

Notes from The Center



Issue 17

Spring, 2017

Volume 2

A Word from “MS”—Something for Almost Everyone?

In any busy season, rest and renewal are essential. These partners support our strivings. We noted in *Dreams...* it's striving that really fulfills us. Gandhi reputedly said, “Satisfaction hides in the effort, not in the attainment. Full effort is full victory.”

And yet, without rest, and the renewal that births the incubation of our best ideas and purposes, effort can wane, sour, turn passion lukewarm.

Taking my own advice, I've been renewing my mind with two resources that seem worth mentioning:

1. *The Chumash (Humash)*, ArtScroll Publications.

The Torah in printed form, as contrasted with the Torah (the first five books of the Bible) in scrolled form. The ArtScroll version includes a running commentary by rabbinic writings. The commentaries are so perceptive, so revealing of *God's word* and the characters of the O.T., that reflecting on these ideas is like being

transported to another world. For yours truly, it is totally renewing to spend time with this volume.

Visit ArtScroll.com

2. *The Kindness Diaries* (Netflix).

The documentary tells of one man's journey around the world without money. (Of course, he has a camera crew, ship passage, and other resources). His goal? To see if he can survive by just depending on the kindness of strangers.

Along the way, he learns about the gifts of gratitude, service, hospitality, generosity, protection, and offers up a few gifts of his own.

In some spots, this felt a bit schmaltzy (sugary), but fully held my attention. Most episodes were, for me, heartwarming and reinforced a worldview the nightly news might make us forget.

Something for the Younger Listener...

A lovely radio host of a program for teens gave me a top-notch interview. Ms. Jill Sheets is the program host of “Penguin Tracks” on KOPN-FM, and a writer for *Relate Magazine, Online*. Ms. Sheets kindly let me share our conversation about *Dreams unto Holiness* with you.

Just click on the link below or paste into your browser:

<https://soundcloud.com/apexpittsburgh/sinetar-interview-file/s-wmbHH>

Something for the YouTubers...

We hear it said today that unless one is on YouTube or Facebook, one doesn't really exist. Well, I finally exist, having just been interviewed on YouTube.

My host, Rev./Rabbi Eric E. Walker, Executive Director of Igniting a Nation, Inc., asked for a headshot for the interview. Alas, no pictures—only one old photo of me and the cows. (See website under Audio.) Rabbi Walker is a devout, highly accomplished man, and very supportive of my work. I am grateful that he actually read my book. That's rare for interviewers.

See my smiling face on Rabbi Walker's YouTube channel. And, yes, one of these days I will get a new photo taken.

Please use the following link:

<https://youtu.be/sYeZF7PYkzo>

✚ Something from “On-Liners”

As these varied comments may reveal, I have met some extraordinarily sweet and generous people in my trip through online book promotion. The online reviewers inhabit a new world. You'll note the generous spirit of those whose links I've provided. For example...

A short, very kind review comes from an online publication (*Mystic Living, Today*). Reviewer Riki Frahmman writes, in part,

“...I would recommend this book to anyone, just knowing there is more to our lives when we close our eyes...

Thanks, Marsha, for this great labor of love.”

For the whole review and a look at *Mystic Living, Today*, just click on the link below:

http://mysticlivingtoday.com/view_page.php?ID=1897

And from a spiritual teacher, blogger, Twitter contributor, Selacia, a lovely review:

“...a powerful ally in understanding life-changing messages of our dreams.”

<https://twitter.com/selacia>

Something for Those with a Sweet Tooth...

Two of my favorite sweet treats are (a) fudge—preferably from the [Gethsemani Monastery](#) in Trappist, Kentucky and (b) [Travel Chocolates](#).

Depending on your tastes, in my opinion and from friends’ feedback, both of these delectables make wonderful gifts.

The founder of Travel Chocolates is a long-time reader of our books, a Center supporter, and kindly wrote a terrific review of *Dreams*.... Here’s a taste of the review:

“This book is a must for anyone seeking a more inspired, productive, and at the same time, peaceful life. Get it, read it, follow it.”

Please visit the site, to discover a very creative business model, and an unusually conscious approach to selling chocolates. And thank you, John, for your help:

<http://www.travelchocolate.com/blog/real-value-from-dreams/>

Something from Readers

- “As I read your *Dreams*... I had flashbacks of dreams that I’d had... life-changing they were, and they’ve had a huge

impact on me, so your words ring true—funny, reading your narrative, I saw more deeply into them.”

- **[My friend] said, “I felt so wonderful while reading this book.”**
- **“I find your book a meditation in and of itself. And, the subconscious being its own fascinating thing, since beginning to read the book I am ever so more aware of my dreaming. It actually feels like it has increased dramatically.”**
- **“*Dreams...* will reinforce the faith of the religious; otherwise there’s nothing new here.”**
- **“[Your voice] is so authentic; your caring for us, as readers, comes through clearly.”**
- **“Phenomenal. I’m reading it slowly, it’s so rich. I will share with my reading group.”**
- **“This is synchrony. I had just begun making notes for a lecture series on Jacob’s Ladder. Here comes your *Dreams...* and what’s your first quote? On Jacob’s Ladder.”**
- **“Your book reminded me of when my husband died, when I was sobbing, on the bathroom floor, and later [dreamt] of Jesus and was greatly consoled.”**

For Our Subscribers

There’s trouble in River city, as that old song has it. After we added a user and password feature, and (I think) Podcast page, something went wrong. The navigational cues seem off and I had trouble signing in. We’ll fix as soon as possible. Fortunately, there are no refunds due (i.e., it’s all free).

Thank you for your patience.

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The MS (*Teleios*) C e n t e r Mission

**To increase understanding of the progression and diverse expressions of
the spiritual completion toward which we strive; to advance and
preserve selected principles of the contemplative tradition
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