

Conversations in the Spiritual Voice



Presented by Terri Daniel,
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The outline below is based on discussion groups and workshops I've presented over the last several years as a spiritual teacher and motivational speaker specializing in creating a new language for non-traditional spirituality.

These gatherings and presentations address a wide range of metaphysical topics and practices, including group meditations, interactive exercises, ceremonies & rituals, grief recovery processes, exercises in psychic development, after-death communication and chakra work.

These topics can be presented either separately as stand-alone presentations
or included in a 3-6 hour workshop.

OVERVIEW

Most of us abandoned the religions of our parents long ago, and used our critical thinking skills to forge our own unique views about energy and its manifestations (also known as *God*). For those of us who believe that we are more than just our physical bodies but refuse to see ourselves as the hapless victims of a judgmental supreme being, a balanced spiritual outlook can be difficult to find.

As refuges from religions that teach fear, guilt and judgment, many of us refuse to embrace any spiritual concepts *at all*, and end up throwing the baby out with the bathwater. Some of us may have been emotionally wounded by religion as children, and now recoil from anything that hints of non-earthly realities, while others have drawn from universal teaching and traditions to create their own unique understanding of Spirit.

There are energies and teachings at our command, which are growth-oriented, balanced, non-judgmental and highly functional in terms helping us create well-being in our lives. These energies can be accessed through meditation, visualization and other spiritual practices, and these are the practices we will examine in these workshops.

Areas of study and practice will draw from various religions and philosophies including Buddhism, Earth-based religions, early Christianity and the Course in Miracles, along with teachings from contemporary spiritual leaders like Carolyn Myss, Doreen Virtue, Sanaya Roman, Esther Hicks, Deepak Chopra and many others. But the primary emphasis will always be on following each participant's *personal* path to spiritual growth.

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Reading and Discussion of *A SWAN IN HEAVEN*

An excellent presentation for bereavement groups and anybody interested in after-death communication. Based on my book, *A SWAN IN HEAVEN: Conversations Between Two Worlds*, I tell my story and read selected excerpts from the book. We conclude with a guided meditation to help audience members connect with a loved one on the Other Side or a spirit guide, and wrap up with a question-and-answer/open discussion period.

First There was The Word

Words like *God* and *Jesus* are as taboo and highly-charged in Humanist and freethinking circles as the words *meditation* and *psychic* are to biblical fundamentalists. But when it all boils down most of us are talking about the same thing... our experience here on earth (whether or not we believe we've been here before) and how to understand it. Is pain and suffering randomly dispersed, or worse, a punishment handed down by a judgmental god? Or is it a precious gift from our higher selves and our guides to teach us important growth lessons that we ourselves have chosen? Traditional religion teaches us that there's a supreme being with a master plan and that we're just puppets on a string. By contrast, self-empowered spirituality says that *we're* the ones who designed the plan, and at some level, we know exactly what we're here for and how to create situations to bring forth the very experiences we need at any given moment. In this sense there are no tragedies, no good and evil, no here and there, and no them and us. This will be the topic of our first discussion.

Practical Application of Spiritual Concepts in Daily Life

Have you ever had the sense that you were being led, going with the flow, in perfect harmony? What is the difference between power and force? Do you meditate or pray? To whom, or what, do you pray? Are there specific techniques for meditation? (hint: it's *not* supposed to be uncomfortable... fetal position is just as effective as lotus position). Are there guides in the non-physical who can communicate with us, and how can we connect with them? How important is it to include "spirit" in your daily life? We'll also talk more about our personal histories with the religions of our parents, the beliefs we rejected as we were growing up, and how these beliefs might still be affecting us as adults.

Psychic Ability, Guides and Channeling

We will learn techniques for tuning into other energies and working with our natural, innate connection to other realms. Guides, angels and others are eager to communicate with us, and the ability to converse with them is not a gift... it's a birthright. In this session we will learn techniques for working with our innate connection to higher planes, using meditations and exercises for opening a conduit and learning to listen to our guides and our higher selves. We'll also explore divination, archetypes, signs and symbols using Tarot cards, chakras, dreams, omens and other symbolic forms in which messages are sent to us from our non-physical helpers.

Working With the Chakras

An overview of the seven spiritual/psychic energy centers from which we manifest our experiences on earth and maintain our conduit to the divine. These energy centers are vital channels for increasing our ability to receive messages from our guides and our higher selves. We'll begin with an introduction to the chakras, and then we'll do a powerful guided meditation for visiting each one and examining the various areas in our lives that are calling for our attention. Some of these areas may need cleansing or healing, while others may simply need an infusion of love or power.

Alternative Rituals and Celebrations for the Holiday Season (November-December only)

Many non-Christians are frustrated during the Christmas holidays because traditional celebrations and rituals don't hold any real meaning for them. It's hard to ignore the festivities, and at the same time, it's fun to join in. But how do we participate without feeling hypocritical?

The familiar imagery and practices -- a decorated tree, twinkling lights and jolly old man bearing gifts -- actually have ancient origins which have nothing to do with Christianity. This presentation will examine these origins and offer some fun and fascinating alternatives to traditional holiday celebrations.

Spirit in Writing

This presentation focuses on creative expression and inspiration. Attendees are asked to bring a brief reading from anything that inspires and resonates with their own personal spiritual perspectives. Bible passages, writings from spiritual teachers of any kind, personal writings, even comic strips are welcome. We will share these inspirational readings with the group and discuss them. We will also work with "automatic writing" as a way to receive messages from other realms.

Miracles, Myth and Manifestation

What is the meaning and purpose of "miracles" in the bible and in other spiritual legacies? Are religious mythologies about miracles designed to convince us to buy into a particular belief system, or are they symbolic expressions of deeper teachings? We will examine the popular biblical miracles, and also compare the personal miracles we've experienced in our own lives.

A Ceremony for Healing the Planet With Loving Intention

This is a remarkably powerful ritual, and the more participants the better. Groups will form small circles, and in the middle of each circle will be a world map. We will place various objects (beads, children's toys, hearts, candles, stones, etc) at places of our choosing on the maps where we would like energy to transform. This exercise is joyous and playful, and will include everything from waving magic wands and blowing bubbles to a profound group meditation that culminates in singing and dancing.

