7200 Pin #: 109472#



Three Visionaries brighten up Summer Camp: (L to R) Maria Vistica, Roger Ringo and Dawn Overstreet



Left: Dorinda Fox and Steve Protulis enjoy an evening corporation and fellowship

Mary Betts helps herself to the Salad Bar in the Dining Room at the International Conference Center in Osceola, Iowa.



A Soul Moves By Desire, Continued from page 6

However, if I know that the changes I am making are for my own spiritual development, then who or what inspires them is insignificant. As long as I am settled in my purpose and know what I am getting out of any given situation, there is no wrong decision.

There is no loss. Any ‘void’ in my life is something I create because it is time for further growth. A time for change, a time for discovery, a time to look within and see the purity of my spirit. There are no “absolutes” in my spiritual growth, no opposing extremes of the universe. There is no good or bad, right or wrong, possession or loss, unification or separation.

We move through life from decision to decision to decision. Sometimes the decisions we make in the present support the ones we made in the past and sometimes they do not. Sometimes the decision is to make a change, and sometimes it is to continue doing exactly what I am doing. No matter. As long as a commitment is there, it is a PERFECT decision. My expansion in life comes naturally, and I am always in my right timing as long as I am making decisions. That is my soul moving by desire.

**Sondra Kellogg
Ft. Lauderdale, FL**

Editor's Note: Sondra has been a part of the G.E.T. program for over 25 years and now helps lead the Summer Operation Action (OA) program. A very inspiring, wayshower!