

Unity Spiritual Center of Gulfport

1700 E. Railroad Street
P.O. Box 1025 Gulfport, MS 39502
www.unitygulfport.com

October 2020



I Will be Gentle with Myself

Our musicians introduced a beautiful new Karen Drucker song last week titled, "I Will be Gentle with Myself." It was so beautifully performed, and I experienced a bit of ecstasy as I felt the music and words to the core of my Being.

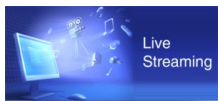
I will be gentle with myself
I will be gentle with myself
And I will hold myself like a newborn baby child
I will be tender with my heart
I will be tender with my heart
And I will hold my heart like a newborn baby child
And I will only go as fast
As the slowest part of me feels safe to go
I will be easy on myself
I will be easy on myself
And I love myself like a new born baby child
And I will only go as fast
As the slowest part of me feels safe to go
I am gentle with myself
I am gentle with myself
And I hold myself like a new born baby child



May each of us take this time of Pause and Reflection as a time to be gentle with ourselves. May we be tender with our hearts, our bodies, and our minds. When we are tender and gentle with ourselves, treating ourselves with loving kindness, we will offer the same to others and to the world. It can be no other way. A tender loving heart that is confident and wise will extend the same tenderness, love and wisdom to the world.

May I be Gentle with Myself, my Heart, my Spirit, my Body and even my stubborn ego.

Let us Love ourselves Gently and Change the World in the Process. Be Gentle with Yourself, Enjoy the Gentle Breezes of Autumn. Restore, Renew, Reinvent Yourself to be Perfect and Whole in Every Way. Love, Peace and Wholeness and Harmony to Each of You This Beautiful Autumn Morn, Rev. J



The church sanctuary is open on Sundays. We're there and set up for pre-service music by 10:00. You are welcome to attend in person. There is plenty of room for social distancing and masks if you forget to bring one. We are also livestreaming the Sunday Service. You may find us at youtube.com, Unity Gulfport channel. Simply do a search for youtube, Unity Gulfport and you'll find us. We begin livestreaming pre-service music at 10:15 am and the service begins at 10:30.

The Elders Say

The elders say that the path of the Spirit always leads upward which is why many people give up trying to follow it. The steady climb becomes tiresome, especially if you are carrying a lot of baggage. Anger, suspicion, envy, greed: they all weigh us down. Over time they make going up to the high country harder and harder. The only choice we have is to turn around and walk downward, stop and stay where we are, or keep making the slow climb to the distant sunlight on the mountain tops. To do that, we have to lighten our own load, letting go of what is heavy on our soul. Then the climb becomes easier and our step becomes lighter. By the time we clear the tree line, we are almost flying. **Steven Charleston**



What is a smorgasbord, but a large buffet with choices. Is that not what life is? How often do you take the same food from the buffet? How often do you try something new? If life is a smorgasbord, sample widely, and do so with a sense of wonder and joy. Oh, how that will change things for you! You are here for the experience. For the fullness of life. To live life with fear is counter to the soul's true nature. This is learned behavior ... the result of sampling too many restrictive beliefs. Examine what you have been feeding yourself for a lifetime, most likely hand-fed by others, and see where you might sample something new and more balancing. You are so very loved. Try that for a daily diet of truth.



www.DailyWay.org

When I feel that outside circumstances are chaotic, I can choose to be kind. Kindness reminds me of who I am. It's the one thing I can control. My kindness leads to a remembrance that I am also wisdom, clarity, peace and love. Within me lies a reservoir of calm and I can go there, no matter what's going on around me. I am much more than outside circumstances.

Here are a few things we can do during this time of Pause:

Express kindness, compassion, and love for ourselves and others.

Be present with our five senses

Surround ourselves with (natural) fragrances, such as flowers, plants, and essential oils

Surround ourselves with colors that evoke feelings of peace, joy, Love, passion, and freedom

Surround ourselves with the beautiful sounds of nature, music, and the inner stillness of our I AM presence Meditate

Eat and drink foods that nourish us in ways that feel life-enhancing and life-giving

- Feel the healing textures of nature between our toes, with our hands, and on our body
- Check in and ask ourselves how we're doing throughout the day, Get sun daily

**Listen! the wind is rising,
and the air is wild with leaves,
We have had our summer
evenings,
now for October eves!"**
~Humbert Wolfe.



Breath, Rhythm, Mantra and Meditation: Therapeutic Yoga for Times of High Stress

If you are looking for a practice that helps heighten your oneness with the creator, strengthens your compassion for self and others, and helps you change the things you can and accept the things you cannot, then join us for this monthly one-hour Zoom class. **9 am on the following**

Mondays:

- October 19
- November 16
- December 14



We begin with simple Hatha stretching (modified for all physical abilities) which can be done seated in a chair or on the floor, then we continue with a combination of Kundalini pranayama (breath), simple, rhythmic kriyas (movements), mantras (spiritual chanting) and passage meditation. Certain specific techniques from other therapeutic, neurobehavioral disciplines such as modified EMDR from Kundalini Yoga therapy, or patterned algorithms from EFT/TFT to combat stress, compulsions and reduce physical pain may also be practiced. Handouts of some of the therapeutic activities will be provided via e-mail to class participants for home use.

Feel The Beat: The Impact of Rhythm on the Brain and Kirtan Kriya Meditation, evidenced-based kriya and meditation to help reverse cognitive decline and early Alzheimers.



The class is taught by Beth Powell, psychotherapist, neuro-behavioral educator, Certified Kundalini Yoga instructor, and licensed trauma-informed Texas Clinical Social Worker.

The link to the Zoom meeting will be provided on Facebook and by email.



Staying Healthy by Maintaining physical activity

During this Covid-19 Pandemic, find ways to exercise every single day. More than ever, we are aware that our physical well-being affects our mental well-being. It is now widely known and accepted that physical activity can reduce anxiety and stress and calm the entire body in such a way that tendencies toward depression are reduced as well as many other uncomfortable physical symptoms.

Unclench the hands and unclench the jaw.

So how do you unclench hands or a clenched jaw? You must first notice that you are doing it. This has been a real lesson for me the past few months as I have dealt with a mild rheumatoid flare with very sore hands, shoulders and muscles. I am mindful to remain flexible. Many people are not even aware that they are clenching their jaw until it is brought to their attention. Many times, a painful muscle cramp will be the signal. Some signs that you may be clenching your jaw include mild to severe headaches and feelings of tightness around the neck and face.

Take an inventory. Are your hands clenched now? How about your jaw? Is your forehead relaxed or furrowed? Run your hands over your scalp, is it tight? Begin by stretching the hands and fingers and remembering to keep them supple and soft when you are at rest. To unclench your jaw, open your mouth and “drop your lower jaw away from your upper jaw and let it hang.” This technique has been used to reduce tension and anxiety and its effects upon the body by many people as they shift toward health of body and mind.

You can apply the same kind of meditative attention to other areas of tension over your entire body. If you stare at a computer screen all day, you may be bringing some tension to your eyes and face. An hourly reminder to relax these areas and to breathe deeply may not eradicate tension from your life but it will offer a means of reducing it from your body.

Although it may be difficult to exercise indoors, engaging in regular physical activity will help reduce your anxiety and stress. If you need to find guided routines, there are many classes offered online.

Enjoy this beautiful Fall weather and take nice leisurely walks often! Rev. J

