



United Research Light Center

PO Box 1146
Black Mountain,
North Carolina 28711-1146
828-669-6845
828-669-8037 (Fax)
dome@urlight.org
www.urlight.org

Into Summer...

Page 7 has the list of
Daily Activities and
Ongoing Events

The Lodge calendar
and "daily rhythm"
guidelines are on
page 3

Upcoming Special
Programs and
Concerts start on
page 5

To receive a link to this
web-posted free newsletter,
email
dome@urlight.org.
Paper subscriptions are
still available at \$24
(call 828-669-6845).

UR LIGHT NEWSLETTER

a bi-monthly publication of United Research, Inc. May-June 2009

United Research celebrates each month a prayer focus to harmonize prayerful intent with one another. Two months' topics are addressed in each issue. For 2009, each topic is tuned to the theme of Energy: Energy of Awakening and Change, of Gratitude, of Abundance, of Oneness, of Divine Love, New Forms of Energy (spiritual and physical – wind, clean coal, etc.), of Releasing, of Acceptance, of Being, of Creating, of Christ Consciousness, and of Cosmic Consciousness.



PRAYER FOCUS FOR MAY THE ENERGY OF DIVINE LOVE

As you know, Divine Love is far, far beyond that warm, fuzzy feeling we get when we are feeling nothing but good will toward someone, or even everyone. Divine Love is the Light that we are, totally over-riding any thoughts, emotions, or reactions that invade to pull us away from that Light. It is turning to the Divine within to give over those concepts that judge, that have expectations, that desire to make changes.

As with any energy, Divine Love needs to keep flowing—flowing in and flowing through and flowing out. Know that you can fully accept Love from the Divine—the Divine does not judge, the Divine rejoices in you just as you are, the Divine honors the changes you choose to make. It is every bit as important that you divinely love yourself as to divinely love another. In truth, this is all the same thing and can't be intellectualized.

To both receive and give Divine Love we must become still. Not that we sit in a corner (or a dome) and meditate all day and night. Being still is a constant attitude of being receptive to the voice, the feeling, the knowing of your own Divine Beingness speaking to you and through you. Thank you, God, for the grace you have given each of us to know your love and to share it with others.

PRAYER FOCUS FOR JUNE NEW FORMS OF ENERGY, SPIRITUAL AND PHYSICAL

So first off we get something straight: there is no separation between spiritual and physical. Second, energy is the same no matter what form it is in. Therefore it must flow and not be restricted. Is it then possible that when we consider the various types of energy resources—such as wind, water, and solar power; oil, coal, and natural gas; and even wood used for heating—that the same principle applies?

The restriction in these cases would be when a resource is limited to specific users and not made available to all. When one country, or one state, or one supplier

Continued on page 2

MISSION

To increase awareness of the Oneness of All That Is by expanding Light, Peace, and unconditional Love.

VISION

To provide an environment that supports individual and universal transformation through effective prayer, compassionate education, service, and creating Good moment by moment.

power, the flow is restricted and the outcome of this, rather than being beneficial, is anger and fear of being deprived, which often leads to war. Thus countries, including our own, have used these natural resources in power struggles in which a few benefit and many are left with little or nothing.

So let us see a new Earth right now. See the sun and wind bringing low-cost energy throughout the world to everyone. See water flowing, clean and unrestricted, to make crops flourish everywhere and to provide pure drinking water. See fuel resources being produced cleanly and efficiently, and shared where needed. See consumers of fuel finding better ways to provide the energy needed. See a new understanding among all people of the divinity of forests and woodlands; of rivers, lakes, and oceans; of all natural resources. See the change in consciousness that understands and respects what God has provided us to care for, so we may be cared for by the natural world. Thank you, God, for making it so.

MANY VOICES

Readers are invited to send insights into the monthly prayer focus topics that appear in the newsletter (one or both topics in any issue, due the 15th of the month before publication).

Each focus this year is tuned to the theme of Energy. (See the January-February issue or email dome@urlight.org for the introduction.)

In future issues: July-August: Energy of Releasing, and of Acceptance. September-October: Energy of Being, and of Creating. November-December: Energy of Christ Consciousness, and of Cosmic Consciousness.

THE ENERGIES OF THE DIVINE LOVE

Contained within your being is a Divine family with the energies of the father, mother, son and daughter. Jesus prayed with his hands together, balancing the Divine male and female energies. We can touch into the Divine Mother, the Madonna, Divine Father, and the Divine child. They represent human spiritual awakening to our primordial essence (Christ consciousness or innate Divine Light or illumination).

According to Jim's teachings, bringing Divine love and light into our physical bodies helps us to manifest our Divine potential ... into the physical. Having the energy of a Divine Feminine/Masculine being helps create harmony and a heart opening. Invoke the Divine Mother/Father and the Divine Child within to guide you in healing relationships with your earthly parents and children.

By Re. Jacquelyn Sendak Zavaleta

TRANSITION CELEBRATIONS

Thousands of people connected with their infinite divine selves through their time at the United Research Light Center and Lodge ("the house," in earlier times). The personal connections made during those times are of enduring importance to the United Research community.

The Light Center's essence of focusing on infinite life, and on the equal divinity of all beings, inspires most here to give transition news a "light touch," which we do – with a name, designated home town (many of us have moved often, on spiritual paths), and year of transition. So many UR friends are scattered around the world, or returning after a long absence, that it seems helpful to offer this resource for those checking in. We hope readers will send us the names of loved ones who transitioned before this practice was begun, along with town and date, whenever they might have been part of the active United Research family.

In many cases, family and friends want to share recollections of the profound changes, life-giving teachings, and revelations experienced at the Light Center and Lodge by those whose names they send for remembrance. We are collecting these, to share in future publications. So please do send your own recollections (ideally by email, so they are already typed, but not required), and those of anyone not currently able to write a brief report. A "report" can be as brief as a few sentences, teaching a meditation technique learned here, or a transformational or healing experience here, and how it improved quality of a life.

In this issue, we celebrate long-time dear one to many in the United Research family, Rosemond Bennett.



Tully Moss (author/editor of Jim's Goure's biography, Fantastic!), offers this labor of love. Tully points out that it is Jim's talks, and Jesus' teachings – acknowledging nonetheless that the references were scattered over hundreds of taped and written materials.

The back cover says "Jim Goure was a man who dedicated himself to a life of prayer and of helping people. During the last seventeen years of his life, he lectured extensively on spiritual topics. Woven into virtually every one of those lectures were Jim's observations about the life and teachings of Jesus. Jim had a way of making his listeners feel as though they were with Jesus at key moments in his life... This book was created to capture these insights and to ensure that a wider audience than those who heard Jim while he was alive could have the opportunity to hear what he had to say about Jesus."

It is available through the Light Center bookstore (\$18.95 + tax if NC + \$3 shipping for the first copy and \$1.50 for each additional copy). Fantastic! is also available (\$23.95).

THE U.R. LODGE

...YOUR MOUNTAIN HOME

Daily Rhythms ... as We Expand

We are welcoming more and more people for their first-ever visits to the Lodge. The fresh enthusiasm blends naturally with the comfort and familiarity of long-time friends. With all the newness, and all the coming and going, it might be helpful if we let everybody know how the rhythm of a Lodge day goes.

In this shared sacred space, to care for one another, and to allow the house to be cared for, we offer the following agreements about arrivals and departures, potentially open to variations by consultation with the Lodge Coordinator:

Checking in between 3:00 and 8:00 pm

Checking out by 11:00 am

Observing quiet hours after 10 pm (including being inside the house by 10)

... and these quality-of-life agreements (non-negotiable):

Arranging for beloved animal companions to be cared for elsewhere, so that our no-pets rule can be smoothly observed

Observing the property's freedoms from intoxicating substances

Thank you!



Summer 2009 "In House" programs

May 20-25: Five-Day **Ascension Deepening Retreat** (prerequisite Sphere I: see www.ascendingtooneness.com or call for flyer.

May 29 – 31: **Journey through Sound: An Immersion in Sound Healing Adventures**, with Dielle Ciesco and JoAnn Chambers. Through toning, silent contemplation, movement, and the mysticism of music, learn to use your voice as a healing tool for restoring your

harmonic essence and music to open your consciousness to divine frequencies. Contact info@thevoiceoflife.com. (Includes Saturday "re-experience" concert at 7:00 pm in the Dome – page 5.)

June 26 – 28: **Your Writing Journey Continues**. Award winning authors Cathy Smith Bowers and Karon Luddy offer sensitive feedback to your writing as well as insights into preparing, submitting and publishing your material (www.karonluddy@carolina.rr.com)

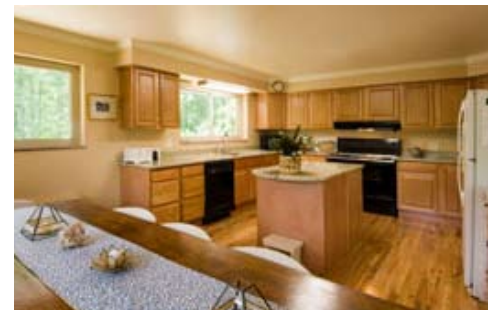
Looking ahead: Food, Community and Holiday Celebrations

Potlucks: Mark these dates on your calendar, and invite family and friends. All are welcome!

Memorial Day, Monday, May 25: gathering at 4:30, eating at 5:30 pm

July 4 or 5: Watch for details.

Volunteers are needed at the Lodge, on a regular or occasional basis. For more information, please call 828-669-0474.



It is best to call as early as possible to ensure your reservation.

Call the Lodge Coordinator at 828-669-0474 for details.

VOLUNTEER "ANGEL" HIGHLIGHTS

Spring brought a blossoming of earth-angel energy among volunteers. Joan Brown became the chair of a new Hospitality Committee, creating an organized flurry for all food occasions. She and Barbara Halstead and Elizabeth Robertson commanded a small army for the Global Gathering at the spring equinox. Joan kept going into Easter, coordinating the potluck.



The second-Saturday service and trails crew, headed up by Rob Ewart and Karen Fox, with regular participation from Scott Arthur, Will Goure and Julia Davis, has achieved the miraculous (with some paid construction engineering). The pond down the path from the Dome is refilled (see it flow, above), after many years. Repairs, clean-up and new-cleared pathways were part of it. Walking around the pond, being with it, is so serene it is easy to forget how intense the work was.

Julia and Karen also stepped up when we anticipated a larger-than-usual crowd for Richard Hite's gong class and concert. They greeted visitors and handled registration for the influx of new and returning "Light Center people." We welcome help with events like this, so call 828-669-6845 about angel-ing one.

Conversations are starting about creating a sewing circle. The essence of the Dome includes its flavor of labor-of-love, from its creation 30 years ago till now, the anniversary year. As part of the celebration, some of our needle-adept angels are seeing visions of new cushions and upholstery covers – and the great delight of keeping company while creating them. Call 828-669-6845 for referral to the organizers.

MARCH AND APRIL AT THE LIGHT CENTER, LODGE, AND LAND



The Twilight Brigade

A full group gathered for an intense training in Dannion Brinkley's process for compassionate end-of-life care (www.thetwilightbrigade.com), taught by Sandy Hatfield. Several participants are volunteering in Veterans hospitals, and all deepened understanding of spiritual and personal issues of life transition. A group has formed to create a Twilight chapter, and more trainings will be offered at the Lodge.

Anchoring the New Earth

At the Spring Equinox, Panache Desai opened the 2009 series of four Global Gatherings for "Anchoring the New Earth" (www.panachedesai.com/2009-global). He has begun encompassing the US in a four-anchor Christ-light grid, a cross with North-South-East-West points,

beginning in the East at the Light Center. The gift of divine energy that is transforming the inner lives of individuals, as it is focused through Panache, is expanding into world service. The extremely powerful weekend at the Light Center included a moving experience through and around the labyrinth, and a forest ceremony. To harmonize with the creation of the complete grid, the Light



Center will organize prayers and meditations for the Earth, in the Dome, on the weekends when Panache anchors the other three directions: Minneapolis on June 27-28, Santa Barbara on September 26-27, and New Orleans on December 19-20.

Easter Celebration

As traditional as the Easter prayer celebration is at the Light Center, it is ever new. Tully Moss brought many creative prayer and meditation openings into the gatherings over three days. People were deeply moved and inspired by the many faces resurrection can awaken in us all, across all traditions.



Tully Moss and Sandra Fletcher

God-Being Intensive

In mid April, Barbara Parnes and Helen Moynihan Carson (below, right, with the class) convened the God-Being Intensive, which was developed by UR founder Jim Goure. People brand-new to United Research learned time-tested techniques for contacting the Divine within, the Creator within, and the Guru within.



Ascension to Oneness

Late March saw another group immerse into a First Sphere Ascension to Oneness at the Lodge, in a retreat with Vasistha and Gomati Ishaya – including the Oneness Blessing in the Dome. Many were first-time folks, and many were returning for deepening and expansion of the techniques for awakening and for being peace. A five-day deepening retreat for graduates of the First Sphere is scheduled for May.



Sacred Gongs

Returning in late April, Richard Hite offered inspiring interactions with the sacred gongs – and insights into spiritual qualities of experience that are modulated by exposure to higher vibrations. He offered many techniques in prayer, meditation and sound for accessing and raising the vibrations of lived experience.

UPCOMING EVENTS (DETAILS AND FLYERS ON CALENDAR DATES AT WWW.URLIGHT.ORG)

(SEE PAGE 7 FOR ONGOING EVENTS, SUNDAY 3:00 GATHERINGS, TRAILS, ETC.)

**MAY 2: SATURDAY AT 7:00 PM
CIRCLES OF LIGHT - UNIVERSAL
HEALING CIRCLE**

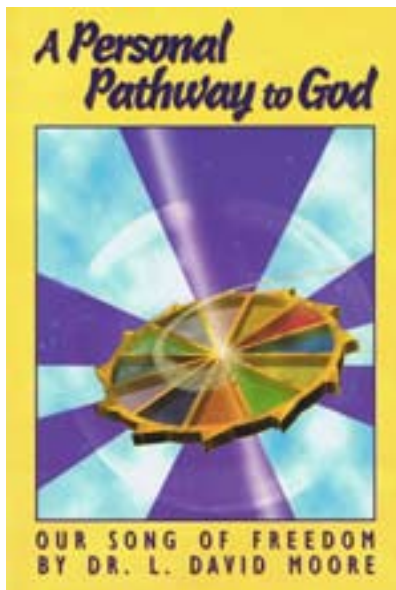
"To awaken the heart and move deeper into oneness," with Nana Hendricks Collins, Colby Collins, Dale Allen Hoffman, Kathryn Barley, Mary Lou Houlis. Registration: www.circlesoflight.wordpress.com. Suggested love offering is \$25.

**MAY 10: SUNDAY AT 1:00 PM
VOCAL TONING: DIELE CIESCO**

Spontaneous generation of inner sound, tuning to higher inner vibrations.

**MAY 15-16: ONLY GOD KNOWS,
WITH DAVE MOORE**

Friday 7:00 - 9:00 pm and
Saturday 9:00 AM-noon, 1:30-4:00 PM
Discussion on the development of church teachings and some of the ways these teachings have come to be expressed in modern culture. In 1989, Dr. Moore began to study how the teachings had been generated, to develop his own spirituality. After journeys throughout the world, he left the mainstream Church he had served for over fifty years, published books and articles, gave workshops, and was featured in over fifty hour-long radio talk shows. Uncovering the original teachings of Jesus is reviving the faith and insight of thousands. Suggested donation is \$25 (more or less is welcome; all proceeds benefit the Light Center).



**MAY 20-25: FIVE-DAY ASCENSION
DEEPENING RETREAT
WEDNESDAY-MONDAY
(MEMORIAL DAY)**

(prerequisite Sphere One: see www.ascendingtooneness.com).

**MAY 24: SACRED CHANT WITH
SERPENTINE**

SUNDAY - 1:00 P.M.

Powerful song-prayers from around the world – (usually every ****last**** Sunday (fourth or fifth) at 1:00, but this time on the fourth) ... followed by the regular 3:00 Light Center gathering.

**MAY 25: MEMORIAL DAY PICNIC
AT THE LODGE**

GATHERING AT 4:30 P.M. FOOD AT 5 P.M.



**MAY 30: RE-EXPERIENCE
VISIONARY MUSIC CONCERT**

SATURDAY - 7:00 PM

High-performance presentation of Sound Healing Transmission Concert by Shape-shifter, recorded live at the Light Center in May 2008. Suggested Love Offering \$15 (Attend the concert a la carte, or join the entire Lodge retreat weekend ... contact info@thevoiceoflife.com).

JUNE 13: HERB GARDEN PLANTING, ANNIE CHADWICK

(Lodge p 3) (possible class Sunday)

**JUNE 14: VOCAL TONING WITH
DIELE. (SEE MAY 10)**

**JUNE 14: SUNDAY AT 4:00 PM
"KEEPERS OF THE LIGHT" FLUTE
CONCERT WITH MARINA RAYE**



(note special time, at 4:00, after the 3:00 regular gathering) From Marina's new CD: "... the Keepers of the Light are the ones who hold the vision of the New Earth. Unafraid of the appearance of darkness, they

reveal Light where it is hidden. These Light Keepers come from every origin and every spiritual tradition, from elders to children...."

**FRIDAY - SUNDAY, JUNE 19-21:
GOD-BEING INSTENSIVE WITH
BARBARA PARNES AND**

HELEN MOYNIHAN CARSON

The God-Being Intensive was developed by UR founder Jim Goure during his last year of physical presence on Earth. Experience the wonderment of this weekend

through transformation at the cellular level. Discover the power of inter-connectivity and the Creator within, and learn

healing, manifestation, and creativity. The Divine in you will be honored and expanded; doors will be opened in a gentle and loving way for us to see how great we are.

Participants learn to be the Guru for themselves by tapping into the Presence of God within and finding that space for letting go, forgiving and forgetting all that entombs us. God so loved the world that he gave us all to the world. You are the Christ. You are Divine.

Cost is \$125. Discount for repeat participants: \$65. All proceeds benefit the Light Center. Lunch is provided for Saturday.



UPCOMING EVENTS (CONTINUED FROM PAGES 4-5)

DETAILS AND FLYERS ON CALENDAR DATES AT WWW.URLIGHT.ORG

JUNE 21: SUNDAY AT 1:00 PM, Note special 1:00 pm time, and solstice celebration format, for the regular third-Sunday session in Jim Goure's healing and prayer techniques, led by Elizabeth Robertson: this time accompanied by Richard Shulman ... and followed by a ,,,

3:00 SOUND MEDITATION BY RICHARD SHULMAN, composer, keyboardist, and recording artist (www.richheartmusic.com) who dedicates his music to the expression of love and the awakening of inner joy. Richard uses his skills in jazz, classical, and healing music to assist groups and individuals in embodying their own spiritual essence. His Musical Soul Portraits, created at each concert at the Light Center, allow us to commune with the qualities of our group soul ... unique for each moment, each gathering.



JUNE 27-28 SATURDAY AND SUNDAY: SEVEN-STEP PRAYER FOR PLANET EARTH

This weekend prayer celebration also encompasses an attunement with the second of four Global Gatherings, begun at the Light Center with Panache Desai in March (see page 4), and continuing in Minneapolis (June), Santa Barbara (September), and New Orleans (December).

Gather with us in the Dome, in Oneness with our beloved Earth and All That Is.

The basics of the Seven Steps to Effective Prayer, raised to communion with the Divine: "I release all of my past, negatives, fears, human relationships, self image, future, human desires and judgments to the Divine. I am a Light Being. I radiate the Light from my Light center throughout my being. I radiate the Light from my Light Center to everyone. I radiate the Light from my Light Center to everything. I am in a bubble of Light, and only Light can come

to me and only Light can be here. Thank you God for everything, for everyone, and for me."

All are invited to participate in our shared prayer – for dissolving and releasing every energy obscuring our/Earth's awareness of divine Light and Love, which is truly everything within us in the new Heaven and the new Earth – and for the grace and gratitude in being alive on this beautiful planet at this extraordinary time.



REST OF 2009 AT A GLANCE

(so far ... more being added all the time)

Saturday, July 11: 9:00 – 4:00 **Rasaji's Circle of Chi** (www.rasaji.com). T'ai Chi Gung is for awakening smooth strong centered/centering movement of chi life energy throughout life – in mind, body, breath, spirit, and interactions with the worlds of friends, work, and nature. This class is offered by a long-time participant in the Light Center's early days, returning now to share the fruits of life lived beyond. \$75 in advance (\$60 students and seniors); \$90 at the door.

Saturday, July 18: Aramaic Insight and Healing with **Dale Allen Hoffman** (www.daleallenhoffman.com). Treasures of new comprehension of ancient text -- and the once-again-expressed spirit of Yeshua.

Sunday, July 19: 5:00 pm "**Here II Here**" (formerly Inner Voice, now www.hereiihere.com) offers music evoking profound inner experiences – from the United Nations to the Agape Center. At the forefront of 'Conscious Mainstream' music, they sing blends of tribal pop, illuminated rock, and soul-inspired R&B with lyrics of peace, awareness, connection, laughter, and love. Memories of their earlier performance in the Dome are vivid and enthusiastic."



Friday-Sunday, August 14-16: **God-Being Intensive** (see June 19-21)

Sunday, September 20: Equinox music meditation on change and rebirth, with **Richard Shulman** (www.richheartmusic.com): "Going to our connection with Source for the rededication of our true dreams of the heart, Richard will lead a meditation into our own heart's calling for Heaven-on-Earth, followed by scenes from the new musical play, "The Dream of Camelot."

November 13-15: Annual United Research **Advance**

December 29-31: Annual **New Year's** Prayer Celebration with Tully Moss



FLOWING INTO THE FUTURE

The Light Center and Lodge keep this dream alive for all who are, have been, or will be, part of it — in person and/or in spirit. Devoted supporters have contributed monthly for decades, and the new energies are bringing in new contributors to the whole enterprise.

Every contribution you make (PO Box 1146, Black Mountain NC 28711) is profoundly welcomed. Call us at 828-669-6845 or email dome@urlight.org.

THE WORLD PRAYER ENDOWMENT FUND

The endowment fund is designed to perpetuate the work of teaching and empowering individuals to heal themselves and their planet, thus making the world a better place.

If you would like to hear more about opportunities to make donations to the fund, or in learning about how to include the World Prayer Endowment fund in your estate plan, please call 828-669-6845 or email dome@urlight.org.

VOLUNTEER ANGELS

Call 828-669-6845 or email dome@urlight.org if you see any activities or events at the Dome you would like to support in “real time” with contributions of your time and spirit.

Enjoy the Light Chamber, Labyrinth, and Prayer Room while you're here. If the Lodge calls to you (see article on page 3), call 828-669-0474 or email lodge1@urlight.org.

United Research Founders

Jim and Diana Goure

Staff

Light Center Coordinator
Cat Anderson

Lodge Coordinator
Claire Beaumont

Office Assistant
Connie Jones

UR Light Newsletter

The UR Light Newsletter is published bimonthly by United Research, Inc. Copyright 1977-2009. All rights reserved.

Subscription yearly rates:

Printed \$24 per year delivered by the US Postal Service.

On-line free in .PDF format. Contact dome@urlight.org.

Contributors

Cat Anderson, Claire Beaumont, Lori France, Lorna Loveless

Angels in Action

Artwork for UR
Allison Waugh

Bookkeeper
Lorna Loveless

Angels

Katie Barrett, Joan Brown, Julia Davis, Roselie Estey and Neil Harris, Rob and Della Ewart, Karen Fox, Will Goure, Roger Goure, Beverly Jones, Charlotte Kurtz, Susan Self

Trails Coordinator
Karen Fox

Newsletter Editor
Cat Anderson

Newsletter Designer
Lori France

Research Coordinator
Carlie Merritt

Webmaster
Katie Barrett

ONGOING EVENTS

Prayer - Sundays: 3:00 - 4:00 pm

First Sundays: guided discussion/practice of Effective Prayer
Second and Fourth Sundays: expanded sessions with prayer and meditation, readings, conversation, music
Third Sundays: Prayer-based healing techniques

Tree of Life Discussion Group - Wednesdays: 4:00 pm.
Prayer and discussion on Jim Goure's *Tree of Life* book.

Silent Prayer with UR Family - Thursdays: 11:00 am.

Gathering, at the Lodge - 2nd/4th Thursdays: 1:00 - 3:00

Service and Trails Day - Second Saturday each month:
9:00 am - 12 noon, the fun of hard work followed by lunch.

A Walk In The Woods All are welcome to walk at their own leisure. Group walks for Scouts, school groups, and other organizations may be arranged – 828-669-6845.

The Light Room. Meditate with music and colored lights at the Light Center 9:00 am - 5:00 pm any day.

Walk the Labyrinth. Take the opportunity any time to experience the special peace and healing of our Labyrinth.

United Research Light Center
PO Box 1146
Black Mountain NC 28711-1146
dome@urlight.org

RETURN SERVICE REQUESTED



EFFECTIVE PRAYER

- 1 I release all of my past, negatives, fears, human relationships, self-image, judgments, future, and human desires to the Light.
- 2 I am a Light Being.
- 3 I radiate the Light from my Light Center throughout my being.
- 4 I radiate the Light from my Light Center to everyone.
- 5 I radiate the Light from my Light Center to everything.
- 6 I am in a bubble of Light, and only Light can come to me and only Light can be here.
- 7 Thank you God for everyone, for everything, and for me.

The Effective Prayer will change your life. Use the prayer upon rising and before going to bed for 15 minutes each time. You are encouraged to use this prayer within the structure of your own beliefs, to promote peace and unity among all people. A free CD that further explains *The Effective Prayer* is available upon request.