



Interfaith Inspirer

An Interfaith Center for Spiritual Growth News Publication
VOL. XIX, NO. 03 March 2023



Indra's Net of Jewels

By Janet Somalinog

Indra is known in India as the GOD of all gods. All things, all souls, all phenomena are within this realm of Indra in a vast net that extends infinitely in all directions throughout all dimensions without end. In each eye of the net is a single perfect Jewel which reflects the images of every other Jewel, and each reflected image bears the image of all the other jewels.

Our project at the Interfaith Center, in the making for more than a year now, is to create a representation of Indra's Net at the west wall of the sanctuary. The wall was painted, and the net was hung. Now it is time for each of us to choose a Jewel and we will begin the process of placing them on the net during our special Service on **Sunday, April 2nd**. Choosing your Jewel is important, but not the most important part of this project. So simply choose your jewel by your favorite colors or your intuition. Don't worry, each Jewel is unique and beautiful.

Now here is the bigger purpose of your Jewel. It has the power to be causative, to make happen, to ABSORB, PENETRATE and REFLECT. Each of the jewels constantly take in and shine out in relation to all other jewels, like mirrors, but because of their many facets, these reflections are more like holograms, repetitive, multidirectional, multidimensional refractions of light and energy continuing ad infinitum throughout the Net.

This aspect of Indra's net is so important. We live as individuals, yet in Unity. Let us be aware of these reflections and effects that ripple through our shared veins of the NET of life we find ourselves in. May we be called to understand more deeply how our thoughts, words and deeds truly affect each other and the World.

This project is small, a two-dimensional representation, not just of our whole Human family, but of our interconnected and intercausal energy exchange with each other, and all events and actions in the net of an ever changing and evolving world. Whether we want to admit it or not, we have IMPACT on everything and everything has impact on us. We will be able to look upon our INDRA'S NET and be reminded of how impactful we are to one another, how our choices, actions and reactions penetrate the other jewels and the whole of existence.

We are dedicating the entire service on April 2nd to this illusory dream state of Indra. We will engage in a meditative and expansive contemplation in order to deepen our understanding of this wonderful and inclusive concept of separate entities interwoven into a unified whole as we present our Jewel and have it installed on the Net.

Please plan on being present. If you'll be joining us on Zoom, we will have a part of the ceremony that includes your gemstone during the dedication. If you are not going to be here in person or on Zoom, then we will have a special supplementary way for you to get your Jewel included on the net at a later time. We want everyone who comes through our doors... those from the past and our future guests to be included, so spread the word.

We are grateful to the team of people who have worked on this project for many months. Laurie Knerr, Layla Ananda, Lyriel Claire, Randall Counts, Ted Poprafsky and Annie Kopko (edit. and Janet Somalinog) have given their time and creative energies and we are all pretty excited to finally see this come to fruition. This is a wonderful thing that truly aligns with what the Interfaith Center for Spiritual Growth stands for. We look forward to building this understanding of inter-connection and inter-responsibility with all of you and our community beyond.



THE 25th ANNIVERSARY SILVER BALL

Interfaith Center for Spiritual Growth
APRIL 29, 2023 6:00 -10:30 PM

**Space is limited!
Reserve your spot
by April 2nd**

Please contact Delyth if you have not
received your invitation
and would like to attend.
delyth.balmer@interfaithspirit.org

**Dinner, Music,
Dancing,
& Reflections on the
past 25 years**

Ministerial Miscellany

By Rev. Annie Kopko

Starting Over

Have you noticed? Are you listening? Spring has arrived. On March 1st I heard the red winged blackbirds. I am always thrilled and uplifted by the sounds and sights of the first signs of spring. A time for:

Beginning again - To change my life by selling my house and moving.

To make a difference in somebody else's life (or many lives)

To Love more. - To complain less. - To let go of more stuff.

To let go of fear. Oh, I almost forgot - to laugh more.

(Last night I googled "real estate jokes" - They were not that funny)

We are part of an evolution, our own evolution. We never stop wanting, so we never stop evolving towards what we want. It seems, our only task is to get out of the way. I know I try to stay relaxed, but there seems to be waves of reality coming in regular timing to subvert my best intentions. (Just like this afternoon's snowstorm.)

I am reading off my iphone: "continual connection to our technological devices can make us feel trapped, with a strong desire to escape" There is some real irony here. What!? I am going to use the internet to escape the internet??? Oh, yes. Just like we can use food to lose weight. Obviously, we have not figured this one out yet, and perhaps never will. Each day, we all experience uncertainty. Our challenge is to learn to create, as close as we can, balance in our body, peace in our mind, hope in our spirit, and love in our heart.

Look for all of these in activities at Interfaith: Sunday Service, classes, groups, in person and on Zoom, and especially music: Every 2nd Saturday Cafe 704 at 7-9 PM live or on Zoom. Sat. March 11th, at 7:00 - 9:00 p.m. Julie Beutel and Bob O'Brien are returning. More information about Julie and Bob, ticket information including Zoom tickets is on our website: interfaithspirit.org. And, on Wednesday, March 22nd, join the Community Sing with Matt Watroba 7:00 - 8:15 p.m in person.

Have a happy and blessed month, one that seems a lot like Spring!

Annie



Our March Birthday Celebrants are:

March 1 Lance Clark
March 5 Ann Schejbal
March 6 Larissa Stenzel
March 7 Janet Fry
March 13 Diane Glatter
March 13 Cecilia Sikkenga
March 20 Cynthia McNabb
March 21 Bonnie Dede
March 23 Tommie Parker
March 24 Edith (Edie) Lewis

Spiritual Support Team (SST)

We invite you to give us a call or send an email for *any reason*...just to casually let us know how you are or to have a supportive listening ear to help you through these challenging times. Note: These are not meant to be formal counseling sessions. We are able to offer spiritual support and friendship.

Delyth Balmer

delyth.balmer@interfaithspirit.org

734-657-5384

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linog@gmail.com 208-870-9065

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**Community
Members
of the Month**

**February: Amazing
Annemarie**

**March: Dedicated
Don**



In the spring of 2020, Randall asked Don and Annemarie to be greeters once a month. Annemarie started bringing the flowers on the second Sunday. (This was all pre-covid). Things changed once we returned to the center.

In March 2021 Annemarie started sending the birthday cards. She introduced birthday Sunday a few months later. Don started doing the sound mixing at the end of June 2021 for the Sunday services (currently the 1st and 5th Sundays) and for Cafe 704. Annemarie joined the Caring Committee in Jan. 2021 and started keeping the tally.

She currently serves on the Silver Ball Committee, the nominating committee for the board for the second time, the Communications Committee, and the Leadership Team. She brought back the social hour (with coffee and snacks) at the beginning of February.

Don has taken on running the soundboard on the 1st and 5th Sundays, often steps in when a sub is needed and also covers Cafe 704. He has generously offered his time to help CZA learn to use our equipment and often helps with other special events when needed. DElyth stated: "I've frequently heard "Don makes us sound good" from our guest speakers and our Cafe 704 musicians."

Don recently jumped in with less than 24 hours notice to perform as a guest musician when we had a cancellation, gracing us with his own compositions.

Don is often the calm in the storm as Sunday morning set up and sound checks run up to that 10:45 am 'on air' deadline. We are blessed by Don's talents and sweet presence.

Mark your calendars!

**CAFE 704 CONCERT
SERIES:**

Saturdays, 7 p.m.—9 p.m.
In person and on Zoom

March 11: Julie Beutel and Bob O'Brien

April 8: Marlana Studer and
Steve Ragsdale

May 13: Spirit Singing Band

June 10: David Mosher

July 8: Path

August 12: TBA

September 9: Nutshell

Oct.14: Vornhagen and Kaufman

November 11: Jean Wilson and Friends

December 9: Emily Slomovits and Billy
King

Interested in performing at Cafe 704?

Send an inquiry to cafe704@gmail.com

**PEACE
GENERATOR**

**7—9 pm
Every 3rd Friday

Leadership Team Meeting 2nd Sunday

1:00 – 2:00 p.m.

Bob Hopkins (734) 985-5572

Board of Trustees Meeting 4th Sunday

1:30 – 3:30 p.m.

Marice Clark & Claire Groshans,
Co-Chairs

board@interfaithspirit.org

Caring Committee Meeting

1st Thursday 6:30 - 7:30 p.m. on zoom

Marilyn Alf, Chair sdtoaa@gmail.com

**Singing for Comfort with Layla Ananda
2nd Thursday every month**

ANNUAL MEETING

**April 2nd 1:00-3:00 pm.
Board Elections.**

Meet the Caring Committee

The Caring Committee consists of a team of volunteers who take on tasks, find helpers from the ICSG membership, or find helping resources in the Ann Arbor community who can help with a request. We keep six categories of helping: transportation; cards and flowers of get well or sympathy; friendly contacts (through email, texts, phone calls, visits); services (providing a meal, helping with paperwork or a move, light home cleaning or repair; outreach (support of helping activities in Ann Arbor); Reiki treatments.

Marilyn Alf has served as chair for many years. She retired from a career in social work and brings those skills to the committee, encouraging Interfaith to help all members survive. As a social worker, she provided Child Protective Services and arranged adoptions for several years before moving to California where for 16 years, she was Director of Clinical Social Work and Coordinator of Social Work for the Trauma Team at Scripps Hospital in La Jolla. She has travelled to over 30 countries and is sensitive to the needs and longings of many cultures.

Heide Kaminski, as co-chair, chair prior to Marilyn, has a firm background in education as a teacher at the Milan Prison, as well as non-incarcerated adults in MilanAdult Ed. Her favorite project is providing backpacks full of school supplies to the Tecumseh Safe House for women and children, which she helped start.

Vicki Davinich, as secretary, keeps the minutes for meetings, creating a paper trail progress report of work the Caring Committee is taking on or continuing. She ends her four-year term on the Board in March 2023, and serves as the liaison between Interfaith and the Parkinson's Music Therapy group, which meets at Interfaith on Tuesdays at 2 pm.

Annemarie Howse has a background in social work and development. She worked at a homeless shelter for women and children in Los Angeles for nearly 15 years before retiring and moving to Ann Arbor in 2019. She immediately connected with Interfaith, and soon took on the tasks of sending out birthday cards to members, coordinating readers and meditators for Sunday services, serving on the Caring Committee as the tally reporter, and most recently signed on to be the volunteer coordinator.

Peggy Lubahn serves as the committee's Reiki provider, and as a Master Reiki practitioner, she sends healing energy to any member who requests it for his/herself or for their family, friends, and pets. Peggy teaches classes on "How to sell on eBay" and is an Animal Communicator. She also writes for the Crazy Wisdom Journal blog under the name Peggy River Singer.

Judy Bell sends cards and flowers to sick or grieving families. With Dave's help, and if she has energy after traveling or attending grandchildren's events, she delivers warm nourishing homemade soup and biscuits to ailing Interfaith members.

Laurie Knerr, a retired nurse, feels right at home visiting Interfaith members in the hospital or at their home, providing encouragement, cheer, and insights. She and Janet Somalinog have created the new Bulletin Board at Interfaith, and they are working on the Visioning project.

Annie Kopko, as Associate Minister, contacts many members each month to provide spiritual support and serves as liaison between members and the Caring Committee. She delivers the Sunday Message several times a year, organizes the Artisan's market to accompany Café 704 several times a year, and carries on a private therapeutic massage business.

Delyth Balmer keeps the committee's accounts to be sure there is enough money to carry out promised tasks, and to ensure that donations are used within the restrictions of Interfaith's mission. She is a non-voting member of the CC and is our liaison with the Center's administration. As the Interfaith administrator and as Associate Minister with Annie, Delyth organizes memorial services and funerals and summons volunteers to help at these events.

Any interested Interfaith member can serve on the Caring Committee or volunteer services. A special invitation and welcome is extended to any man in the ICSG community who might join and represent masculine caring insights on the Caring Committee. Contact any member of the Committee to express your interest, or fill out the form in the basket on the Welcome Table and hand it to any Committee member!



The Celebration Service begins at 10:45

Mon

Tue

Wed

Thu

Fri

Sat

1

Social Hour on zoom only hosted by Rob Fagerlund) 2:00-3:00 pm

2

ACIM Thursday
Zoom only
12:00pm – 1:30pm

Caring Committee, 6:30 pm, zoom only

3

4

Congregation
Zera Avraham
9am – 2pm

5

Service Leader: Rev. Lyriel Claire
Message: Rabbi Isaac Roussel
Reading: Dawn Swartz
Meditation: Janet Somalinog
Music: Bill Conwell, Lori Fithian & Mickey Sperlich

6

ACIM
6:45pm – 8:45pm
Zoom

7

Power of Now-
Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy
2pm Parkinson's Music Group in Person & Zoom
Sufi Gathering/Imam Kamau Ayubbi
zoom only 7:00-8:00 p.m. (\$5-10 donation)
1st Tuesday Death Cafe zoom only 6:30 - 8:00 pm Annie Kopko

8

Social Hour on zoom, hosted by Rob Fagerlund) 2:00-3:00 pm

Science Of Mind study group, zoom only 8:00-9:00 pm Janet Somalinog

9

Singing for Comfort with Layla Ananda in person and on zoom 7-8:30 pm

10

11

Congregation
Zera Avraham
9am – 2pm

Cafe 704 ~ Julie Beutel & Bob O'Brien
7pm – 9pm

12

Service Leader: Rev. Annie Kopko
Message: Layla Ananda
Reading: Annemarie Howse
Meditation: Bob Hopkins
Music: Mark Maxwell & Scott Carter

13

ACIM
6:45pm – 8:45pm
Zoom

14

Power of Now-
Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy
2pm Parkinson's Music Group in Person & Zoom
Sufi Gathering/Imam Kamau Ayubbi
zoom only 7:00-8:00 p.m. (\$5-10 donation)

15

Social Hour on zoom, hosted by Rob Fagerlund 2:00-3:00 pm

7:00 - 8:15 pm
The event is free, but donations are appreciated and encouraged

16

17

Peace Generator with Craig Harvey in person and on zoom 7-9 pm

18

Congregation
Zera Avraham
9am – 2pm

19

Service Leader: Janet Somalinog
Message: Rev. Brett Koon
Reading: Peggy Lubahn
Meditation: Marice Clark
Music: Katie Geddes

20

ACIM
6:45pm – 8:45pm
Zoom

21

Power of Now-
Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy
2pm Parkinson's Music Group in Person & Zoom
Sufi Gathering/Imam Kamau Ayubbi
zoom only 7:00-8:00 p.m. (\$5-10 donation)

22

Social Hour on zoom, hosted by Rob Fagerlund) 2:00-3:00 pm

Science Of Mind study group, zoom only 8:00-9:00 pm Janet Somalinog

23

Finance Committee Meeting on Zoom
4pm – 5pm

24

25

Congregation
Zera Avraham
9am – 2pm

Community Sing with Matt Watroba
7-8:15 pm
by donation

26

Service Leader: Rev. Delyth Balmer
Message: Imam Kamau Ayubbi
Reading: Heide Kaminski
Meditation: Layla Ananda
Music: Dan Bilich

27

ACIM
6:45pm – 8:45pm
Zoom

28

Power of Now-
Eckhart Tolle Study Group 10:30 am to 12 pm, in person only with Jana Healy
2pm Parkinson's Music Group in Person & Zoom
Sufi Gathering/Imam Kamau Ayubbi
zoom only 7:00-8:00 p.m. (\$5-10 donation)



Cafe 704

Cafe 704 presents:

Julie Beutel & Bob O'Brien

Saturday, March 11, 2023

7:00 – 9:00 pm

IN PERSON (doors open at 6:30 pm)

or **LIVESTREAM** on Zoom



Julie Beutel and Bob O'Brien return with their heartfelt love of making music together and singing for (and with) you. Songs you can sing along with. Songs to make you laugh or cry, and perhaps think about something in a new way. Dance along or just sit back and enjoy

Bob O'Brien lives in Detroit with his wife Alice. They have one son (who just trekked over 1,000 miles on the Appalachian Trail!). For several decades Bob worked as a social worker, supporting Detroit families through community mental health, affordable housing, and economic development. Playing music with friends like Julie has been a source of joy and provided avenues for supporting organizations working for the common good.

Julie Beutel is the mother of two sons and has a 1-yr-old granddaughter (the smartest coolest kid you ever met). She taught music to children in southwest Detroit for several years. She lived and worked as a member of Witness for Peace in Nicaragua in the mid-80s. She and Bob met and started making music together in 1981. Their long term friendship and common passion for - and delight in - making music is one of her greatest joys. (Her paternal grandmother's last name was O'Brien, so she and Bob are probably distant cousins!)

Tickets \$10.00

- If attending **in person** pay at the door. Masks are **not** required but recommended.
- If viewing live on **Zoom** purchase your ticket at <https://interfaithspirit.org>. The Zoom link will be sent to you at the same email address you used to purchase the ticket.

Interfaith Center for Spiritual Growth
704 Airport Blvd. Suite 1, Ann Arbor, MI 48108

Volunteer Corner

The New Year 2023 began on a Sunday, which is also the day I volunteered to be the new Volunteer Coordinator. My reason for doing so is that I saw some things that I would like to see happening or reinstated at our spiritual center. Rather than volunteering to do them all myself, I hope to inspire others, like you, to join me. Here are some of the ways you can join in on the fun and help to build a more dynamic community!

Hospitality/Refreshments-We used to have potlucks on the first Sunday of the month. The pandemic brought an end to that, but not for long. Heide volunteered to be our "coffee lady" and will provide coffee or hot water for tea after the Sunday service. It would be wonderful to have cake, cookies or a snack to go with it! There is a sign up sheet near the coffee area for you to sign up to bring a snack if you choose. The first Sunday of the month is Birthday Sunday, where we acknowledge those celebrating that month. A (birthday) cake would be appreciated on this day. Potlucks are soon to follow.

Flowers-We have flowers for the service every Sunday. These are provided by Marice Clark on the second Sunday of the month. I provide the flowers on the other 3-4 Sundays. If you have a special event coming up and you know there will be flowers, we'd love it if you would share them with us on Sunday. You can bring them home after.

Please let me know by Friday (the day I purchase flowers for Sunday) if you

would like to provide the flowers on that day. When summer comes we hope you will be sharing flowers from your garden.

Readers and Meditators- We'd love to have you provide a reading or lead a meditation on Sunday. Meditations and reading are 3-5 minutes (no longer please) and are of your choosing. If you have not done this before, I am happy to provide guidance.

Transportation-Members of our congregation may need a ride to the center on Sunday, to a doctor appointment, to the airport, etc. You always have the option to accept or decline, based on where it is and your availability.

Newsletter? Editor-It's always best to have another set of eyes. If you are good at detecting the mistakes I may have made in this article, then this is the perfect fit for you!

This is a sample of some of the things we aspire to do to make our experience at Interfaith more enjoyable. If you are interested in learning more about these and other ways to make our Interfaith Community more dynamic, I'd love to hear from you. Suggestions are welcomed!

Blessings,
Annemarie Howse
818-667-2815
ahowse21@gmail.com



If you call me, please leave a message. Once I hear from you I will add you to my contact list and will pick up next time you call (if I am available). I am abundantly blessed with spam calls.



Poetry Corner

Heart and Love by C. D. Tchalo © 2023

Open your Heart and Love will fill it.
Love is the Chart & The Way if you will it.
Doubt won't obstruct if you still it.
Love will grow if you till it.



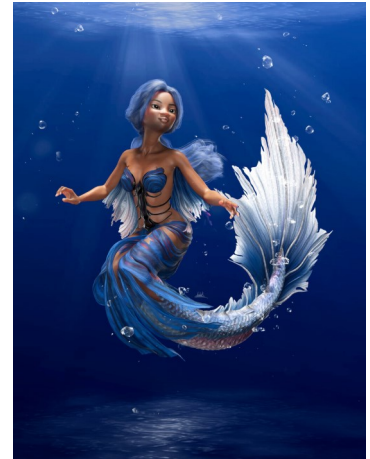
Through The Eyes of Source by C. D. Tchalo © 2023

Learn to see yourself through the Eyes of
Source
for Source sees perfect and clear.
See yourself thru the Eyes of Source
and you'll always hold yourself dear.

For Source loves you as you are
and where you happen to be
& never pits you against another
but coaches you to be free,
free to be The One,
The One you came here to be.
So see yourself thru the eyes of Source
and rest with Joy in (your) Humanity.

Mermaid (c) Aysra, 2021 Dedicated to Reno

There once was a mermaid deep down under the sea.
She thought, "something is missing for me to really be ME!"
She swam for miles, day in and day out
But what was missing she just couldn't figure what it was about.
She met a crab, a king fish, and even Poseidon.
(who reminded her a little bit of her father, King Triton...)
But each of them took some of her shiny scales as a bedside trophy.
The love they proclaimed for her was nothing but phony.
Each time she lost a bit of her happiness
And the pain in her heart became more and more merciless.
Finally, instead of sideways she swam down
A lanternfish lured her with his bright smile and almost made her
drown.
Released from his grip, never ever wanting to try again
She propelled to the above surface, hoping her happiness to regain.
There on a boat a handsome fisherman was casting his line
At the end was the bait, a heart full of shine
She touched it and the shine powered into her scales
Bringing back all of the beautiful details.
Her heart beamed with love, her soul lit up brightly
She held on to the heart so very tightly
The fisherman released her ever so carefully
The mermaid vowed to stop living fearfully
There is no ending to this story yet
In fact, it is a mystery, just on the onset.



Easter Dinner!



Image from: <http://www.kimkins.com/5-low-carb-easter-menus/>

If your loved ones are not near-by and you wish to celebrate with fellowship!
Hosted by the Interfaith Caring Committee
Which will provide the ham.
Bring a dish to pass!
April 9th 2023 at 1:00 p.m.
Volunteers are needed for setting and cleaning up

Annual Meeting

April 2, 2023 1 p.m.—3 p.m.

Board Elections

Lunch provided by donation

Sunday Celebration Services
are held at 10:45 a.m. at
704 Airport Blvd.,
(off S. State Street) near I 94



MISSION STATEMENT

Our mission is to explore universal truths underlying all paths of spiritual growth by providing weekly fellowship, learning and service opportunities, and social events to create and inspire a vibrant and diverse spiritual community.

VISION STATEMENT

As expressions of divinity we celebrate a world awakened to Love.

CONTRIBUTORS WANTED!

We would love to have your input in the newsletter: spiritual moments, movie/book reviews, exciting announcements, poems, etc.

We try to have the newsletter ready for final editing by the third Sunday of each month. Please send contributions to Heide at

heide.kaminski1959@gmail.com with "Interfaith submission" in the subject line. If you do not mention Interfaith, your email might get kicked right into the recycle bin by my spam filter.

If you cannot email your contribution, you may give it to Heide on Sunday.

Want to hear from us throughout the week?

Join our Interfaithspirit connections group: interfaithspirit@groups.io.

Board of Trustees

Board meetings are held on **Zoom** the **4th Sunday** of each month from 1:30 to 3:30 p.m. unless otherwise announced. The meetings are open for all to attend and community input is greatly appreciated. You may communicate with the board by email at board@interfaithspirit.org.

Board Members:

Marice Clark and Claire Groshans, co-chairs
Vicki Davinich, secretary
Laurie Knerr
Janet Somalinog
Paulette Stenzel

STAFF

Delyth Balmer and Annie Kopko, Associate Ministers

Laura Massaro, *Music Director*

NEWSLETTER/WEBSTAFF

Heide Kaminski, *Editor-in-Chief*

Layla Ananda, *Webmaster*

NEWSLETTER ADDRESS

Heide AW Kaminski

heide.kaminski1959@gmail.com

A Conversation with My Bird Children By Peggy River Singer

I grew up on a country road south of Jackson, Michigan. Sometimes, I'd hear owls calling to each other from the woodlot after I'd gone to bed. I'd go stand at my window in my pajamas, and breathe in the peaceful deepness of the night. The dreams started when I was quite young. In the most powerful dream, child-me was once again standing at my bedroom window in the middle of the night. But this time, there were no owls.

There were no sounds at all. And this time, I watched flattened moon-bright disks, glowing from within, as they settled silently into the woodlot and the back pasture.

It has taken me a lifetime to string together hundreds of dreams and repressed memories, and develop an understanding of what happened and what was done to me and my family by Grays from Zeta Tauri. One night about ten years ago, I asked for a dream so that I could meet my bird children. The beings I was shown were the size and shape of a sparrow (without wings) who had the head of Dilbert's boss from the comic strips, and two little skinny bare arms. Their bodies had patches of dazzling bright colors. A few days ago, I finally felt that it was time to connect with my children. Today, I'd like to share our first conversation.

Eku speaks: *I am the first-born, as you would call it, of those offspring who came from your bodies. As the elder I speak for all seven of us, and all are attending to this conversation we are having. Our physical appearance which you saw in your sleep-state represented the combination of our respective DNA signatures. Our actual forms are very different, and your brain would not be able to safely process that information.*

The manner in which we – as undeveloped packets of potential -- were placed into your bodies can best be described as a simple transfer of energetic substance. Of course, the

practitioners adjusted your brain functions to block all conscious awareness of the entire experience. It is challenging to describe the "birthing" process in such a way that you would understand it. There was no pain for you to experience. Indeed, you were asleep, breathing evenly, as we were extracted from your physical/emotional field. At the time we had no understanding of the wrongness of using the body of another in this fashion, without the permission to do so. We are now aware of the trauma this experience produced in the lives of those humans who were experimented on, and we understand and acknowledge the rage you felt for many years. Let me reassure you of the correctness of your realization that your higher selves granted permission so that you could all have this experience in this lifetime.

Let me reassure you of the correctness of your realization that your higher selves granted permission so that you could all have this experience in this lifetime.

Peggy: I understand that many other families living in the area were also experimented on. Did each of them **choose** this experience?

Eku: Yes, without exception. Remember that even the most familiar, the most ordinary-seeming human has experienced thousands of lives and is much, much more than they might seem to be.

Peggy: Why were we chosen?

Eku: The gray beings wished to find compatible DNA that would help them to restore their own declining reproduction. Some of them simply wanted to make experiments, to see what would happen. Your area was chosen for its relative isolation, with houses far apart. Your dogs and other animals could not warn you of our presence, because we froze them in a moment of time.

Peggy: Do you and our other bird children identify yourselves as gray beings?

Eku: Not the same as them, you understand that there is an obvious connection but we are new life forms derived from other life forms. You wish to ask whether we chose this experience on any level, and the answer is no. We were simply brought into being. You also wonder whether we feel "guilty" about being part of the experimentations. No. We simply ARE.

Peggy: Were you on the black ship that visited me in response to my declaration of forgiveness?

Eku: No. The forgiveness you expressed so deeply and lovingly toward the gray beings was not meant for us.

Peggy: In what ways are you studied, as a new hybrid species?

Eku: We are [observed/monitored/supervised] at all times and occasionally questioned and tested in different ways. No coercion or discomfort is involved, since we were created for this purpose.

Peggy: You were created many years ago, in our years. (The 1940's to 1950's.) How have you spent your time?

Eku: The nature of time is very different for us. We do not experience it as something to be used or "filled" or planned out. It simply IS.

Peggy: Do you individually have tasks, or studies, or interests?

Eku: We are interested in all things simultaneously. We do not **pursue** knowledge; knowledge is freely available, just as on your world, air is freely available. This is another aspect of "IS-ness".

Peggy: Do you expect to have long lives?

Eku: Certainly, until we are no longer relevant. At that time we will simply cease to exist, just as we did not exist before we were brought into creation.

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Peggy: Is there anything else you'd like to share today?

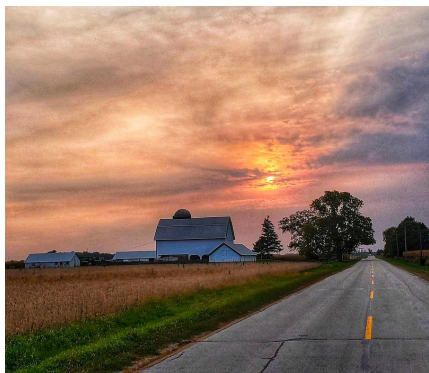
Ekū: *Life IS. Love IS. There are times when a great wrong echoes through the universe and demands reparations. Be assured that many of the gray practitioners have been attempting to understand the pain, suffering, and trauma that resulted from their actions. Further experimentings of this type will not be permitted. We are complete [done].*

The Rest of the Story

In case you're wondering: No, I don't have any human children. I'm planning to start a blog to share my experiences and hopefully help others understand their own. And, I would like to connect with the Grays who were assigned to my family. I'd like to hear their point of view, in the interests of balance and fairness. ALL of us who were part of the experiments have a great deal of healing to do. I envision a time when each individual involved who achieves healing, will add to a ripple effect that will help others, of both species.

AUTHOR BIO

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Connect by email at ***newbluecannonoe@aol.com***. Previous columns are posted on ***angelsfairiesandlife.wordpress.com***.



Peggy's Health and Healing MBO Ideas for March, 2023

MBO'S FOR PEOPLE

News about Laurie Knerr's recent boat accident immediately provided an excellent opportunity for us to use MBO's to send love, healing, and other forms of sacred energy to help her feel more comfortable; lift her spirits; arrange physical therapy and orthopedic appointments as well as other medical support; ask for extra angelic support (there's no such thing as having too many angels on your side!); and anything else you can think of that I might have left off the list.

VETERINARY VISITS AND MORE

Health care and support for our animals provide perfect occasions for MBO's! Ask an MBO so that you'll be able to put your pet in a carrier easily, and for him/her to be calm through the ride and the vet visit. (Remember to keep your own energy calm, as well.) Request that your pet will be handled gently and respectfully by the doctor and staff. Request that the costs of the visit will be manageable, and that you'll be able to give your pet its medication smoothly and drama-free.

WILD ANIMALS

Over the years I've requested MBO's to help squirrels with skin problems, earthworms who have come up to the surface because of rain and are now unable to save themselves, birds who fly into windows, and an ant colony in my front garden bed whenever I must dig nearby. I've also requested that all animals stay away from the road when I'm driving, especially in the evening. Again, the possibilities are endless.

The Most Benevolent Outcome Request system was developed by Tom T. Moore in 2005.

For more information, visit his website: thegentlewaybook.com

Have you had any interesting results from using MBO's?

Please share them with our group by sending a note to plubahn@aol.com !