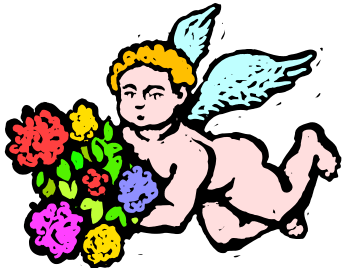


Spring 2010

Newsletter for the work of Youngman and Julie Chai, MDIV

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Chai Pottery LLC

Happy Spring, everyone!

These past few months have brought a lot of changes, many challenges, and even more blessings to the pottery business - including a name change! We are now Chai Pottery, LLC.

My husband, Youngman, has joined the production end of the business. It is such a delight to be working with him and we are finding a nice balance combining his down to earth, attention to details and practicality with my inspiration and creativity.

Last summer we were so busy keeping up with wholesale orders we realized we need more retail income in order to make a living. So we will be doing more art shows this year. I'll let you know what they are in future newsletters and on my website.

When finances allow, we will make revisions to the website, separating the pottery from my spiritual ministry work. This is one step that will help us show up better in the search engines.

We thank you for your encouragement and for buying our Personalized Blessing Bowls as wedding and friendship gifts!

I love you
not only for who you are,
but for who I am
when I am with you.
- Roy Croft





Blessing Bowls in the painting process



Youngman's New Wide Rim Slab Blessing Platters

The making of a salad bowl on the potter's wheel - bad hair day!



Sharing Our Dreams

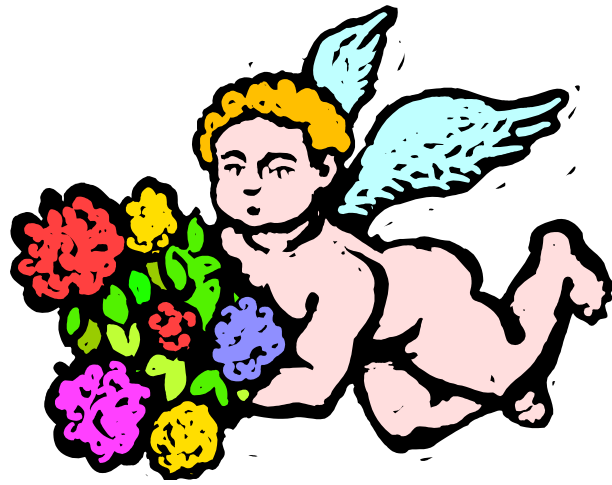
In response to the formation of Dream Gatherings in the November/January Newsletter, the TC Dream Gathering was formed and has been meeting every other Sunday at the TC Library. It is an amazing group of people who share their dreams using a Gestalt method for dream and insight sharing.

The group experience is a practice of listening to each other and to ourselves and offers grace filled insights into our dreams which we might not otherwise have had. It's great for spiritual newbie's and old timers as well. It is a wonderful and safe method for entering into self awareness, inner work and the practice of listening to our angels.

I cannot tell you how much I have enjoyed meeting with this group. Every meeting has been a wonderful blessing.

The group is filled but I am happy to form others if you are interested + time permits. Call me ☺

*Unconditional love
is the greatest gift
we can give
ourselves,
and the world.*



Reflections on Fear, Love and the Role of Inner Healing

None of us can expect the world to be a better, more loving place if we do not do the necessary inner healing work to be more loving ourselves. **After all, what is outside of us is a mirror of what is inside.** Like it or not, the outer world is a mirror of our capacity to love and how much we are motivated by fear. Just trying to change the fearful behavior of others will not change us or the world for the better.

Fear can become habitual and we don't even realize it (so be kind to yourself!)

We are not built physically, emotionally or spiritually to run on fear. When we fear, our fight or flight kick in and our digestive system goes on hold causing physical digestive problems, chronic muscle tightness, heart problems, emotional problems, a lack of presence, and reactive, fear based thinking. Fear can cause us to repress our deeper feelings, leading to emotional outbursts, anger, depression, anxiety, sleep disorders and general unhappiness. We are not able to be our true, loving selves and honor our soul path when we live in fear.

The energy of fear is sharp, chaotic and fast moving. It is tightly compacted and causes us to become not only emotionally disconnected but physically dysfunctional as the cells in our body are energetically weakened, rather than vibrant.

In contrast, love is a peaceful, calm, loose, flowing, reassuring energy. It connects us to our soul and to the Mystery We Call God, Goddess, Divine Spirit, All That Is..... Love is about being present and not reactive. Love is wise beyond thoughts and love connects us to all life, because love is the core of all life.

It is too much to assume that we can be loving at all times. But we can learn to notice when fear kicks in and be present enough with ourselves to do our healing work, compassionately moving ourselves out of a state of fear and into a state of love and grace.

**May the energy of love surround you, fill you and bless you with
compassion, serenity and peace.**



1. Find your sacred space in your home. Delegate a comfy sofa or lazy boy type chair as your "magic chair" for inner work and healing. Make sure there is a warm blanket for cover.
2. Tell God you will be doing your healing work and ask God to hold you in the process. Invite your angels to work with you for your healing and highest good.
3. Spritz the space with lavender or other natural scent such as vanilla or bring a plant or flower or other symbol or object to the dedicated space if you so desire.
4. Make yourself a cup of Chamomile or other soothing tea.
5. Put on very loose clothing and do some gentle stretches or yoga.
6. Go to the bathroom to pee so that is not a distraction.
7. Return to your sacred healing space. Take in the beauty of it and feel its healing energy.
8. Sit and as you drink your tea, notice yourself sitting, drinking tea. Feel the warmth of the cup and allow yourself to be with your feelings, no matter what they are. Perhaps calling to mind what is troubling you but not grasping on to it, simply being present to the feeling of it.
9. When you have allowed yourself to feel your feelings, set the tea aside, if you haven't already and lay down, covering yourself with the blanket.
10. Say to your angels and to God, "Here I am." Please do whatever healing work I need" and release yourself into their loving care.
11. Breathe deeply from your belly during this time. That is your only job. Let your mind relax and focus on your breathing.
12. Let yourself go into a deeper state, perhaps sleep or just before sleep. Trust that they are working energetically with you to release what needs to be released, filling you with love and bring you into healing balance.
13. When this work feels completed, give thanks, take time to reflect and journal and honor your experience, breathe, than go about your day/night.

(An [Inner Listening Session](#) may make this exercise easier to do.

Feel free to call if you need help.)

*When I wake up in the middle of the night or wee morning hours ;
my soul calling me into the sacred quiet ,
I am filled with gratitude and wonder.*