

## **General Assembly June 26-30, 2008.**

The National PSI organization will be presenting a program at the UUA  
General Assembly this summer in Ft. Lauderdale, Florida.  
Sunday, June 29<sup>th</sup> at 1:30 p.m.

### **Spirit Seekers and Investigators of the Paranormal World** *JOHN KACHUBA*

Why do ghosts and spirits fascinate us? To answer that question, UU ghosthunter extraordinaire, John Kachuba, has investigated nearly 100 haunted locations and followed the trail of mediums, dowzers and other researchers of America's paranormal world. He will share the results of his explorations and why UU's should be interested in this fascinating subject.

John B. Kachuba, an active Unitarian Universalist, is a creative writer and investigator of paranormal phenomena. A member of the UU Fellowship of Athens, Ohio, he serves on their Executive Board. He also teaches Creative Writing at Ohio University. He has published three books on the subject of "ghost hunting", the latest, *Ghosthunters: On the Trail of Mediums, Dowzers, Spirit Seekers and Other Investigators of America's Paranormal World* (2007).

John Kachuba has been described by author Brad Steiger as "neither a gullible believer nor a skeptical disbeliever in ghosts and the paranormal. He is first and foremost a talented writer who strives to be a truly objective investigator", and who "writes with charm and great wit." Kachuba says of his most recent book on *Ghosthunters* that it is "not simply a book about ghosts, (but) takes a look at ideas of an afterlife, immortality, the soul, the existence of a spirit realm, etc." He has conducted a service at his UU Fellowship in Athens, Ohio based upon the book.

The question of the possibility of the survival of the spirit is one that has haunted the human race for thousands of years. So-called rational Unitarian Universalists are no less interested in the question than others. When one of our own creative members brings intelligence, verve and wit to the study of this subject we should at least hear him out and give him an opportunity to be heard by other Unitarian Universalists. Every major religion has thoughts and ideas and views about the question of life after death or the possibility thereof. Why not Unitarian Universalism?

**BODY, MIND, AND SPIRIT CONFERENCE**  
**UU PSI Symposium Program**  
at Ferry Beach, Saco, Maine - August 16 through 22, 2008

Theme: **The Power of Consciousness**

**In planning for your summer vacation.....**

Consider allowing your right brain to have a week of freedom to expand and touch new shores of consciousness as you participate in the week-long workshops, then sit on the beach and meditate on the distant place where sea meets sky.

Give yourself the gift of a week of new ideas, of exploring inner and outer realities, in the companionship of people who understand that the unseen is every bit as real as the physical.

**Morning Workshops: “Guided Imagery and Music”** led by Sibylle Baughan, a long time Ferry Beach workshop leader, a trained GIM facilitator, Yogi, and level two Reiki practitioner. These week-long workshops will allow conferees to break through the shell of ordinary consciousness, connecting to deep memories, to dreams/visions/insights, to creativity, and especially - to healing. Conferees listen to carefully selected music, and embark on a meditative journey, then afterward consider the possible meanings of that journey. The workshop will be energizing, balancing, and healing.

**Afternoon workshops: “The Continuation of Consciousness”** led by Vicki Baird, a psychic medium, who has communicated with those who have crossed over for as long as she can remember. Conferees will consider the evidence for the eternal energy of the soul, explore the possibility of contact with the other side, learn how it can help to heal those still in the physical, and understand the responsibilities of the communicator. This will be done through discussion, through exercises to help conferees become more open to communication, and through demonstrations of spirit communication by Vicki. For the sake of continuity, no one new may join after the second session.

**Evening Speakers:**

**Sunday night:** Nancy Bush will speak on Near Death Experiences...her own experience and the research going on in the field. Nancy has been President, and Executive Director of the International Association of Near Death Studies.

**Wednesday night:** The speaker is Dr. Casey Blood, retired head of the Physics Department at Rutgers University, student of neuroscience and of mysticism, and author of the recently published, “The Way from Science to Soul...Integrating Physics, the Brain, & the Spiritual Journey”.

**For rates, information, and registration go to : [www.ferrybeach.org](http://www.ferrybeach.org)**

**Thoughts From Our Psi Symposium President**  
**Rev. Richard M. Fewkes**

**Cloud Illusions**

*Rows and floes of angel hair  
And ice cream castles in the air  
And feather canyons everywhere  
I've looked at clouds that way*

*But now they only block the sun  
They rain and snow on everyone  
So many things I would have done  
But clouds got in my way  
I've looked at clouds from both sides now  
From up and down, and still somehow  
It's cloud illusions I recall  
I really dont know clouds at all  
(Joni Mitchell – Both Sides Now)*

I have been endeavoring to read and review a very challenging book by Dr. Casey Blood, Professor Emeritus of Physics, from Rutgers University. His special field of interest is quantum physics, which he has been studying for 40 years along with an interest in neuroscience and an exploration of various mystical traditions. He attempts to bring them all together in his latest book, **The Way from Science to Soul: Integrating Physics, the Brain & the Spiritual Journey**. He is slated to be one of our presenters at the Psi Symposium summer conference at Ferry Beach in Saco, Maine this coming August. It should be most interesting!

His book is not an easy read. It is a challenge to our common everyday understanding of the physical and material world, and also of the spiritual mystical world based on the experience of mystics from a variety of religious traditions. In the battle between particle physics—which tends to view the universe in causal materialistic terms (from the tiniest particles within the atom to the gargantuan sources of energy in stars and galaxies)—and quantum mechanics—which reduces the operation of all forms of matter and energy to wave functions, and ties everything neatly together in three or four equations—Dr. Blood argues that quantum mechanics is the final theory of the physical universe and will never be superseded. He is determined to “wave” bye-bye to the old physics of particles in motion and hello and welcome to the new physics of Wave Functions. The wave function of an electron, for example, can best be visualized, not as a singular point, but as a cloud or mist spread out in space, eventually tailing off into complete transparency.

The physical material world is best understood as different shapes and forms of energy (clouds), which if left to themselves follow a determined course and outcome, but if impacted upon by Mind and Consciousness can sometimes be affected to a greater or lesser degree. The old physics cannot understand or make room for the operations of a mind and consciousness beyond the operations of the brain. It reduces mind and spirit to its material expression through the brain. The new physics not only makes room for the operations of mind and spirit, but opens the door to the possibility of a spiritual world above and beyond this physical world. Dr. Blood builds a case that we live and grow and evolve on three planes of existence—the physical plane, the jinn plane and the angelic plane, similar in some respects to the theosophical categories of physical,

astral and mental planes of existence, each having its own “body” and eventually leading to becoming one again with the Source of all Being, or God.

Dr. Blood draws heavily on the mystical traditions of Islamic Sufi teachings (Rumi and others) and Tibetan Buddhist teachings (Sogyal Rinpoche in *The Tibetan Book of Living and Dying*). He could just as easily (or not) draw on channeled Spiritualist teachings, or gone the route of Native American Shammanistic teachings. Why was he drawn to the Sufi/Tibetan Buddhist spiritual traditions, and how do you know one spiritual frame of reference is more true than another? I suspect that maybe he likes a jinn and tonic on a hot summer night and enjoys a good game of jinn rummy.

I am reminded of a song by Johnny Ray of my youth, “The Little White Cloud that Cried.” He’s walking down by the river and feeling very sad inside, and has an encounter with the little White Cloud that cried. The cloud tells him to have faith in all kinds of weather and to remember that contrary to all appearances the sun is always shining. We forget that there is a spiritual world within and beyond this physical world. Our minds are clouded and we lose our way. With Joni Mitchell it’s “cloud illusions” we recall, and we come to realize that we “really don’t know clouds at all.” Then along comes a mystical physicist named Casey Blood who tells us that the clouds of energy revealed by the Wave Function of quantum mechanics can open the door to many possible futures, one of which is a wider spiritual world waiting to be discovered.

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**(Editor’s note:** Responses to newsletter’s contents are appreciated. Here is one we share.)

Hello there, Rev. Fewkes,

This is in regard to your response to Rev. Thelander's response to your earlier essay "Oprah and The Secret." I'm not sure, but it's possible these various "responses" may go on for awhile.

But in any case: I've been a member of Unity of Sebring, here in Highlands County, Florida, for about fifteen years now; and I've been a member of the Psi Symposium for some five of those years. I consider Unity to be my "core" spiritual belief system. And one of Unity's fundamental ideas -- familiar to metaphysical thinking as a whole -- is that each of us needs to follow our own individual divine guidance. And my own particular divine guidance has led me to write to you now.

When you stated in your response that New Thought philosophy is one "to blame the victim and compound their guilt and suffering," I'm afraid you seriously misunderstood the New Thought point-of-view. But it's a misunderstanding that's easy to comprehend, since even New Thought folks sometimes make similar misunderstandings. And this is particularly understandable with your background in Christian Science -- New Thought's kissing cousin -- which tends to be quite restrictive in its thinking. But having said that, I haven't been led to "correct" that misunderstanding. At this point, it would appear that that's not my "job."

But I can tell you this. Unity has traditionally referred to itself as "practical Christianity." What this means, in part, is that if something works, use it; if it doesn't, leave it behind. And keep in mind that what works for me may not work -- and indeed, was not meant -- for you. I suggest this "practical" approach with any spiritual tool. Namely, by first relying on one's own individual divine guidance as to whether a particular spiritual tool is for you or not. And second, rather than dismiss a particular spiritual tool out of hand and advising others to do so -- try it out. Whether it be New Thought, *The Secret*, Transcendental Meditation, Transpersonal Psychology, Tarot, Kryon, conventional Bible study -- whatever you are attracted to and is attracted to you -- if it works for you, then you have found a useful tool. If it doesn't, then you know it's time for something else.

The reason Oprah recommends *The Secret*, quite simply, is because it works for her. If it doesn't work for

you, then you need to try something else. But decidedly, if your divine guidance tells you to give it a try, by all means do so. If it turns out not to work, it may simply have been meant to be a stepping stone to something else. If it does indeed work, then that's the spiritual tool that was meant for you.

So it would seem that that is all I'm suppose to relate to you, Rev. Fewkes, at least at this point. Thank you so much for your time, and for all you and the staff do for the Psi Symposium. You and yours take care, and I affirm, Happy Thanksgiving. Namaste, Paul K. Ferrell

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## **Psi Symposium Enters the 21<sup>st</sup> Century!**

- **Would you like to be notified of psi-type events in your area?**
- **Would you like to know if there are Psi Sym members living near-by?**
- **Or have an on-line discussion with other Psi Sym members about a book you've just read?**
- **Or share thoughts with members who have the same psychic/spiritual/healing interests as you?**

### **A 'List Serve' is the answer.....**

The Psi Sym Board wants to establish a List Serve just for UU Psi Symposium members, so that we can communicate with each other quickly and easily about upcoming events, books we've found interesting, what the local Psi Chapter is doing, etc. It would also help when the Board wants to communicate with all of Psi's members.

But to do this, we need your e-mail addresses. Please send them to Dianne Klinger, the Clerk of Psi Symposium - [dianklinger@mac.com](mailto:dianklinger@mac.com)

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**(Editor's note:** Here is a request from one of our member's, aptly illustrating the usefulness of a *list serve*.)

Dear Diane,

Would you please put my name on List Serve. I would so appreciate being in contact with other members of the Psi Symposium and to be aware of interesting events. My age and health condition prevent me from traveling and I feel isolated here in the 'bible belt' ! Any literature you could send me which might raise some interest in the organization or the summer conference would be greatly appreciated. Many years ago I attended a Ferry Beach conference where I learnt many things that have stood me in good stead over the years during and since my stint as secretary (read all purpose dogsbody) of the First UU of Nashville. Joy

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**..from Randy Pausch's "Last Lecture": (his story can be checked out through Google)**

Never underestimate the importance of having fun. I'm dying and I'm having fun every day because there's no other way to play it

Experience is what you get when you didn't get what you wanted.

No one is pure evil. Find the best in everybody. Wait long enough - people will surprise and impress you.

Brick walls are there for a reason. They are not there to keep us out. The brick walls are to give us a chance to show how badly we want something. The brick walls are there to stop people who don't want it badly enough.

It is not about achieving your dreams but living your life. If you lead your life the right way, the karma will take care of itself. The dreams will come to you.

We can't change the cards we're dealt, just how we play the hand. If I'm not as depressed as you think I should be, I'm sorry to disappoint you.

**The Berkshire Portal – Psi Symposium Chapter in the Berkshires**

Eight! members of the chapter attended all or part of the Body, Mind, Spirit Conference at Ferry Beach, enjoying R&R and a stretching of the spirit and imagination.

**Books Studied, DVD's Viewed:** We completed our study of "The Divine Matrix" by Greg Braden and spent a number of weeks on "The Astonishing Power of Emotions" by Esther Hicks. In connection with this, we listened to an audio tape of Robert Kaplan's "Conscious Seeing", which proposed that many vision problems are a result of not wanting to look at certain things in our lives. Members presented programs: on "Coming to Our Senses" by Jon Kabat-Zinn; on the important points of a recently attended chakra workshop, followed by practice in pendulum work and chakra balancing on each other; and on "The Healing Power of Water", by Masaru Imoto, before which we viewed the beautiful DVD "Messages from Water". Currently we are studying "A New Earth", by Eckert Tolle, (along with 11 million others, as of this writing) and discussing it in meetings.

In addition to the above DVD, we have viewed "Star Dreams", a very impressive video of crop circles, with interviews and information about them, and the DVD of a fascinating lecture by neuroscientist, Dr. Jill Taylor, describing having a stroke in her left brain, and the resulting alteration and expansion of consciousness.

**Ceremonies, Celebrations and Special Services:** This year we've participated in memorial services for the founder of the Berkshire Portal, and for two other members; in a Grandmother Lodge ceremony for one of our younger members; and celebrated with joy, the issuing of a Green Card to another.

We've celebrated the Equinoxes, and Solstices, and Christmas. At Halloween, we each honored some minor goddess...or made one up...and dressed as same. We laughed a lot at ourselves and each other and came to realize just how good it is to laugh, and that we usually don't do enough of it.

When discussion at one of our meetings revealed that we could all benefit from considering how we avoid dealing with anger, we scheduled a special "Anger Management" meeting, with exercises, and discussion.

**Guest Presenters:** Louise Olivi, the workshop leader at Ferry Beach, led us in a past life regression, and did a group channeling. Sharbanu, from a nearby Sufi community, spoke to us about Dreams and we had several sessions of analyzing our dreams and their meanings. Misha Yoshpa presented a video of beautiful photographs he had taken called "Floral Angelology".

### **The Clearwater, FL Chapter**

Our October PSI Symposium meeting was unlike any other! Member, Patty Darcy and her son Thomas "TJ" Jackson introduced us all to the uproarious joys of a rousing Laughter Yoga session.

First Patty showed us some DVD footage of news reports on Laughter Yoga and its founder, Indian Physician, Dr. Madan Kataria. Then TJ, who lives with the challenges of a developmental disability, spoke about his meeting with Dr. Kataria at the All-American Laughter Yoga (LY) Conference in Miami Beach last September. TJ added that he enjoys LY so much because he simply wants to laugh with people, make new friends and have fun.

Patty then shared a bit of her story about how, as a life-long spiritual seeker, she's had a nagging feeling that, if we truly are all one, then a pathway to cultivate the fruits of spiritual, inner growth – inner peace and unconditional love - has to be available to everyone, not just those of us who can "choose", "affirm", "meditate" and/or mentally hold to a particular belief system. "For some of us, and TJ innocently reminds me of this all the time just by being himself, the mind simply cannot provide the open doorway to the pathway within," says Patty. "But, laughter in the body can!" She then went on to describe how laughter, as a body/mind practice wherein group members laugh heartily for 20-30 minutes together as exercise, releases

endorphins from the brain and simultaneously reduces stress hormones. “When we laugh for no reason, the body cannot tell the difference, and genuinely positive physiological and spiritual benefits are the result”, Patty added. As Dr. Kataria states, “When we are laughing we are not thinking, and this is the goal of meditation.”

Then it was time to stand up or remain seated, as we were able, and from either position, to join in. What a delight! Twenty-five of us were laughing like lions, making laughter milkshakes and discovering the insights of guru laughter. We breathed in the scent of roses and stretched upward and then let go to “live, let live.” It was wonderful!

For more information, please check out Patty and TJ and all their Laughter Yoga offerings at [www.laughteryogaflorida.org](http://www.laughteryogaflorida.org)

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### **AHAA MONTHLY PROGRAMS - Alice Yeager's Washington DC UU promoting group**

**1st Tuesday, 7-8:30pm, SPEAKERS PROGRAM**

**2nd Tuesday, 7-8:30pm, MEDITATION AND HEALING EXCHANGE**

**3rd Tuesday, 7-8:30pm, MEDIA NIGHT**

**4th Tuesday, 7-8:30pm and 2nd Sunday 3:00pm-4:30pm, A COURSE IN MIRACLES-Study Group**

### **AMERICAN HEALING ARTS ALLIANCE SPEAKERS PROGRAMS**

**DAY/TIME** Monthly on the **First Tuesday**, 7:00-8:30pm

Educational programs provided by AHAA professional members and guest speakers.

**LOCATION** Natural Healing Wellness Center, 100 Annapolis Street, West Annapolis, Call (410) 956-0055 or email to confirm attendance at least 24 hours in advance For directions call (410) 626-0045

**July 10, 2007**

**SPEAKER** Sandy Lundahl, M.P.H., M.A..

**TITLE** **The Wisdom of the Enneagram**

**DESCRIPTION** The ancient symbol of the Enneagram (9-sided figure) has become one of today's most popular systems for self-understanding. Based on nine distinct and fundamentally different patterns of thinking, feeling, and acting the Enneagram groupings are by where your attention typically goes. Determining our personality type through the Enneagram does not put us in a box, but instead helps us see the box from which we view the world, so that we can step outside of our limited perspective and constraints. Once you learn your type and about the Enneagram you can decide if you want to use this tool for self-exploration and for understanding others. Sandy Lundahl is a certified teacher of the Enneagram in the Narrative Tradition as well as a trainer with a specialization in health education.

The **American Healing Arts Alliance Inc.** also referred to as “AHAA” is a non-profit educational alliance of healing arts and sciences organizations, educators, professional practitioners, students and supportive individuals. As an alliance of organizations we also represents the regional study group chapters of: AHAA-IONS (Noetic Sciences, Central Maryland regional chapter, <http://www.noetics.org>), AHAA-UUPSI (Unitarian Universalist Psi Symposium, MD/DC/VA regional chapter, <http://www.psi-symposium.org>) and AHAA-ACIM (A Course in Miracles regional study group, <http://www.acim.org>).

Alice Yeager

President American Healing Arts Alliance, Inc.

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## A Litany of Self-Challenge: Am I Enough?

Glen Snowden

Am I light enough to enjoy a sense of humor?

Am I wise enough to know when I'm foolish?

Am I strong enough to challenge my limitations?

Am I centered enough to sense when I'm off  
balance?

Am I secure enough to process my anger?

Am I capable enough to resolve my pain?

Am I clear enough to perceive my denials?

Am I courageous enough to confront my fears?

Am I aware enough to cope with my dark side?

Am I caring enough to challenge my injustices?

Am I loyal enough to acknowledge my betrayals?

Am I humble enough to apologize for my mistakes?

Am I savvy enough to discern hidden messages?

Am I flexible enough to receive many truths?

Am I evolved enough to follow my highest truth?

Am I open enough to hear what others are saying?

Am I compassionate enough to forgive?

Am I patient enough to evolve my journey?

Am I truthful enough to seek purity of heart?

Am I vigilant enough to monitor my interior life?

Am I soft enough to desire the ways of peace?

Am I hearty enough to work for community?

Am I visionary enough to declare my love for all?

Am I soulful enough to nourish my life with beauty?