



Have You Been **ANGRY** Lately?

Have you noticed the anger that is in the world at this time? I have, and there is more than I can every remember seeing at any given time before. Individuals fly off of the handle at the smallest things, and at the most insignificant situations. As with everything in our lives, if we are exposed to something long enough, it becomes us. Lets pray that this will be one thing that we will learn to **not** allow into our lives.



I asked my Spirit People. Why?



Why is there so much anger? Their response was that the additional energy that has been coming into our earth for quite some time is becoming very difficult for some of us to assimilate and blend into our own energy. This is what

we are to do in order to raise our vibration to the next level of our spiritual development, accept the change, and blend with it, making it a part of us.

They went on to say that God is still the driver in our lives, but we will not give up the control of the gears and steering wheel. It is up to us to make sure that we get to where we need to go, not always where we *want* to go. When we think that we have made an uncomfortable change in our lives, sometimes it turns out to be the best decision that we can make, in order to complete our lessons, our karma.

The weakness of the human race is not allowing humans to be human—not accepting the humanness of others and of ourselves. That's not so good, but our greatest flaw is that we do not allow the idea that all people living are beautifully flawed. Why else do we look down at someone or even an entire race or culture and think that they would be better if they would only do what

we do or say what we say or believe what we believe? And, we are the hardest on ourselves, not allowing for the reality that we are always learning. When we put down or look down at others, we do the same to ourselves. We see what we identify with, consciously or subconsciously. Do we not like someone else because we fear we might have the weakness in ourselves?

We need to start to see that everyone is special. If we were all alike, believed the same, looked the same—how boring! By God placing in us differences we can see ourselves, learn and grow, as long as we recognize that we are not perfect, that no one is. No living human is meant to be perfection, but we are to strive to be better today than we were yesterday, and better tomorrow than we are today. The key is to allow everyone to be who they are and then we can be who we are, non judgement.

God does not expecting perfection, but God wants us to try, with humility and humbleness towards each other and of course ourselves.—and *then* we can reach a perfection state of spiritual consciousness.



Thank You for Another Great Year,
To you I send many hugs and much love,
Karen Bock, Pastor, Tamara Spiritual Center

Looking Ahead!

SAVE ROOM ON YOUR CALENDARS FOR THE FOLLOWING:

AUGUST

Meditation Class | TBD

SEPTEMBER

Dinner with Spirit | Sept 18

OCTOBER

Psychic Fair | Oct 16

Halloween Party | Oct 30

NOVEMBER

Arts & Crafts Fair | Nov 6

Thanksgiving Potluck | Nov 25

DECEMBER

Gaslight Theater | Dec 6

Tamara's Gifts | Dec 18

New Year's Eve Celebration | Dec 31



2nd Monday each Month at 7:00 pm

Facilitated by Rev. Steven Swain



Whether you attend to offer a healing or to receive a healing; at Tamara, the second Monday of each month is for learning, sharing, practicing, and experiencing, the Healing Energies of Light.



You Can Heal Your Life-The Movie The Story of Louise L. Hay

This entertaining and inspirational movie based on the best-selling book of the same name, is hosted by author and teacher Louise L. Hay. This film gives penetrating insights into Louise's fascinating personal story; and shows how her views on self-esteem, abundance, and the metaphysical causes behind physical ailments were developed. It also reveals how she applied these concepts to her own emotional, spiritual, and professional life.



A number of luminaries in the fields of self-help, philosophy, health, spirituality, and "new thought" join Louise, giving their take on success, happiness, and the myriad ways in which people can heal their own lives. \

There are also gripping firsthand accounts from others who have been positively affected by Louise's work. There's no charge for this movie.!\ After the showing there will be a discussion

Join Us! July 24th at 6:00 pm

Dance for Fun and Exercise!

On July 16, 2010, at 7:00 PM, Bill Shepherd will give a demonstration of a dance class for physical well being. The proposed class will be held on Tuesday's and Thursdays, 9am to 10am with a requested donation of \$5.00. Come to the demonstration to see if this is a class that would interest you.



Giving Back, All Year Long.

Christmas is in the Heart, not the Calendar

The Board of Trustees of Tamara Spiritual Center have approved the creation & giving of Little Toy Soldiers with a surprise inside! (a soft plush animal baby) to be donated to Children, the Elderly, & Shut-ins. So save your Pringles cans and bring them and/or a soft plush animal baby to the Center for Christmas Giving — all year long.



The Institute of Noetic Sciences
Tucson Community Group

UNIVERSAL ENERGY CIRCLE

Experience energy balancing in a group setting

**Take Part in a Guided Meditation
to the Sound of a Crystal Singing Bowl**

Give or Receive Energy Work

Fridays at 7 pm on the following dates:

**July 23, August 27, September 24, October 22,
November 19, December 24**

Open to the public and energy practitioners / Suggested donation \$5

Unity of Tucson, Harmony Hall, 3617 N. Camino Blanco

For information, contact Denise at (520)584-1186 or info@chakrabalancedenise.com

*If you practice Reiki, Healing Touch, Johrei, Jin Shin Jyutsu, Chair Massage
or another healing modality and would like to participate, come join us.

This event supports IONS' mission of advancing the science of consciousness and human experience to promote individual and collective transformation. Views expressed by speakers, workshop leaders and participants do not necessarily reflect those of IONS Tucson.

P.O. Box 41613, Tucson, AZ 85717 -- 520-798-6300 -- www.IONSTucson.org -- IONSTucson@yahoo.com

We come! & Congratulations!
to Rev. Gene and Rev. Laurie Hays
Ordained by Sanction into Tamara's Ministry
June 13, 2010



Jam Session! Saturday, July 31st

***Bring your instrument,
your voice, your ears, your hands.***



***Whether you want to be
on the stage or in the audience,
join Tamara as we celebrate
the music of our souls.***



