

Soul Link, Inc.

*“... fostering an awareness of and response to the sacred in nature,
human nature and events of everyday life.”*

Volume VIII, Issue 2

Spring, 2010

SOUL LINK
Together on the Spiritual Path

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SOUL LINK RETREAT

“Celebrating What’s Right With the World”

It has been said that attitude is everything. In a world filled with bad news it is easy to become discouraged, cynical, and fearful about life as it is now, and about what the future might hold. When negativity determines our perception, we become drained of the very things that make life worth living—passion, creativity, and possibility. But when we choose the radical stance of optimism we can begin to see beauty, feel hopeful, and find the energy and courage to make our lives more full and the world a better place.

Using the insights of positive psychology, Steve Tucker, PhD, Director of Profile EAP, will facilitate our retreat helping us develop the art of seeing what’s right with ourselves, others, and the world.

Date: April 24, 2010

Place: Broadmoor Community Church (315 Lake Ave.)

Time: 8:30 a.m. (registration), 9:00 a.m.–2:30 p.m. (retreat)

Cost: \$30 early registration, \$35 at the door. Lunch included.

Scholarships available.

Information: 648-3939

From *The Wise Heart*

By Jack Kornfield

In a fundamental way, we are deluded about happiness. We all understand how outer comforts can bring pleasure, ease, and security. “Were these experiences not pleasant,” says the Buddha, “we would not become entangled.” And, while we may well enjoy these forms of happiness, they are incomplete. A wise part of us knows that they alone do not bring fulfillment.

Some of the richest and most privileged humans experience intractable suffering and heartbreak, while villagers who live in extremely poor conditions can be astonishingly happy. Happiness is within us.

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Genuine happiness arises from healthy states of mind. Unhealthy states of mind have three roots: grasping, aversion, and delusion. From these arise states of envy, rigidity, anxiety, dullness, shamelessness, self-centeredness, doubt agitation, and misperception. At their worst, they create psychopathology. Grasping and greed become addiction, worry becomes paranoia, shamelessness becomes sociopathy, aversion becomes hatred and rage.

The healthy factors have three healthy roots: love, generosity, and mindfulness. From these arise states of clarity, composure, insight, joy, adaptability, confidence, discretion, and balance. Each of these healthy mental states creates a happy and free mind.

Quote Corner

To see the world in a grain of sand, and heaven in a wildflower. To hold infinity in the palm of your hand and eternity in an hour. ~William Blake

We don't see things as they are we see them as we are. ~Unknown

When we learn to want what is happening to us we have arrived. ~Unknown

People can only be happy when they do not assume that the object of life is happiness. ~George Orwell

Joy is happiness that doesn't depend on what's happening. ~Bro. David Steindl-Rast

Books for the Journey

***Authentic Happiness* by Martin Seligman (Free Press)**

In this book, Martin Seligman introduces the revolutionary, scientifically based idea of “Positive Psychology;” which focuses on strengths rather than weaknesses, asserting that happiness is not the result of good genes or luck. Seligman teaches that happiness can be cultivated by identifying and using the traits we already possess—including kindness, originality, humor, optimism, and generosity. Our signature strengths can be nurtured throughout our lives, with benefits to our health, relationships, and careers.

***Gratefulness, The Heart of Prayer* by Bro David Steindl-Rast (Paulist Press)**

Imagine a world in which all of life sings the song of gratitude and imagine that it can really happen. Benedictine monk, Bro. David Steindl-Rast, calls everyone to play their part in creating a grateful world. His message is simple and profound—he suggests that gratefulness is key to world transformation, and that it is more than just being thankful. “It is a deep and whole attitude toward life, not just counting your blessings, picking and choosing what you believe deserves gratitude.”

***Radical Optimism* by Beatrice Bruteau (Sentient Publications)**

Radical optimism is our deepest response to the immense and threatening challenges of our contemporary world. *Radical Optimism* challenges the reader to confront difficulty with authentic spirituality. Bruteau brings to bear her knowledge of Christianity, Buddhism, Hinduism, and science in this exploration of how to embrace the spirit of optimism in a world grown increasingly dark. *Radical Optimism* describes the value of meditation, leisure, relaxing the body, and keeping silent—all within the context of the ordinary demands of life.

Events of Interest

Introduction to Buddhist Meditation

Colorado College professor, David Gardiner, will lead this two-session workshop on meditation in the Buddhist tradition; which will take place on April 1 and 15 from 7:00 to 8:30 at Broadmoor Community Church. Cost \$10 per session.

James White Lecture Series

Dr. Bernard McGinn, the preeminent scholar of Western mysticism will speak at Colorado College's Armstrong Hall on Friday, April 23, at 7:30 p.m. His talk is entitled "Love: Active, Contemplative, Essential. Insights from the Mystics." Dr McGinn will also lead workshops at First Congregational Church on Saturday, April 24, at 8:30 a.m. and 1:00 p.m. His visit to Colorado Springs will conclude with preaching on the 25th at the 9:00 and 11:00 services at FCC.

Thomas Merton: Guide for a Seekers Soul

Despite living in a cloistered monastery for twenty-seven years, Thomas Merton became one of the most controversial (he was, by turns, a playboy, social critic, and teacher of Eastern thought), inspirational, and influential religious figures of our time. This two-session offering will acquaint participants with Merton's life and examine those themes in his writings that have made him a guide for generations of spiritual seekers from all faith traditions. Tom Stella leads these classes on Wednesdays, April 7 and 14, from 7:00 to 8:30 p.m. at Broadmoor Community Church.

Tai Chi Chuan for Health and Self Defense

Tai Chi Chuan is an ancient Chinese art that is an excellent activity for both young and old. Practiced with slow, deliberate concentration, Tai Chi Chuan has been shown to increase flexibility, range of motion, improve balance, and relieve stress. Classes are taught Tuesdays and Thursdays from 5:30 to 7:00 p.m. at Broadmoor Community Church. Cost \$40 for one class per month, \$60 for two classes per month. Contact Jim Evans (359-2389).

Untangling Ego

Do you feel yourself searching? Do you find only transient satisfaction in many things? Do you keep trying to add more to yourself? If so, you may be feeling the pull of the ego. Frannie Rose will teach the subtle ways of the ego and the first steps to a healthier and more generous spiritual life. This class will be offered on April 13 from 6:30 to 8:30 at Broadmoor Community Church. Cost \$10. Information (576-4138).

Coming Events

Potluck Discussions

April 12, May 10,
Sept 13
6:30-8:00
BCC

Book Group

April 27, May 25
6:30-8:00
Agia Sophia
Bookstore
2902 W. Colorado Ave.

Board Meeting

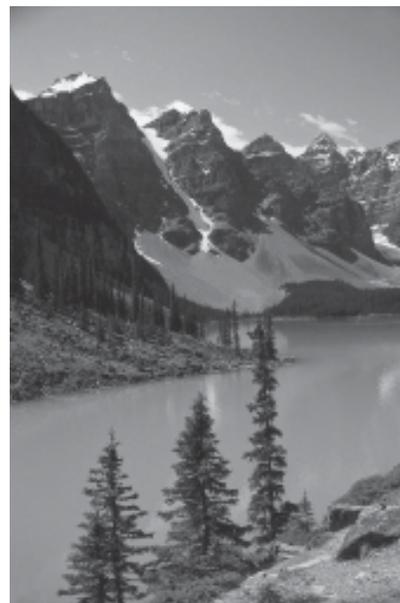
April 21
5:30-6:30
Soul Link Office

Save the Date

Soul Link
Fall Retreat
October 16

Save the trees and the cost of printing and mailing the newsletter. To receive notice of the latest Soul Link newsletter via email, please contact us at soullink@soulkonline.org or call the office at 648-3939 and leave your full name and email address.

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Together on the Spiritual Path

“Celebrating What’s Right With the World”
Saturday, April 24, 2010

Mail In Registration Form
Clip and return with registration fee no later than April 19, 2010.

Please complete information below and send it along with your payment of \$30 per person to:

Soul Link, Inc.
2514 W. Colorado Ave. Suite 205
Colorado Springs, CO 80904

Name(s) of person(s) attending _____

Phone number _____

Drop-ins are welcome the day of the retreat. The registration fee “at the door” will be \$35 per person. We hope you will invite a friend to join us for this time of reflection and conversation.