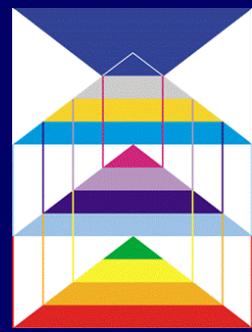


Rumblings and Ruminations Newsletter July 2007



Triune Healing—Integrating Science, Psychology and Spirituality



Last Month I invited you to share with me a moment of joy in your life.

Two people shared.

A moment of joy... too many to give you, all those moments are moments of beauty and wonder. The moment that always remains with me happened over 23 years ago when Jason was born and I first held him in my arms and I became One with Love and was love in the love that I bear for him."

Joyous, beautiful quite wondrous. The joy at the miracle of seeing my child for the first time. Lee

I am blessed with five beautiful grown-up children. All now have children of their own. On 28 August 2006, Doron was born, first child of my youngest son, David, and his dear wife, Nicole. What a thrill for the whole family! Doron is Hebrew, and translates as Gift from God. David is a wonderful uncle to all his nieces and nephews -now he was a father! As I held sweet little Doron in my arms, a tear fell from my eyes. I was holding my baby's baby. Sally

It's not that I think we need to deny our challenging experiences, indeed without them we would not expand our understandings, heal our broken hearts or even grow up. However, I wonder why we resist sharing moments that touch us, open our hearts and fill our souls with joy.

I thought that this newsletter would be full of magical sharing's of dolphin sightings, seeing snow for the first time, overcoming illness, near death experiences, mystical meditations, laughter with children or eating the first sweet tomato of the season.

I thought there wouldn't be enough room to fit in all the moments of joy that each of you would share .

I thought that for a few moments you would be transported to THAT moment when you knew, beyond a shadow of a doubt, that you don't have to *see to believe* and you couldn't wait to write it down and send it off.

I thought that this the seventh month, would bring a magic that would enable us all to rest in each others moments of joy together.

I know we all have them.

So what stops us from sharing our moments of joy with each other? Is it the sense of bearing ourselves and opening our hearts in public?

Is it that we don't truly value our moment of Joy enough to share it?

Is it that we think others may have 'better' moments of joy than us and so by comparing we stop ourselves from sharing?

Or could it be that we prefer to sit on the fence and wait for someone else to share because we just can't be bothered?

I am touched, moved and reminiscent of my own moments of joy giving birth. I feel inspired and privileged to read these wonderful stories.

Although Rumblings and Ruminations goes to over 200 people I do wonder, however, why only two people came forward to share a moment of joy.

In response to this lack of response :-) I will be including a new column in every R&R now called A Moment of Joy. See you there.

Triune Healing

Website www.sharonsnir.com

Products To purchase a copy of Sharon's latest book, *The 12 Levels of Being*, please go Sharon's website and click on The 12 Levels of Being

Services: Counselling and Psychotherapy sessions are available Tuesday, Wednesday and Thursday from 10 am to 8 PM. For appointments call: 0418249739

More About Us: Our mission

Triune Healing embodies the integration of science, psychology and spirituality. To live and work in Global harmonious cooperation, loving and open communication, and Unconditional Light-Heartedness.

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Perhaps we have so many joy-filled moments in our lives that we simply can't choose what to share!

Whatever the reason, one thing is for sure. The power of sharing a moment in time that moved, touched, delighted or thrilled us is under-rated and under-utilised.

It is not what we do in life that makes the difference. It is how we do it. Anything can become a joy filled moment if we shift our attitude to embrace it.

Like walking out on my deck every morning and picking a crisp fresh leaf of lettuce that I grew from a seedling. Now that's joy!

Or going away with my daughter last weekend to a mother /daughter retreat, and waking up in the morning to hear that my daughter had removed my glasses closed my book and tucked me into bed as I slept like a baby.

Or getting a gift this week from a friend for no apparent reason except that she loves me.

Or listening to 20 mature aged residents of a nursing home clap passionately as they listened to my sister tell them stories. The list goes on and on.

In a world where we are often bombarded with stories of struggle, sorrow and sadness and we wonder what can we do to make a difference, the answer is simple.

Share a moment of Joy.... today.

Love and Blessings

Sharon

Dates For your Diary

July 17 Meditation Evening— Join us in a United Global Meditation
click on www.firethegrid.com

All Welcome please arrive at 7.45 pm for 8 pm start -47 Sylvan Avenue,
East Lindfield, Bring a cushion and shawl for comfort.

July 22 Workshop- The 12 Levels of Being Level 1,2,3 and 4

Theosophy House -Blavatsky Lodge

Theosophy House -Blavatsky Lodge

July 28 Workshop: The 12 Levels of Being- Levels 1 -12

VENUE-27 Sylvan Ave. East Lindfield - Cost: \$240

Early Bird before June 28 \$200 incl. Postage of *The 12 Levels of Being*

August 10, 11, 12 Meditation Retreat and

The 12 Levels of Being - Levels 1, 2, 3 and 4

VENUE- **Brahma Kumaris Centre for Spiritual Learning**

186 Mt Hay Road, Leura NSW 2780

Tel: 02 4784 2500

Fax: 02 4784 2522

Email: leura@bkwsu.org

bookings

Bookings can be done online by clicking on the link www.brahmakumaris.com.au

September 15 Workshop: The 12 Levels of Being Levels 1- 12 Cost \$240

Early Bird before August 12 \$200 incl. Postage of *The 12 Levels of Being*

VENUE- The Centre, Francis St. Randwick. Contact : 0418 249 739