

# *Reclaiming Your Virginity*

## *Review 2022*



*Reclaiming Your Virginity*



# Review for the Year 2022 Reclaiming Your Virginity



Reclaiming Your Virginity Logo

## About Reclaiming Your Virginity

My name is Rev Dinah Rachel Pemberton I am based in Manchester, UK. I am the founder of Reclaiming Your Virginity. I am a qualified Person Centred counsellor for over 10 years I am a OneSpirit Minister, I have Msc in Consciousness, Spirituality & Transpersonal Psychology specialising in Creative Transformation.

I have experience with working with adults, couples, families, children and young people. I am empathic listener and committed to empowering individuals to accept themselves for who they are. Below is some information about Reclaiming Your Virginity and the services that it provides.

Reclaiming Your Virginity means entering into the “Present Moment” helping you to unite to your natural self which is pure consciousness.

Reclaiming Your Virginity is an empowerment that creates solutions. Which seeks to honour the healing stories of people’s lives. Our primary purpose is to focus on the healing journeys and to promote the healing benefits as appose to past lived experiences.

Reclaiming Your Virginity's aim is to welcome you with an online presence so that you feel and know that you are not alone, that you have freedom, personal choice, and that your individuality is respected and honoured.

Reclaiming Your Virginity encourages an approach that offers a gift from an unknown loving creative source, that acts as a facilitator for being present in the moment. Which includes the whole person.

## About Reclaiming Your Virginity (Continued)

Reclaiming Your Virginity encourages you to use the intuition, meditation, spirituality and creativity for personal expression and personal development to create a mindfulness practice.

The creative tools that we offer are through the medium of Art, Poetry, Three Simple Yoga Movements, Singing, Chanting, Prayer and Meditation. Which will provide a meditative state for observing thoughts and feelings instead of being led by them.

About Reclaiming Your Virginity Reclaiming Your Virginity seeks to empower, offer support and develop a community of kindred spirits (who has a healing journey, who are interested in finding out what their healing journey is, and uncovering a healing journey that has been forgotten) through the channels of, counselling, workshops, ceremonies, support group, one to one work.

Reclaiming Your Virginity has an 90 page Online Book called Reclaiming Your Virginity Intuitive Art and Poems. Reclaiming Your Virginity Intuitive Art and Poems is a collection of intuitive art and poems that have intuitively come to me during my own healing journey.

The online book is free and has been written for people who have a healing journey, who hold their healing journeys in secret, who are grieving, lost a loved one and survivors of childhood sexual abuse.

## Changes

Reclaiming Your Virginity has undergone a lot of changes since the website launched in 2021. Some of you may know that Dinah Pemberton is a Reverend and wondering how she could merge her ministry with Reclaiming Your Virginity.

It naturally unfolded that she should keep Reclaiming Your Virginity separate from the ministerial services that she offers as Reclaiming Your Virginity provides services that require payment. And the Ministerial Services that she provides are free or a donation. Nevertheless in essence they will never be separate as they both support each other.

Here is a list of Paid Services that Reclaiming Your VirginitY Offered in 2022 (click the links to view pages).

*Counselling Using Spirituality & Creativity*

*One to One and Family Silent Meditation*

*Spiritual Healing Ceremony*. (Which is now under the new name Sushumna Healing Ceremony)

## Donation Services

*Divine Call Wisdom*

*Winter Solstice - Online Forgiveness & Purification Ceremony*

## Testimonials

“The forgiveness and purification ceremony was well put together and delivered.

Rev Dinah’s guidance was warm, welcoming and gentle, making the experience comfortable and enjoyable for me and my son!

We enjoyed the poems and references to Paramahansa Yogananda and the releasing exercise. All very significant to the end of a season and a lovely transition into the new one.

Thank you!”

— Naomi

“The winter solstice- forgiveness & purification ceremony was a pleasure to join. The music was very calming for me and my baby. I also enjoyed the poems and prayers.

”

— Tosha

## **What was New for Reclaiming Your Virginity in 2022**

### **Silent Healing Meditation & Yoga Body Prayers**

This was a blog space filled with inspiration, aspects of Rev Dinah Pemberton's healing journey, prayers, silent healing meditations, chanting, yoga body prayers and her journey with the spiritual teachings she inherited from the courses she has done with Ananda Online.

### **Library**

Rev Dinah Pemberton self-published a new book with the help from Janis Hill & her son Asaru-Hotep. The book is called Friends in Divine Honouring The Only Way. Which you can find in the Reclaiming Your Virginity Library. The inspiration for the book is about friendship and is free to read.

### **Radio Ananda**

Reclaiming Your Virginity added Ananda Radio Music for Spiritual Aspiration and a Meaningful Way of Life! The inspiration to add Radio Ananda to the Reclaiming Your Virginity website was from the long time director Nayaswami Nalini Graeber. Who sadly passed on and is now in the arms of our Masters. Having arrived at Ananda Village in 1971, she has been the director of operations for Radio Ananda since 2006, 310 dwapara.

## Healing Prayer Requests

### How It Works

In the Healing Prayer Request there is a button that will ask you to submit your Healing Prayers. Where you will provide your name, email address, age, location, a brief message about your prayer request and who the healing is for (you, family, child, pet or other).

The information from your prayer request will be shared in the Sushumna Healing Group with those who attend. If you would not like me to share your information in the Sushumna Healing Group, please let me know as we respect your rights to privacy and keeping your information confidential. I will pray for you for one month, and if you would like to renew your prayers for more healing support please let me know or submit another prayer request.

Also Rev Dinah Pemberton offers a free 30 minute spiritual counselling session if you need extra healing support. Sushumna Chapel would love to hear back from you to know of any healing successes.

### Honouring Book Study

**Honouring Book Study focuses on the following three books:**

*Autobiography of a Yogi by Paramhansa Yogananda*

*Transitioning in Grace A Yogis Approach to Death and Dying by Nayaswami Nalini Graeber*

*Touch of Peace Living the Teachings of Paramhansa Yogananda by Nayaswamis Jyotish & Devi*

The Honouring Book Study is a creative book study using the intuition art and poetry honouring what you have read. The Honouring Book Study is provided every two weeks, and you can join anytime or in Spirit.

## **Divine Call Wisdom**

Divine Call Wisdom is an alternative to offering readings using Intuitive Art and Poetry. This is a creative way of offering messages that leads to self discovery and opens our heart to bringing us closer to our true essence. Divine Call Wisdom does not focus on issues or life circumstances, it focuses on bringing wisdom from the heart that is only for you. Tuning inward to allow what you would like to be revealed through the intuitive art of wisdom and poetry without judgment just total acceptance of what is and ultimate unconditional love.

## **Honouring Health**

This is a page dedicated to honouring our health. This year the honouring health page focused on how we can honour men's health with Amethyst Crystals.

## **Divine Boutique**

Is an Online Boutique that currently sells Amethyst crystal gifts, which are handmade by Rev Dinah Pemberton.

## **Divine Friends Along the Way**

A space to Rest With the Great Masters, Saints & Spiritual Leaders of Ananda. This space was created for Rev Dinah Pemberton and others to build a relationship and be in the energy of the Great Masters, Saints & Spiritual Leaders of Ananda. You could also view the book Friends in Divine Honouring The Only Way.



## **Silent Meditation Classes For Children**

Offering a 30 minute silent meditation for children and their parents.

## **Self-Help Healing Group (for men)**

Reclaiming Your Virginity Self Help Healing Group for men is based on the poem I Was Made For Thee from the Book Whispers From Eternity by Paramhansa Yogananda. Using art and poetry as way to pray, to connect with God, Love, a Higher Power, The Universe or the God of Our Understanding. To help us to express what really lies in the depths of our unconscious for healing.

The focus of the Self Help Healing Group is for you to experience that you are more than what you are facing right now. And to provide a poetic creative online space to help you to enter into the 'Present Moment' the 'Here and Now' to offer you the gifts and the insights that poetry, art and mediation has to offer only you.

## Sushumna Chapel - A spiritual way of living, A creative way of life



Sushumna Chapel Logo

Sushumna Chapel is currently based online and has a dedicated page on the Reclaiming Your Virginity Website until we receive the funds to purchase a website of its own. Through the generous donations that was received for the free services that were offered. We were able to purchase a Domain Name. Here is the link for you to save and view its progress.

<https://www.sushumnachapel.org>

Sushumna Chapel offers many unique online Services led by Rev Dinah Pemberton. The services that are offered are Sunday Service, Daily Meditations, Support Groups, Sushumna Healing Prayer Group, Honouring Children & Parents which is a space designed for homeschooling children and their parents and much more.

The spiritual name Sushumna was gifted to Rev Dinah Pemberton from Divine Mother during an Ananda Online Retreat over a year ago.

Rev Dinah Pemberton is still in the process of developing a relationship with her spiritual name Sushumna and she felt it was right to call her Ministry Sushumna Chapel. Before she starts referring to herself as her spiritual name to deepen their relationship as they grow, evolve and become one together outwardly.

### **As a spiritual way of living**

Sushumna Chapel focuses on the life guidance, inspiration and the spiritual insights given to us by Swami Kriyananda who is the founder of Ananda Sangha Worldwide and was a Direct Disciple of Paramhansa Yogananda.

## As a creative way of life

The Sushumna Chapel will offer prayers, silent meditations, chanting, music, and creativity (art & poetry) throughout the majority of the services that are offered.

**Here is a list of the following services that have moved from Reclaiming Your Virginity To Sushumna Chapel:**

- *The Ministerial Services*
- *Silent Healing Meditation & Yoga Body Prayers (which now has a new name “Sharing Inspiration”)*
- *Healing Prayer Requests*
- *Divine Friends Along the Way & Rest With the Great Masters, Saints & Spiritual Leaders of Ananda*
- *Honouring Book Study*
- *Silent Meditation Classes for Children (which has now changed its name to Honouring Children & Parents)*
- *Self Help Support Group (for Men) (which is no longer only for men but for women and is currently every two weeks instead of weekly)*

**The Services that Sushumna Chapel also offers are: (Click the links to view the pages for a more detailed description.**

- [\*Sushumna Chapel Door\*](#)
- [\*Sushumna Sunday Service\*](#)
- [\*Morning Silent Meditation\*](#)
- [\*Night Silent Meditation\*](#)
- [\*Sushumna Self Help Healing Group \(for Men & Women\)\*](#)
- [\*Sushumna Prayer Healing Group\*](#)
- [\*Healing with Astrology, Mantras & the Chakras\*](#)
- [\*Honouring Children & Parents \(Monthly Support Group\)\*](#)
- [\*Quiet Meditation Room\*](#)
- [\*Recordings\*](#)

*Sushumna Chapel shares the [Library](#) and [Radio Ananda](#) with Reclaiming Your Virginity.*

## **The Financial Year for Reclaiming Your VirginitY (Donations)**

In 2022 Reclaiming Your VirginitY received £25.00 for donations. The full amount for the total of the year including the deductions from PayPal was £23.26.

The Donations were received for the Ministerial offerings which are free and a donation.

The donations were received for the 30 minute Silent Meditation Classes For Children and the Winter Solstice & Forgiveness and Purification Ceremony.

The money was used for travel fare towards Rev Dinah Pemberton's trip to visit Ananda UK as part of her spiritual development as a Reverend and for her Personal Healing Journey. And also to purchase the domain name for Sushumna Chapel.

Rev Dinah Pemberton is a single parent and homeschools her youngest son. With the grace of God, the Masters and her Guru, she manages both Reclaiming Your VirginitY & Sushumna Chapel, the website design, newsletters, sending emails etc.

Reclaiming Your VirginitY is still a slow start in gaining clients, and we are praying and hoping that this will change in the New Year. To do that Sushumna Chapel will be working with the affirmations Happiness, Energy and Income from the book Affirmations for Self-Healing by Swami Kriyananda so that Reclaiming Your VirginitY and Sushumna Chapel can be successful and attract the people who are in need of both services for 2023.

### **Rev Dinah Pemberton**

“In my learning with money over the years, money has brought happiness into my life. So I feel blessed that the Sushumna Chapel was guided by God and the Masters to practice Happiness first. Because let's be honest, it is not easy to practice happiness first when you are faced with the cost of high living, receiving benefits, or running a business that is a slow start. Or thinking that you need money to fill a void, or for financial health, education, or that you need clients, or you need to sell a certain amount of products to attain a financial Goal”.

## **The Financial Year for Reclaiming Your Virginity (donations continued)**

Putting happiness first is challenging but in truth, I feel it's the right thing to practice first.

We have made a start with the reading and affirmation for happiness, which is the focus in the Sushumna Healing Prayer Group for the next few months.

Also in the night meditations we focus on the affirmation by Paramhansa Yogananda

*"I will with my own will, which flows from the divine will, to be healthy to be well, to be prosperous and spiritual, to be well, to be well."*

In December 2022 Rev Dinah Pemberton did a 30 day Gratitude Challenge with the following above affirmation which is in the Sushumna Chapel Recordings if you would like to view them.

### **Join Us**

Join us and be a part of the change in body, mind and soul for healing, health, happiness, prosperity and upliftment.

If you feel inclined to help both Reclaiming Your Virginity & Sushumna Chapel whether through prayers, donations, tithing, referrals, advice around funding or grants, maybe you are in a similar situation and have an online business, church or a chapel and would like to share your experiences with Rev Dinah Pemberton, she would really appreciate your help.

### **Tithing**

Tithing is something that I would like to know more about in 2023. But for now I have made a commitment to tithe £10 to Sushumna Chapel every month.

If you are interested in helping maybe tithing could be an option for you instead of paying donations for the services that are offered.

# Goals for Reclaiming Your Virginity & Sushumna Chapel in 2023

## Reclaiming Your Virginity

- *To help more people*
- *To add an Inspirational Sharing Page*
- *To make Reclaiming Your Virginity Intuitive Inquiry free for others to read*

## Sushumna Chapel

- *Purchase a website for the Sushumna Chapel*
- *To have the Sushumna Chapel website up and running*
- *Minister Robes*
- *A service for Lent - Using Psalm 23*
- *To Help More People*
- *An Art Gallery Page*

## Commitments

- *To be of Service to Sushuma Chapel and all the online services that it offers and review after 1 year.*
- *To tithe £10.00 a month to Sushumna Chapel.*
- *Go deeper with God.*
- *Continued Professional Spiritual Development.*
- *To continue to stay with Ananda Sangha Online.*
- *To try and live by my vow. The Pilgrim's Vow of Intention.*

The Reclaiming Your Virginity Website & Sushumna Chapel are still undergoing an upgrade on the website. Please feel free to contact me if you experience any problems during your online visit or notice anything on the site that you are not sure about at [sushumnachapel@gmail.com](mailto:sushumnachapel@gmail.com)

Thank you for your understanding and for taking the time to read the Reclaiming Your Virginity Review for 2022.

Blessing & Love

Rev Dinah Pemberton

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