

Welcome to The Florida Chapter ADL Shinning Your Light Project

23 Jan

Nine Months – 90 Minutes - Once a Month Collaboration On:

Self-Love – Love of Family/Friends - Love of Community - Love of Country - Love of Planet –

Love of Galaxy

Concerns regarding mass consciousness?

Collective Greatest Degree of Love?

Our vision for the optimal version?

Our gifts and how they serve?

How the ADL can and has served your vision?

What challenges you see in meeting this vision?

Action plan of services

For the first six months, we go through each topic in a way that allows everyone to connect with where they are within themselves, as well as the collective group. For the final three months, we create our Action Platform for the community; how we are actively moving our light through the ADL into the community.

Our three main goals in this nine-month program:

- Connect with fellow ADL family
- Connect with our Collective Greatest Degree of Love
- Create ripples of light through our service as a collective with the ADL

This can be done in a number of ways; I see many avenues. It just all depends on the group that comes together. We are looking for leaders who want to lead, for ministers who want to hold space in the quiet of their own sanctuary, and everything in between. All are incredibly important in the ascension. Everyone has a role. And what I saw from our circle at the Florida conference, is we already have the community of deeply connected souls. We just need to harness the energy through connection and more unity, so we can all ride this wave together!

It's a commitment, but one I feel can have a great impact. I hope you Join us for an ADL Journey of development for shining our light.

We ADL ministers, have all had a calling, speaking from deep within us, to share our divine selves with the world. I would like our time together to be centered around our connection to divine source/God. As we go through the next few months together, I invite you to connect to your source energy and dive deeply into the question of **why you were called to be a minister? How does God speak through you? What is your relationship to God? Can you see God in all things/people?** Answers to these questions can help provide answers that bring us to a collective understanding of how we can shine our light into the world!

We invite you to take few moments and answer any of the questions above that are in bold, in the comment section.

Rev Lindsay

3/15/2020 12:39 PM

Session #3 of Shining Our Light coming up on Tuesday, March 17th, and the timing couldn't be more in Divine Order. Our focus for this session is on The Greatest Degree of Love in Community. I write this from my dining room realizing that I am already feeling "cabin fever" on the second day of self-imposed social distancing. I've decided to stay home and out of the public sphere as much as possible after reading many, many articles by doctors, hospitals, public health experts, etc. and Atlantic Magazine's article titled, "Cancel Everything." This is not only for my benefit but for the Highest Good of All. While I'm healthy and at low risk despite my age, coming into contact with the Covid-19 virus could put others at risk - my husband and my community. I will also vote wearing a mask on Tuesday, again, protecting myself and others. The Palm Beach Post reported that 500+ older volunteer poll workers called to cancel bringing the election process into some chaos and confusion. It has been disturbing to see people at stores buying unconscionable quantities of items that are currently in short supply. People ignoring the requested limitations are serving only self with little thought for the Greater Good of Community. Whether based on fear, or greed, there appears to be no thought for others needs. Many FB posts I've read today from friends and fellow ministers are challenging everyone to go to their hearts and consider the wellbeing of all. If one person in our Community is injured, we are all injured. If one suffers, we all suffer. I

have a Medicine Buddha statue in my garden that I see outside my kitchen window and each time I notice it I think of one word - the word that Buddha invokes for me - Compassion. Without posting the entire prayer here, I ask all to remember: May I be Happy - May You be Happy - May ALL Beings be Happy. I wish everyone wellness and peace. Live Compassion and BE IN PEACE.

Reply

Tiya

3/17/2020 05:52 AM

Yes, Beautiful!!

Julia Caira

3/17/2020 05:43 AM

Namaste 🙏💡💖

Sheri Springer

2/6/2020 05:36 AM

During the past few years, I literally worked on my connection to spirit, to my soul and that Creator connection. When I say worked on I'm referring to bringing this connection into my conscious awareness as much as possible. Paying attention to the intuitive nudges, pushes and shoves. This shift in perspective, intuition guiding the analytical thinking is opening new worlds for me- including my move to Leesburg. And I'm seeing my world from a higher, larger view. The state of the mass consciousness is becoming my focus in prayer and intention for change. And it's all about love. When we learn to love all of life existing on Mother Earth we will create the change so many of us desire. And since ADL is all about love to the highest degree we as an organization can seriously impact this shift in consciousness. If each one of us - ADL ministers - choose to shine our lights to shift the mass consciousness, "what a wonderful world it can be". We have the power of Creator within us. So we reach out in whatever ways we can come up with touching one heart at a time.

Reply

Rev. Tiya

2/12/2020 05:13 AM

YAY!!! So much said here Sherri, Yes! We can connect and create in ways we have never been taught. We are divine beings with so much more influence then we think we have. If you have a meditation or prayer for our collective/mother earth you are aligned with please share it with us!! I love to get more into how we are all connecting with mother earth through her ascension? Please go to Blog post "mother earth ascension" for more group discussion!! Thank You, Sherri, for this great topic!!

Tiya

1/23/2020 05:26 AM

Concerns regarding mass consciousness? My biggest concerns are peoples lack of awareness, the busy crisis and the mental health of our youth Collective Greatest

Degree of Love? in my optimal version for the collective, our greatest degree of Love is Unity Our vision for the optimal version of the world? I see a world where we connect intuitively with each other. One where all basic human needs are met and we all know who we are and why we are here. A place where we put mother earth above any human desire, where we feel mother earth and all her creation as part of us. Our gifts and how they serve? I feel my gifts are holding space and listing. I serve through hosting events, workshops, retreats, meditation, and Being. How the ADL can and has served you? The ADL has offered me a platform to share my gifts. One way I feel the ADL can serve with future goals by having a committee geared towards ministries in Florida Project. There is a lot of opportunity in that. What challenges do you see in meeting this vision? Well as far as my optimal vision for the collective, it could take a while. It will be baby steps. It may take a bit of funding and a very big mas shift.

Reply

Rev Lindsay

1/29/2020 04:19 PM

Blessings Tiya. Your vision is so inspiring, especially to an older minister like myself. The concept of putting Mother Earth above our human desires is an ancient challenge. A reading of the Christian principles of "The Seven Deadly Sins" informs us that this is not a new battle. Greed and Gluttony, to name just two, have played into the abuse of our precious Planet. The simple principles of the Alliance of Divine Love have provided for me a foundational operating system for balancing my ideals and my very human living. The ONE question we are taught in ADL that is critical is, "Is this for THE HIGHEST GOOD OF ALL?" (Important to remember that ALL includes self.) If I ask and answer truthfully, the path is clear. If more people could ASK THIS, then I believe we could approach your UNITY state. If we ALL ask the same question, and live in the truth of the answer, then we will serve ourselves, each other, our communities and our Planet with LOVE.

Month -1 / Self- Love

18 Jan

Self- Love is the foundation to service. It was so amazing connecting with all of you. We answered some great questions. However, If you feel called to answer more questions or get deeper into what you were sharing, this is the place. We can connect as often as you feel called!! We want to know more, share more and shine brighter!! We want to use this platform to chat about what comes up over the month. How self Love is working in our lives and how we shine it into the world!!

Greatest Degree of Self-Love

Week 1

Self-Love is the first step in discussing service. If you're not giving Love to yourself, you cannot give it to others. Self-Love is such a powerful topic. It touches on worthiness and judgment; how we engage with ourselves based on our traumas, fears and wisdom. Our capacity to love ourselves reflects on our true capacity to serve others. It all starts with YOU. Some people have a very easy time with this, and others struggle to have a love relationship with themselves. My favorite quote around this topic is, "Love Yourself, find yourself in Love". We can truly fall in Love with ourselves in the way that God Loves us, and then we are living our optimal vision of self-love. Some of the reasons we struggle with self-love is because we do not feel worthy of love, or we harbor harsh judgments towards others and toward ourselves. This creates a conflict within us about how deeply or effectively we can give to ourselves. We will discuss our perceptions of Self-Love and what role it plays in a larger collective project.

Below are some questions we may cover. Please review and take notes of any thoughts, feelings or callings that come up for you around this topic. We ask that you take some time to sit in your heart center and gather views on Self-Love. We ask that you come ready to connect and share your views, while opening to new perspectives and a deepening clarity around the topic!!

What does Self-Love mean to you?

How do you practice Self-Love daily?

Do you have habits that contradict Self-Love?

How do you see the reflection of Self-Love in those around you?

What challenges do you have with Self-Love?

How can you expand your Self-Love?

How do you promote Self-Love to others?

What is your optimal vision for your Self-Love

Rev Debbie Helsel

2/11/2020 04:08 PM

I don't spend as much time in the community as I should. Last year was a struggle with loving myself and creating boundaries with my job. I continue to give and give, to the detriment of my health and it finally caught up to me. But Spirit opened another door that has helped me express myself and share. I am now a co-author in 3 (going on 4) books that are help books, kinda like chicken soup for the soul books. It has given me some gratitude for myself for my own journey and made me realize how loved and special I really am. Also, how much I love and value the people in my life. I am filled with gratitude.

Reply

Rev. Tiya

2/12/2020 04:53 AM

Hi Rev. Debby, Yes I would say I experienced a similar lesson with self Love and boundaries last year. some times It is so easy to fall into a trap of living for others. Creating an unbalance in almost every part of our life. It's amazing what happens when we apply the boundaries and focus on loving ourselves how things align with grace. I look forward to learning more about your books!!

Rev Lindsay

1/20/2020 08:25 AM

I've become more aware as I age of being what I can best describe as a "willing doormat!" If you are also a nurturer, you may recognize this. What I am discovering is that eventually the giving, giving, giving without any/enough receiving leads to anger and resentment. It is a vicious circle because the resentment creates lack of peace and that robs me of Loving Self. What I have to come to know for me is that boundaries are not just walls to keep the actions of others out, they provide me with awareness (perhaps a mirrored wall?) that Receiving/Giving to Self and Loving Self go hand-in-hand. It's not an attitude but a practice.

Reply

Tiya

1/18/2020 05:33 AM

This week I have discovered that I am blocking self-love by not having any boundaries in my life with people close to me. I have been sinking into boundaries and what that feels like for me. Has anyone dealt with not having clear boundaries with people you love? How did you create boundaries in your life without kicking up too much chaos?

Reply

Month-2/ Greatest Degree of Love with Family and friends

31 Jan

Greatest Degree of Love with Family and friends

This topic enables us to reflect upon those closest to us. We want to surround ourselves with people who will fan our fire, not blow it out or smother it. Here we will be taking a peek into how we engage with those closest to us. We will reflect on how our light is shining into these relationships. Below are some areas we may cover.

Please review and make notes of any thoughts, feelings or callings that come up for you around this topic in the commit section. We ask that you take some time to sit in your heart center and gather views on the “Greatest Degree of love” with family and friends. We ask that you come ready to connect and share your views, while opening to new perspectives and deepening clarity around the topic!! We will open up a bit about how we have navigated:

Our families

Our friendships

Parenthood/ mentor to a child

Being free to be yourself

Rocking the boat

Black sheep

Compassion

Self-Reflection

Shine our Light Recap

3/3/2020 12:52 PM

SHINING OUR LIGHT SUMMARY OF FAMILY AND FRIENDS DISCUSSION Hello Shining Our Light Team, I sensed an inner knowing or curiosity about Life's mysteries drove our ministers to seek spiritual teachings that are based in the energy of love. This wisdom brought us to the Alliance of Divine Love. There we learned that approaching our life experience from "the greatest degree of love", just plane works for us. And, importantly, that loving ourselves is OK and actually vital for the peace and well-being of us all. This shifting of our perspectives provided numerous benefits we have in common. • We are free to be who we are at our heart center • This supports the release of stress, tension and shame • We learn that peace and acceptance serve our well-being emotionally and physically • Acceptance overall supports a level of maturity as we apply the "greatest degree of love to relationships of all kinds Once we learned to love our true selves, we found the courage to follow our wisdom guidance on new paths of self-discovery. Our perspectives and beliefs shifted. We all chose to "rock the boat" because we found we had to live our truth in order to be at peace. Many of us did and are experiencing the "black sheep" response from family and friends, and we face the emotions resulting from rejection. Another learning process we share is choosing to honor ourselves, but also honoring those with whom we have relationships. They too need to be accepted as who they are. The "greatest degree of love" applies to everyone. In the process, some relationships initially are challenged. Some fall by the wayside and new relationships are formed. Often, as we express love and acceptance continually over time, healing does occur. Living the ADL way, letting love support us as individuals, truly helps us evolve. When we choose this path others may judge us harshly. But over time their perceptions can change. Family and friends can observe how we approach decisions or choices, our relationships; and they can absorb the wisdom of expressing or coming from love. Their shifting perspectives cause them to grow and we can have expanded conversations. Gifting love in its many forms is observed by anyone with whom we come in contact. It is observed by others and often appreciated. Being and living our truth without pushing family and friends to be like us is a silent but powerful example to others.

Reply

Rev Debbie Helsel

2/11/2020 04:12 PM

It's been so beautiful to watch my friends and family starting to "catch up" a little, spiritually. They are becoming more open to learning and beginning to see through a new set of eyes. I pray Spirit uses me to help them along their journey of growth and awakening. I am blessed!

Reply

Rev. Tiya

2/12/2020 05:04 AM

Rev. Debbi, I do Agree one of the best parts is watching our families and friends expand. When I first started with the ADL 14 years ago, I was so focused on the outer world and community. It wasn't until recently that I became aware that my greatest influence would be on my family. For years I felt a little like spirit was working against me. Kept guiding me away from what I thought I wanted to be doing with community and sending towards my family and kids. I now see that spirit was guiding me to the most magical experience of growth. I am thankful every day I didn't miss out on this time with my family.

Rev. Tiya

2/4/2020 06:12 AM

Greatest degree of love and family... I don't know about you but this topic has gifted me with so much understanding for allowing other to be them, be who I am, and challenging every part of my being. My family over all is extremely different then me I've created allot of chaos in my system of life from what my intuition was telling me vs. what my surroundings was showing me. Even till now I've just began to see this as truth, I see how they have helped me so divinely to stand strong in my expression of self. I would say finding the greatest degree of love with my kids added a whole other dimension of understanding of the greatest degree of love in letting go and attachments. I have seen since they were born that they are their own people they have the right to themselves I am just here to guide them to learn how to learn and make choices for themselves. Not to form a frame of what they should be and do. This has been a great challenge because our society does not support this style of parenting. This reflection again created a more flued sense of my self-expression. I do feel that the balance and understanding I have gained of the greatest degree of love over the past 15years has opened me to a whole new perception and grace with those closes to me in my life. Service starts at home by learning compassion and respect for your family and friends you become "You be you, I'll be me and then we can Be"

Reply

Rev Lindsay Babich

2/3/2020 06:44 AM

Holding Love in relationships. I recently had a bit of a rocky time with my adult son. He withdrew emotionally and that hurt my heart deeply. I decided not to "go there" and just repeated to myself a mantra of Love. Keeping my heart open to him and appreciating that what he was experiencing was truly his. I needed simply to respect

and LOVE him. Giving him space and time to process his own emotional journey in relationship with mine was the peaceful way. To focus on disagreement, or pain, or hurt, or some prescribed way he should be, would have increased the distance and harmed the true relationship of mutual love and respect. I am so grateful to ADL for guiding me to a place of Heart Wisdom, knowing that Holding Space for Love is always the path of PEACE.

Reply

Tiya

2/4/2020 03:18 AM

Lindsay, Yes this is so beautiful, Its not easy to not take it personal when people are going through their own process. Its a truly divine gift to love your self enough to love others just as they are. with out fully understanding or agreeing with them.

Month 3 / Greatest Degree of Love for Community

11 Mar

Greatest Degree of Love for Community

3rd Month

Now that we have discussed some of our own foundation aspects of self, and those closest to us, it is time to shine our light into our communities. Here we will discuss the work we are doing, have done, want to do, or how we hold space within ourselves for the benefit of the whole community. Many ADL ministries are not active personally within the community. However, they are just as much a part of

the community mission. By taking the oath to the “Greatest Degree of Love” they have committed to holding space for all, in their own way.

Below are some questions we may cover. Please review and take notes of any thoughts, feelings or callings that come up for you around this topic. We ask that you take some time to sit in your heart center and gather views on the “Greatest Degree of Love” for your community. We ask that you come ready to connect and share your views, while opening to new perspectives and a deepening clarity around the topic!!

This week will be diving into:

How do you shine your light in the community?

What projects do you feel called to?

What voids can you see in your community

What gifts do you have to shine in the community?

What is your passion?

What is your optimal vision for the “Greatest Degree of Love” for your community?

What do you need to better serve your community?

What are some areas in the community you can see could use more light?

Mother Earths Ascension

12 Feb

We have all been called here through the Earth Ascension, We have been called to the ministry to serve that mission and support humanity. This would be a great place

to share how you connect to mother earth? What meditations, prayers, ceremonies and/or practices do you have for connecting and supporting to mother earth and the collective's connection to her.

When we learn to love all of life existing on Mother Earth we will create the change so many of us desire. And since ADL is all about love to the highest degree we as an organization can seriously impact this shift in consciousness. If each one of us - ADL ministers - choose to shine our lights to shift the mass consciousness, "what a wonderful world it can be". We have the power of Creator within us. So we reach out in whatever ways we can come up with touching one heart at a time. ~ Rev. Sherri

Rev. Tiya

2/13/2020 06:53 AM

I have 2 meditations I do daily in the morning to set the meditation for the day. This is my way of holding space for planetary transformation through out the day. 1- Feeling grounded feet to the earth. Inhale through the nose and Exhaling through the mouth a few times. Then starting from my heart with green energy I see everything in front of me being covered with the love of source light, then in my mind's eye I surround the world, people, plants, animals, water and everything else. I stay in that for as long as I feel guided. This gets very detailed going into the oceans down to the coral and blades of grass, surrounding the details with light and honoring the darkness as it shows us the light. Holding the intention for the greatest degree love. 2. I get in the same way to this meditation however this one connects the hearts of humans by seeing the web of energy connecting us at our third eye, heart and root. These webs become beautiful grids of energy by the end of meditation. Here I hold the space for growth and expansion.

Greatest degree of Love for our Country

Week 4

April 7 2020 7:30 PM

Here we start to tap into the bigger picture. This can be a testy subject for some. Not everyone is feeling aligned with what's happening in our country. We do seemingly have a Divide. However, I would like to look beyond the political circus. I'd like us all to drop Red vs Blue perceptions for this exercise. Let's focus on the White. All the colors matter. White light comes from all the colors in the rainbow. When we are programmed to

focus on two colors, and they are defined, we are basically starting off divided. I feel that naturally we are all White light and we can see all the colors as having equal value.

Below are some questions we may cover. Please review and take notes of any thoughts, feelings or callings that come up for you around this topic. We ask that you take some time to sit in your heart center and gather views on the “Greatest Degree of Love” for your country. We ask that you come ready to connect and share your views, while opening to new perspectives and a deepening clarity around the topic!!

This week we will be diving into:

Collective Consciousness

Our Trees, Plants and flowers

Our Food

Our Water

Our Oceans, Rivers, Lakes, Streams

Our Systems

Education

Where we are stuck?

Where we are excelling?

How do you feel about our inner world affecting our outer world?

Do you see the love in all that is happening in our country?

What responsibility do you feel to this country?

What are some ways we shine our light on our country as a collective?