

DIVINE ARCHWAYS MINISTRIES



NEWSLETTER

January 2025

As we begin New Year 2025, I imagine it leaves many wondering what dreams and projects they would like to see come true this year. Moreover, have you considered what thoughts, dreams and projects you may be bringing with you from 2024 to 2025! What do you want to let go of, change, or complete this year? I encourage each of us to take time and reflect on the above and ask yourself some questions like: Who am I? Why we are here at this time?

Remember starting each day with a positive thought or prayer can change how you perceive your day. In addition, January and February are good months to purge, develop new routines that do not create a dramatic sudden change as well as an opportunity to be quiet, envision, and simply self-examine.

“Exploring Enlightenment”: On **Monday, January 13th, 2025** we will begin this virtual meeting series with a thirty (30) minute discussion on the topic **“New Year Expectations”** followed by **our guest speaker, Ms. Toni Sheads.**

Toni is a certified Alexander Technique teacher and practitioner. The Alexander Technique (AT) is a re-education of the mind and body. It is a Conscious Body Awareness Practice that promotes healing through correct use of the body. This technique can be a way to release tension and stress in the body. Specifically, AT allows you to do whatever you do with more grace and ease of movement. Ms. Sneads will lead an interactive Alexander Techniques session for creating ease in our physical bodies.

This zoom meeting will open at 7:15 pm, giving everyone time to log on. At 7:30pm an opening prayer will be said and our circle will be closed. Our discussion will begin with “respect to all” and all attending agree that anything said in this circle is between those present and the Divine. If you want to share outcomes of this meeting with your friends, we ask it only be spoken of in general context with mentioning any names, except Rev. Leigh or Rich Wiater. For more details please go to our website found at:

www.divinearchways.com



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A Course in Miracles (ACIM) Lessons: This series of virtual (zoom) classes will begin on Wednesday, January 15th, 2025.

I will be using the following books, ACIM, *A Year of Forgiveness* by Tina Louise Spalding and *ACIM Experiment* by Pam Grout. This will be a one-hour zoom class on the second and fourth Wednesday of each month. For those who completed my ACIM course last year and anyone who has read *A Course in Miracles* is welcome to enroll for this year long class. Please fill out the registration form found on our website, www.divinearchways.com, under the header “Classes, View All”.

A Course in Miracles: Imagine the shock Helen Schucman had when she started hearing a voice and began taking dictation. Helen would describe herself as a psychologist, educator, conservative and non-spiritual. Helen Schucman and William Thetford were Professors of Medical Psychology at Columbia University’s College of Physicians and Surgeons in New York City. From Helen taking dictation from this voice and Bill transcribing, *A Course in Miracles*, was first published in 1975 by the Foundation for Inner Peace.

Want to look at life a little differently! Remember: Only you can make the changes that can bring inner joy, release guilt, and live with miracles.

I will host a class on January 21st and 28th discussing the first two chapters for free. This will give you an idea of how we will be discussing each chapter and understand why it will take approximately eight months to complete the book. Please fill out the registration form found on our website, www.divinearchways.com, obtainable under the header “Classes, View All”.

Spiritual Book Club: On the fourth Monday of each month, I will present a one-hour Spiritual Book Club. The book for January is “*Molecules of Emotions*” by Candace Pert, Ph.D. I will open this zoom at 7:15pm on Monday, January 27th and at 7:30pm will begin with an opening prayer that will lead into the discussion of the book. Please go to our website, www.divinearchways.com, to find the zoom link for this book club. I look forward to seeing you on-line Monday, January 27th



NEW for JANUARY 2025



On Friday, January 31st, 2025 I will present my version of “Are You Programmed – or - being Authentic?” from 7:30pm to 9pm. There will be a one-hour presentation with thirty minutes questions and open discussion. We will explore interactive-reactive actions such as:

- **Do you react or respond?**
- **Do you hear yourself using words or phrases that your parents, relatives, teachers used, or do you take a moment to think how you would respond?**
- **Are you living the life you want or are you told living a life you were told would be good for you?**

Please visit our website at: www.divinearchways.com, and complete the registration form found under the header “Classes, View All”.

CONTINUING for FEBRUARY 2025

February 10th, 2025, will be our second session of “Exploring Enlightenment”.

Our topic will be discussing what we decided to let go of, change or complete during 2025 and how we are setting those intentions.

Our **Special Guest** will be **Dr. Anna Altair, D.C.**

Dr. Altair is a Chiropractic physician, LCCW 2000 with a B.S. from Southern Illinois University in Physical Education/Dance, 1969.

She has studied over 26 religious disciplines in her search for TRUTH and is a certified Reiki and Rubionics Master.

For over 28 years, she has endeavored to use the Neural Emotional Reflex Integration (NERI) technique as her foundational method for her patients. **NERI** balances the nervous system of the human body starting with the survival reflexes. Rather than survival being on **RED ALERT** 24/7, the survival reflexes are in neutral. They are ready to spring into action when needed but lack the high stress 911 mode that many people function in constantly.

The survival reflexes are the most primitive, instinctual, and ingrained survival mechanisms of all animals and are the **CORE** level of all healing modalities.

You can find Dr. Altair on her YouTube channel, **BODY LOGIC BODY WISDOM**, where you **can** watch and listen to her firsthand explain what must be chronologically addressed for the **NERI** protocol to lock in.

When completed, **NERI LOCKS IN FOR LIFE** and enhances all other natural healing work thereafter. Dr. Altair can be reached at: www.YourOwn.com/NERI University .

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SPECIAL RETREAT ANNOUNCEMENT for 2025

A FIVE-DAY SPIRITUAL & HOLISTIC GROWTH RETREAT.

“EMERGING SPIRIT FROM WITHIN”

- **Discover how you have been programmed.**
- **Awaken Your Intuitiveness.**
- **Releasing the negative and feel the Joy FROM within.**
- **What Is Your Passion/Purpose.**
- **Become certified in Holy Fire III Reiki I and II.**
- **Understand the effects of subtle energies.**
- **Learn how to balance your chakras.**

**Date/Time: Sunday, March 23rd, 2025 (starting at 1pm)
through Friday, March 28th, 2025, (ending at 10am)**

Location: Governor’s Green Resort, Williamsburg, VA

Cost*: \$750 (single occupancy) or \$600 (double occupancy)

[*Includes lodging, breakfast and lunch meals]

Retreat is limited to five participants.

Prayers and Gratitude,

Rev. Leigh and Mary

