

# Inspiration

A guide for the mystical journey

Christmas  
Retreat

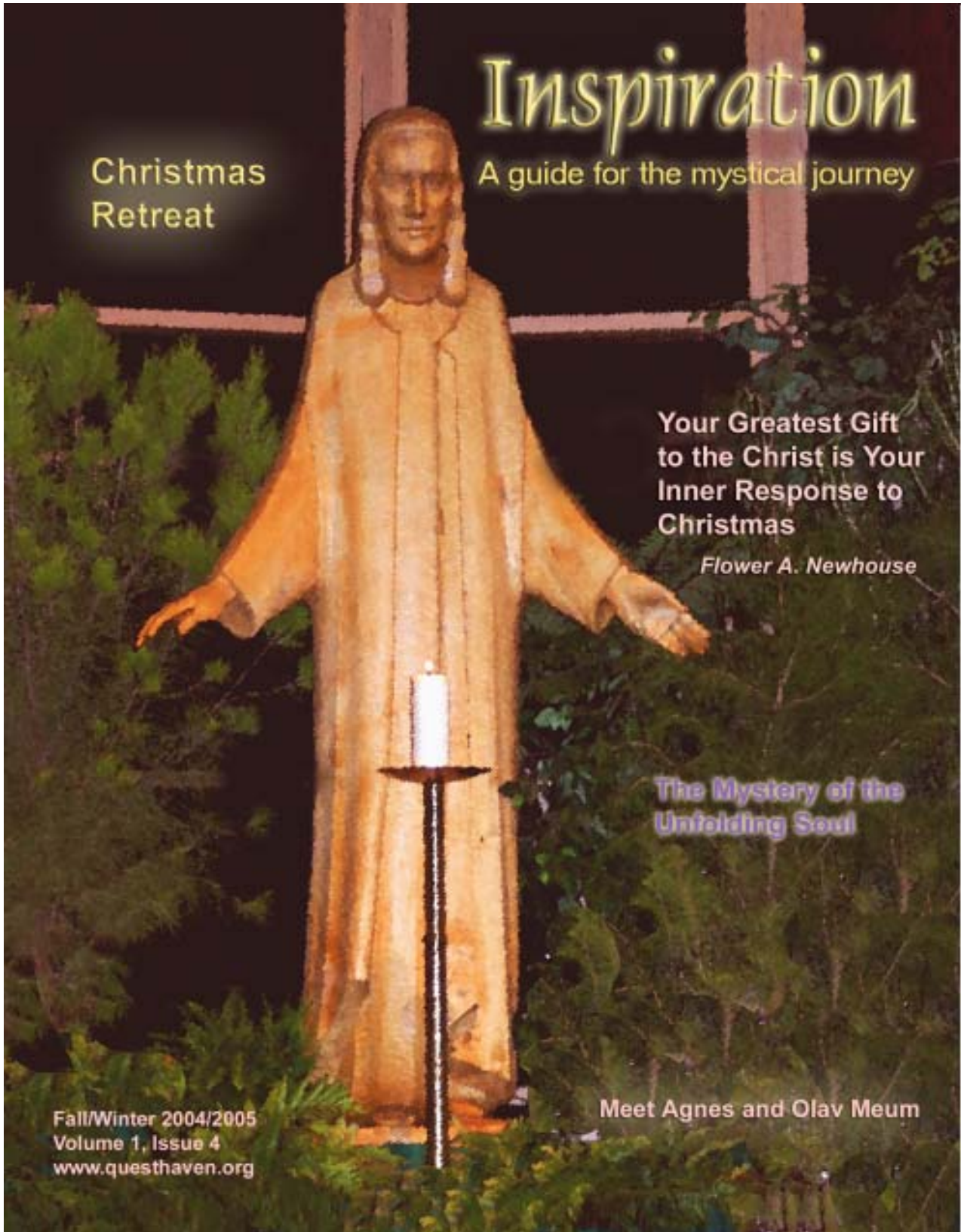
Your Greatest Gift  
to the Christ is Your  
Inner Response to  
Christmas

*Flower A. Newhouse*

The Mystery of the  
Unfolding Soul

Meet Agnes and Olav Meum

Fall/Winter 2004/2005  
Volume 1, Issue 4  
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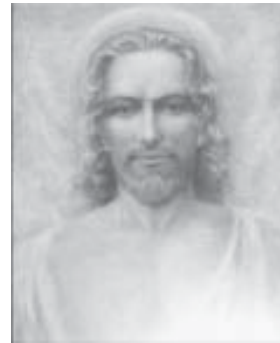
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you have articles, poems, or photos for future  
issues, email them to [office@questhaven.org](mailto:office@questhaven.org).



**Dear Friends  
and Spiritual Family,**

As we enter the holy season of Thanksgiving and Christmas, there is an acceleration of activities and busyness on the outer that crowds our schedules. To keep our lives in perspective, it is vital to take time to be still and tune into the inner worlds for what is taking place in the gathering of power and energy from the Lord Christ. This is where our strength will come.

The Masters gave us three points needed to bring us to stillness and peace: *poised understanding, patient reception, and relaxed conduct.* Repeating these words when we start to become stressed or as meditation keynotes brings an immediate centering and peace.

The more we can keep ourselves in a peaceful state, the more we can contribute to the peace of the world that is so needed.

One of the greatest ways we can serve the Christ Cause here on earth is to be outposts of peace. We have the opportunity to help ground the Light of the Christ Spirit and increase Its influence when we can control our own lower nature and exemplify peace and love to others. May this Christmas bring each one of us closer to our goal of centeredness and peace for all the world. As the Christ draws near let us feel His Presence in our lives.

In the Pythagorean system of numerology, the year 2005 is a “seven” year; this number has as its keynote the quality of *spirituality*. Therefore, in this upcoming year, it is time for us to live our own spirituality to the fullest. How exciting it will be to see what develops and how God’s plan unfolds!

*God has placed no ceiling on the day.  
No gate barring entrance to the Way.  
Or barrier to the progress we can make.  
Or limit to the good we undertake.*

*One can reach as high as the soul can soar;  
And see Eternity’s distant shining shore—  
When, daily, we are self-emptied and stilled;  
Pure of heart, Christ-given and God-filled.  
—Stephen Isaac*

We wish you a glorious Christ-filled Christmas and joyous New Year to come!

Lovingly in Christ,

*Stephen and Phyllis Isaac*

## *Your Greatest Gift to the Christ is Your Inner Response to Christmas*

**By Rev. Flower A. Newhouse**

*(Reprinted from Inspiration Magazine December 1944)*

The advent of Christmas is an occasion for thoughtful consideration upon its meaning to us. Metaphysically we celebrate the birth of Christ in our own hearts. It is the season when we reflect upon the Lord Christ—what we feel toward Him and how closely we have come to accept Him as the pattern and criterion of this wave of humanity.

Amid the sacred services, the festivities, and the merriment of the holiday, we should make an opportunity to go apart and offer Him the gift of our own selves. When we dedicate ourselves to Him, I believe He smiles upon us in happiness as He says, “Then, do this in remembrance of Me,” and points to His cause and to our goal of Christhood that we likewise must achieve.

His cause is one of:

- Universal brotherhood
- Peace among men
- Spiritual enlightenment
- Realization of universal Christship

Nothing could bring the Christ greater joy than to have us patiently and faithfully prove within ourselves the Light which He showed us. The Christ consciousness is a composite made up of our endeavors to:

- Realize unity with God
- Attain the Christ Wisdom
- Feel the Christ Love
- Wield the Christ Faith
- Speak the Christ Word of Perfection
- Express the Christ Attitude.

The Christ is the officiant of the Christ spirit throughout the world. This is the spirit that receives our pledges, that protects, unifies, and purifies us. The Christ spirit is ever present, every moment of every day. Let us serve in the work of this vast Presence, knowing that every victory over our negative selves adds strength to the work and glory of Christ.

On this day, His birthday, with all the great assemblies of men and Angels, we proffer our offerings of service and devotion to our wise counselor, our spiritual Lord, Jesus, the Christ.

This is the day of days when all the world is more sensitively aware of the living, overshadowing presence of the Christ Jesus. Because of His nearness, we are more reverent, pure, tolerant, and kind. Think of the tremendous development to which the Christed Galilean had attained that His influence is still keenly felt after 1944 years! No other Godly server has had the new age benefits such as worldwide radio and press by which His message could be spread. This is one of the heritages worthily given to the world teacher.

Hierophant of humanity, the serene Christ is ever present guiding and aiding evolving mankind. Though He is Lord of Lords, yet is He ever the teacher of the humblest seeker after truth!



*Rev. Flower A. Newhouse,  
founder of  
Questhaven Retreat,  
(photo from 1979).*



### **Prayer of Expectancy to the Angel of the New Year**

*By Gwen Hulbert*

With refreshing waters  
You rinse our faces  
With winds of spirit  
You scrub away the detritus of the past  
Stripping us of all that is unnecessary  
That we may come  
In simplicity and clarity  
To renewal in God.  
For joys and challenges this year will bring  
We thank You  
*Amen*

# ***The Mystery of the Unfolding Soul***

**By Rev. Elizabeth Wood**

We humans are a very complex creation, but all of our complexities are part of the plan for our unfoldment on the path of return to God. We were created with seven bodies and each one serves a specific purpose. Our four lower bodies—the physical, etheric, astral and mental—are the ones that require the work of purifying, lifting and refining. But it is also important to remember that there is a body above these which is pure and has never known evil. That is our soul, the Star Self, or Angel Self within us.

The soul is a definite body just as the physical body is, but it is composed of Light and lives in a world of Light. It is the purest part of us up to the beginning of the Divinity that indwells us. Though the soul is pure it is most often unawakened, especially in undedicated persons. Even though this body is larger than the four lower bodies and interpenetrates them, it is barely visible to one who is clairvoyant because it hasn't been unfolded yet – it hasn't been activated. It would appear as just a faint rim of pale light beyond the aura of the lower bodies.

Our soul has the power of direct perception, wisdom and creativity, but we aren't able to receive its help until we learn to build a bridge from our personality selves to the soul. As long as we allow our personality selves to control us we will remain uninspired. Evolution prompts us to find our souls, and this prompting stirs us to seek a spiritual path that leads to God.

To help prepare us to commune with our souls we must work to uplift and purify each of the lower bodies. We must rid ourselves of all thoughts, feelings and actions that shut us off from the Light. We need to be aware that there are two types of consciousness continually at war within us. One is the soul consciousness that tries to govern us; the other is the personality self which is undisciplined and untrained. This battle continues right up to Masterhood.

Our souls are the beginning of our immortality, being the lowest of the upper triad consisting of the soul, the Adonai and the God Spirit Indwelling. Our own God Spirit came into being because God willed us into being and made us from out of Himself. In the divine sense we are fragments of divinity. For a long period we were only complete on the level of God Himself, and in this region our God Indwelling was awake and divine. But it was not conscious on any other level or able to express itself until it had the will to send forth a ray of its own being into manifestation. God projected a ray of light willing further extensions of Himself into the plane below so He could become conscious on that level. This is the level of Adonai, the seat of spiritual will.

Then God further extended Himself beyond the realm of Adonai into the Causal World, the

world of our soul, and our characters were born. This descent of the ray of Light continues into each of the lower planes as we come into physical incarnation. This ray, or filament, of Light is a very fine ray of electricity also called the silver cord. This cord can only be severed by the Angel of Death.

It is in our soul bodies that the permanent atoms of each of our lower bodies are stored. At the end of each physical incarnation a permanent seed atom is stored from the physical, etheric, astral and mental bodies and placed behind the heart chakra of the soul body. These atoms are dormant until it is time to use them in a future body.

When our physical life is finished we drop our physical and etheric bodies and go into the astral world. Here we rest, are reunited with friends and family, we travel and spend time in the great Halls of Learning. When we are ready to move on from this realm we drop our astral bodies and go into the mental world. The mental body is eventually dropped and we go into the first plane of the causal world, which is known as Devachan or Paradise. This is as high as we can go in the inner worlds until we reach Mastery.

During our time in the causal world we have a more complete view of our entire last incarnation from the soul level instead of from the astral and mental levels which we have already gone through. We see the incidents and circumstances with which we were involved and bring them into the focus of our consciousness. Here we work to purify the dross from our former life and drop it, keeping whatever good we find. At this time the soul meets the Kindel Archangel and begins preparations for his next incarnation.

When a person desires to come back and to live a finer life, the permanent seed atoms are projected first into the mental body, then the astral, then into the etheric and finally into the physical. These seed atoms attract the essence from each of these levels.

Unfolding or developing our souls is the whole purpose of our incarnation. Each incarnation it experiences gives it greater definiteness and individuality and more awareness of the realities that exist behind what is visible to us. When we have finished our need to incarnate on earth the time will come when our souls will be the lowest vehicle we have. Our souls will then receive instruction directly from the Divine Source.

We are moving on an upward spiral and hopefully we are not the same persons we were last year, or even last month. We trust our souls have more access to us and more influence on our actions. Let us remember our souls each day and ask for their guidance. That part of divinity does exist within us just waiting for our recognition so that it might become more active in our outer lives.

Remembering these words of the Masters should inspire us to be more attuned to our souls: "There is nothing you cannot do when the Spirit Indwelling within you is allowed to give Its help."

## *Meet Agnes and Olav Meum*

Rev. Susan Cary



Growing up in widely separated parts of Norway, Agnes and Olav met at a local Saturday night dance. Olav's brother had arranged for his sweetheart to bring a girlfriend, Agnes, to join him and Olav for that event. The blind date was a match from the start. Contrary to the local custom of changing partners for each dance, Agnes and Olav spent the entire evening dancing with one another.

Their lives further intertwined as they spent time together before Olav returned to military service. Thereafter they kept in touch by mail.

After completing military duty, Olav volunteered with a Norwegian contingent for UN service in Egypt. At about the same time Agnes decided to follow a family custom of spending a

year abroad. Securing work as an au pair in the USA, she promised to return home after one year.

Although Olav had been unhappy with Agnes's decision to travel so far away, he had his own commitment to complete, a course at an agricultural school. He had already earned a college degree in math and physics. He then went to work for a company where he learned photogrammetry, a process of creating topographical maps using aerial surveys.

Agnes found living in New York City, learning the ways of another country, and enjoying her Norwegian girlfriends to be enlivening, yet she felt a mysterious inner longing that was not yet fulfilled. As her year abroad waned, she continued to feel this inner pull toward something indefinable. In the time remaining, she arranged travel to California by bus, planning to visit relatives along the way. During a stopover in Arizona, she received a job offer as a governess in California. Although it meant going back on her promise to Olav and her family to return, she felt inwardly compelled to accept the offer.

Her California experience was to fulfil her mysterious inner longing. Coming to Questhaven and meeting Flower, Agnes was completely overswept by this angel incarnate whose life reflected the incomparable Christ teachings she professed. Life opened up profound meaning for Agnes. When Flower spoke to her as a spiritual mother, prevailing on her to stay longer in California, Agnes could not resist. Flower reassured her that Olav and her family would understand.

Singing in the choir, listening to Flower's talks, taking classes at Palomar College along with working, filled her days until nearly two years had passed. Flower then gently suggested that Agnes now go back to Norway and her boyfriend. She did that, but she also purchased a return ticket to the USA.

Meanwhile, realizing his sweetheart's love for California and having an adventurous spirit himself, Olav had repeatedly attempted to obtain a visa for the USA without success. Finally he learned that if he and Agnes were married within a limited time, he could enter the States on her green card.

This was December. They married in January and were in California by mid-March. The Questhaven family welcomed them with a wedding shower and place to live. Jobs for both soon followed.

Holding fast to her inner longing, Agnes realized her spiritual quest. Together she and Olav have faithfully served Christ and Questhaven while enjoying fulfilling lives—happy family, lovely home, deep friendships and satisfying work.



### **Salute of Gratitude to the Angel of the Past Year**

*by Gwen Hulbert*

For lessons learned, for graces given  
For protection, loving compassion  
For your sternness, uprightness,  
Your all-encompassing love,  
Knowing what the year would hold.  
For helping persons to rise to their best  
In selfless courage and sacrifice  
For teaching us to once again SEE  
That God is here, permeating every moment.  
We thank You.

*Amen*

# The Center for Holistic Growth

By Revs. Heinz and Susan Wattenhoffer



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

Left: The Wattenhoffer's center in Switzerland, "Bädli".

The first words that we heard when we just arrived at Questhaven—*you will be totally changed*—became true and gradually began to work. The path to Christ had been paved in our minds and our souls must have been extremely joyful to have reached the platform of God-given destination.

Of course we did not change immediately—we already knew that life was an ongoing process and changes are a work from within. So, step by step, year after year, we climbed the stairs upwards, overcoming the many obstacles which were in the way.

We visited Questhaven twice a year for several weeks each time; Flower was the best earthly teacher we have ever known in this life. She told us how to structure our various continuous groups. After two years, the Hierarchy allowed Flower to ordain us.

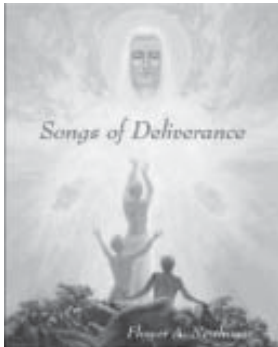
Our center is a very old, big, wooden house; in former days it had been a spa. We had the deep wish to have a chapel there. We looked for a possibility in our whole property, but there was no suitable place for it. Then, Susan had a clear impressive vision just at sunrise, when beauty surrounded her and the sunbeams expanded her. She saw a strong flash shining to a certain point under the house and she heard a voice:

*Here is the place for your chapel.*

Although engineers considered the project too dangerous and refused to conduct the work, our faith in the vision was big enough to risk it. We soon then found a courageous supervisor, who put pillars under that part of the house where the chapel room had to be excavated by hand (our house had no basement there). So five workers dug out a large room, which is now our chapel that accommodates 45 persons. We had to let divine guidance rule, and through the process we found a woodcarver in Oberammergau who made our life-sized figure of the blessing Christ.

Meanwhile, our house was fully renovated and now can host 25 persons. Many years ago, together with Athene, Flower's daughter, who held a three-day workshop in our retreat home, we devoted the whole place to the living Christ. Now retreats with services at Easter, Christmas and Michaelmas are held there, in addition to our continuous growth groups. Persons who were attached through the holistic Christ-oriented work have grown here together into community and spiritual family.

Our psychological and psycho-therapeutic work grew together with the Christ-oriented spiritual work in a special unique way. Flower confirmed the work we do and encouraged us to help those persons who had lived at the time of Christ to have a better understanding. It is now our noble task to help these people to find and deepen their love for the Christ. This is a wonderful path that lets us become true Christians. We thank Flower with all our heart; she helped us tremendously to find in work our soul's desire. God's ways are so mysterious.



### **New Edition of Songs of Deliverance is Available**

For more than a year, we have been working on creating the new edition of Songs of Deliverance. This new edition hard-cover edition has been redesigned for easy reading and includes cover art by Jonathan Wiltshire. Reserve your copy today. Price is \$14. It will be available mid-November.

## ***Christmas Retreat 2004***

Christmas Retreat will provide a special opportunity for us all to become ever more deeply aware of the spiritual purpose and currents of this holiday. This year we will gather right here at Questhaven on this holiest of nights. The retreat will begin on Christmas Eve, at the very peak of the inflowing powers of this season.

Friday night, December 24, 2004 will include an evening candlelighting service with music by the voice and bell choirs and sacred dance. It will be followed by a bit of social time in Friendship House. The Masters' pictures will be set up with lighting and moonlight walks will beckon, all as we await the grand inner procession of the Christ.

As midnight approaches, an additional evening service will be held to attune each of us to the coming of Christ Himself. It will be concluded by a special ceremony at midnight honoring our gifts to the Lord Christ.

Christmas Saturday will be a time for joyous reflection.

Sunday, December 26, 2004 will be a celebration on how we take this experience of Christ with us through the year. Bell and voice choirs will participate. The talk will be "Awaken to the Inner Side of Christmas."

We are going to have a special get-together on New Year's Eve, Friday, December 31, 2004. There will be a potluck dinner and music celebration to usher in the coming year. Come and join us in fellowship.



### **Christmas Glory**

The air is vibrant  
With celestial humming.  
Into Earth's atmosphere  
The Christ is coming.

The Holy Presence  
Blesses and uplifts  
As we humbly offer  
Our spiritual gifts.

May our souls be windows,  
Oh, Christ Divine,  
Through which Thy Love  
May ever shine.

Brighter grows the Light  
Over all the land.  
Our souls are touched  
By an Unseen Hand.

Lord, enter our hearts  
This Sacred Night  
As we bow in reverence  
Touched by Thy Light.

*By Bonnie Moss  
November 12, 1983*



## ***Ministry Moments***

By Rev. Blake Isaac

**MICHAELMAS RETREAT:** We recently held our retreat to celebrate the Angels. Our focus this year was Angels of the Nature Kingdom. A beautiful pageant and dance brought those glorious hosts to life in our church. A special thank you to Lucy Wold and Dorothe Bleth for creating this beautiful work, and to Jean Michalewicz for coordinating this retreat.

**LABYRINTH UPDATE:** The archetype for this project is drawing ever nearer. We viewed and walked several labyrinths in the area, getting fresh ideas from each one, and are now close to a final decision as to materials and size. This labyrinth will be a uniquely designed seven circuit cruciform pattern based on the sacred geometry of the labyrinth in Chartres cathedral.

**ANGELS OF NATURE DVD:** The dance presentation of the nature kingdom from Michaelmas has been filmed and soon will be released on DVD. It will be used as part of the Holy Quest series. Eventually, we will have these programs available in the office on a love offering basis.

**BUILDING UPDATE:** Progress on Blake and Danielle's residence continues. We hope to be completing the house in February. How blessed we feel to be a part of this Ministry and soon residents of these holy grounds.

**MINISTERS' RETREAT:** The ministers recently gathered to attune to the spiritual direction of the Ministry. The Masters' pictures were placed in Chapelito in honor of their first visit. With silence and meditation, we attuned to their nearness. Our focus was to read the Masters' words from the past and to listen to their inspiration for us now so that we might be guided.

**CHURCH LIGHTING:** The Ministry has recently put in new lights in the church. The altar area can now be filled with color and more brightness to enhance spiritual performances. All who came to the Michaelmas retreat services were blessed by their beauty. Thank you to Jo-el Heathcote and Andy Scales for contributing their lighting expertise and time for lighting installation.

## 2004/2005 Fall/Winter Program

Sunday Services begin at 10:45 a.m.

### NOVEMBER

November 7	<i>Harvesting Our Golden Moments</i>	Rev. Phyllis Isaac
November 14	<i>Intuition—Our Bridge to Higher Realms</i>	Rev. Blake Isaac
November 21	<i>Spiritual Community: Powerful and Purposeful</i>	Jean Michalewicz
November 28	<i>Many Visions From the Single Eye— Why Clairvoyant Insights Differ</i>	Rev. Jonathan Wiltshire

### DECEMBER

December 5	<i>The Path of Mysticism Leading to God</i>	Rev. Elizabeth Wood
December 12	<i>Christmas: A Time of Anticipation</i>	Rev. Myrna Triggs
December 19	<i>From Darkness to Light—A Luminous Season</i>	Rev. Susan Cary

### CHRISTMAS RETREAT, December 24, 25, 26

Friday, 7:30 p.m.	<i>Candlelighting Service</i>	
Saturday, Christmas Day	<i>A Time of Joyous Reflection</i>	
Sunday, 10:45 a.m.	<i>Awaken to the Inner Side of Christmas</i>	Rev. Blake Isaac

### JANUARY

January 2	<i>Putting Your Imprint on the Year</i>	Evelyn Alemanni
January 9	<i>New Horizons—Charting Our Spiritual Course</i>	Rev. Phyllis Isaac
January 16	<i>Blessing and Healing Through Light and Color</i>	Dr. Richard & Lucy Wold
January 23	<i>Conscious Immortality— The Vision of Emanuel Swedenborg</i>	Rev. Jonathan Wiltshire
January 30	<i>The Many Aspects of Consciousness</i>	Rev. Elizabeth Wood

**Ongoing Activities—All are Invited**

Please call the office for further information—760-744-1500.

**The Way Within** meditation class will continue meeting at noon in the Academy on the first and third Wednesday of each month. The emphasis is on improving our skills and group participation, and is led by Rev. Phyllis Isaac.

**Meditations** on Wednesday evenings in Chapelito at 7:30 p.m. Led by Jean Michalewicz.

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

**Servers in Action:** Second Saturday of each 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

**Special Announcements**

**Planning Meeting:** Saturday, November 6, from 9 a.m. to 1 p.m. in the Academy. You are invited to participate in the planning of programs and activities for next year. This is your opportunity to be heard—your ideas are welcome.

**Advent Class:** The holy season of Christmas will begin with an Advent Class on Wednesday, November 10 at 7:30 p.m. in the Church of the Holy Quest.

**The Holy Quest II:** November 12-14. Topics include *Seven Aspects of God, Historical Jesus and the Living Christ, The Seven Rays,* and *The Power of Thought,* presented by Rev. Phyllis Isaac, Rev. Susan Cary, Rev. Elizabeth Wood, and Rev. Jonathan Wiltshire.

**The Holy Quest III:** January 21-23. Topics include *Meditation and Prayer, Inner Worlds and Inner Perception, The Masters,* and *Angels of Nature,* presented by Rev. Elizabeth Wood, Rev. Susan Cary, Rev. Phyllis Isaac, and Rev. Jonathan Wiltshire.

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

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