

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

Faith

A dear friend recently gifted me a series of audio CDs about healing by the renowned Dr. David R. Hawkins. The seven-part series shared some of Dr. Hawkins’ lifetime of experiences in the healing profession. As a medical doctor trained in traditional allopathic methods, Dr. Hawkins also employs alternative methods of healing when working with his patients. It is also clear from the audio CDs that Dr. Hawkins is a highly-evolved spiritual person.

Dr. Hawkins suggests in the first CD of the seven-part series that there are three dimensions to health and healing: physical; spiritual; and mental (or emotional/psychological). Dr. Hawkins goes on to talk about how the physical, spiritual and mental dimensions of a person come into play to facilitate general health and how they influence our healing.

It was not the first time I had heard someone talk about the three dimensions of health and healing as making up the ‘whole’ of a person. And it certainly is something I relate well to and embrace in my daily life. But Dr. Hawkins’ lectures made me think about the connection among these three elements and its role in healing. What is it that integrates, connects and makes it possible for any one or combination of these elements to coexist, synergize and create the conditions necessary for health and healing?

I believe the integrating factor is faith; our belief system, ideologies and philosophies about life, our existence and our purpose. I do not think it is necessary to believe in anything. But I do think it critical that we be aware of what it ‘is’ we believe in—even if we believe in nothing. What we

believe in has a tremendous affect on our physical, spiritual and mental well-being. What we believe in has a tremendous impact on how we treat the physical, spiritual and mental dimensions of our being. For many, what we believe in creates our boundaries and parameters to learning about how each dimension—physical, spiritual and mental—exists on its own and, hopefully, connects with the other dimensions.

You can be an Olympic athlete and suffer from mental and/or spiritual deprivation that, as a whole, results in dis-ease or illness. Even a spiritually-evolved person recognizes the importance of honoring our physical bodies. We must treat our bodies with respect, keeping it healthy and strong, even though we know the physical body is not who we are. Our physical body is simply protoplasm that is a carrier for our soul—who we truly are.

I have been very fortunate in my life to have strong faith. Granted, I was not always aware of what role faith played in my life. There were even times when I thought I lost my faith. Now, at this precious time in my life, faith has taken on an expanded meaning. I have always believed I am on my path. I have always believed where I am is exactly where I am supposed to be. I have always believed that people and events pass through my life for my learning—nothing more and nothing less.

There is a wonderful saying that a dear friend recently shared with me, that I will pass along to you...”what Spirit brings us to, Spirit will bring us through”. These words are precious to me. I pray and meditate on them each and every day.

To repeat and conclude, I do not think it is not important to believe in anything; but it is important to know what it ‘is’ we believe in. Knowing what it ‘is’ we believe in opens the door to learning—one of our main purposes here in this lifetime and existence.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. THIS MONTH’S CONTEMPLATIVE THOUGHTS*

“Deep inside our consciousness is an oasis of peace. This is the core of the soul. This core is a source of inner power to fuel my mind and intellect, to help me create powerful thoughts and make accurate decisions. When I learn to go to this centre, peace is my companion, positivity my partner and I can relax in one second, anywhere, anytime. Today let me return to the centre of myself with the journey of one second.”

“Teaching others is best done with love. Once the heart has understood, the mind opens.”

“People are better able to hear what I have to share when they know I care. To share knowledge or an opinion without conveying an intention of care and respect is to lecture. There is so much knowledge and opinions shared in the world at this time that people have grown tired of listening. When there is trust that I care, people are willing to listen. Today let me convey care before sharing knowledge.”

“No matter how great your words may be, you will be judged by your actions. To be silent and act with integrity is a greater contribution to the world than to speak wise words and act contrary to them. To embody wisdom is to fully integrate what I am learning. Today let me take time to ensure my actions practically embody the spiritual wisdom I am acquiring.”

“Be patient. To be patient is to adopt an attitude of “wait and see”. Knowing there is a specific secret behind everything that is happening gives me the patience to wait until I can see it. And as

I wait for the secret to be revealed, I am actually quietly preparing to recognize the secret when it is revealed. Today let me wait and see what secrets will be revealed by life.”

“It takes courage to remain forgiving, loving and merciful.”

“Real power and authority is not power and authority over others, but over the self. When I can choose my own state of mind and choose the feelings in my heart then I have real power. Today let me acknowledge my innate power to be my best self.”

“When we look at our life through a magnifying glass everything seems huge; my concerns and worries expand and I experience tension. When I zoom out and become detached, I can see the bigger picture and suddenly everything becomes small. Then I can see the subtle threads that hold situations and people together and I can discern ways to be free. Today let me zoom out and see my own situation in perspective.”

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

3. WORKSHOP – THE LAWS OF SPIRIT – AUGUST 21

Spiritual Guidance Presents

“The Laws of Spirit”

Sunday, August 21, 2011
10:30am – 3:30pm

Planet Botanix, 301 Bank Street, Ottawa

We live our lives surrounded by the ‘laws of the land’. Many of these laws are intended as a basis for social order. However, these human-made laws pale in comparison to a higher order of laws that weave themselves into our daily existence and broader human fabric. This exploratory workshop will examine these higher orders of law—the laws of spirit—in three parts:

Part 1 will see you review some of the more prominent laws of spirit.

Part 2 will have you identify the laws that are most relevant to your life path.

Part 3 will give you an opportunity to work through exercises to help you more closely examine the laws identified in Part 2 and how to address your core issues, hopefully with greater ease.

All of the material in this workshop is based upon the ambitious work of Dan Millman in his book “The Life You Were Born to Live: A Guide to Finding Your Life Purpose”. Personal reflective time will be skillfully blended with facilitated reflection circles to provide the opportunity for discovery with the other participants.

Cost: \$125 (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 is a small kitchen facilities available that includes a microwave 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 SPIRITUAL GUIDANCE WORKSHOP OFFERINGS

Spiritual Guidance Presents

“Exploring Spirituality”

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover: What is spirituality to/for me? What are the characteristics of spiritual living and spiritual people? What are the impediments to spiritual growth? What spiritual practice is possible and what works best for me? 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. (\$165, 6 hours in duration)

“Forgiveness”

Forgiveness offers us tremendous opportunities for inner peace, joy and love in our lives. From a spiritual perspective, forgiveness is essential for spiritual growth and unlocks a door—it is a key—to higher levels of consciousness. For those who recognize that their inability to forgive themselves and others is holding them back from the inner peace they seek, this workshop will be most beneficial. You will also benefit from attending if you want to develop tools to help others learn how to forgive. In this workshop we will explore what forgiveness is and, more importantly, how to forgive through a series of self-exploratory exercises. We will discuss some of the common reasons we choose not to forgive and examine some practical tools and approaches to forgiveness. (\$125, 5 hours in duration)

To register your interest please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@istar.ca

All workshops will skillfully blend personal reflective time with facilitated reflection circles to provide the opportunity for discussion with other participants.

Unless otherwise stated, all workshops will be held at the Subud Centre, 357 Wilmont Avenue, Ottawa (at Churchill Avenue, one block South of Scott Street). 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.

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. SPIRITUAL CENTRES AND RETREATS INDEX

The Spiritual Guidance resources page (www.servingyourjourney.com) now has an ambitious index of almost 400 spiritual centres and retreats throughout North America including, but not limited to:

- Buddhist centres, temples, priories, and monasteries
- Christian retreat centres, abbeys and monasteries; including monastic communities such as the Jesuit, Oblate and Benedictine communities (includes denominations such as Catholic, Lutheran, Anglican, Baptist, Protestant, Pentecostal, Episcopal, Presbyterian, Methodist, etc.)
- Eco-wellness and nature-oriented-and-focused centres and retreats
- Hindu and other ashrams
- Jewish retreat centres
- Shaman centres
- Sufi retreat centres
- Taoist retreat centres
- Theosophical retreat centres
- Inter-faith and non-denominational centres and retreats (e.g., Brahma Kumaris, Sri Chinmoy, etc.)

The long and growing index is in a continuous state of renewal and transformation. In parallel with the master list on the Spiritual Guidance website, we maintain two other indexes. The first is an index by region, state and province throughout North America. The second index is by faith tradition, denomination or community (see list above). If there is a specific spiritual centre or retreat you have in mind and/or are looking for, or you would appreciate some assistance in narrowing your search or exploring options (based on faith tradition, denomination, community, region, state, province or city), please contact Spiritual Guidance. We will be honored to assist you.

7. RAY'S "BED OF LIFE" INSTRUCTIONS

Source: Good-Bye to Guilt: Releasing Fear Through Forgiveness by Gerald G. Jampolsky, M.D.

TO REMEMBER ME...

The day will come when my body will lie upon a white sheet neatly tucked under four corners of a mattress located in a hospital busily occupied with the living and the dying. At a certain moment a doctor will determine that my brain has ceased to function and that, for all intents and purposes, my life has stopped.

When this happens, do not attempt to instill artificial life into my body by the use of a machine. And don't call this my deathbed. Let it be called the 'Bed of Life', and let my body be taken from it to help others live fuller lives.

Give my sight to the man who has never seen a sunrise, a baby's face, or love in the eyes of a woman. Give my heart to a person whose own heart has caused nothing but endless days of pain. Give my blood to the teenager who was pulled from the wreckage of his car, so that he might live to see his grandchildren play. Give my kidneys to one who depends on a machine to exist from week to week. Take my bones, every muscle, every fiber and nerve in my body and find a way to make a crippled child walk.

Explore every corner of my brain, take my cells, if necessary, and let them grow so that, someday, a speechless boy will shout at the crack of a bat and a deaf girl will hear the sound of rain against her window.

Burn what is left of me and scatter the ashes to the winds to help the flowers grow.

If you must bury something, let it be my faults, my weaknesses, and all prejudice against my fellow man.

Give my sins to the devil, my soul to God.

If, by chance, you wish to remember me, do it with a kind deed or word to someone who needs you. If you do all I have asked, I will live forever.

This is my wish.

Ray

8. MUSIC IN THE GRIEVING PROCESS: A ZEN MOMENT

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Music in the Grieving Process: A Zen Moment. By: Pierre Milot

On this rainy Monday morning, I'm sitting in front of my computer screen lazily reading my e-mails. I'm in no particular mood, if not a little bored like the weather and I look for things to do later on in the day. As I discreetly listen to Michael Buble's warm velvety voice coming through my PC's speakers and rendering his version of "The Way you Look Tonight", I tap my foot on the floor to the cool sensual Bossa Nova beat, and I think that it's not going to be such a bad day after all. Then suddenly, out of nowhere, in an explosion I flashback to the beautiful face of my loved one, instantly triggering a kaleidoscope of raw memories I'd rather forget since that awful departure day. At once, the moment is lost and my world is unequivocally turned upside down. The roller-coaster is back again.

I feel these invisible clawing hands reaching inside my chest, encroaching my heart like a monster's tentacles and with a piercing jab in the stomach, I feel the unmistakable signs of grief creeping up, taking over my life once more. Not fighting it, for knowing that with grief, there's no going around or under it, I decide to go through it, I stretch back on my director chair, punch the media player's repeat button, rest my head, close my eyes and allow the music to do its painful cleansing magic.

Surrendering to the beautiful melody, I experience only conflict though, for where there should be soothing tenderness, there is only growing hurt and sorrow, every musical note a stabbing blade, every word an aching memory: *"Someday, when I'm awfully low, when the world is cold, I will feel a glow just thinking of you...with each word, your tenderness grows...and that laugh that wrinkles your nose...and the way you look tonight"* .

As the song keeps playing over and over again, I growingly feel the sinewy waves of the music seeping in through every fibre of my being, vibrating at my very core, digging in deeper and deeper into my pain, and I weep. There seems to be no end to the tears rolling down my cheeks and I don't even bother to wipe them as they run along my neck to soak the collar of my shirt. But as time passes by, slowly, music becomes only music, words become only words, the weeping finally subsides, and I can recapture the moment once more.

"Here and Now, it's all we have" Zen Proverb.

Pierre Milot, Ph.D.

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9. DEAR GOD...FROM A DOG'S PERSPECTIVE



Dear God: We Dogs can understand human verbal instructions, hand signals, whistles, horns, clickers, beepers, scent IDs, electromagnetic energy fields, and Frisbee flight paths. What do humans understand?



Dear God: Are there mailmen in Heaven? If there are, will I have to apologize?



Dear God: Is it on purpose that our Names are spelled the same, only in reverse?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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