

# Self-Empowerment

Spring 2010

The newsletter dedicated to nurturing personal development

Vol. 17, Number 3

A publication of  Agape Interfaith Ministries

## TRANSCENDING THE EGO

With the arrival of Spring, we are reminded of the miracle of rebirth. The views from our windows certainly appeared to be bleak and cold, but each year at this time it begins to enliven before our very eyes with changes of color, and with budding and blossoming flowers and trees. Spring is a rich symbol of transformation, renewing and refreshing our vision and our frame of mind.

### Worldly Circumstances

Many of us have had one or more situations that feel as bleak and cold as the Winter season.

Who has not been touched by some wounding or victimizing circumstance? Who has not suffered a loss of some kind? Have you, or a loved one, been a victim of theft, prejudice, disease, abuse, neglect, or natural disaster?

Each of us, at one time or another, has had to face life's challenging circumstances. Seasons change. People come and go. Things fall apart. That is the nature of this world. Anything in time and space will eventually change.

Yet there is evidence in many people's experience that there is a changeless essence that we can draw upon to know the peace that passes all human understanding.

We share our insights and inspirational stories with each other to remind ourselves of the indomitable spirit of those who have met challenges with courage, compassion, and acceptance. Sometimes a healing of the circumstance takes place. Other times the miracle is in dealing with the circumstance with grace.

### The Ego-driven Journey

In this issue is a long poem "Oh, the Places Your Ego Will Go" by Scott Kalechstein. Exposing the tricks of the ego and the many ways that we are seduced into shame, blame, and striving, the poem shows us a choice we can make for the Springlike rebirth of the inner peace that is available to us.

The ego offers us the guilt, doubt, and fear that can consume our time and energy in a fruitless search for happiness and fulfillment outside of ourselves. The

search for happiness, when ego-driven, is doomed to keep you in a Winter-wonderland of drama and conflict.

However, you can make the commitment to "the journey of loving yourself" instead. That choice can open your mind and heart to transcending the ego, a rebirth of your soul's desires, and freedom from suffering.

### Driven by Courage

I have a daily commute to my fulltime job that is approximately 50 minutes each way by car. I have been borrowing audio books from the library to enjoy during my commute, to help pass the drive time in a fun and educational way. Many of the books have expanded my understanding of human challenges and the amazing individuals who find internal resources to meet and overcome great conflicts.

The heroes of the stories are courageous individuals who faced racial discrimination, poverty, unsafe working conditions, etc. Despite many dangers, individuals have fought for the right to vote, gain civil rights for all human beings, and union protection for previously abused workers.

Where does our courage come from? Who could manufacture courage in the face of overwhelming odds, violence and threat of violence? How could we do the "right thing" if it will result in pain, suffering, or even death?

The ego mind will try to justify cowardice for the sake of survival, security, or pleasure. Those who are inspired by a greater vision can step forward and be reborn to their higher nature.

The affirmation "I am more than this" is not a mantra for braggarts, but an affirmation of clarity in the face of difficult or tragic circumstances. When a life circumstance reflects an empty coldness of Winter, we are challenged to remember the potential of our inner Springtime, the *more* that is within us. Each of us can take our concerns to a deeper wellspring of healing by affirming: I am more than this.

Dear Creator, I am open to the rebirth of courage, clarity, wisdom, purpose and joy in me and in my brothers and sisters.

Your fellow traveler, *Rev Jill*

# Oh, The Places Your Ego Will Go

By Scott Kalechstein

Your ego will travel with you on this earth  
And be your companion for worser or worse  
It pretends it's your friend, your bestest amigo  
And it makes you feel guilty, that's the job of the ego  
It has good judgment and will help you be strong  
So it has to remind you you've done it all wrong  
You're weak and you're lazy and you can't get a clue  
That's the voice of the ego trying to motivate you  
Oh, the places you'll go and the guilt trips you'll travel  
As the ego plays judge and bangs down on its gavel

But you always can get some relief from your shame  
By projecting it on to the others you'll blame  
For that is the ego at its beastiest best  
It nurses its grievances close to its chest  
It milks every moment for stuff to complain about  
Turns molehills to mountains of stuff to have pain about  
Sometimes the ego's stuff makes you so stuffy  
You come down with a cold or an ouchy more roughly

Oh, the places you'll go and the people you'll see  
All through the lens of "What's in it for me?"  
For the ego believes there is something it lacks  
And until it is found it won't let you relax  
You've got to keep moving at speeds that are blinding  
Keep searching and searching but not really finding  
Perhaps you will find it in the next one you date  
True love at first sight with a soul kind of mate  
It's great for a while till the egos take hold  
Cause when two halves combine they do not make a whole  
It's hot at the start but the climate turns cold  
For when two halves collide they cannot make a whole

So the ego moves on ever constantly striving  
Addicted to seeking and afraid of arriving  
You're traveling fast at the speed of surviving  
With fear in the drivers seat doing the driving  
No trust is a must you must always be worried  
No peace till deceased you must always be hurried  
The joys of each moment go swishing on by  
As the ego keeps reaching for pies in the sky  
Reaching and reaching with arms that are flailing  
(And the ego loves giving you F for your failings!)

Or perhaps you are on the fast track to success  
You're constantly driven to be great, better, best!  
You're a mover, a shaker, a big time achiever  
You're a real self-made man, a dazzling diva  
You're rich and you're famous and make quite a splash  
You're on top of the world and you're rolling in cash  
You drive the right car and you've married the right spouse  
Today you're on Oprah, then dine at the White House

But at night insecurity pays you a call  
Cause you know anytime that you could lose it all  
Your shrink says to rest and your spouse sure agrees  
Your doctor says, "Ulcers, take fourteen of these."  
You know you should slow it down sooner or later  
But your foot is just glued to the accelerator  
Your ego consoles, "Well, at least we're successful  
It's a sign of success to be constantly stressful  
You've made it to prime time and everyone loves you."  
But your self-esteem's built on what others think of you  
And opinions can change in the blink of an eye  
Which is why you need meds just to sleep and get by

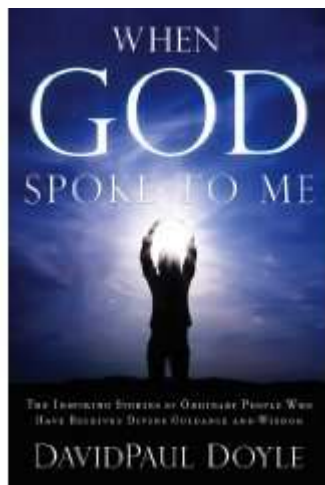
One day when you've failed and succeeded enough  
You witness your ego exposed in the buff  
And you realize without all its protective clothing  
That the ego is simply a state of self-loathing  
And beyond that you find out the biggest of deals  
That you've dreamt up the ego, it's not even real!  
So for richer, for poorer, in sickness and health  
You commit to the journey of loving yourself  
You take back the projections you placed upon others  
And find through forgiveness true love is discovered  
You realize the glory you searched for outside you  
Is what you are made of and can't be denied you  
So you give up your plans and your potions and pills  
And you practice contentment and learn how to chill  
Your old superstitions have gone up in smoke  
(Like you can't rest in peace until after you croak)

While resting in peacefulness you get inspired  
To go out in the world with some newfound desires  
Desires that spring from your heart and your soul  
And wherever they take you you're going there whole  
Cause your ego is now in the passenger seat  
It rolls down the window and takes in the treats  
You're not in a hurry you're taking it slow  
Cause the journey's as rich as the places you'll go  
Where you are going you don't need to know  
For the journey's as rich as the places you'll go

*Scott Kalechstein is a Miracles Minded Modern Day Minstrel Man and Mischief Maker who makes his home in Marin, CA. (Yes, he has a special relationship with the letter 'M') Scott's life is dedicated to ending seriousness on the planet by the year 2012. He pays the rent and the car payments as an inspirational speaker, a recording artist, singer, minister and workshop leader. For more miracles minded mischief from a truly warped mind, visit [www.scottsongs.com](http://www.scottsongs.com)*

\* \* \* \* \*

## When God Spoke to Me: The Inspiring Stories of Ordinary People Who Have Received Divine Guidance and Wisdom (Paperback)



Just released on March 17, 2010 – *When God Spoke to Me* by DavidPaul Doyle is a compilation of over seventy inspiring first-person accounts from ordinary people who share their experiences of hearing God's Voice or feeling Divine Guidance. I am delighted to say that one of the stories published in this book is mine, an experience I had approximately 15 years ago.

Author and spiritual teacher DavidPaul Doyle and his wife Candace Doyle are "teachers of teachers" empowering those who are called to share their teaching with others. They teach an easy-to-learn method called the Voice for Love, a 5-step process for going within to receive guidance, healing, and comfort from Divinity. As a graduate of their Voice for Love Teachers Certification program, I have been teaching individuals and groups the Voice for Love method for accessing their Inner Wisdom.

I am grateful to the Doyles for their willingness to share their teachings in various attainable ways, through their books, recordings, home study courses and teacher trainings. Their many resources can be found on [www.TheVoiceForLove.com](http://www.TheVoiceForLove.com).

I am pleased to promote this book, knowing that it will inspire millions of people. The personal accounts in this book can spark new insights for many who do not realize the many ways that Divinity can communicate with us.

For thousands of years it was believed that only the holiest and chosen of men could speak with God. Anyone else claiming to do so was dismissed as crazy, or worse, persecuted. Today, without fear of judgment or persecution, men and women are coming to a new understanding of the nature of God or Holy Spirit, and the many avenues through which Divinity can communicate with us.

Now people from all walks of life and religious backgrounds are experiencing spiritual, life-changing interaction with God. *When God Spoke to Me* is the first book to openly share the real-life accounts of everyday people who have heard God's Voice and felt the guidance, healing, and comfort that is our birthright. Because the stories are so raw and captivating, the book is receiving enthusiastic endorsements from ministers and teachers across religious boundaries.

Here are just a few of the book's endorsements:

"This inspiring book is a rich storehouse of stories of people who—in the midst of addiction, grief, anger, rebellion, loneliness, and many other situations that afflict us all—have heard the voice of a God who can restore and renew. These testimonies are the best evidence we can hope for that the Ancient of Days is still transforming lives in the 21st century!"

**Richard J. Mouw, President and Professor of Christian Philosophy, Fuller Theological Seminary**

"I loved this book! I told all the ministers who graduated from seminary with me to read it! These heartwarming stories brought me to tears, not tears of sadness, but tears of joy knowing that the tangible love and presence of God is with us always."

**Rev. Brad Langdon, Unity Church of Anderson, Indiana**

"As I read the poignant, moving testimonials in this book, I felt that God was speaking to me through them."

**Houston Smith, author of *The World's Religions***

You can purchase *When God Spoke to Me* online, at your local bookstore, or right here, through this newsletter. Use the coupon on page 5 to order it.

Read it, be inspired, and enjoy!

\* \* \* \* \*

**INNER WISDOM MESSAGE:  
DOES GOD REALLY SPEAK TO US?**

Blessings, Dear One. Thank you for your question, “Does God really speak to us?”

Yes, Yes, Yes! God, indeed is speaking to you now, and now, and now....

Dear One, You are being loved and supported every minute of every day whether you know it consciously or not.

It may be more clearly understood by the metaphor of radio waves – they invisibly surround you, yet will not be “received” by you until you turn on a radio, tune in to a station, turn up the volume, and pay attention to hear it. Does that sound like a lot of steps to you, or do you recognize how simple and flowing those steps are – once you are familiar with the reception of your favorite radio station? It becomes a smooth almost singular motion to “turn the radio on.”

Similarly, receiving Divine communication is a smooth movement of bringing your willingness and attention to the love station, or the peace station, or the compassion station, or the courage station, etc. All those signals are beamed right at your heart. Are you interested in listening to your heart? Do you desire to receive the signal of joy or courage today?

Do you wait for a ‘problem’ to seek God’s message for you? Or would you like to hear God’s message of love and beauty for the joy of it?

Tune in now, and now, and now. Hear it or feel it or know it. Look around you. See the love and beauty. Breathe it in. Let the Voice for God speak to you, directly from your heart to your mind. Feel the perfection of communing, communicating, receiving today’s message of appreciation. Let God speak to you today in whatever way you are willing to tune in.

Blessings, Dear One. Amen

*Inner Wisdom inspirational messages are shared with you through Rev. Jill Carel who has been sharing messages of comfort, healing, and guidance in private counseling sessions. She now offers group workshops and individual lessons to teach others to access Inner Wisdom for themselves.*

*Common Ground Fellowship*  
***Inner Wisdom Salon***  
*Spiritual Study Group*

There is an exciting new approach to spiritual study groups – the Salon!

A salon is a gathering of peers in a living room or cafe setting to discuss various topics and educate one another, sharing knowledge and experience through conversation and simple rituals such as meditation or visioning.

Social time with refreshments supports the participants in their relaxed and enjoyable investigation and practice of spiritual study while deepening their relationships with one another.

The Inner Wisdom Salon is held in Northeast Philadelphia on the 3rd Sunday evening of each month, 7:00 – 9:00pm.

Call to register in order to join us once a month for meditation, reading, and discussion of various topics within the overarching subject of Inner Wisdom.

This salon is part of the Common Ground Fellowship events program. For other Salons and events see [www.CommonGroundFellowship.com](http://www.CommonGroundFellowship.com)

For information / registration call  
Rev. Jill Sabin Carel 215-742-0552.



## Daily Word

*With God's love in my heart,  
I fully experience the happiness of life.*

Happiness is a state of heart and mind. It is mine to choose. When I rise each morning, I think positively. I begin my day with a smile on my face and a song in my heart that says "Thank You, God, for another perfect day."

I spread happiness in my interactions with others. Through a simple smile and a cheerful outlook, I lift the spirits of my family and friends. I look on the light side of life, realizing that goodness and love can be found every moment of every day.

My heart and mind are open to the inspiration of God as the source of my love and enthusiasm for life. I live the peace and happiness God created me to experience.

*Reprinted with permission of Unity®, publisher of Daily Word®, Unity Village, MO 64065. One year subscription \$12.95. Customer Svc: 1-800-669-0282. To receive the Daily Word message by email, visit [www.dailyword.com](http://www.dailyword.com)*

---

## Inner Wisdom Coaching

You already experience Inner Wisdom – sometimes.

Learn how to access your Inner Wisdom purposefully, consciously, and consistently.

Individual lessons via telephone or in-person.  
Group workshops and study groups available.

Learn how to receive the support that will help you receive answers to your questions and meet your life challenges with intelligence, clarity, and peace of mind.

*Rev. Jill Sabin Carel  
215-742-0552*

---

World Laughter Day  
Sunday, May 2, 2010

**REMEMBER TO LAUGH**

*Ha-Ha can lead to Aha!*

## SPRING FUNDRAISER



Hello, Friends! Happy Spring!

Many of you have responded generously to our annual Spring Fundraiser. This is the time of year that our readers are encouraged to send a voluntary contribution to help cover the cost of publication and other ministry endeavors.

For the cost of just one meal at a local restaurant, you can make a huge difference in supporting the ongoing work of this ministry.

This is a golden opportunity to say "yes" to the cycle of Giving and Receiving. Take a minute right now to write a check payable to **Agape Interfaith Ministries**, donate online, or feel free to send a book or two of postage stamps, which also give great support. Your help truly does make a difference. Whether you send \$5 or more, every bit of support makes this sharing of inspiration possible.

**Thank you for your support!  
Blessings to you!**

---

### Reader Response Coupon

Thank you, *Agape Interfaith Ministries*, for sharing this publication of *Self-Empowerment*.

Here is my contribution of \$ \_\_\_\_\_

Please send me *When God Spoke to Me*. (See page 3 for book description.) I am enclosing \$15.95 per copy for \_\_\_\_\_ copies. (Free shipping)

(Make checks payable to *Agape Interfaith Ministries*)

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Mail your donations and/or book orders to Agape Interfaith Ministries, 1100 Friendship Street, Phila., PA 19111 or donate online via [www.AgapeInterfaith.org](http://www.AgapeInterfaith.org).

Thank you!

---

# INTERNAL DIALOGUE

Ego: They should....I shouldn't have to....

Spirit: It is for each individual to follow their path as they are led. There is an opportunity for the expression of love here. What would Love do? Do that!

Ego: I need more money. The economy is killing me.

Spirit: Are your needs met? Have you noticed the abundance that is already yours? Give thanks for all that life has given you, as you draw to you that which will meet each need as it arises.

Ego: I'm not enough – not smart enough, thin enough, creative enough, or worthy.

Spirit: Outward appearances are deceiving, especially when comparing oneself to another. Bring your attention to the gift that is yours to share, and share it! You are loved more than you could imagine. You are the apple of God's eye! Appreciate the unique Divine expression that you are.

## PUBLICATION INFORMATION

Self-Empowerment is published quarterly (4 issues/year)  
Publisher & Editor-in-Chief: Rev. Jill Sabin Carel, B.S., RScP  
Editor: Michael P. Tunney  
Agape Interfaith Ministries, 1100 Friendship Street,  
Philadelphia, PA 19111 Phone: (215) 742-0552  
Email: Jilleroni@juno.com Web: www.AgapeInterfaith.org

Subscriptions are available without charge, and tax-deductible donations are gratefully received to support the printing and mailing expenses of this publication. A suggested donation of \$5 or more per year is invited.

To be added to the Self-Empowerment mailing list, you may call, email or mail your clearly printed name and address to Agape Interfaith Ministries.

Submission of letters, questions and articles are welcome and encouraged. We reserve the right to edit. Please note on any correspondence if you wish your name to be withheld. We publish under One-Time Rights (rights revert to writer's ownership after publication).

Entire contents © 2010, Agape Interfaith Ministries.

Agape Interfaith Ministries  
1100 Friendship Street  
Philadelphia, PA 19111



**The mission of Agape Interfaith Ministries is to encourage, support and inspire a deepening conscious relationship with Divinity for the greater experience of wholeness, abundance, love and peace. We serve to elevate consciousness through individual and group educational activities, and community service.**