

Insight *OUT*

By Bill Miller

April was a busy month filled with several activities: our Quarterly Business Meeting, developing a Grant Concept Paper, revising a Three Selves Power Point Presentation, starting to edit our next book, *Mysteries of the Life of Jesus*, and researching webinar possibilities.

We also had to update our computer system with the help of an internet technician who helped us create a more secure and efficient data processing system and smoothed out the bumps in our computer and printer connections.

By the way, have you read our *Portals to Your Higher Consciousness* book? We appreciate your feedback.

Are you feeling challenged by the intense physical, emotional and spiritual energies of the ascension and heightening frequencies experienced by our planet and ourselves at this time? A process that many of our Fellowship members and I have found helpful is to center ourselves twice each day for five to ten minutes, and say these prayers with feeling and sincerity:

- the Mantra Prayer of Protection
- the Light Attunement
- the Heart Chakra Meditation (Brugh Joy Wisdom, January 2008)

Why should we do that? When you leave your house, you lock your doors. When you use your computer, you make sure it has a security system or anti-virus program. When you get up in the morning or prepare to go to sleep, why not use the prayers to protect ***YOURSELF*** from being HACKED?

Bill's Thoughts and Reflections

When you encounter a block, build a bridge.

Some people are out to lunch ... others are out to ***launch***.

“With every act of kindness, good thought, and action that we perform each day, we are demonstrating in our lives our own Divine Higher Consciousness.” (Self Realization Fellowship)