



2021

Timeless Wisdom ... EVOLUTIONARY VISION



"As you learn to release all your burdens to the right action of God, you will find that everything falls into its proper place. You let your problems slip away from you, realizing that a Power greater than you are, and a Presence that is within you, is ready, willing and able to guide you in all ways. Then peace, security and fulfillment come with ease and there is a sense of joy and accomplishment."

~Ernest Holmes, *Thoughts are Things*, page 89

Visit our Website

August Message

Heart Coherence

The science and practice of Heart Coherence has intrigued me. The HeartMath Institute's director of research,



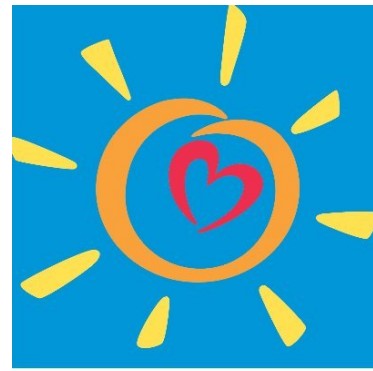
**Our Practitioners
want to
support you
in prayer.**

Please email your
prayer request to
prayer@cslstgeorge.org
or leave a message at

Rollin McCraty, PhD, reports that heart coherence gives access to the heart's intelligence to recover inner peace and create personal, social and global transformation. The research has shown, with over 400 individual studies, that the heart sends more messages to the brain and body than the brain itself. McCraty states that the energetic heart is a transceiver of Inner Guidance from the Inner Self. Additionally, science is confirming that heart coherence leads to health and emotional benefits because of the synchronization of systems. The heart integrates and regulates the body's symptoms creating a more coherent state. Using biofeedback, self-regulation skills can be learned to bring the heart into a coherent rhythm, changing the patterns of chaotic rhythms caused by emotions. Emotional states such as compassion, kindness, appreciation, love and happiness indicate a coherent heart rhythm and system coherence. The improved rhythm of heart activity enables optimal mental function and a wide range of improved health outcomes. Emotions affect hormones in the body that can deplete the body of health and energy. Heart coherency produces a positive release of hormones, such as oxytocin-the love hormone, leading to bonding. Studies show that more of this chemical originates in the heart than in the brain. The heart also produces a magnetic field, which can be measured scientifically, providing proof that it affects others around us. Literal good vibes! This research is being applied with groups such as Navy SEALs, law enforcement and others with measurable effects in real world settings. Possible applications are being investigated by HeartMath Institute, researching the interconnectivity of all living systems



435-893-6702



CSLSG Community Care Circle

Let us provide compassionate support with Life's challenges, through calls, cards, and prayer.

*Leave a message at
435-893-6702
to engage this free and
confidential service*



CSLSG Wedding Officiant

Mary Klein, RScP,
performs marriages,
commitment
ceremonies, and
wedding vow
renewals.

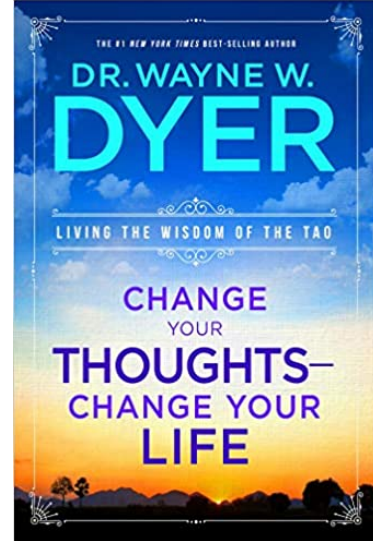
Reply to this email and she
will respond to you directly.

through our planet's magnetic field.

There is a simple method to bring yourself into heart-brain coherence, referred to by Dr. McCraty as Heart-Focused-Breathing. By focusing on the heart area while taking deliberate deep breaths, you can shift the rhythm of the heart. Adding feelings of appreciation, love and kindness complete the technique. This type of meditative exercise leads to calm and ease especially while thinking and feeling the emotions of love for a person, pet, place or activity. "With a practice of up to 20 minutes, once or twice a day, you'll build a new muscle to more easily find your coherent state and create new neural pathways...becoming more attentive, creative and laser-focused." For more information on this subject, research www.HeartMath.org.

Sue Fullmer

CSLSG Core Council Secretary



CSLSG BOOK CLUB

**Change Your
Thoughts, Change
Your Life**

by Wayne W. Dyer

and companion book: Living
the Wisdom of the Tao

Tuesdays at 6-7pm

Email Sue at
[suegfullmer
@gmail.com](mailto:suegfullmer@gmail.com)

Breeze online donation

Paypal online donation

Online Sunday Gatherings:

Meditation

Guided live at 10:45 am

Inspirational Services

11:00 am

Community Conversation

12:00 pm

You can access each meditation and service on
CSL St. George Facebook page.

<https://www.facebook.com/CSLSG/live/>

Meditation and service will simultaneously stream on YouTube.
<https://www.youtube.com/channel/UCmmd5S1h6OjZpkgndmt5l6A>

Community Conversation on Zoom at Noon.
<https://us02web.zoom.us/j/5628970832>

Sunday, August 1st

This Week's Meditation Guide

Chris McArdle, RScP



This Week's Speaker

Time For a Tune-up
Joe Kovach, RScP

It is time for a personal tune-up to ensure we are aligned with our life values so we may continue on our path whole and with joy. We consider being in alignment with our personal values of spirituality, relationships, time, health, and time.

August's Upcoming Speakers



Sunday, August 8th

A Playful Pause
Eugene Holden, RScP

Experience Divine Joy through creativity and relaxation.

Rediscover ways to call Spirit to play through you and as you.

Sunday, August 15th

Sparkling Imagination
Anita Schoeff, RScP



Evoking curiosity, we intuit new ways of being and integrate new practices that energize and expand our Divine presence in the world.



Sunday, August 22nd

GPS - Guidance Positioning System

Rev. Laura Hallett

It is time to check our inner compass.
Are we still on our path?
Is something more seeking to be birthed through us?

We are excited to welcome our beloved friend for a virtual visit and talk!!



Sunday, August 29th

Ride and RE-emerge

Stef Swink, RScP

The invitation this week is to rise and re-emerge through restoration, integration, self-care and evolution.

Join Our Community Conversation

After Service at Noon

Please join us each week after service for casual conversation and thoughtful reflection of service. Together we are stronger in faith and fellowship.

Just click this Zoom link at noon: <https://us02web.zoom.us/j/5628970832>

FYI...This link is also published each week in the Friday reminders.

If you or someone you know would like some assistance getting

connected with Zoom, please [CLICK HERE](#) and we will help.

We believe the Power breathing us is greater than any circumstance, situation, or condition.

Our MISSION is to provide spiritual tools for personal and global transformation.

Our PURPOSE is to awaken humanity to its spiritual magnificence.

Our VISION is a world that works for everyone.

*CSLSG Social
Gathering
Saturday
August 28th*

*Location and Time
TBA*

*MARK YOUR
CALENDAR*



Please watch the Friday reminders for more info.



SPECIAL ANNOUNCEMENT

We are back to step one in our Senior Minister Search. Please continue to focus energies on our Sacred Covenant and keep the

community in your hearts and prayers. We will continue our beautiful and GUIDED work as a collective community to find the Highest Idea of a Divinely Perfect Minister for our unfolding Vision. Blessed Be!

Sacred Covenant

There is only One Life. That Life is God's Life. That Life is Perfect. That Life is my life now.

In knowing that...

To read the full covenant,
[CLICK HERE](#)



Share in the Love!!



- **Give by Text:** text GIVE to (435) 850-6465 and enter your contribution amount
- **Give Online:** at [BREEZE](#) OR at [PAYPAL](#)
- **Give by Mail:** send checks to Center for Spiritual Living St. George, PO Box 3132, St. George, UT 84771

[Breeze online donation](#)

[Paypal online donation](#)



Help with food collection
every month
on the second and last Saturday
11:30 a.m. – 1:00 p.m.
GRACE EPISCOPAL CHURCH
1072 S 900E, St. George
For more information, click [HERE](#)

[Visit our Website](#)

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STAY CONNECTED

