

Inside:

P2 Who We Are

**P2 Board of
Directors**

**P2 Spiritual
Directions
Committee**

**P3 Sunday Service
Schedule**

**P4 Inspirational
Explorations
Happy Birthday
July 8 Meditation**

**P5 Spirit in Motion ~
The Power of Mudras**

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REFLECTING ON HARVEST

Those who are not rich now, as summer goes,
will wait and wait, and never be themselves.

–Rainier Maria Rilke

In our last service description, we spoke of summer ending with the “misty kiss” of September. September does indeed carry with it a sense of ending, so much so that this month is the time of the New Year in some lands and faiths. We might, though, rather think of the time as one of gathering, rather than a complete ending. Traditionally, September was often the time of harvest festivals, where selected produce from agricultural areas would be used to decorate the local church, and then donated to the poor. We might want to bring produce to our own Church for the same purpose, but the deeper question to consider this month might be: what have we gathered on an inner level that we are bringing to the more contemplative season of fall? What is our harvest?

Submitted by Chris Bullock, on behalf of SDC

The Lighthouse September 2018
A Newsletter for Friends of the Church

We are a spiritual community supporting each other in exploring our personal journeys regardless of spiritual path or belief. Our community is comprised of a rich field of individual and collective energies that is ever changing and evolving.

While we are accepting of diverse expressions of belief, we recognize the interconnectedness of all things and the power of love and appreciation. We hold reverence for all life.

We welcome those who wish to share their journey with us through their insights, reflections, experience and creative self-expression.

We are open to inspiration and recognize that our openness to others' ideas enhance our own awareness and expansion.

We meet our basic human need to socialize, bond, cooperate, celebrate and have fun, in a warm-hearted way, through a variety of events and activities.

We acknowledge our opportunity to be agents of change in the world and we encourage and support service to others through individual and group activity.

We share our sacred space with the larger community.

With gratitude, we live thoughtfully on the Earth with kindness and compassion for all.

We welcome you.

Working for You
Your Board of Directors

President	Brian Martin	778-430-1872
Vice President	Troi Leonard	250-532-3442
Inside Maintenance	Lorna Rennie	250-361-2079
Secretary/Treasurer	Ron Rayner	250 474-2715
Outside Maintenance	Ron Rayner	250 474-2715
SDC Liaison	Peggy Muncaster	250-888-7664

Your Spiritual Directions Committee

Laurence Beal	250-380-6429
Jane Campbell	778-533-7978
Chris Bullock	250-384-8241
Marilyn Smando	250-516-9687
D. Joan Thomas	250-721-4054

Rentals Esther Hart 250-896-5933

Newsletter dbhawkey@gmail.com Submissions due by the 21st.

SUNDAY SERVICE SCHEDULE

REFLECTING ON HARVEST

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Submitted by Chris Bullock, on behalf of SDC

September 2nd: BEGINNING THE HARVEST

Moderator: Troi Leonard
Meditation: John Vanden Heuvel
Presentation: Rev Greg Skala
Greeter: TBA
Coordinator: Chris Bullock

Sept. 9th Title: The Opportunity of Change

Moderator: Marie Logan
Meditation: Brian Martin
Speaker: Sherry Morgan
Greeter: Marvelous Trudeau
Coordinator: Jane Warren Campbell

September 16th Title: The Value of Poetry

Moderator – Marvelous Trudeau
Meditation – Bill Israel
Speaker – Rev. Joan Hopper
Greeter – TBA
Coordinator – D.J. Thomas

September 23rd Title: Vulnerability in Living Well

Moderator: Laurence Beal
Meditation: TBA
Speaker: Edward Butterworth
Greeter: TBA
Coordinator: Laurence Beal

September 30 Community Service

Coordinator: Marilyn Smando
Details: TBA

Spirit in Motion ~ The Power of Mudras, from the meditation on August 19, 2018.

The information is from the following website: <https://chopra.com/articles/10-powerful-mudras-and-how-to-use-them>

In the practice of Yoga, you are encouraged to use your body in many ways, but ultimately with the intention of drawing yourself inward. Mudras are powerful tools for accomplishing this. The term *mudra* applies to the use of hand gestures during meditation that carry specific goals of channeling your body's energy flow. There are more than 100 known mudras that have been developed over the centuries. Here are 10 commonly used mudras that have been championed for centuries for their efficiency in providing health and empowerment.

The Elemental Structure of the Hand

The ancient sages could intuit the presence of the five elements (space, air, fire, water, and earth) in the human body. Our hands are thought to hold energetic points for these elements and thus the use of mudras is a way of manipulating these elements. Within the hand gestures, there not only connecting principles at play but also freeing actions taking place depending on the mudra.

- **Thumb: Space**
- **Index Finger: Air**
- **Middle Finger: Fire**
- **Ring Finger: Water**
- **Pinky Finger: Earth**

1. Gyan

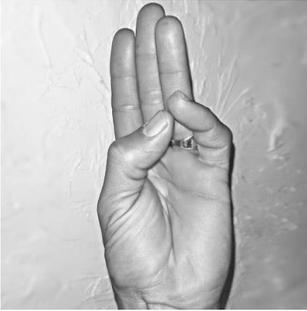


This is probably the most familiar mudra in mainstream society. Meditators are often seen pairing this mudra with their practice. The intention of the *Gyan* mudra is to improve your concentration and sharpen your memory. This is a great mudra to use when seeking to gain knowledge. Try holding this mudra while meditating for insight into your life or a specific issue.

Method: This mudra is performed by touching your index fingertip to the tip of your thumb, while holding your other three fingers straight.

Elements: Space + Air

2. Buddhi



This mudra is used for mental clarity. You perform this gesture when you need to understand intuitive messages from your subconscious (i.e., dreams or meditations that puzzle you). One of the most powerful benefits of this mudra can be found in the improvement of communication, such as improving internal and external dialogue.

Method: This mudra is performed by touching your thumb to your pinky finger, while holding your other three fingers straight.

Elements: Space + Earth

3. Shuni (or Shoonya)



This gesture is used to improve intuition, alertness, and sensory powers. It also purifies your emotions and thoughts.

Method: This mudra is performed by touching the tip of the middle finger to the thumb tip, while keeping the other three fingers straight and relaxed.

Elements: Space + Fire

4. Prana



The *Prana* mudra is said to be one of the most important mudras due to its ability to activate dormant energy in your body. Prana is the vital life force within all living things. This mudra will help awaken and enliven your personal prana, and put you more in tune with the prana around you.

Method: Perform this mudra by touching your ring and pinky fingers to the tip of your thumb, while keeping the other two fingers straight.

Elements: Space+ Water

5. Dhyana



The *Dhyana* mudra is shared across several eastern meditation disciplines. The Buddha is often pictured doing this gesture. The significance of this mudra is to bring you into deeper, more profound concentration. This gesture can also help bring you tranquility and inner peace.

Method: To do the *Dhyana* mudra, simply sit with your hands facing upward, right hand resting on top of your left palm. The right hand, representing enlightenment and higher spiritual faculties, rests over the left hand, representing the world of maya, or

illusion.

Elements: All

6. Surya



The *Surya* mudra is intended to increase the solar/fire element in the body and improve metabolism and digestion. It is also useful in reducing heaviness in the body and to help ward off colds, since it increases core body temperature.

Method: Perform this mudra by bending your ring finger to the base of your thumb so that your thumb touches the ring finger's knuckle. Stretch your other three fingers straight without stressing the hand.

Elements: Space+ Water

7. Apana



The *Apana* mudra is good for mental or physical digestion and for eliminating waste material from the body. This gesture may also be a form of aiding in mental and emotional digestion when applied to “evil” outside of the body.

Method: To do this posture, bring your second and third fingers to your thumb. The way you position your fingers may differ depending on the discipline you are learning from. Some say that you should rest the two fingers just slightly behind the tip of the thumb, but in many depictions, this mudra is demonstrated by bringing the middle and

ring finger to the tip of the thumb.

Elements: Space+ Fire+ Water

9. Vayu



The *Vayu* mudra is good for diseases related to air imbalances, such as gas-related pain, flatulence, joint pain, bloating, and abdominal discomfort. This mudra helps regulate Vata-related issues, both mental and physical, relieving them by bringing your air element back into its proper flow.

Method: At first glance, this mudra may seem very similar to the *Gyan* mudra. The difference is the *Vayu* has you connect the thumb to the knuckle or hump of the index finger, as opposed to the fingertip in *Gyan*. Press down on the index finger to your level of comfort; this gesture is intended to relax not strain the joint. For optimal results, do your Pranayama exercises while holding this mudra.

Elements: Space + Air

10. Rudra



This mudra is often associated with Shiva as it applies to your internal transformative abilities. The word *Rudra* means "lord" in Sanskrit, which is fitting for this gesture because the main benefits affect your personal power center—the solar plexus. It is said to improve clarity and concentration of thought. Often this mudra is prescribed for those dealing with dizziness, exhaustion, and chronic tension in their body. You can use the Rudra mudra (say that out loud for a laugh) to energize your physical body and empower you to reach your highest potential or goals.

Method: To do this mudra, connect your thumb to your index and ring fingers while keeping your other two fingers as straight as you can.

Elements: Space + Air + Water