

MUSIC SCHEDULE
ADVENTURES IN SPIRITUAL LIVING RETREAT
June 28-30, 1990

MUSICAL ADVENTURES
Friday Evening

| | |
|---|---|
| No Blue Thing..... | Ray Lynch |
| Prelude to Lazaris..... (1 melody repeated) | Concept: Synergy's Personal Growth Tapes |
| The Standing Stones of Callanish..... | Jon Mark |
| Land of Enchantment..... (his only consistently good tape) | Deuter |
| Morning Walk | Metamora |
| Themes | Vangelis |
| Spinfield | Steve MacDonald |

MUSIC DURING LETTER TO GOD
Saturday Morning

| | |
|---------------------------------------|----------|
| The Standing Stones of Callanish..... | Jon Mark |
|---------------------------------------|----------|

MUSIC DURING FINAL CIRCLE OF LOVE
Saturday Morning

| | |
|----------------------|-----------|
| Deep Breakfast | Ray Lynch |
|----------------------|-----------|

Also Recommended

| | |
|--------------------------------|---|
| Emerald | Spencer Brewer, Nancy Rumbel, Eric Tingstad |
| Fairy Ring | Mike Rowland |
| Watermark | Enya |
| Novus Magnificat | Constance Demby |
| Light of the Spirit | Kitaro |
| On the Burren | Magical Strings |
| Renaissance of the Celtic Harp | Alan Stivell |
| Jewel Lake | Bill Douglas |
| Amber | Michael Jones, David Darling |
| The Stars Go With You | John Serrie |
| Childhood Dreams | Brenda Warren |
| Legends | Eric Tingstad, Nancy Rumbel |
| At the End of the Evening | Night Noise |
| Galaxies | Kevin Braheny |
| Imaginary Roads | William Ackerman |

Listening to Spiritually Evocative Music

Here are our suggestions for ways to enhance your enjoyment of spiritually evocative music:

1. Put yourself into the music. Hear yourself there. Allow some instrument or instruments to represent you.
2. Allow other instruments to describe your surroundings and to be the voice or presences of other people or beings there with you.
3. *Feel* the experience which the music brings to you.
4. Each time you hear the same piece you may not experience the same way. The images may differ. Enjoy the variety. Be flexible and receptive to new experiences.
5. Expect the music to convey your heavenly Father's love and support, his companionship. Listen for the songs of angels, the deep presence or voice of God the Father, the caring presence of the mother aspect of God. Expect joy to rise within you. Music can convey various feelings and images, but it is these positive and God-centered feelings that you want to concentrate on and encourage.
6. Some people enjoy visualizing what the music represents to them. If you have trouble visualizing, don't be concerned. Keep experimenting and enjoying the music. You may eventually begin to be successful, but even then your ability to visualize may be intermittent. Also don't be concerned if you don't see very clearly what you are visualizing. That varies from person to person and from time to time for the same person. It is best not to compare your experience to anyone else's. Just experiment for yourself and have fun.

PREPARATION FOR:SEEING WITH GOD'S EYES

For the exercise "Seeing with God's Eyes" we request that you choose a real life situation to use for the exercise.

The situation should be one that is at least partially unresolved. It may be a situation you need to make a decision on. It would be best if your emotions and self-interest *are* involved.

Examples:

1. A conflict with a family member, work associate, or friend.
2. A situation which requires an ethical decision.
3. A recent or upcoming situation with a child or employee where you must apply discipline.
4. A situation in which someone was in power with regard to you and took (or may take in the future) some action which affected you.
5. A situation in which someone expects your help, but you'd rather not give it.
6. Any situation in which you are angry or upset with someone else.

Briefly describe your situation here:

SEEING WITH GOD'S EYES

1. **Make a commitment** to give up your own viewpoint. Be willing to see more as God sees.
2. **Ask** to see with God's eyes.
3. Think about the situation and **imagine how God would see it**. He will help you. Expect two subtle changes: a change of viewpoint and a change of attitude. (You may want to do a hot pen or make notes.)



Adventures in Spiritual Living

Letter to God provides the experience of writing an intimate letter to your Heavenly Father, telling him of your deeply felt desires for his companionship. Sharing is done on a voluntary basis. This exercise frequently provides a moving spiritual experience.

Journal Writing is a description and sharing of experience about keeping a journal of thanksgiving, prayer, reflective thought, insights, and decision making. Journal writing is a tremendously valuable tool for spiritual progress.

Spiritual Support Group demonstrates an informal method of sharing prayers, thankfulness and silent worship in a small and spiritually supportive group. It enhances and shares personal religious experience.

Seeing with God's Eyes involves praying for and experiencing a change of viewpoint and attitude about a situation or person. It invites a change of our circumscribed human perspective to an uplifted, more nearly God-like perspective.

Healing Circle is a group prayer which visualizes the drawing in of group spiritual energy and sending of this healing energy to those in need of spiritual, emotional, or physical healing.

Prayer in the Moment includes a discussion of prayer for help in the moment of need. This activity is both a "how to" explanation and a sharing of experience.

One-on-One/Listening from the Heart uses a sharing of spiritual motives, ambitions, and goals with another person as a way to

realize the feeling of spiritual kinship or similarity.

Hot Pen is a writing exercise where one writes on a spiritually evocative topic without pausing. Spiritual feelings, intuitions and insights are a common result of this technique.

Progressive Group visualization is a group worship where participants take turns suggesting spiritually uplifting images.

Discussion of Feeling the Presence of God is a group sharing based on three questions: (1) What do you feel or sense on those occasions when you feel God's presence? (2) What are you doing or thinking at that time? (3) What do you do to initiate or encourage this feeling? This discussion shares experience and expands the knowledge available to interpret personal spiritual experience. It also validates personal religious experience.

Contemplating the God Message is a group exploration of the symbolic messages God sends to us through the beauty and patterns of nature. It helps equip us to be more conscious of God's presence.

Nature Walk involves a relaxing stroll in nature with a deliberate focus on God's presence there.

Spiritual Power Tools identifies specific ways of invoking and cooperating with spiritual power to achieve successful interpersonal relationships even in the most trying circumstances.

Musical Adventures discusses the spiritually evocative power of music and demonstrates this power with musical selections.



Adventures in Spiritual Living



Adventures in Spiritual Living is an outgrowth of an experimental religious retreat held in October 1989 at Mo Ranch near Kerrville, Texas. The experiment was to present a program which not only taught that a strong personal awareness of God's friendship was possible but also included exercises to evoke each participant's immediate experience of God's presence. As the planning proceeded, our own experiences told us we were into something very special. When individual exercises were presented outside the planning group, responses far exceeded expectations.

The retreat itself was an outstanding success and even six months later continues to spiritually elevate the lives of the participants. Consequently, the planning team believes these techniques for spiritual living should be shared more widely.

In addition to the retreat at Mo Ranch, others have been held. In March 1990 a reunion of those who attended Mo Ranch was held in Houston. New techniques were added which facilitated more insights and sharing. In May the Adventures in Spiritual Living program was presented at the Heart of America Conference in Kansas City. The most recent presentation of the program was made in June 1990 as the preconference spiritual retreat at the Fifth Epochal Fellowship International Conference in Snowmass, Colorado.

The Adventures Team has discovered techniques to use actual spiritual experience to demonstrate the reality of each person's relationship with God. Our program teaches techniques which will stimulate and sustain the experience of this relationship. We believe that the inner experience of personal friendship with God is the religion Jesus sought to give all mankind and that the Adventures program is an effective way to reintroduce Jesus' religion.

We are convinced that this is a deeply meaningful program which not only ignites the individual's personal relationship with God but also provides for the discovery of the brotherhood of believers, through the immediate sharing of spiritual experience among spiritually enlivened individuals. There is a joy and validation that comes from this sharing that is a fantastic spiritual experience in itself.

On the back of this brochure is a brief description of the exercises developed by the Adventures Team. We hope you find them intriguing.

All Adventures programs are planned to emphasize spiritual experience.

If you are interested in attending one of our retreats or in helping support the programs financially, please contact us at:

**Adventures in Spiritual Living
P.O. Box 680857
Houston, TX 77268-0857**

What participants are saying about the program...

"I have a renewed and improved desire to know God and live always in his presence and by his ways." JT

"I knew that it was my Father's will that I attend this conference. He gave me answers to questions that I had been puzzling over since 1983." PC

"I felt the Father's presence more than ever before." GB

"I have attended other retreats in the past...but when they were over there was a sense of loss which caused a lot of pain. This weekend was different. I believe it is because the communion was with God and through God to our brothers and sisters. I feel the spiritual exercises allow me to have this communion with God any time I desire it. So, although I miss the wonderful people at the retreat, there is no sense of loss. Rather there is a feeling of gaining some very important tools." VB

GROUP DECISION MAKING

By Kaye Cooper
Arlington, Texas

Mention group decision making and most people--if they are being honest--will reply, "Spare me!" or some similarly negative groan. Making decisions in a group can be notoriously inefficient and divisive, even destructive of the group. It really strains our love for each other. On top of everything else, the way we relate to each other as we work together is probably the place outsiders look first for the "fruits" of the group. And that reaction is entirely appropriate because Jesus said, "...by this will all men know that you are my disciples if you thus love one another." (1944:4)

But there is hope! There is a way to make decisions together wisely, creatively and without smoldering resentments. It will more clearly illuminate what this method is to back up and quickly describe the methods of group decision making currently in use by most groups. There are two basic formats: authoritarian and democratic.

In an authoritarian decision-making process one strong person or a relatively small number of people make the decisions; everyone else follows. The authority to make decisions may come from the leader's prestige, financial power, traditional status (e.g. the head of a family), ability to argue or coerce, fear of reprisal, psychological blackmail (e.g. "I'll be hurt, mad, sick, etc. if you don't do as I want) and so forth.

In a democratic group all opinions are heard in preparation for a vote. The majority of the group (as defined by agreement) can make the decision, and by prior agreement the minority voluntarily agrees to accept the decision of the majority. All sorts of means, ethical and unethical, may be used to persuade enough people to join in making up a majority: logic, reason, emotional appeals, coercion, compromise, barter and such.

The third alternative process doesn't even have a name of its own in our language. The best we have been able to do is to redefine a closely-related word. We call the method CONSENSUS. In a consensus group all members agree on a final decision.

One's experience in the things of the world on this planet might support the conclusion that unanimous agreement is out of the question, far too difficult of attainment to be practical, yet I have worked in consensus groups for several years now. They do work!

The secret to this third method is that it functions on an entirely new set of assumptions and procedures--spiritual ones. Members of a consensus group bring their creative ideas to the meeting, but they learn to let go of those ideas. Rather than fight to see their ideas accepted by the group, members think of themselves as working together to produce something better than any ONE person's idea. I like to picture us as a bunch of hobos. One brings the meat, another the potatoes, someone else the onion, and so forth. It all goes into the stew pot and eventually we sit down to a sumptuous feast of stew, far more delightful than a meal of onion!

Another essential aspect of functioning in a consensus group is a primary commitment to the will of the Father. It is ever so much easier to avoid a clash of wills when each person has subordinated his will to God's; and then no one thinks that he knows exactly what God's will is for the group. As a reminder of this important component, we always start meetings off with a quiet moment of recommitment of our wills to the will of the Father for the group.

A second commitment involves faith in each other. Each participant has faith that the group can come up with a solution which will genuinely please everyone. We all commit our time to make it happen. A genuine consensus would be difficult to attain under a pressing time limitation. The group must be willing to spend the time to explore in a relaxed atmosphere everyone's ideas, hesitations, doubts, desires, and inspirations.

The group explores, reflects, and plans in an atmosphere free of anger, pressure, manipulation--all those elements so familiar to group work under ordinary circumstances. And eventually there comes to pass a moment when the atmosphere of the room sparks with something invisible but very perceptible. A solution has emerged that everyone likes. It is a time of celebration--the moment of consensus. It's a magical moment. I've seen it happen even when various participants originally appeared to be diametrically opposed in their thinking. I've seen genuine understanding of one another bloom on people's faces. I've seen individual's lives changed. I don't fully understand how it works, but faith and commitment and love seem to make it happen.

As a part of this fifth epochal revelation, we are leaving behind many of the ways of the material world and striking out into spiritual territory relatively unexplored on our planet.

Let's be spiritual pioneers in the area of group decision making too. Perhaps we will achieve not just good group decisions but even more--group wisdom.

If anyone has experiences to share, ideas to suggest or questions on the topic of group decision making, Bill and I would enjoy hearing from you.

What Others Are Saying about Friendship with God...

"When I read the book, I devoured it. I literally couldn't put it down until I was finished. It fed my hungry soul with delicious nuggets of truth. I absorbed the practical tips on how to get closer to God and improve my prayer life. The concepts in the book pointed me to a new way of approaching God. It helped me examine my own inner life and gave me examples of new things to try. I was also enlightened by the commonsense interpretations of how God works with us to answer our prayers and consequently helps us grow." Sharon Lanier

"*Friendship with God* is an excellent book. It has discriminating and helpful insights and has the potential of becoming a classic concerning our personal relationships with God." Meredith J. Sprunger

"I want to thank you from the top of my heart—from my soul—for the many wonderful spiritual effects I experienced while reading *Friendship with God*. There are many books purporting to be prayer and spiritualizing guides to God; this one definitely is!" Carl Robertson

"This book promises personal friendship with our Heavenly Father—and it delivers! It shows how God can be a part of your everyday life—to your great benefit and joy." Mo Siegel

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THE SCHOOL OF
EXPERIENCE WILL
EVENTUALLY TEACH ALL OF US
THAT THE HELP GOD OFFERS
IS EXACTLY THE HELP
WE REALLY NEED.



FRIENDSHIP WITH GOD

By Kaye Cooper
& Bill Cooper



IT REALLY IS
POSSIBLE TO COME TO KNOW GOD
AS A CONSTANT PARTNER
AND FRIEND IN YOUR LIFE.

Friendship with God is a practical, inspiring and altogether wonderful book on how to establish and enrich a genuine friendship with God.

It is full of down-to-earth examples that make the explanations come alive.



GOD NOT ONLY SEES
PRECISELY WHAT YOU ARE NOW,
HE ALSO SEES
WHAT YOU HAVE THE POTENTIAL
TO BECOME.

ILLUSTRATIONS

Profuse illustrations differentiate *Friendship with God* from many spiritual self-help books. Almost every other page is graced with a poignant illustration captioned by a highlighted principle from the text. The picture and highlighted quotes would make an excellent book in themselves. They are a bonus "book-within-the-book."

JOURNAL ENTRIES

At the end of each chapter, the authors have included a slice of their own spiritual lives—journal entries from their personal prayer journals. Through these entries the concept of God as a friend comes alive. They make the book sparkle.

Friendship with God is one of those rare books that speak directly to your soul. Read it and see for yourself.



ULTIMATELY, THE VALIDITY
OF YOUR GUIDANCE
DEPENDS UPON TRYING IT IN YOUR LIFE
AND JUDGING THE RESULTS.

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•••Publication date: September 1990•••

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Spiritual Power Tools



Spiritual
Power
Tools



Plugging In Your
Spiritual Power Tools

Spiritual Power Tools

**A spiritual exercise
prepared by
the Adventures in
Spiritual Living Team**

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Spiritual Living

Plugging in Your Spiritual Power Tools

Spiritual power tools consist of attitudes which will have transforming effects on your life. God provides you with these spiritually powerful tools to enhance your ability to love and serve your brothers. These gifts of spiritual power are: forgiveness, good will, abounding love, goodness, faith in truth, immunity to personal injury, poise, steadfastness, and forbearance.

You do not have to achieve these attributes by discipline of your will. They are powers which our Father will give to you if you seek them. These tools have an amazing ability to multiply the effect of what you do, just as a power saw multiplies the work of a carpenter. When you seek to serve your fellows and you choose the powerful tools of forgiveness, good will and abounding love, you will find that your service has effects far beyond the same act of service done out of a sense of duty.

Often we use the heavy and destructive tools of the material mind to pursue our goals. Like trying to create a door with a sledge hammer, these material tools leave behind much waste and a very poor door. In order to use the wonderful power tools which God gives, you need to set aside the sledge hammer and choose the tools of spiritual power. They are available, but they must be willingly chosen. You must allow the spirit to change your attitude in the situation.

This is spiritual power from God. It is available to you right now. It is God's pleasure to give you the finest of spiritual tools to achieve his spiritual work. We invite you to lay hands on these spiritual tools, learn to use them skillfully in all of life's challenges, and observe the spiritually beautiful consequences!

Spiritual power tools are useful in all facets of life. To learn how to use them, try the following exercise:

1. **Identify the conflict....** Choose a decision, situation or person you need help with. You may need to see something differ-

ently, to have a change of attitude, to find new inspiration, to seek a more spiritual viewpoint, to improve your behavior, etc.

2. **Select your tools....** Read over the list of spiritual power tools on pages 4 and 5. Write down the tools which would be helpful to you with this person, situation or decision.

3. **Plug into the power....** Seek a contemplative and God-oriented attitude. Make a commitment to let go of your will and trust your Father to empower you to handle the situation his way. Ask for his help.

4. **Use your tools....** Select one of the spiritual power tools you chose as useful in this situation and ask your Father to empower you with it. Then sit quietly and imagine how this power tool is helping you to handle the situation. Talk it over with your Father and allow him to help you see how this spiritual power tool will change the situation and you. Experience that power making a difference in the way you feel and see. [You may want to use the Starters beginning on page 6.]

Use as many of your chosen tools as you have time for.

SPIRITUAL POWER TOOLS

forgiveness

unqualified, inexhaustible, ever willing
ability to forgive, to release
hurt feelings and animosity

good will

unparalleled good will, an optimism
which is based on faith in God's promises,
a tolerance born of an appreciation
for the good in people.

abounding love

unqualified selfless friendship,
an overflowing and generous desire
to do good to others,
the power to conquer hate with love

goodness

the ability to overcome evil with good,
doing good when faced with
fear, anger or hate

faith in truth

a courageous and living faith in truth,
a confidence in the success of God's way
which destroys fear

immunity to personal injury

the capacity to forgive personal injuries,
a freedom from taking personal offense

poise

tranquility, self-possession
and self-confidence, even in the midst
of the gravest injustice

steadfastness

the courage, determination
and commitment to remain undaunted
even in the face of appalling danger

forbearance

patient self-control of the natural human
tendency to defend yourself
or punish others

SPIRITUAL POWER TOOLS

forgiveness
good will
abounding love
goodness
faith in truth
poise
steadfastness
forbearance
immunity to
personal injury

STARTERS

Preparation: Relax.
Place yourself in your Father's hands.

FORGIVENESS

*unqualified, inexhaustible, ever willing
ability to forgive, to release
hurt feelings and animosity*

Feel forgiveness flow into you and over you, washing away all resentment, anger and fear. Accept the wonderful feeling of letting go—forgive.

GOOD WILL

*unparalleled good will,
an optimism which is based on faith in
God's promises,
a tolerance born of an appreciation for
the good in people.*

Feel his good will flow into you, recharge you, energize you with smiles and enthusiasm. Feel the buoyancy of good cheer.

ABOUNDING LOVE

*unqualified, selfless friendship, an
overflowing and generous desire to do
good to others, the power to conquer
hate with love*

Feel your Father's love arise from deep within you until it fills you completely. Imagine the face of hate before you, but you are not afraid. Reach out your hand—a hand filled with your Father's love—and transform the face of hate. Transform it into amazed disbelief and then to hope and finally to relief. Change hate to love.



GOODNESS

*the ability to overcome evil
with good, doing good
when faced with fear, anger or hate*

Feel yourself become a center of goodness—your Father's goodness glowing within you, strong and warm and powerful in its gentleness. Imagine evil approaching. You reach out with goodness and act. You are strong, in complete control of the situation, triumphant.

FAITH IN TRUTH

*a courageous and living faith in truth,
a confidence in the success of God's way
which destroys fear*

Imagine truth before you. It is the assurance that God loves you. It is your love and care for your brothers and sisters. It is your appreciation for the place of all things in God's plan. Accept truth. Allow it slowly to approach and fill you. Feel all fear fade away. Feel yourself fearless and truth-filled.

IMMUNITY TO PERSONAL INJURY

*capacity to forgive personal injuries,
a freedom from taking personal offense*

Be filled with a wondrous capacity to forgive personal injuries. Experience this feeling grow within you in strength and power. Spot any resentments which may remain within you for personal injuries—past or present. Feel your strength increase. Feel those resentments grow weak, shrink and cease to exist. Know that you now have an immunity to personal injuries, a new capacity to forgive in advance (not to be injured).

POISE

*tranquility, self-possession
and self-confidence
even in the midst
of the gravest injustice*

Relax into the sweetness of your Father's poise. Feel his gentle forgiveness for others grow within you. Feel a smile born of this forgiveness rise to your face. You are impervious to injustice. Your Father's peace fills you.

STEADFASTNESS

*the courage, determination
and commitment
to remain undaunted
even in the face of appalling danger*

Feel all fear flow from your body and mind, leaving behind a clear and shining strength within you. Feel the power in you. You are a source of strength, courage and steadfastness. Danger has faded to unreality.

FORBEARANCE

*patient self-control
of the natural human tendency
to defend yourself
or punish others.*

Feel the patience rise within you and the understanding—all problems are merely the immaturity of children. See the angry child before you. Gently smooth away his anger. See him smile. Rejoice in his growth. Bless him with your Father's love.

tragedy, self-possession
and self-compassion
of the present moment
within your being

Questioned material knowledge with your's
inner. First, through meditation, we attain
inner calm and peaceful stability. The basis of this
inner calm is your heart. This is the
source of your inner strength and stability.

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Feel a flow from your body and mind,
having learned a clear and strong strength
within you. For the power in you, You are a
source of strength, courage and wisdom.
Calm has led to stability.