

Spiritual Guidance

Serving your personal journey toward enlightenment...

These monthly—or-so e-newsletters are intended for your benefit and interest. You have received this message because you are on the Spiritual Guidance e-newsletter distribution list. If you would not like to receive future updates or messages from Spiritual Guidance, please reply back with nothing more than “UNSUBSCRIBE” in the body of your message. Namaste.

Check out this month’s new resources on the Spiritual Guidance website’s resources page (www.servingyourjourney.com). You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to the editor at rmeagher@istar.ca.

1. THIS MONTH’S PERSONAL STORY OF SPIRITUAL LESSONS

Learn, Don’t Pity

I recently visited a quadriplegic man. His name was Tim. He was interviewing me for a personal care attendant job. I had not performed personal care work of this magnitude in some time, but when I saw Tim’s ad in the paper, I felt compelled to follow up.

For many years I watched a dear friend go from being an accomplished athlete to being able to move only her head—as Multiple Sclerosis (MS) ravaged her body. Over the years I have seen what it is like to be around someone who is 100% dependent on other people to care for them.

Tim was a joyous soul. He was full of life and had a beautiful, peaceful demeanor about him. Several of Tim’s personal care workers had suddenly, and simultaneously, had to move out of town. Tim was left in a lurch and needed to find new personal care attendants, and fast. We talked about my background in caregiving for a quadriplegic and my availability to help Tim.

Tim was remarkably considerate of me and my personal situation that led me to his side. I mean...here is this man who on any normal day fights to even exist! He spends every waking hour trying to figure out how he will survive the day—and he was finding it within himself to see beyond his own personal situation to be compassionate, caring and considerate toward me. Tim was so polite and respectful. It brought a smile to my face. He was so grateful for my dropping by to visit and discuss his caregiving needs.

If there's one thing my friend with MS taught me is that most people with injuries similar to Tim's are not interested in your pity. They simply want you to help them have a moment, if ever so brief, of self-sufficiency, of dignity, of self-respect, and dare I say...love.

In that one short visit with Tim, I learned more about selflessness, compassion, caring, considerateness and love than it takes most people a lifetime to learn. I was the lucky one to be in his presence. I was the one blessed by his light, by his spirit.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. THIS MONTH'S CONTEMPLATIVE THOUGHT*

Thoughts are like seeds. As are your thoughts, so will be your attitude and behavior.

* *Complements of the Brahma Kumaris* (<http://www.bkwsu.com/index.html>).

3. WORKSHOP - EXPLORING SPIRITUALITY – MAY 21 OR 29

Spiritual Guidance Presents

“Exploring Spirituality”

Saturday, May 21 or Sunday, May 29
9:30am – 3:30pm

Subud Centre, 357 Wilmont Avenue, Ottawa
(at Churchill Avenue, one block South of Scott Street)

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover:

1. What is spirituality to/for me?
2. What are the characteristics of spiritual living and spiritual people?

3. What are the impediments to spiritual growth?
4. What spiritual practice is possible and what works best for me?

Personal reflective time will be skillfully blended with facilitated reflection circles to provide the opportunity for discussion with other participants. This rhythmic blending of personal introspective work with reflection circles is intended to mimic the natural deep breathing that often accompanies spiritual practices such as meditation, qigong and yoga. To add another interesting element to the workshop, you will have the opportunity to participate in meditation and guided imagery exercises to nurture and facilitate your experience.

Cost: \$165 (incl. taxes)*

Registration: Please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@istar.ca

Please bring any food, snacks and/or refreshments you will need throughout the day. There are kitchen facilities available, with running water, and a fridge you can keep your food, snacks and refreshments in.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece, shawl or blanket. The sedentary nature of the day may result in you wanting to add layers to stay warm. Also consider bringing your favorite cushion or pillow for sitting on the floor.

* The cost of the workshop includes a workbook that you will use throughout the day and then take home with you.

Visit www.servingyourjourney.com for more information.

4. OTHER WORKSHOPS AND SEMINARS PLANNED FOR THE FUTURE

Spiritual Guidance has developed two other workshops: "The Laws of Spirit" and "Forgiveness". We will launch these workshops in the near future. Refer to the 'Services' page of the Spiritual Guidance website (www.servingyourjourney.com) for more information.

If there is a workshop or seminar you would like Spiritual Guidance to develop for you, your community group or organization, please contact Rev. Robert Meagher at rmeagher@istar.ca or 613-204-0299.

5. SPIRITUALITY DISCUSSION GROUPS

Interest is growing in spirituality discussion groups offered by Spiritual Guidance in Ottawa, Canada. If you or someone you know is interested in participating in these discussion groups, please contact Rev. Robert Meagher at rmeagher@istar.ca or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servingyourjourney.com/page04.html>).

6. THE VISION ALIGNMENT PROJECT

After 17 years of working with Intentions and Conscious Manifestation we have learned that one of the most powerful things we can do is to envision the end result from the beginning and align our visions with others. With this in mind, we've created **The Vision Alignment Project**. The Vision Alignment Project is free. You will receive a short email every other day with a Vision or Intention that you can align with by hitting a "Yes! I align with this Vision." Button. We will keep track of the number of people who have aligned with our Visions and it is our intention that we reach our goal of 1,000,000 Alignments in the days ahead. We know that each time you align with a positive ideal, you are consciously contributing to the creation of it, and that each person aligning with these Visions moves us all one step closer to bringing them to life. This is how YOU can make a difference.

For more information about The Vision Alignment project, visit their website at <http://www.visionalignmentproject.com/>.

7. A BEAUTIFUL STORY OF GRIEVING

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Grief & Bereavement: A Personal Journey. A Good Day in the Life of a Grieving Widower.

By: Pierre Milot

Strangely enough, today is a good day, it's been so long since I've had one.

All bundled up in my red checkered construction shirt, and discreetly trespassing on my neighbour's long country driveway, I'm taking my old dog Max out for his morning walk. Protected from the cool river wind by the bordering woods, I can feel the hot spring sun gently warming my face and shoulders, and can hear nothing else but the birds chirping, the familiar honking sound of the Canadian wild geese flying high in the clear blue sky happy to come back home, and the delightful crunching sound of gravel underneath my feet as I walk. With an uncertain smile I breathe in the fresh morning breeze, I feel good.

Strolling along, lost in thought, I marvel at our capacity to recover from what seems at times like the "unrecoverable". How can it be that today I can smile when only yesterday I was in the deepest of sorrows, with little hope for tomorrow. As I ponder on this, I reminisce, I think back on that dreadful November day, when, as I was holding my wife's cold dying hand and counting her last breaths, she left me in so much pain and loneliness. I remember that while I was putting on a brave front reassuring her that I would be OK, I was prompting her to go towards the "light" (as if she wasn't already there, for where else could such a kind and loving soul be, but in the arms of an angel).

Little did I know then that very soon I would be kneeling on the ground, bent over in gut-wrenching agony, sobbing like a child, and begging for her to come back. I would have done everything then, change my religion, give away all that I owned, even my life and soul to see and feel her, to be able to one last time delicately run my fingers through her soft silky hair, as I lovingly kiss her forehead while savouring her particular body scent that I've grown to love so much.

But, if the Divine in his infinite wisdom has granted us the gift of growth through sorrow and pain, he has also given us the necessary strength to overcome the same hardships. So, reaching inside the deepest confines of my being for that slippery strength, I managed to somehow make the pain more bearable, stand up and shakily face the day one more time.

Now, in an effort to heal my shattered life, I'm slowly learning to redefine my sense of self, my identity in this strange and scary new world without her, to think in terms of "I" instead of "We", while at the same time keep her memory alive in my heart.

I will make it, I will survive, I will somehow learn to be whole again but in a different way than before, and when the tough days comes back again, I will always have today, the comforting memory of this "Good Day" to fall back on.

Waking up from my reveries, I focus back on Max, my only daily companion these days, as he too, healing from his loss, enjoys the day. His inquisitive nose intrigued by the pungent odour of last fall's decaying leaves, he decides to investigate further and scratches the ground with an awkward paw to uncover the newly grown fresh tender grass shoots, a welcomed sign of the summer to come. The never ending circle of life.

Today is made of my yesterdays, and tomorrow is made of my today.

Pierre Milot

8. 10 THINGS TO LEARN FROM JAPAN

See how the Japanese reacted after the tsunami disaster A nation deserves our full respect.

1. THE CALM

Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.

2. THE DIGNITY

Disciplined queues for water and groceries. Not a rough word or a crude gesture.

3. THE ABILITY

The incredible architects, for instance. Buildings swayed but didn't fall.

4. THE GRACE

People bought only what they needed for the present, so everybody could get something.

5. THE ORDER

No looting in shops. No honking and no overtaking on the roads. Just understanding.

6. THE SACRIFICE

At least fifty workers stayed back to pump sea water in the N-reactors. How will they ever be repaid?

7. THE TENDERNESS

Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.

8. THE TRAINING

The old and the children, everyone knew exactly what to do. And they did just that.

9. THE MEDIA

They showed magnificent restraint in the bulletins. No silly reporters. Only calm reportage.

10. THE CONSCIENCE

When the power went off in a store, people put things back on the shelves and left quietly!

Let us also learn from calamities in our life to be a cause for respect and a lesson to bring out our human values!!

9. 2012 – A MESSAGE OF HOPE

You are invited to view the YouTube video via the URL link below. The video is truly amazing. The 25 minutes it will take you to view the video may change your life.

http://www.youtube.com/watch?v=r_YOG3jMIV4

10. THE POWER OF WORDS

See the 1-minute YouTube video below for a beautiful message.

<http://www.youtube.com/watch?v=Hzgzim5m7oU>

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Rev. Robert Meagher

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