

# Inspiration

A guide for the mystical journey

**Spiritual Maytime**

**Flower A. Newhouse**

Meet Joy Day

**Olive, the Symbol of Peace**

Restoring an ancient grove

Spring/Summer 2004

Volume 1, Issue 2

[www.questhaven.org](http://www.questhaven.org)



# Dear Friends and Spiritual Family,

## In this issue:

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**Spiritual Maytime** ..... 4

**Humility** ..... 7

**Meet Joy Day** ..... 8

**Labyrinth-Walking a Sacred Path** ..... 10

**Center for Holistic Growth** ..... 11

**Olive, the Symbol of Peace,  
Grows Here** ..... 12

**Ministry Moments** ..... 13

**2004 Spring/Summer Program** ..... 14

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*Coverphoto: blue and white ceanothus  
(California lilac) blooms at Questhaven in March  
and April.*

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Into the summer season, we take the glorious resurrection experience that Easter brings.

This year, the movie *The Passion of Christ* brought more discussion to the events of this experience than we have had in a long time. Movies like this can serve a wonderful purpose of bringing greater awareness of Christ into humanity's consciousness. While our emphasis differs slightly, how wonderful to have such a movie reach so many: a movie which conveys that no ordinary man could endure such suffering. It helps bring greater awareness about a soul who came to earth as a master and through great devotion for God and selfless sacrifice transformed the world. He is our Lord! And it is His vibrant living presence activated within us that continues to awaken us to the Divine Truth before us.

How marvelous it would be to produce a movie that would bring through the esoteric teachings that Flower has given us. So often she reminded us that while Jesus was greatly tortured and beaten, He showed no weakness of Spirit. Jesus never blamed God or questioned His impending death. It was through His great strength all the way to His physical end that He was given such power. It is therefore the *resurrection* of our Lord

that we should focus upon for it is in this experience that the great transformation of world consciousness took place. Through His death, Jesus sacrificed His soul along with His physical body. These energies burst forth in cleansing particles of pure Light throughout the world. Those satanic forces that sought His defeat were conquered and through the Christ Spirit eventually redeemed.

He took the office of Christhood as He became our Lord. We were given the Holy Spirit to awaken us to God and the Spirit of Grace to give us mercy — all because of one glorious life lived completely for God.

From the very beginning, this ministry has been dedicated to the Way of our Lord Christ. This continues to be our challenge now. Each of us has a responsibility and role to play in this, for Christ is relying on us to be that conduit with which He can reach the realms of this earth and to resurrect us in His spirit. The more diligently we work to better ourselves and raise our consciousness Godward, the more purely will we be able to be His instruments. By means of this journey, we are bringing through the Way of the Christ.

But we must train ourselves and use the precious time we have here on earth. This ministry is one such training ground. We are a place to discover God more completely, and in drawing closer to God, we begin to unveil our soul's higher reality.

On a personal note, my wife Danielle and I had a wonderful opportunity in the last three months — we both attended the Holy Quest courses I & II. It was a time for us to rededicate and refresh our journey with God. This also gave us an opportunity for fellowship with others who wanted to deepen their relationship with the Divine and to discover Inner Truths. What an experience it was!

Each of us must feed our soul, take time to walk the trails, meditate daily, and find ways to experience the reason and training for which God brought us to earth. As we go into the summer months, let us take as our keynote these words from the Great Ones:

*In the spring it is fitting to await blossoming and to enjoy the unfoldments and unfurlments of color. Look well to your own springtime of Eternal Consciousness. Observe more clearly and appreciatively every awakening bud of your own God-natures.*

*Wellsprings of the Holy Quest*

God's blessings to each of you in life's greatest adventure,

*Rev. Blake Isaac*

*God's healing and strengthening powers are released in  
Spiritual Maytime*

**By Rev. Flower A. Newhouse**

(Originally printed in the Second Quarter, 1950 Inspiration Magazine)

For six months of our calendar year we are bombarded by powers that especially affect and energize the spirit in man. From the first of November to the first of May the accent is on spiritual growth, on becoming, on striving, on attainment of certain virtues. But with the Maytime vernal festival an entirely different set of experiences begins wherein the accent is not on becoming but on *being*.

We have been intended to reach a certain level of powers, virtues, resolutions, and disciplines that are now to be maintained. Each springtime a new, relaxed state in which we find ourselves makes us more receptive to the glorious overtones of the mysteries of life coursing into our planet's atmosphere.

Our touch—spiritual touch—linked with great Graduates of the school of earth, now comes into contact with a new set of spiritual sponsors who are primarily interested in the *form side of existence*. We sense no abrupt change, but as the season advances we become cognizant of the fact that Nature has its own inner doors and temples, its own great shining temples of instruction in order that the miracle of growth may be performed another season. God grant that this Maytime our vision will be clear and pure enough to see the magic that works everywhere in Nature! Great Nature intelligences concentrate on even a single blade of grass reflecting the eternal life of God. We also receive renewal in the same way that trees, flowers, or a blade of grass receive it from the eternal Source of Life.

**Nature's Mystery School**

The mystery school of Nature is an excellent place to begin our instruction. A true nature tryst is a suggested practice for alignment with our own indwelling God-provided intelligence. A walk just before dawn, while the earth is still in darkness, or at sunset, or when the landscape is drenched in moonlight, is an excellent time to attune to our love for God. Concentrate then upon a stronger telepathic alignment with the Lord Christ. Be at full attention to all the glorious

stimulating activities that stir silently within and about you, that bless and purify the very air you breathe. Suddenly you will see life as it is intended to be seen: a flower or a tree, beheld in all its flame-like inner beauty, will reveal that we receive God through more than one channel, not only through a certain book, philosophy, or hymn. When we include and receive God through Nature we shall be a thousand times more loving and God-consecrated, for the Divine in Nature has entered our own being.



### Nature Shrines

Joy is the keynote of the Causal World’s eternal springtime, sounded forth in our earth’s Maytime.

*Rev. Flower A. Newhouse,  
founder of  
Questhaven Retreat, in 1979.*

The beauty of that joy expresses outwardly in new growth in all Nature. The whole atmosphere is activated by its life-giving radiations. Realizing this, we approach every walk with the true dedication that we give to our prayers. Then some moment when our eyes are no longer beholden we shall see a shining Nature Temple. All Nature devas’ temples are patterned after jewels. Some are emerald-like, turquoise, or sapphire; others have the beautiful fires of topaz. In these shining, jewel-like emanations and forms are powers wielded by Nature beings that we know nothing about because we are from another line of evolution—*human* beings. In the Nature world, guided by the intelligences in these wondrous shrines, these colorful ones (the Nature beings from the most minute forms to the greatest in power) know well how to approach these temples.

God has made vibrant, living, growing forms that we call *Nature*, and mantled them with intelligences that are like souls to them. It is these shining, glowing presences that can companion us on our walks and teach us of inner realities. In our walks before dawn, let us remember how much the Bible mentions the rising sun: that it is the “chariot of light” once more come to the world; that with the sun’s rising our own spiritual powers are rekindled, for from the East come radiant currents of hope. How many of us receive the full volume of the sun’s emanations and radiations not only physically but spiritually as well? The full-orbed sun is meant to bless and purify auras as well as the physical body. Deep appreciation and reverence tunes us in to Nature’s potent broadcasts, morning, noon and night.

## Festivals

The month of May has several great festivals. We observe the first one, May Day, as a spiritual holiday. Then on the full moon of May we celebrate the Wesak Festival, which commemorates the birthday of the beloved Gautama Buddha. From Shamballa this Great One broadcasts His blessing to the world. His archetypal thought-form of blessing, golden in color, is dispensed throughout the entire planet.

The second Sunday in May is Mother's Day—devoted to honoring all womanhood. Were we to concentrate deeply upon the mysteries of generation which woman enfolds we would understand more of the meaning and purpose of life, for both man *and* woman are twin projections from Spirit. Mankind has long been taught to venerate highly evolved women in both physical and superphysical forms. In nearly every major religion a woman has been respected as its Holy Mother. For example, Isis is revered by Egyptians, Kwan Yin by the Chinese, Juno by the Romans, Demeter by the Greeks, and Mary by the Christians.

Then comes Memorial Day, the last of the month. At this time we honor not only our own graduated ones but also those “spirits of just men made perfect” who encourage us in our onward going.

With the beginning of the glorious vernal festival season let its work be brought forth in us. May its spirit of beauty make us glad every day that we live for all the opportunities that Nature has given us.

Once we realize these blessings we will never be sad, morose or troubled again. For as Nature bombards our heavens with symphonies of transcendent color, beauty and power to which other intelligences respond, then all the more should we be open to receive with full knowledge the mysteries enfolded in the great fields of Nature.

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# Humility

Rev. Alex Evanoff

Perhaps the most belittled quality in our modern lives is humility. We like its opposite, the very word “pride.” We like to be proud of ourselves, of our achievements, our wives, our cars, our houses. We’re proud of our ascendancy over others: our power over others. We often think of pride as strength, and humility as weakness. We think of pride as something to be attained, and humility as something to be lost. Christ himself counseled the very opposite. He counseled humility, not pride and not ego. He counseled “losing” ourselves, “He who would find himself must lose himself.”

It is selflessness that the Christ counsels. It is ego and pride that Christ would have us lose and get rid of. Selflessness in large part demands the loss or diminishment of personality. For the most part, personality can be a mask we create during our lives, to achieve selfish goals for ourselves.

In the phrase “He who would find himself must lose himself,” Christ suggests that we have a “real self,” beneath our outer self; *i.e.*, our personality self, and that it is this “real self” that we must strive to find inwardly. We need to find that “real self,” and live and express ourselves through that deeper self.

If you’ve never sensed true humility, think of any time in your life when you’ve been calmed and awed by the peaceful splendor of a starry night, by the silent beauty of a forest or a mountain where nothing seemed to exist but you and God. Humility is rather like that: a sensing of the grandeur and immensity of life, of humanity, of the creatures and the heavens and God Himself— the Creator of them all.

In humility we seek nothing selfishly, we sense the unity of all things and of all life. And, we see Him in every person we meet, from a baby to a gray, old, trembling, shaky and fragile senior. Let’s think better of humility. Humility is to be sought, and pride and ego are to be lost.

“He who would find himself must lose himself,” said the Christ our Lord.

# *Meet Joy Day*

Rev. Susan Cary

Joy! That is the expression this spirited follower of the Christ Way communicates as she greets you. She was originally named Esther, after her mother, but when Flower Newhouse revealed her inner name as “Joy of the Morning,” she adopted that name.

Growing up in a conservative Methodist home, Joy was unaware of any esoteric Christian teachings in her girlhood. However, she was exposed to the beauties and wonders of music in those early years. Her father operated a music store and extended this interest by seeing that Joy received piano lessons. After experiencing her first symphony concert when in fifth grade, she fell in love with the harp.

She was her father’s favorite of five daughters and he willingly honored her new passion by giving her a small Irish harp. The problem of finding a teacher was solved when the family discovered a harp instructor at a Catholic academy. An even greater thrill came when her father presented her with a full-sized golden harp at age 16. This she kept through most of her life, using it to accompany Flower’s services.

After her marriage to Vernon Day and the birth of their two older daughters, Joy contacted the esoteric teachings of the Rosicrucians. These opened her consciousness to Higher Realities but provided no guidance for higher Christ living. How could she apply her new knowledge to daily life?

She clearly remembers that long-ago day when she stood at her kitchen window saying, “I’m ready to go all the way now.”

Shortly thereafter, the way opened to offer the gift of her music to the service of Christ. Her sister Alice informed her of a spiritual teacher, Flower A. Newhouse, who spoke words of inspiration to audiences in the out-of-doors. Her teaching included metaphysical, esoteric and mystical truths. Joy felt an immediate response to Flower's name. Here was a teacher who not only knew and taught, but also lived the Christ-given life.

Joy soon found herself playing prelude and background music for Flower's lectures and classes. When first meeting Flower she was awestruck and tongue-tied with the power of Presence shining through this angelic teacher.

After Flower and Lawrence purchased and began developing Questhaven Retreat as a spiritual center dedicated to Christ, a number of their faithful followers from Oregon relocated to San Diego County to help pioneer this effort. Joy and Vernon Day were among them. In time they anchored their commitment by building a home on the retreat grounds where they could serve more immediately.

Throughout her long life, Joy has been a joyful disciple of Christ. Her service at Questhaven has included not only the years of playing her harp for services, but also serving as choir director, helping in the office, overseeing the prayer ministry, teaching classes and giving Sunday talks, writing articles for the original Inspiration magazine, assisting Flower with meals and transportation and attending to the care and watering of the grounds. Now at the age of 95, she continues to welcome visitors to her home, providing them with firsthand accounts of Flower and Questhaven's beginnings and the ever-unfolding adventure of this Christ work.

# Labyrinth— Walking a Sacred Path

By Lucy Wold

One day soon you will be able to journey to your deepest self—to that which is within—by walking a labyrinth on the consecrated grounds of Questhaven Retreat. Different from a maze which contains dead ends and is a puzzle to be solved, a labyrinth has only one way in and out and is a tool of transformation connecting us with our Higher Selves and with God. It is often called a metaphor for life’s journey.

More than 4,000 years old, this archetypal symbol is based on the circle, which represents unity and wholeness, and has been a part of every major religious tradition. Although the origin of the labyrinth is unknown it has been linked with the teachings of the ancient mystery schools of Egypt and its sacred geometry has been attributed to Pythagoras. During the Crusades, the labyrinth, called “Le Chemin de Jerusalem” (the Road to Jerusalem), symbolized a pilgrimage to the Holy Land so the faithful could be united in Spirit with the Crusaders. There are two basic labyrinth designs—the seven circuit which is often called the Cretan Labyrinth and the eleven circuit which may be found in the floor of Chartres Cathedral, southwest of Paris, France. The Chartres Labyrinth is thought to have been built between 1194 and 1220 A.D.

Our labyrinth will be created on sacred ground next to the Academy near the site where Questhaven’s founders, Reverends Flower and Lawrence Newhouse, made their home for many years. We envision our labyrinth as a welcoming place which invites you to enter its circle for reflection, meditation, prayer and comfort. It may be walked alone or with a group. When it is walked with others it reminds us that we are all on the path together, each in our own unique way. Many have found that if you walk the labyrinth with the full dedication of a pilgrim, you will not be the same afterwards. You may be seeking healing, looking for an answer to a question, longing for balance in your life, wanting to connect with the earth, wishing to hear the still small voice within or simply enjoying the experience. Whatever your intention, walk reverently and mindfully with an open heart and let your journey through the labyrinth uplift you.

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# The Center for Holistic Growth

By Revs. Heinz and Susan Wattenhoffer

*(Note: Heinz and Susan are Questhaven ministers who share Flower's teachings at their center in Switzerland. This article is continued from the previous issue.)*

Susan and I had the privilege of going to lunch with Flower A. Newhouse on our visits to Questhaven. She spent time counseling us, which helped us tremendously to deepen our path to the living Christ. We had been on the path before, but Flower encouraged us to go full-heartedly and include the Christ more and more in our work with clients and groups. This was not easy for us and required quite a lot of courage. But Flower helped us with deeply inspiring and encouraging words, and much more with her whole being, with her soul. Her unique way of speaking of "our beloved Lord," the tone of her voice, the shining of her eyes, of her face, the energy that was so strong and gentle when she was speaking about our Lord, all this opened our hearts for the Christ, or rather, it gave the love and reverence that was locked up in our hearts permission and courage to come out.

Our critical minds were not sure: How will our clients and the group participants react when we speak about Christ instead of psychology? What will they think about us? Will they leave, being afraid we have become the victims of a dogmatic religious sect? But all these worries were soon calmed by a feeling of trust that carried and surrounded us, like a warm hand giving comfort and security. An inner voice said: Have faith and everything will be fine.



The Wattenhofer's center in Switzerland, "Bädli"

# Olive, the Symbol of Peace, Grows Here

by Evelyn Alemanni

Before the turn of the 20<sup>th</sup> century, long before Flower and Lawrence Newhouse discovered the property that would become Questhaven Retreat, German settlers in the small colony of Olivenhain were busy planting olive groves on what would be Questhaven's grounds. *Olivenhain* is the German word for olive grove.

When Flower and Lawrence first viewed the property in 1940, the olive trees reminded Flower of her past life in Palestine, where olive oil was used for food, medicine, soaps, cosmetics, church rituals, unguents, lighting, and lubricants. Its wood was carved into bowls, tools, and furniture.

Olives were also a popular plant in ancient Greece, where Flower experienced a lifetime as a student of Pythagoras (see *Songs from the House of Pilgrimage*). There, olive branches were woven into garlands worn by victorious Olympic athletes. In some parts of the world, people hang an olive branch above their front doors as a symbol of peace.

Olive trees are considered infants until their hundredth year. The fact that olive trees thrive and survive despite adversity is well demonstrated by the grove at Questhaven. The trees are watered only by rain provided by God, sometimes as little as three inches in a year. By 1995, they had created an exquisite tree canopy, and standing under it was like being in a medieval cathedral with a vaulted ceiling. In 1996, the entire grove burned to the ground. But today, those trees have grown back as bushy shrubs. From hilltops, you can see the planting scheme that the German settlers first implemented.

Now it's time for us to give those dear, mature olives a little loving care. You can adopt one or more olive trees, and trim the side shoots, allowing the main trunk to develop so that the trees can regain their original structure and focus their energy into growing taller rather than bushier. Hundreds of olives trees, symbols of peace, deserve your tender care on Questhaven's grounds. If you'd like to participate in this program, please check with the office.



One of Questhaven's olive groves.

# **Ministry Moments**

By Rev. Blake Isaac

**SONGS OF DELIVERANCE REPRINT:** The reprinting of this treasure written by Flower A. Newhouse has a new look. A painting created by Jonathan Wiltshire specifically for this book now graces its cover. Make sure everyone you know has a copy of this beloved book, which Flower would often recommend as an introduction to her works.

**HOLY QUEST I & II:** More than 25 people participated in these courses this past quarter. Make sure to look in the current calendar for upcoming opportunities. Course III will be a brand new offering.

**LABYRINTH:** Thanks to the patience of Lucy Wold, a permanent labyrinth is being created on the retreat grounds. Work has begun near its original location by the Academy building. Please see the article in this issue for more details.

**OPEN HOUSE:** The ministry held an open house on April 24 in conjunction with the Elfin Forest Garden Festival. It was a time for the community at large to have an opportunity to visit our grounds and enjoy this beautiful treasure of nature that we so appreciate. It gave us an opportunity to meet new people and introduce them to the way that we experience God through nature.

**OLIVE TREE PROJECT:** Families and individuals have begun adopting their olive trees thanks to Trent Coleman. Please refer to the current article for more information on how you can get involved.

**ROAD CLOSURE:** Questhaven Road will soon be closed south of our entrance. We have been busy building two turnarounds and electric gates that will enclose the dirt road that runs through our property. The vacated road will be used as an equestrian and hiking trail for all who wish to enjoy these peaceful surroundings.

**TREES PLANTED:** Forty-two holiday trees were planted this past quarter; twenty-three more were transplanted. This great task was completed by Gordon Bleth with the assistance of Bret Burke and Evelyn Alemanni. A newly purchased auger for our tractor was also a big help.

# 2004 Spring/Summer Program

Sunday Services begin at 10:45 a.m.

## MAY

- |        |  |                     |
|--------|--|---------------------|
| May 2  | More Lessons from the Garden Angels                                  | Evelyn Alemanni     |
| May 9  | Mothers in Deed, Mothers in Truth                                    | Gwen Hulbert        |
| May 16 | Expand Your Consciousness to Know God                                | Rev. Blake Isaac    |
| May 23 | Metamorphosis—The Process of Changing<br>Oneself into a Higher State | Felice Reynolds     |
| May 30 | Life, Death and Immortality  | Rev. Elizabeth Wood |

## JUNE

- |         |   |                         |
|---------|---|-------------------------|
| June 6  | Ancient Steps—Biblical Stories Foretelling<br>Our Transformation                | Rev. Jonathan Wiltshire |
| June 13 | Blessing and Healing Through Sound  | Dr. Richard & Lucy Wold |
| June 20 | The Solstice: Celebrating the Gift of our<br>Sun and Its Spiritual Significance | Rev. Susan Cary         |
| June 27 | Opening the Gateway to Our Souls  | Rev. Blake Isaac        |

## JULY

- |         |  |                         |
|---------|--|-------------------------|
| July 4  | One Nation Under God                               | Rev. Elizabeth Wood     |
| July 11 | The Way of Choice—Exploring the<br>Mystery of Evil | Rev. Jonathan Wiltshire |
| July 18 | Ascend to Alpine Glory                             | Jean Michalewicz        |
| July 25 | The Holiness of Silence                            | Rev. Phyllis Isaac      |



## Ongoing Activities

**The Way Within** meditation class will be continuing the first and third Wednesday of each month at noon in the Academy, led by Rev. Phyllis Isaac. We invite all those interested to join us.

**Meditations** on Wednesday evenings in Chapelito at 7:30 p.m. Everyone is welcome to join in this time of reverent attunement that is led by Jean Michalewicz.

**Pranic Healing Clinics:** The first Sunday of each month from 12:30 p.m. to 2:30 p.m. Led by Mary Clark, Ph.D., in the Academy Building.

**Servers in Action:** Second Saturday of the month at 9 a.m.

## Study Groups

Classes studying The Christward Ministry teachings:

**Monday:** (every) at 10:30 a.m. to 12.30 p.m. Vista

**Monday:** (2<sup>nd</sup> and 4<sup>th</sup>) at 7:30 p.m. Oceanside

**Tuesday:** (2<sup>nd</sup> and 4<sup>th</sup>) at 7:30 p.m. San Marcos

**Thursday:** (1<sup>st</sup> and 3<sup>rd</sup>) at 1:30 p.m. Questhaven—Academy Building

Please call the office for further information.

## Special Programs

**The Holy Quest III - May 14-16** This series will include meditation and prayer, the Inner Worlds, Masters, and Angels of nature.

**The Holy Quest I** October 15-17

**The Holy Quest II** November 12-14

Brochures are available for those interested in these weekend retreat courses of study. Call the office for reservations or further information on this spiritually expanding and transforming experience. 760-744-1500 or visit our website: <http://www.questhaven.org>.

### Children's Camp-July 9th through 11th

Questhaven's weekend summer camp offers a unique opportunity for spiritually based fellowship and bonding in nature on these holy grounds. We will explore a more conscious relationship with Christ as Wayshower and our responsibilities as Light wielders through such activities as prayer, meditation, hiking, games, swimming and discussion groups.

Please call the office to RSVP or for more information on our camp experience.

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## Special Announcements

**Women's Blessing by the Elders** will be held on **Saturday, May 8th** at Friendship House in the spirit of the women's workshop given by Dr. Deva Beck two years ago. Blessings upon individuals are found throughout the Bible, and are a tradition in many cultures. The purpose of this event is to pass along the influence of the wise and strong elder women of our Spiritual Family, to the younger women of our group.

The Spirit of Grace and Mercy is a supreme example of the continual blessing by the feminine side of the Hierarchy upon humanity. Khalil Gibran wrote: *Women opened the windows of my eyes and the doors of my spirit.* Our own Questhaven women have a richness of spirit and wisdom, which benefits those willing to be blessed.

This will be a simple ceremony, designed to pass a Spiritual blessing down through the generations of our congregation. This event, followed by a ladies' tea, will be hosted by Dr. Rebecca Wright-Nixon.

Please contact the office at 760-744-1500 to register.

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