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ALLOWING

By Rev. Angelo Pizelo

January's empowering theme is Vision, but, more than that it is the month of Allowing.

Each of us is gifted with the creative ability to focus on that which we desire to experience knowing that the Creative Universal Principle of Manifestation brings forth that which we focus on with intensity and consistency. However, do we always know what is right for us?

We are one with a tremendous life force that arises from a dimension of divine intelligence and unlimited possibility. So, during the month of January, let's take the opportunity to open our minds to this universal life force by practicing "no-thought."

Each of us can start the day by declaring, "I am open and receptive to the divine life force that brings forth love, peace, prosperity and perfect right action in all of my life experiences today".

Most of us think too much and our thinking is almost an exclusive reliance on the past or the future. Getting ourselves out of the way means that we focus strictly on the present moment, allowing the flow of divine love and guidance to expand in our life in magnificent ways beyond our thinking.

So, during this month we have the opportunity to venture into the unknown, to open ourselves up to new ideas, new horizons and experiences that flow from the creative life force that is ours for the allowing.

We do this by not focusing so much on the past, using past experiences to guide us, but focusing on the present moment and opening ourselves with faith and trust, allowing the tremendous life force to bring forth the abundance that we deserve without our intellectual interference.

And So It Is.

January Speakers

January 6

Speaker: Rev. Angelo Pizelo

January 13

Speaker: Rev. Angelo Pizelo

January 20

Speaker: Rev. Marie Lane

January 27

Speaker: Rev. Bob Hand

The Editors hope you enjoy the new Focus and would like to hear from you with articles and other pieces of information.

E-mail submissions to:

Janna Lewis

jannalewis@sti.net

AnnaDell White

annadellwhite@yahoo.com

Members' Contributions

Taken from *Agape* newsletter

Here's a little ditty to deck the halls with:

Put on this day a cloak of many colors,
Brilliant hues and shades of Light.
Just as day follows night,
Radiance, reflection and warmth will ensue.
Ennoble your nature
Already divine.
Step in time with the Heart
That beats only as you.

Chakra, aura
And aurora blend and spin
As an iridescent iris of
Incomparable beauty.
See clearly your duty
To glow with the Flow.
Allow the Truth that you know
To show.
No more incognito!
Stop traveling under that radar.
What you are is a splendiferous star!
Unrepeatable, inconceivable, unique
As your Source.
Sent here, of course, to reveal and to revel,
Revere and draw near to the Luminous I (Am)
That you are.

'Tis a season to savor and celebrate.
Elevate your awareness of the resplendent Gift
within.
Unwrap yourself
And give It.

What to receive I-FOCUS e-mail announcements?

Contact Dr. Izabel Ganz with your e-mail address to be added to her list!

E-mail her at: i_focus1@yahoo.com

PLC HAPPENINGS

January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 7 P.M. Discussion night at	2 6:30 P.M. Reiki	3 11 A.M. EFT	4 7 P.M. Flute Circle	5
6 10 A.M. Speaker: Rev. Jeff	7 2 P.M. Ho'oponopono New Class Begins	8 7 P.M. Discussion night at PLC	9 5 P.M. New Class Visualization 6:30 P.M. Reiki	10 11 A.M. EFT 7 P.M. Flute	11	12
13 10 A.M. Speaker: Rev. Angie	14	15 7 P.M. Discussion night at PLC	16 6:30 P.M. Reiki	17 11 A.M. EFT	18 New Class Starting See P.5 for details	19
20 10 A.M. Speaker: Rev. Marie	21	22 7 P.M. Discussion night at PLC	23 6:30 P.M. Reiki	24 11 A.M. EFT	25	26
27 10 A.M. Speaker: Rev. Bob	28	29 7 P.M. Discussion night at PLC	30 6:30 P.M. Reiki	31 11 A.M. EFT		

New Class Starting
See P.5 for details

7 P.M. Flute Circle

New Class Starting
See P.5 for details

Classes, Study Groups and Other Happenings

EVERY TUESDAY NIGHT 7 p.m. AN ON-GOING SPIRITUAL DISCUSSION

Every Tuesday night is “an event” as Rev. Angie often states about our gatherings. We will attempt to make announcements regarding what’s happening on these nights, so look for the I-Focus to arrive by e-mail (if you’ve signed up). Because our members are individual in their viewpoints with strong beliefs, these meetings are interesting, mentally stimulating, and often down-right rambunctious. All community members are invited to attend. Join us Tuesday nights at 7:00.

Facilitators are Rev. Dr. Angelo Pizelo and staff.

For more information: 559/642-4616

WEDNESDAY NIGHT 6:30 p.m. (ongoing) REIKI

The wonderful tool of Reiki is available to the public every Wednesday night in the sanctuary. Practitioners help re-charge you with spiritual energy that flows to each part of your life, causing healing at all levels - spiritual, mental, emotional and physical. Please take advantage of this service when any part of your life is out of alignment. A donation to the building fund would be appreciated.

Facilitators: Bill and Betty Fleming
For information call 559/ 683-2274

THURSDAY 11:00 a.m. - 2:00 p.m. (ongoing) “EFT “(EMOTIONAL FREEDOM TECHNIQUE)

This is an on-going workshop that meets every very Thursday. You will get a FREE demonstration and be able to practice EFT, a simple powerful process that can be of great benefits for your emotional, mental and physical well-being. It is easy, effective and produces amazing results. “EFT offers great healing benefits”, says Deepak Chopra, MD.

Facilitators: Betty Fleming, RsP, and Dr. Izabel Sonia Ganz

Classes, Study Groups and Other Happenings

IT'S NOT TOO LATE TO BREAK FREE

JOIN THE SPIRITUAL EVOLUTION THAT'S TAKING PLACE WITHIN YOUR SOUL.

REGISTER FOR REVELATIONS 2008.

This is **AGAPE'S** 15th annual big extravaganza with Rev. Michael Beckwith, Rickie BB, the Agape Choir, the Movement of Agape, powerful speakers, inspirational music, spiritual insight, joyous celebration and transformative healing.

Why go? It's fabulous!! Rev. Maggi BB went last year to Washington, DC and came back raving (not as in "a raving maniac"). This year it is right here in LA, California AND Rev. Maggi has donated 7 tickets to the building fund.

If If If you sign up NOW you will get the last 3 tickets for the unbelievable price of \$319 if you are a minister or practitioner or \$369 if you are an otherwise.

The dates are April 17th through the 20th at the Westin LAX Hotel. Keep some pin money for the outrageous things available for sale by vendors there. I hear Steven Flute DeRuby is seeking a booth there and the DUDS for sale ARE unbelievable. A little more pin money please for the EXTRAVAGANZAZAZA that occurs Saturday night, a real Hollywood SPIRITUAL BLAST! **Call Rev. Maggi now! 559-692-2241** (These tickets will eventually sell for \$529 as I understand it.)

Visualization and Visioning

Upstairs classroom at PLC

Begins Wednesday January 9th at 5:P.M. for 6 weeks.

Come and learn the difference between Creative Visualization and The Visioning Process which is used all over the world by the most successful churches. In this class you will learn to open yourself to Spirit's vision for your own life and for your church community. We want our new location to be built on Spirit's vision for us and we want you to be part of this amazing process. We will explore visualization and visioning as spiritual tools to create a more fulfilling personal life experience.

Cost: \$75 (class credit toward degrees).

Facilitated by Rev. Linda Angel

HO'OPONOPONO (A New Class is starting)

We will meet to study and PRACTICE Reverend Angie's favorite technique for healing, HO'OPO-NOPONO, an ancient Hawaiian method. The teaching claims a great deal of power available to us, and we will aim to prove it is so.

Location: Upstairs classroom at PLC

Cost: \$75 (class credit toward degrees)

Instructor: Rev. Joanne Burgess

Date: Starting January 7, for six weeks

Time: 2:00 pm – 3:30 pm

Classes, Study Groups and Other Happenings

Thursday, January 11, 7:00 P.M. (ongoing)

FLUTE CIRCLE

Love the sound of the Native American flute? Have one on a shelf you never play? Whether you are an accomplished musician or have no music background you can play the Native American flute. Come join us the second Thursday of each month at **PLC at 7:00 P.M.** for a FUN flute learning experience. We sample different styles, listen and help each other. It's a great place to be **and it's all about having fun!**

A donation to the PLC Building Fund is appreciated.

TO: MEMBERS AND STAFF OF POSITIVE LIVING CENTER

FROM: ANGELO PIZELO

SUBJECT: VOLUNTEER HOURS CREDIT

Beginning January 1, 2008 volunteer hours will no longer be available for tuition credit. We have been fortunate, over the years, to have many individuals take advantage of this program. In an effort to continue to keep our tuition fees low we find it necessary to bring it to completion.

As an alternative we have three methods that you may use to pay for tuition. Cash, credit card and in some cases a payment plan. If you choose the payment plan, the class must be paid for in full before a Certificate of Completion can be issued.

In addition to the above payment options, we are adding an incentive program. If you would like to improve the financial area of your life please contact Jo Ann Burgess at 559-222-8307 to register for a **NO CHARGE** six week class on prosperity.

BRING SOME OF YOU HAVE IT! TAKE SOME IF YOU WANT IT!

FOOD, THAT IS!

We invite you to join our food project. There are shelves in the snack room to hold food-stuff. If you have something extra from home (or added something you don't need to your shopping cart) bring it into PLC. It will be circulated to those who want it. The food is available to anyone who wants it. Forgot to pick it up at the store? Use what we have. Take it for yourself, or take it for someone you know.

Please make sure that all donated food-stuff is of good quality, unopened and non-perishable. This means **NO** fresh produce and **NO** open containers.

More of What's What

EMERSON THEOLOGICAL INSTITUTE

As the educational arm of ANTN (Affiliated New Thought Network) of which the Positive Living Center is a member, Emerson Theological Institute's vision is to awaken people to empowering Universal Principles and provide the instructional resources that will facilitate the development of healthy relationships, spiritual communities and the realization of potential.

To accomplish its vision, Emerson's core curriculum embraces the spiritual philosophy of the presence of God in humankind and the power of right thinking. It emphasizes the existence of One Life, One Mind, One Power, One Presence, in, as, and through all creations.

PROGRAMS OFFERED:

- ◆ Personal Growth
- ◆ Ministerial Credential
- ◆ Practitioner Credential
- ◆ Bachelor of Religious Studies
- ◆ Masters of Religious Studies
- ◆ Doctor of Religious Studies
- ◆ Doctor of Divinity

We're on the Web

www.emersoninstitute.ed

We are fortunate here at the Positive Living Center to have such a wide variety of personalities among our Practitioners. We have quiet ones, loud ones, laughing ones, and serious ones. They come in assorted sizes, genders, ages, and backgrounds. But what they all have in common is that they are highly trained and dedicated to helping YOU.

How do they do that? They absolutely know the Universe is perfect Life, perfect Harmony, perfect Love. They work from this knowledge in Mind so your requests and healing will be unfolded in your life. No challenge is too big or too small. Try it yourself. Phone or personal treatment is available for a fee from a licensed practitioner. Or take advantage - at no charge - of a Licensed Practitioner after Sunday service. Intern Practitioners are available and do not charge fees.

PLC practitioners are listed to the right.

RELIGIOUS SCIENCE

PRACTITIONERS

Rev. JoAnn Burgess

559 222-8307

Rev. Sandee Scott-Archer

559 658-8373

Rev. Sandy West

559 877-3775

Rev. Sheyla Cook

559 760-1502

Rev. Angelo Pizelo

559 642-4616

Rev. Maggi Butterfield-Brown

Rev. Dr. Rozella Dudley

Rev. Dr. Janna Lewis

Betty Fleming, M.Rs.P.

Rev. Jeff Hartwig

Rev. Alan Lagunoff

Dr. Connie Thomas

Rev. Linda Angel Gonzales

INTERN-PRACTITIONERS

Kanya Ellington

Vivian Capote

Kim Haley

Mary, Janna & Betty talk about

All about "Judgment"

Mary: I find myself with a moral dilemma involving judgment. We have all been taught and hopefully have come to believe that everybody is a perfect expression of God. Therefore, when someone comes to us with a problem, we do not judge them but see them as perfect. That is the core of our spiritual work. But last week there was an incident, involving friends of mine, that completely threw me into a place of judgment. I ranted and raved for two days until I realized where I was coming from, and I hated it. But I can't seem to get out of it, no doubt because I'm emotionally attached to the situation. Has this ever happened to you? Any ideas about what I can do about this dilemma and get right with Spirit again?

Betty: Oh my, do I ever know what you are going through! I have had a situation with a person in my life that I suffered with for ages! I found myself, one night as I was in my sewing room ironing some mass of fabric work, having a raging argument in my mind with this person, and I was so incredibly angry!!!! I was ranting at this person and hearing what that person was supposedly saying back to me, and it was all in my mind!!!! When I finally realized what I was doing, I gave myself a mental kick in the you-know-what and asked myself what in the world I was doing! I then refocused my attention on something positive and got instant relief. Ahhhhhh..... It was all stemming from my judgment, from the way I thought it should be, and this person should be. Right. In a perfect world. But then, it really IS a perfect world, regardless of how uncomfortable we are with it! And when our emotions and ego are attached, and when are they NOT attached, it feels so much worse! So, when I get in this state nowadays, I use a tool from my toolbox. I can use the I.D. Process for the emotion, or EFT for dissolving the emotional attachment to it, and then I use Ho'oponono to clean me of the programs that are constantly running in my subconscious mind that bring about this terribly uncomfortable situation. Or if there is some sort of trauma involved, I use the TAT process. Usually one of these tools will make a huge shift in my mind and emotions. How 'bout you, Janna?

Janna: My awareness of judgment is that, like revenge, it is a dish best served cold. But, if so, why does it feel so valid in the red hot moment? It has taken me a long time (several lifetimes, no doubt) to get it into my head that when I judge someone else, the judgment is usually (about 100% of the time to be exact) a reflection of something going on within me. Of course, we can make pleasant "judgments" as well as unpleasant, but the fact remains that I wouldn't be able to see it in someone else if it wasn't in me. This is a big step in understanding the concept of oneness. There is, in fact nothing in me that isn't in everyone and vice versa. And, although it sometimes takes me a while to clear away the ego-type junk that is making my head spin and my mouth spew garbage, I usually can finally get to the place where I'm looking within for my own demon. This, however, doesn't always make me instantly a saint. What do you think, Mary?

Continued on following page

Rev. Mary Elliott, a Master Religious Science Practitioner, is a prior member of PLC and is now residing in Oregon.
Janna Lewis is a Doctor of Religious Studies, Minister of Religious Science, and a Master Religious Science Practitioner at PLC.
Betty Fleming is a Master Religious Science Practitioner at PLC.

All About “Judgment” - dialogue

Continued from previous page.

Mary: Betty, I had to laugh at your situation about having a dialogue in your head. In a twelve-step group years ago the speaker said, “A good rule of thumb is to never have a conversation unless the other person is in the same room as you.” And it is interesting how you rid yourself of judgment. Janna, to a certain extent I agree with you that our judgments stem from our own “demons.” But I think there is more to it. I’ve been thinking the other side of judgment may be compassion. But, having compassion can separate and draw a line between the victim and “the other” if one is coming from the duality of ego rather than Oneness. So, is the source of all judgment an ego trip?

Betty: I do agree with you, Mary, that you could call judgment an ego trip because the ego is in duality and sees the other as separate from itself, and the ego can be *very* judgmental!!! And I think you’re right that compassion *can* come from duality, but when my ego jumps in and starts judging someone or something, I have to remind myself that no one does anything inappropriate based on their view of the world. That triggers compassion in me. And that comes from oneness, because, God knows, I have done and said things in the past that I would never think of doing now because my view of the world and of WHO I AM has totally changed. And I also remind myself that what I am experiencing outside of me originated *in* me, and then I take steps to heal the part of me that created what my ego wants to shred! I know that somewhere inside me is a part that is crying out for healing and I am so very grateful that I have Ho’oponopono and EFT and TAT and Reiki to bring about that healing. I do think that judgment comes from ego and I know that my ego is not who I truly am. So mustn’t I first forgive *myself* for having the judgment? Also, just as a sideline, there appears to me to be a very fine line and maybe lots of crossover between judgment and discernment. Are we confusing the two? What do you think, Janna?

Janna: Compassion, to me, implies understanding and even sympathy for another’s suffering; we label it empathy. But the bottom line is that we are still using some type of judgment to define their suffering. The only way we can judge is to compare one person’s pain to another person’s happiness, or to degrees of either. I used to be quite judgmental of myself, often comparing what I did or said or thought to someone else (and often coming out on the short end). As a spiritual counselor once told me, there is no way I can do a comparison without coming out either better or worse, and neither one will benefit my growth. On the other hand, we can hardly get through a day without some type of comparison – even if it’s just in our heads. Why do I choose a blue sweater instead of an orange one? Why do I choose Vanilla Lattes one day and French Roast with a shot of Espresso the next? Innocent questions, but still judgment calls. Betty, I suspect your idea about discernment is really the key to Mary’s original question. Discernment is still judgment (the only way we can function in this world), but now with objectivity. Discernment is how we can “get right with Spirit”. I don’t think we can live in this world of duality without comparisons, but we can do our comparisons uninfluenced by emotion or personal prejudices. And that takes

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All About “Judgment” - dialogue

Continued from previous page.

me back to my original thought when I said that everything I see is a reflection of me. It is merely my **perception** of the thing. When I can heal that “thing” within me that I don’t like on the outside I am one with Spirit.

Mary: First, I want to thank you for helping me work this out. I think my original dilemma stemmed from something in me—my capacity to judge. I guess I didn’t think that was part of me anymore. When I started working on that, I was able to easily release who and what I was judging. Like you Betty I began by forgiving myself. While it is true while we live in this dimension we constantly make decisions, but not all these choices (blue sweater/orange sweater) are judgments. Do we really put a judgment value on all our choices? Is the blue sweater evil because we don’t choose it today? Or the Vanilla Latte? I don’t think so. My teacher used to say, “There is no God who cares what you do.” By realizing I was in judgment, I had to take a stern look at myself and say, “Hold it there Skippy. If God doesn’t care, who do YOU think YOU are?” Was I on an ego trip or what?

Betty: Hehehe! Aren’t we just about *always* on an ego trip!?! I find I make my life so much easier and way more fun when I can, *finally*, realize just what it is I’m doing, whether it is being judgmental or angry or upset or proud or whatever, and laugh at myself. Granted, sometimes it can take me *days* to come to that point because I am so caught up in the emotion. Sheesh! But eventually I do get to the point where I can laugh at myself and realize that I’m just being human and doing the best I can. I enjoyed reading about how Dr. Hew Len (of Ho’oponopono*) promised himself a great, big, hot fudge sundae if he could get through a whole day without being in judgment. He hasn’t had one yet!!!! And *he* is doing the cleaning work *all* the time. I think Janna and I are in total agreement that “whatever is manifesting in my life on the outside is simply a reflection of what is within me.” So for me, my choice now is to clean, clean, clean the toxic energy, toxic emotions and memories that are creating those people and those situations outside of me that are exquisite opportunities for my healing and growth. I am so grateful for the tools with which to do that, and after I get over the anger/ego trip/pity party/whatever, and use those tools, I am now able to bless that person or situation for the gift that I received of the opportunity to heal. But I also believe that it is very important that we forgive ourselves first, otherwise it seems to me that we are only staying in the ego trip. What do you think, Janna?

Janna: I just read back over this entire dialogue and realized that even how we present ourselves through this dialogue is judgment. Agreeing or disagreeing takes judgment. I choose a blue sweater over an orange one because I look verrrry sick in orange – my perception. I choose French Roast one day instead of Latte because Latte makes me feel fat – once again, my perception. Do I think either is evil? No! (*Except on those days when the orange sweater is out to get me*). But then, I don’t think judgment is evil, either. It’s just another one of those learning tools we were given along with egos (which I don’t usually think of as evil, either – unless it *makes* me wear the orange sweater). And I don’t think we can get through a day without either of them. Judgment is only “bad” if we think it is! Egos are a part of what keeps us individuals. Until we are ready to loose our bodies entirely, I believe we will have judgments and egos. Have a great 2008.

*If you want to know more about Ho’oponopono go to our book store, The Mind Shop, and buy *Zero Limits* by Joe Vitale.

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AND LAYOUTS**

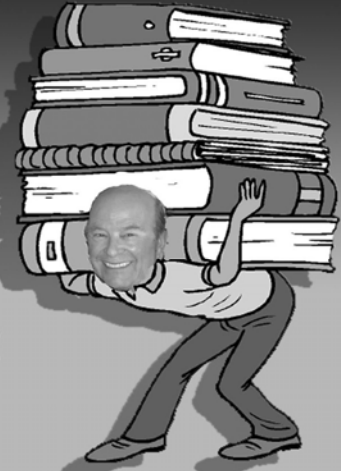
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Expand your business and share your experience with your PLC family and other community members by advertising in our monthly Newsletter.

You can run a business-card sized ads for \$5.00 a month – *payable in 5 month increments of \$25*. If you would like a larger ad, quarter-page size will be available for \$10.00 a month – *payable in 5 month increments of \$50*. We can help design the ad if you want the larger size. A one time fee of \$10 will be charged for design work. Contact Janna (jannalewis@sti.net) or AnnaDell (annadellwhite@yahoo.com) if you are interested!

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