

2010 Theme  
*Engaging in the  
Dance of Oneness*

March – Dancing in the Winds of Change

April – Flow, Grow, Rock and Roll

Inner Light Insight

The Inner Light Center



March  
April  
2010

Volume 7  
Issue 2

**D**ear Inner Light Center Family;

This year, in keeping with our theme for the year of *Engaging in the Dance of Oneness*, the Council of Ministers has decided, as part of that dance, to remain in the present moment. So instead of outlining the entire year of 2010 last November, we meet every other month to engage with each other and with Spirit to decide on the themes for the following two months.

The theme for March is *Dancing in the Winds of Change*. As March is said to come in like a lion and go out like a lamb and we all appear to be experiencing so much change right now, the winds of change seemed to be a perfect theme. It also coincides with the Council's decision to choose new themes every other month, allowing the winds of change to flow through all of us, individually. It is only through change that we can grow and become more and more of who we truly are.

You would think if you knew me, as many of you do, that I had a strong voice in the decision about the theme for April, *Flow, Grow, Rock and Roll*. Well I am only one part of the Council of Ministers that makes these decisions!

As we allow what we truly are to flow through our life, we find growth is a constant in that life. Engaging in the dance of oneness, we are able to roll away the rocks or barriers in our minds that may keep the Light of the Christ consciousness in the darkness. When we allow our minds to flow, grow and roll away those rocks of limiting beliefs, we are reunited with the Christ Light.

I look forward to what these themes may hold for all of us in the coming months.

*Peace,*

**Rev. Ned Nerdin**

**M**y Dear Friends:

I am enjoying the themes for the months of March and April. And they give me a bit of a chuckle in my heart. "Dancing in the Winds of Change" for March followed with "Flow, Grow and Rock and Roll" for April seem to go together rather well.

Life is all about change. The oxymoron, "there is nothing quite so consistent as change," really is a truism for life. I know it is in my own life. Resisting change typically puts obstacles in our way for growth so perhaps we are all better off to feel the movement of the wind that comes with change and then dance in it and find wonderful ways to celebrate the changes that come into our lives. Change brings growth. Change makes us strong. Change builds character. There is a positive intent in all things. So, I choose to flow, grow and to rock and roll in the changes that seem to be coming at me all of the time. Care to join me in the dance in the wind?

Love, joy, prosperity and ALWAYS  
laughter,

**Rev. George Garff**



2010 Theme  
*Engaging in the Dance of Oneness*  
**March**  
*Dancing in the Winds of Change*



**March 7<sup>th</sup>**  
Community Speaker: Marie English  
*Dancing with Karma*

**March 14<sup>th</sup>**  
**Annual Membership Meeting**  
***Transformation***

Rev. Allene Remington  
*What's In It for You?*

**March 21<sup>st</sup>**  
Community Speaker: Shirley Ray  
*Embracing Change*

**March 28<sup>th</sup>**  
Rev. Jo Anne Casey and Rev George Garff  
**Palm Sunday Celebration**  
*The Walk of Transformation*

***Healing Circle***

Every Sunday

in the Sanctuary following Celebration

All healers (Reiki, Quantum Touch and like modalities) are encouraged to come forward and share their gifts. Likewise, all in need of healing, be it physical, mental, or spiritual, are invited to experience the healing power of love that Spirit offers.

Please contact Ken Huff for questions or additional details, (801) 264-4117 or [kennethed2@yahoo.com](mailto:kennethed2@yahoo.com)

**Board of Administrators Meeting**

March 28<sup>th</sup> and April 25<sup>th</sup>

Following Sunday Celebration.

Anyone who is interested is invited to attend.

**Readings from the Works of  
Rev. John Todd Ferrier**

Every Sunday afternoon

1:00 p.m.-2:00 p.m.

**March 21<sup>st</sup> the reading will be at 3:00 p.m.**

Brandon Valentine is offering a weekly hour-long reading and lesson on selected passages from the works of Rev. John Todd Ferrier. Rev. Ferrier is the author of over fifty volumes on the subject of interior Christhood and the recovery effort to redeem this planet from its fallen conditions; his works reflect ideas of Christian Gnosticism and Christian Mysticism. Copies of the book are provided for following along with the reading and for short-term loan.

For more information, please contact

Brandon at 801-205-9669 or

[jbrandonvalentine@gmail.com](mailto:jbrandonvalentine@gmail.com)

The INSIGHT is online at [www.InnerLightCenter.net/the\\_insight.htm](http://www.InnerLightCenter.net/the_insight.htm)

April

**Flow, Grow, Rock and Roll**



**April 4<sup>th</sup>**  
**Easter Celebration**  
*Into the Light*

**April 11<sup>th</sup>**  
Rev. Ned Nerdin  
*Rolling with the Dance of Life*

**April 18<sup>th</sup>**  
Evelyn Dee and Virginia Aldrich  
*Flow, Grow and Row*

**April 25<sup>th</sup>**  
Community Speaker: Sue Gardner  
*Sensational: How Does It Play?*



***Sharing The Light***  
**Lending Library**

Please check-out our new library room in progress.  
Thanks to all who are working to organize this new  
lending space!



**Inner Light Center Children's Church**

10:00 a.m. Sundays  
Children 3 years and older

The Children's Church is a place for the Inner Light children to learn about and explore their spiritual natures. It is also a place where the children learn to respect themselves and each other through speaking in soft voices, using good manners and learning to follow directions.

We love and appreciate all of our children and the teaching volunteers who make all of this possible!

A percentage of all books purchased from the Light Links page at [http://www.innerlightcenter.net/light\\_links.htm](http://www.innerlightcenter.net/light_links.htm) through Amazon. COM comes back to help support the Inner Light Center.

# Offerings at the Inner Light Center

## Tuesdays:

### Insight/Mindfulness Meditation

Tuesday Evenings 7:00 p.m.-8:30 p.m. Facilitated by the Insight Meditation Sangha of Salt Lake

An evening of Insight/Mindfulness meditation in the Vipassana Buddhist tradition. Sitting and walking meditation followed by a short Dharma talk and discussion. Cushions are available, or bring your own. We sometimes start with yoga stretching exercises, so wear loose, comfortable clothing. All welcome.

For more information, see our Web site at [www.alwaysmetta.org](http://www.alwaysmetta.org) or e-mail us at [alwaysmetta@gmail.com](mailto:alwaysmetta@gmail.com).

## Wednesdays:

### *The Way of Mastery A Guide to Awakening in the Christ Mind*

Wednesday Evenings 7:00 p.m.-8:30 p.m. Sacred Space held by Sue Gardner and Chuck Towt

Please join us as we embrace *The Way of Mastery* in meditation, CD lessons from Jeshua, and readings.

Discussion on selected highlights from each lesson will follow the CD lesson.

This is an interactive group. All are welcome!!

For more information about *The Way of Mastery*, please visit [www.shanticristo.com](http://www.shanticristo.com)

## Reiki Circles

Wednesday Evenings 7:00 p.m. Facilitated by Tracy L Cash

March 3<sup>rd</sup> – *Reiki for the Earth*

March 10<sup>th</sup> – *Open Reiki Night for Families*

March 17<sup>th</sup> – *Introduction to Reiki*

March 24<sup>th</sup> – *Reiki Share for Practitioners: Share Your Favorite Techniques*

March 31<sup>st</sup> – *Information Session: Volunteer with Hospice*

April 7<sup>th</sup> – *Open Reiki Night*

April 14<sup>th</sup> – *Animals & Reiki with Leslie Hugo*

April 21<sup>st</sup> – *Introduction to Reiki*

**Friday, April 30<sup>th</sup> – Reiki Share for Practitioners**

For details on these circles, please visit [www.meetup.com/community-reiki-circle](http://www.meetup.com/community-reiki-circle) where you can RSVP or contact Tracy L. Cash at 801-631-9825 or [sacredmtnhealing@yahoo.com](mailto:sacredmtnhealing@yahoo.com). *Please RSVP. Gathering may be canceled due to insufficient RSVPs.* When you RSVP, please include the number of guests that you anticipate will be attending with you. This will insure enough practitioners and massage tables (Please bring yours if you have one.)

## Thursdays:

### Oneness Deeksha Blessing

Thursday Evenings, March 4<sup>th</sup>, 18<sup>th</sup> and April 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup> 7:00 p.m.

Facilitated by Ken Wolkoff

'Oneness Blessing' is simply a transmission of Divine Grace that accelerates your awakening process. The Oneness Blessing affects a neuro-biological change by activating certain centers and de-activating stress centers, bringing about a shift in the perception and experience of life.

The process finally lands the seeker in a permanent, awakened state of consciousness.

Schedule for each evening: 7:00 p.m.-Gather, introductions, announcements

7:15 p.m.-Meditation and/or short channeling or teaching -Oneness Deeksha blessing, followed by optimal time for questions, discussion, sharing, personal process. As always, feel free to come and leave as you need to.

For the most current information, please contact Ken Wolkoff at 435-655-8212 or [ken@wolkoff.com](mailto:ken@wolkoff.com)

*\$10.00 \$15.00 suggested Love Offering for each evening. All open-hearted donations gratefully accepted.*

# "Everyone is a Minister!"

## Fridays:

### *Spiritual Cinema Circle*

Facilitated by Ned and Colleen Nerdin

Friday, March 19<sup>th</sup> 7:00 p.m.

**The Shift** Rating: Not Rating

At the age of 68, Wayne Dyer has made his first film, an engaging exploration of our mid-life longing for more purpose and meaning. Early in life, we follow the path mapped out by ego – a path of ambition, competition and striving. At mid-life, we question the direction we're heading and yearn to find our true calling. Through the interwoven stories of a businessman, a mother and a film director, this inspiring film shows us how to find the path to our spiritual purpose and therefore our greatest joy.

Friday, April 16<sup>th</sup> 7:00 p.m.

**The Fountain** Rating: PG-13

Yesterday, today. Tomorrow. Past, present, future. Through time and space, one man embarks on a bold 1000-year odyssey to defeat humankind's most indomitable foe: Death. Hugh Jackman plays that man, devoted to one woman and determined to protect her from forces that threaten her existence. His quest leads him to a Tree of Life...and an adventure into eternity.

## Saturdays:

### **Open Qigong and Meditation Practice Group**

Saturday Evenings 5:30—6:30 p.m. March 6<sup>th</sup>, 13<sup>th</sup> and April 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

There will be NO QIGONG March 20<sup>th</sup>, 27<sup>th</sup>

Facilitated by Greg Carter and Angela Gifford

Qigong is a gentle form of exercise similar to Tai Chi and Yoga. It can be done from a sitting, lying or standing position and includes both moving and stationary postures. It helps to align and harmonize the body, mind and spirit and it can be adapted for people of all ages and ability levels.

For more information contact Greg Carter, 801-680-0552, [grcarter@yahoo.com](mailto:grcarter@yahoo.com), [www.SaltLakeHealingTao.com](http://www.SaltLakeHealingTao.com)

### **Dances of Universal Peace**

Saturday Evenings, 7:00 p.m. March 13<sup>th</sup> and April 10<sup>th</sup>

The dances are a joyous, multicultural way to touch the spiritual essence within others and ourselves. They use sacred phrases, chants, music and movement from the many traditions of the earth to promote peace and integration within individuals and groups. There are no performances or audience: New arrivals and older "hands" form the circle and learn together. No partner or previous dance experience is necessary.

For more information about the Dances of Universal Peace, please visit

[www.utahdup.org](http://www.utahdup.org)

## Community Service

### **Sponsor a Child in 2010**

As an Inner Light Center group we are continuing in 2010 to sponsor 10-year-old Mirriam in Zambia through **Children International** and 8-year-old N.v.shivakumar in India through **Plan USA**.

The amount needed monthly for each plan is \$22.00 and \$29.00 respectively.

We are asking members of the ILC community to make donations each month toward each program. Please make your donation payable to the Inner Light Center. There is information about each child posted in the entry area at ILC. For more information about each organization or to directly sponsor a child yourself, go to [www.planusa.org](http://www.planusa.org) or [www.children.org](http://www.children.org)



## Licensed & Ordained Ministers

*Jo Anne Casey*

*Barbara Dahl*

*Evelyn Dee*

*George Garff*

*Rebekah Justesen*

*Ned Nerdin*

*Colleen Nerdin*

Ministers Emeriti

*Ellen Vlasic*

*Allene Remington*

Spiritual Counseling

Weddings,

Commitment Ceremonies

Rite of Passage Ceremonies

(fees accepted)

**Jo Anne Casey, 801-571-2888**

**Barbara Dahl, 801-277-9508**

**Evelyn Dee, 801-266-2961**

**George Garff, 801-944-1032**

**Rebekah Justesen, 801-485-5073**

**Ned Nerdin, 801-566-8343**

**Colleen Nerdin, 801-566-8343**

### Inner Light Institute

In Loving Memory

Shauna Adix, Ph.D., Dean Emeritus

Inner Light Institute

## Your Board of Administrators

Ned Nerdin, **President**

Russ Minson, **Vice President**

Dineh Torres, **Treasurer**

Sue Gardner, **Secretary**

Barbara Dahl

Ken Huff

Nedra Robins

Chris Swientek

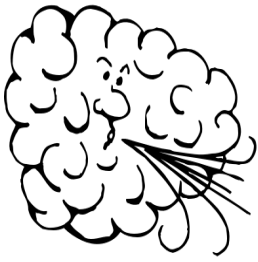
Dave Udy

Rev. Ned Nerdin is the **Editor** of the **Inner Light INSIGHT**, and it is edited with love. The **Inner Light INSIGHT** is published monthly by the **Inner Light Center** and is distributed free of charge to those who request to be on the mailing list.

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*2010 Theme*  
**Engaging in the  
 Dance of Oneness**

*March*



**Dancing in the Winds of Change**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Embodying the Divine	2 Insight Meditation Circle	3 Prayer Circle The Way of Mastery Reiki for the Earth	4 Oneness Deeksha Blessing Creative Meditation	5 Yoga	6 Qigong
7 Community Speaker: Marie English <i>Dancing with Karma</i>	8 Embodying the Divine	9 Insight Meditation Circle	10 Prayer Circle The Way of Mastery Open Reiki Night for Families	11 Creative Meditation	12 Yoga The Magic of Living Your Dreams 6:30—10:00 pm	13 The Magic of Living Your Dreams Qigong Dances of Universal Peace
14 <b>Annual Membership Meeting Transformation</b> Rev. Allene Remington <i>What's In It for You?</i>	15 Embodying the Divine	16 Insight Meditation Circle	17 Prayer Circle The Way of Mastery Introduction to Reiki	18 Oneness Deeksha Blessing Creative Meditation	19 Yoga Spiritual Cinema Circle	20 There Is No Death <b>NO QIGONG</b>
21 Community Speaker: Shirley Ray <i>Embracing Change</i>	22	23 Insight Meditation Circle	24 Prayer Circle The Way of Mastery Reiki Share for Practitioners	25 Creative Meditation	26 Yoga	27 Daylong Meditation Retreat <b>NO QIGONG</b>
28 Rev. Jo Anne Casey and Rev. George Garff <b>Palm Sunday Celebration</b> <i>The Walk of Transformation</i> Board Meeting	29	30 Insight Meditation Circle	31 Prayer Circle The Way of Mastery Reiki Hospice Information	<p><b>Prayer Circle</b>  <i>10:00 a.m. Wednesdays</i></p>  <p><b>Everyone is Welcome</b></p>		



**Flow, Grow, Rock and Roll**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Healing Circle</b> Every Sunday after Celebration</p>		<p><b>Readings of Rev. John Todd Ferrier</b> Every Sunday <b>1:00-2:00 p.m.</b> Except March 21st <b>3:00-4:00 p.m.</b></p>		1 Oneness Deeksha Blessing Creative Meditation	2 ONE YOGA CLASS 9:00 a.m.-10:30 a.m.	3 Qigong
4 Easter Celebration <i>Into the Light</i>	5	6 Insight Meditation Circle	7 Prayer Circle The Way of Mastery Open Reiki Night	8 Creative Meditation	9 Yoga	10 Qigong Dances of Universal Peace
11 Rev. Ned Nerdin <i>Rolling with the Dance of Life</i>	12	13 Insight Meditation Circle	14 Prayer Circle The Way of Mastery Animals & Reiki with Leslie Hugo	15 Oneness Deeksha Blessing Creative Meditation	16 Yoga Spiritual Cinema Circle	17 Qigong
18 Evelyn Dee and Virginia Aldrich <i>Flow, Grow and Row</i>	19	20 Insight Meditation Circle	21 Prayer Circle The Way of Mastery Introduction to Reiki	22 Creative Meditation	23 Yoga	24 Qigong
25 Community Speaker: Sue Gardner <i>Sensational: How Does It Play?</i> Board Meeting	26	27 Insight Meditation Circle	28 Prayer Circle The Way of Mastery	29 Oneness Deeksha Blessing Creative Meditation	30 ONE YOGA CLASS 9:00 a.m.-10:30 a.m. Reiki Share for Practitioners Mayan Light Language	May 1 & 2 Mayan Light Language



## ***Inner Light Center***

4408 South 500 East  
Salt Lake City, UT 84107

☎ Phone 801-268-1137

[www.InnerLightCenter.net](http://www.InnerLightCenter.net)

### **Mission:**

*Personal Empowerment through  
Awakening, Expanding &  
Expressing The Inner Light*

The ***Inner Light Center*** is a leader in the global Spirituality movement. For over fifteen years, the center has cultivated the art of spiritual living in ways that nourish the whole self; and developed spiritual practices that work in today's world. At the Inner Light Center, we honor the seeker as an individual on a unique path and as an important part of our community. The focus of our activities is on mindful, heartfelt, soulful, in-the-body spiritual living. We honor our wonderful humanness as well as our divinity, and our shining Inner Light.

**Return Service Requested**

### ***Inner Light Institute Offerings:***

#### ***Kripalu Yoga***

(Please Note: There will be ONE YOGA CLASS April 2<sup>nd</sup> and April 30<sup>th</sup> 9:00 a.m.-10:30 a.m.)



## **Soup Cook-Off**

**Sunday, March 21<sup>st</sup> 12:00 noon**  
We have had such fun with the Chili-Cook-Off we have decided to expand it to a new level!

**So, here's another opportunity to  
Have Fun Raising Funds!**

### ***Inner Light Center Presents:***

#### ***Creative Meditation***

***The Magic of Living Your Dreams, Part I:  
The Secret within "The Secret"***

Everyone has a favorite Soup Recipe. Let's see how it compares. We are inviting a maximum of 12 Chefs to bring their favorite soup to be tasted and rated!

**Cost: \$5.00 at the door and you will be the Judge!!!**

You get to taste each soup and rate it as to your liking. The total scores will be tallied and the top 3 will be awarded a cash prize and an apron.

**1st Place: \$50.00 2nd Place: \$30.00 3rd Place: \$20.00**

### ***Inner Light Center Hosts:***

***Gaining and Maintaining an Insight/  
Mindfulness Meditation Practice  
There Is No Death  
Mayan Light Language***

## **Join us for a fun filled afternoon!**

**For the Contestants:** Is yours the best? Join us and find out!  
We are limiting it to the first 12 people to sign up.  
**The entry fee is \$15 per entry.**

**The Rules:** There aren't any! Just bring a gallon or two of your favorite soup and a copy of your recipe.

**Be at the ILC at 11:30 a.m. to set-up.  
(Bring the soup cooked and in a crock pot ready to serve.)**

**Call:** Nedra Robins, 801-797-9331 or 801-598-2497 or email her at [emailnedra@gmail.com](mailto:emailnedra@gmail.com) to register your entry.

**Please see enclosed flyers for details**