

# Pathways to Spirit Institute

## Centre for Spiritual Development & Growth



## Namaste – Newsletter

**March 2019**

*“In these changing times  
the only investment worth  
making - is in yourself.”  
“The purpose of our lives  
is to be happy”*

*Dalai Lama*



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**“When you truly  
realize your worth,  
you cannot help  
but shine”**

## SHOULD WE PRAY FOR ANIMALS?

### BY CATHEDRAL OF THE SOUL

Many people from diverse cultures and religious background hold different views about the role of animals in our world. In the East, the belief that animals have souls and partake with us the right to live a life of freedom is more widely accepted than in the west. In a world plagued by unkindness, cruelty, and lack of awareness, prayers for the voiceless animals, seems to be a spiritual service that all animal lovers can and should do.

Our Judeo-Christian society tends to see animals through a different set of lenses, despite the recommendations clearly stated in the Bible. Many Christians tend to think that just because there are no explicit mentions in the Bible about the animals' spiritual needs, they just don't exist. But that is not the truth, and, at the same time, we don't find in the sacred scriptures any mention that we should not attend to our little brothers and sisters' spiritual needs.

In Thailand, elephants are allowed to have funeral rituals and prayers, just like a human being; maybe because the Buddhist culture tends to regard all animals as non-human persons.

The Catechism of the Catholic Church teaches that the animals and the resources of Creation are naturally ordained for the common good of humanity. Although it is “contrary to human dignity to make animals suffer unnecessarily and waste their lives.”

*He makes grass grow for the cattle, and plants for people to cultivate, bringing forth food from the earth~ Psalm 104:14*

In Genesis 1:25-26 we see: “And God made the beasts of the earth according to their kinds and the livestock according to their kinds, and everything that creeps on the ground according to its kind. And God saw that it was good.”

Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

What many don't know is that the word dominion has a different meaning in the Hebrew Bible. The common translation “have dominion over” is problematic, above all because “dominion” is so readily confused with “domination.” Dominion in a sense meaning has responsibility for, the taking care of another, but never to the slave, abuse, torture or decimate.



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Visit us at OUR Fair in Sidney!



**PSYCHIC**  
AND  
**Spiritual Arts Fair**

**Saturday March 23, 2019 - from 10 AM - 5 PM**  
At the  
**Mary Winspear Centre in Sidney, BC**  
Tel. 250.655.5254 · spirit@pathwaystospirit.net



# Namasté

*(nah-mas-tay)*

*My soul honors  
your soul.  
I honor the place in you  
where the entire  
universe resides.  
I honor the light, love,  
truth, beauty and peace  
within you, because it  
is also within me.  
In sharing these things  
we are united,  
we are the same,  
we are one.*

## KEYS TO SERENITY: SERGE MAZERAND CONCERT

KEYS TO SERENITY -  
A MUSICAL CONVERSATION

**Sunday March 31, 2019 at 2.00 PM**

**Mary Winspear Centre in Sidney, BC**

Tickets \$30/person



**This is food for your soul!** Acclaimed pianist and composer of healing music, award-winning author and inspirational speaker, Serge Mazerand shares with you his soothing music and insights on creating inner peace. On the menu, favourite classical compositions by Chopin, Schubert, Liszt, Mendelssohn, Debussy and more—including Serge’s signature arrangement, Clair de Loon, a coming together of Debussy and Beethoven around the Clair de Lune and the Moonlight Sonata Adagio. Serge also enjoys improvising in the moment. You’ll emerge from this event, delighted, refreshed and inspired.

**This Event is co-hosted by Pathways to Spirit Institute.**



*The Key to Abundance  
Join us in our monthly  
Intenders Circle  
Check our calendar  
page at our website for  
dates:  
pathwaystospirit.net*

## A Word from Master Lee Ching

No matter what is going on around you; no matter what people are saying, or the nightly news is saying, or what the mainstream reality would have you believe, your intentions are always there for you. You can use them to create an environment around you that is supportive of you in every way.

These times you're living in now are steadily providing you with opportunities for growth and happiness. The adversity that you sometimes experience is meant to have to look within yourself for your fulfillment; for it is there, within you, that you will find the answers to your challenges. It is there you will have opportunities for forgiveness. It is there that you will find your happiness if you are willing to let go of your fear and judgment. And it is there that you will find the joy that has been with you all along, waiting for you to step into its loving embrace.



*"There is no you, no me.  
We are one.  
That is the truth.  
Love brings people together.  
So respect love.  
Do not degrade it with anger,  
violence or lust.  
Love is worship."*

*~ Sri Amritananda Natha  
Saraswati ("called Guruji"),  
he was Devi Parvati's Teacher.*

## SHOULD WE PRAY FOR ANIMALS?

### The Canticle of the Sun and the Symphony of Creation

The Canticle of the Sun, and Canticle of the Creatures, is a religious song composed by Saint Francis of Assisi. Saint Francis regarded animals as little brothers and sisters and considered them as equals notes in the big symphony of Creation. Inspired by a love of divine creation, Saint Francis sought great care for nature and animals, so he is called their chief patron and protector. It is not unrealistic to affirm Saint Francis, in his unique way to see and respect God's creation was the precursor of Animal Spirituality, Ecology and the one that extended the understanding of the love of God for its creatures to the lay community.

***"His unqualified love of all creatures, great and small, had grown into unity in his own heart. He was so open to the reality that it found a place to be at home in his heart and he was at home everywhere and anywhere. He was a center of communion with all creatures" ~ Father Eric Doyle***

### PRAYERS FOR ANIMALS AS SPIRITUAL ACTIVISM

*"We should pray for our animals, not only because we love them, but also because they are one of God's beloved creatures. God made everything on earth, including the animals we hold so dear to our hearts. The Bible tells us that the sign of a righteous man is that he takes care of his animals. We are told this in Proverbs 12:10, which says "The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel." We should lift up our pets and animal friends who are under our care, not only in their times of struggle but also when they're okay because they should be lifted up at all times. Remember, anything that concerns us concerns the Lord. A blessing of animals, which takes place on the Feast Day of St. Francis of Assisi, in many congregations, witnesses to God's and the Church's love, care, and concern for creation. As we recognize our mutual interdependence with God's creatures, the Church's witness of stewardship of creation is strengthened. ~ Leslie White*





# Getting To The Core And Healing Anger

## How to Heal Anger - By Leigh Burton

Anger is deep in the hearts of many people and is a toxin that drains the very essence of life. Anger causes a great deal of suffering for everyone concerned. Whether in privacy or visible to an entire community, a reaction to anger produces fear that robs us of emotional health. While it seems that some people thrive on anger, it isn't comfortable for anyone and is a form of suffering that anyone would want to rid themselves of. It is one of the few emotions that causes an immediate onset of noticeable physical symptoms, and the shame that follows can be unbearable.

Managing anger and the issue at the core of the matter requires emotional intelligence to heal. It may seem that we can be calm or happy one moment and instantly move into a state of anger, but the truth is that there is always a build-up to the explosion that inevitably happens when circumstances are handled inappropriately. When we suppress frustration, confusion, and shame, we kindle the ignition coil that inevitably burns its way to discharging something that cannot be taken back. What's done is done and so to is the suffering that is unavoidable.

To respond to a circumstance is to acknowledge a feeling that something is not right. We are conditioned to believe that the expression of feelings other than joy is improper. If there is something that we don't like or that makes us uncomfortable, we are encouraged to keep it to ourselves so that we don't rock the boat. We might feel that how another person receives our expression is our responsibility. We may question our thoughts and wonder if we have the right to feel the way we do. If this was a healthy process, would it not make sense that we could suppress our feelings and it not eventually cause an outburst?

There is nothing wrong with acknowledging how we feel, if done the right way, and it is a healthful way to respond to a circumstance. To react to pent-up anger is nothing short of abuse to ourselves and those around us. Simply put, an outburst of rage is violence against our right to peace and freedom.

Almost always, unmanaged anger can be found in our genealogy. Someone we looked to for nurturing had the same issue in their way. That's not to say that everyone in our environment would have accepted the behavior as a reasonable response to unmanaged stress. How each of us interprets and adopts the teachings we receive is individual. However, there is hope for those of us that have difficulty in dealing with anger.

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## The Old Healer to the Soul:

It's not your back that hurts, but the burden.

It's not your eyes that hurt, but injustice.

It's not your head that hurts, it's your thoughts.

Not the throat, but what you don't express or say with anger.

Not the stomach hurts, but what the soul does not digest.

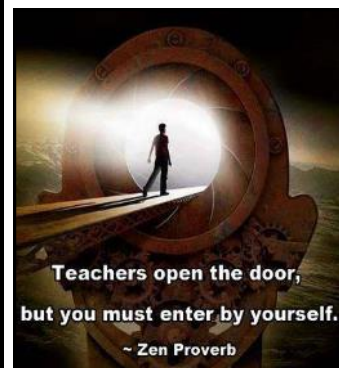
It's not the liver that hurts, it's the anger.

It's not your heart that hurts, but love.

And it is love itself that contains the most powerful medicine.

(Unknown Author)

Pathways to Spirit Institute  
— Centre for Spiritual Development & Growth —



Teachers open the door,  
but you must enter by yourself.

~ Zen Proverb

**A place where Knowing  
& Consciousness thrive**

### **Pathways to Spirit Classes & Workshops:**

*Metaphysical Intensives*  
*Spiritual Empowerment*  
*Finding your Soul Mission*  
*Spiritual Intuition*  
*Development Series*  
*The Hierarchy of Light*  
*Angels & Archangels*  
*Ascended - Masters*  
*Meditations*  
*Sacred Geometry Series*  
*Crystal Magick*  
*The Chakras*  
*Astral Travel*  
*Dragon Magick*  
*Path of Progression*  
*Pendulums 101*  
*Protection & Boundaries*

### **Intenders Circle**

### **Ancient Wisdom Study Group**

### **Vibrance & Relationship Coaching**

### **Goddess Ritual and Celebrations**

**Healing Services:**  
*Life Activations*  
*Jikiden Reiki Healing*  
*Energy Balancing*  
*Chakra Balancing*  
*Crystal Healing*  
*Telepathic Healing*

**Special Services:**  
*Emotional Cord Cutting*  
*House Clearings*

*As you start to walk out on  
the way, the way appears.*

*Rumi*

# Getting To The Core And Healing Anger

There are many reasons that an individual can become angry. It can be due to feeling a loss of control or a need to feel powerful. It can also be due to the suffering related to depression and turning it around to replace one pain for another. It is suggested that we take a timeout and participate in alternative activities that can reduce the anxiety and heightened emotional state. While this helps at the moment, it may not be enough to resolve the underlying issue that is at the root of the matter. If we don't go deep into where it is coming from, there is always going to be the possibility of it surfacing again.

The bottom line is that anger is the result of subdued feelings that have rippled out from the root emotion fear. If we are willing to take a look inside, we will always find that anger is the result of fear and our Ego telling us a story that we need to protect ourselves. Symptoms of fight or flight are not easy to detect but, when they are noticeable, we are already well into the process of feeling attacked. Whether it is our opinion being disregarded, our feelings ill-considered, or disrespect for our boundaries, it's personal, and we can easily lash out as a result.

When angry, it's important to step back and embrace the courage to STOP. Ask "How am I feeling?" Don't stop at the first or second answer that comes to mind. Instead, get to the core of the matter and ask "What is it that is causing me to feel fear?" Often the issue at hand is related to self-esteem and the desire to matter, which are two significant concerns that our Ego has for our well-being.

Looking inside isn't something that should be done as needed either. We need to take time to encourage our well-being and personal growth. There are a few things we can do each day that will go a long way in supporting emotional health.

If we take time every morning and at the end of our busy day to meditate and reflect, we promote a healthy relationship with ourselves that inspires the use of emotional intelligence. Some of us find it difficult but, it doesn't have to be what we consider the traditional form of meditation. Just taking a few minutes in solitude and allowing ourselves to exist is a form of meditation in itself.

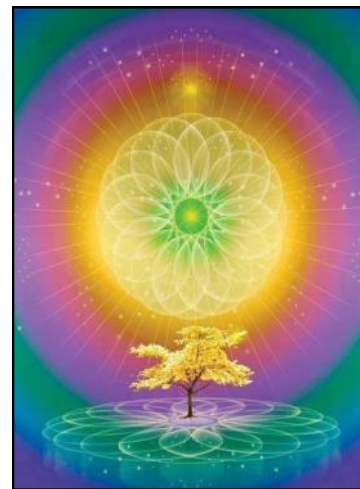
Throughout the day ask, "How am I feeling?" We are often so busy that we forget to check in with ourselves and grant permission to be human. While some emotions are embraced and exciting to feel, all should be respected for they are a part of us. If we are to practice self-love, then we should be willing to show love to all parts of who we are. Remember that emotions are triggered for a reason.

Nurture the heart and mind every day. Watching a video on personal development or, reading a few pages from a book that resonates with our journey is a continual encouragement of being the best person that we can be for ourselves and those we share our lives with.

We don't have to suffer in anger if we reflect on why the circumstances are personal. We can take the path that is more serving to all and commit to change what otherwise causes regret.

### About the Author

Leigh Burton: Author, International Speaker, NLP Practitioner, Cognitive Behavioral Therapist, Emotional Health Coach, Acceptance Commitment Therapist, an expert in letting go, and a lover of life. [www.leighburton.com](http://www.leighburton.com)



Check our website at [www.Pathwaystospirit.net](http://www.Pathwaystospirit.net)



Feel free to pass on this newsletter.



Check our Calendar page for Classes & Programs at [www.pathwaystospirit.net](http://www.pathwaystospirit.net)



### FREE HALF HOUR CONSULTATION

Contact us for a free half hour consultation regarding your path of personal and spiritual transformation and how we can be of service.



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**Devi and Dietmar Dombkowski** are healers, metaphysical teachers & spiritual guides in the ancient Mystery School tradition. They have received special training and empowerments and teach classes and workshops sharing the ancient wisdom of the Mystery Schools which dates back to the earliest spiritual knowledge of this planet and beyond.

