

Spiritual Guidance

Serving your personal journey toward enlightenment...

July 2011

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Check out the 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 meagher@istar.ca.

1. THIS MONTH’S PERSONAL STORY OF SPIRITUAL LESSONS

Prophecy –Spirituality or Science?

I recently watched two YouTube videos featuring Kiesha Crowthers talk about prophecy passed down from native elders. These videos are on the Spiritual Guidance website at the very bottom of the resources page if you are interested in viewing them (they are labelled ‘Kiesha in Zurich’). The indigenous elders have honored Kiesha with the title ‘Little Grandmother’. Kiesha began traveling the globe in 2010 to share the teachings and prophecies of the native elders. In the two YouTube videos I speak of, Kiesha discusses the shifting of the poles and the impact of this shift on Mother Earth and all humanity. Of all that Kiesha shares in these videos, the key message I took away from Kiesha’s lecture was that, as a people and civilization, we must learn to live from our hearts instead of our heads. We must become a more loving people.

More recently I was captivated by an episode of The Nature of Things. For those reading this message from other parts of the world, The Nature of Things is a well-respected Canadian scientific series hosted by the world-renowned scientist Dr. David Suzuki. In this episode Dr. Suzuki discussed how the earth’s poles were shifting and how this shift was affecting the earth’s energy and magnetic fields. Dr. Suzuki went on to discuss the impact of this shift on the planet

and civilization. This episode fascinated and captivated me. As always, Dr. Suzuki's narration was superb and the way the producers put the episode together was nothing short of genius, in my opinion.

While watching The Nature of Things episode, I was struck by its similarities to what Kiesha Crowthers speaks about in her YouTube videos about the native elders' prophecy. What I found interesting was that not once did The Nature of Things actually use the word "prophecy", even though the content of The Nature of Things episode was identical to some of the content in the lectures given by Kiesha Crowthers. If one saw the Kiesha Crowthers' videos first, as I did, one might even think that The Nature of Things producers consulted with Kiesha Crowthers in preparing their documentary.

Kiesha Crowthers is traveling the world talking about prophecy passed down from native elders. Internationally-renowned scientist Dr. David Suzuki is making impressive documentaries about the science of our planet. In this instance, both Kiesha Crowthers and Dr. David Suzuki are talking about exactly the same thing. Kiesha is taking a spiritual approach to her teachings. Dr. David Suzuki is taking a scientific approach to his teachings.

I felt honored and blessed to have the opportunity to hear and see the teachings of these two great teachers. It was divine to hear these two great prophets—Kiesha Crowthers and Dr. David Suzuki—share their messages and teachings. I was so pleased to see the same message being delivered throughout the world from different perspectives. That these messages were being delivered from different perspectives gives the 'message' the greatest chance possible for the most amount of people to not only hear it but, more importantly, to listen to the teachings.

It is this diversity in messaging that will ultimately help to open our minds to 'knowing' and greater knowledge. It is because of great teachers like Kiesha Crowthers and Dr. David Suzuki that, as a civilization, we may come to learn who we really are, own purpose here in this lifetime and what awaits us as we move toward enlightenment. Open your minds to diversity. Open your hearts to love. As Kiesha says, "as we become more loving, we become more intelligent". I pray for your intelligence.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. THIS MONTH'S CONTEMPLATIVE THOUGHTS*

"Happiness is a daily decision."

"Whatever you do, you are creating your own future."

"When you build a house, every brick counts. When you build a character, every thought counts."

"Take care of yourself with understanding and love, and make sure that you never compromise your own spiritual growth."

"Patience and peace are like the mother and father of love."

"When you start the day with a moment of solitude and contemplation, even the most crowded schedule runs more smoothly."

"Success comes when you are content with yourself, when your activities bring contentment, and when everyone else is content with you."

“Always remember that whatever others see you do, they will do the same.”

“Honour is given to someone who does something good and then moves on.”

“Those with humility carry on in service without ever needing to see the fruits of their labours.”

“Are you too late? What is the experience when I miss a train or a plane? “Oh I missed it!” or “I was too late!” And there is a feeling of regret. In that moment I recall all the decisions made that lead me to be too late. In the same way there are many opportunities to love, to give, to make spiritual effort and to have discipline to do the right thing. Am I making the right decisions to avoid that “too late” feeling? Today let me be “on time” to take every opportunity to do what’s right.”

“Courage is not only something I use to move forward on my journey of life but it is a gift I can give to others. I can inspire courage in others when I see their true beauty and potential. With that vision, I can cheer them on to become everything they dream of being. Today let me give the gift of courage to others by holding the vision of their dreams.”

“To be free from tension I must resist the temptation to identify things or people as ‘mine.’ Just the act of saying ‘mine’ creates a pull, an attachment, where none is needed. When we remove ‘mine’, we remember that all people are souls and all are free, unfettered, unlimited by anyone’s possessing of them. Today let me remain tension free by freeing others from any thoughts of possession.”

“Barriers and obstacles come as a projection of my own weaknesses. When I face an obstacle or a problem it is easy to think it is outside of me, possibly even caused by others. To be a master of myself, I must accept full responsibility for everything that is happening in my life. This is NOT to say I blame myself, but I accept that everything that is happening to me was created in some way by my own thoughts. Weak thoughts are projected outwards and are experienced as obstacles. Today let me be a master of myself.”

“Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow." Today, instead of getting upset by my failures, let me have the courage to be patient and keep on trying with a firm belief in myself.”

“Acceptance means I realize the only thing I have the power to change is the terrain of my own soul. The paradigm of the old world is to wrestle with the systems and people that need to be fixed. The paradigm of the new age we are entering is to accept that our greatest power to change the world lies in changing our own being. Today, I will accept this power and tend to the terrain of my inner being.”

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

3. THIS MONTH'S POEM

Affirmation of the Twelve

I awaken and remember that I am
One with the Mother,
One with the Father,
One with All That Is.

In faith I affirm this truth
as I live in both the mystery and the manifest.

Divine purpose infuses my will and supplies all the power I need
to fulfill my place in the Plan.

Unconditional love for all sentient beings flows through me
into the world.

I know these truths through my feelings and the wisdom of my body,
through the legacy of knowledge preserved and passed on to me
in the perennial wisdoms and through the grace of inner revelation.

I have developed the powers of discernment
that enable me to perceive accurately the real from the unreal.

I am made in the image of the Divine and am therefore creating
realities in my body, my emotions,
my mind, and my spirit,
and I take full responsibility for all that I create.
Through the eternal rhythms and expressions of yin and yang,
I bring balance between heaven and earth, the inner and the outer.

Through the alchemy of truth and love, I am transforming all of the fears,
mistakes, misinterpretations, and limitations of the past.

I am enduring all that is necessary to live the highest truths
of my beingness.

For this remembrance
and for the privilege of serving, I give thanks.
So be it.

Gloria D. Karpinski

4. 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.

5. 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 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.

6. SPIRITUALITY DISCUSSION GROUPS

Spiritual Guidance leads discussion groups on spirituality 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>).

7. A COURSE IN MIRACLES STUDY GROUP

A Course in Miracles is a self-study course in personal and spiritual transformation. Spiritual Guidance nurtures a community of students who study *A Course in Miracles*. If you or someone you know would like to participate in this community, 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>).

8. RETREAT REPORT - TRANSFORMING MINISTRY: SPIRITUALITY, LEADERSHIP AND MISSION

From June 7-9, I attended a 3-day retreat and conference in beautiful Burnstown, Ontario, entitled "Transforming Ministry: Spirituality, Leadership and Mission". The retreat and conference was led by Rev. Bruce Epperly, Ph.D. Rev. Epperly is a teacher, spiritual guide, biblical scholar, author of more than a dozen books, retreat leader, reiki teacher, and Professor of Practical Theology and Director of Continuing Education at Lancaster Theological Seminary in Pennsylvania, USA. The retreat and conference was attended primarily by United Church of Canada clergy and lay worship professionals. Listening to the attendees was illuminating. There are remarkable parallels in the leadership challenges facing ministry work in the United Church of Canada and leadership challenges in other fields of endeavor.

Through the integration of spiritual practices, imaginative prayer, lectures and conversations, the retreat explored the following themes:

- Tending to the Holy: practicing the presence of God in ministry
- Practices for spiritual transformation: a dialogue with Philippians
- When mysticism becomes mission: Acts of the Apostles as a post-modern gospel
- Healing ministry and ministers: Mark's Gospel as an invitation to healing the world
- Prophetic hospitality: how to go from opposition to contrast
- Process theology and ministerial transformation

The retreat was a blissful experience for me. To immerse myself in sacred/divine discussion was a welcomed embracing of my ministry work.

As an inter-faith minister, it is increasingly important to share in the celebration of the different faith traditions. So it was an honor and privilege to share in Christian faith through the United Church of Canada theology and experience.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

9. TIBETAN SINGING BOWLS

At the beginning of June I attended a talk / demonstration on Tibetan Singing Bowls at the Shree Ma Ayurveda Institute and Wellness Centre in Ottawa, Canada. The lecture portion of the evening talked about the history of Tibetan Singing Bowls, how they are constructed and the theoretical healing qualities of these magnificent bowls. The evening ended with an illuminating demonstration of how Tibetan Singing Bowls can be incorporated into holistic healing practices.

At the end of June I attended a concert by the Spiritual Instrumental Ensemble "Heaven and Earth" at The Garden of Light in Ottawa. The evening featured Tibetan Singing Bowls accompanied by bells, gongs, chimes and flutes. The concert was a wonderful demonstration of the sound tones and textures created by Tibetan Singing Bowls.

Tibetan Singing Bowls offer a unique and unmistakable gong / chime sound that is relaxing, healing and rejuvenating. They are commonly used in meditative practices but are increasingly being incorporated into holistic healing practices through energy and body work.

These magnificent bowls come in varied sizes ranging from a few inches in diameter to over 10" and are constructed of a metal alloy that may consist of such metals as gold, silver, nickel, copper, zinc, tin, lead, cobalt, bismuth, arsenic, cadmium or iron. When struck with a mallet (usually wooden), the sound that emanates from the bowl is exquisite. One of the unique qualities of these bowls is that if held and struck and/or massaged with the mallet in a certain way (that is, "played"), they will actually produce a continuous sound that is not unlike a musical song—hence the term "Tibetan Singing Bowls".

Consider incorporating Tibetan Singing Bowls into your spiritual and/or meditative practice. They offer tremendous healing opportunities for the body, mind and spirit.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

10. SACRED TEXTS – A LITTLE SUMMER READING

While many may turn to Sidney Sheldon, Margaret Atwood, Stephen King or any other best selling author for this summer's reading enjoyment, I have decided to undertake the (re)reading of the sacred texts of the Great Faith Traditions, including:

Buddhism – *Dhammapada*
Buddhism – *Flower Ornament Scripture*
Christianity – *Bible*
Hinduism – *Bhagavad Gita*
Hinduism – *Upanishads*
Islam – *Koran*
Judaism – *Tanach*

Judaism – *Talmud*
Judaism – *Torah*
Taoism – *Tao Te Ching*

One of the principles of the inter-faith ministry I was ordained into is to seek the common ground among the faith traditions. I look forward to revisiting the common ground among our faith traditions by (re)reading their sacred texts.

If you have any thoughts or experiences on the common ground among the faith traditions, please share your thoughts with Spiritual Guidance at rmeagher@istar.ca.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

11. LOVE AND COMPASSION IS AN 'ART'

I will let the attached video speak for itself (see link below)...it spoke love and compassion to me.

<http://www.militarytimes.com/hancock>

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

12. OUR WORLD IS MUSICAL

An offering by Rev. Dr. Doug Henderson PhD, OM, ICBT

About 80 years ago the genius, Walter Russell made the point that our universe is musical and that it is based upon octaves. More recently Michio Kaku, co-founder of String Theory in quantum physics is saying that not only is the universe musical and based on octaves but that man vibrates at the lowest of all octaves. The Heart Math Institute recently concluded that 97% of all of our thoughts are negative thoughts or thoughts of attack. Dr. David R. Hawkins has also determined that ever since recorded history, 97% of all historic events have been acts of war. These conclusions are not co-incidence. Our thoughts although unseen are real things and they are the means by which we create every aspect of our world. Possibly mankind's greatest tragedy has been that we have never learned to control our thoughts and we have bought into only what the ego would have us see which has perpetuated a primitive war-like nature. We do not realize just how powerful we are. When you have an intense emotion or feeling of either anger or love it is experience 20 billion light years into the universe. That is beyond our known universe. So, the choice of thoughts we have is critical to what we would create. If it is peace we desire this war-like nature must stop. The way this happens, as Ghandi determined, is we need to become the peace that we desire. We have choice and we have a power of refusal. We need to refuse to buy into anything that would limit our own true nature. There are only two choices; love or fear and the universe is infinitely patient with us to make the better choice and continue our spiritual evolution to something so much better. For me, the shift that we are experiencing is a shift of perception from the head to the heart, from the material to the spiritual, from the seen to the unseen, from the valueless to the valuable. And what is valuable? Intangibles, such as; love, peace, joy, happiness, kindness, compassion and the courage to express them. When you resonate with them, we stop projecting our junk thoughts upon the world and each of these higher attractors appears when we give the world the chance to be itself. In other words, when we stop interfering with our own true nature we transition from projecting junk to radiating love.

The Power of Intention

So, I had an intention to go deeper and to be of more service to others during this time of transition. The moment that I did, I was inspired to create a Self Healing Series of CD's to reduce the stress being experienced, raise the listeners' vibrational state of awareness and consciousness so that they might better cope with perceived world events. The only real purpose of time is to learn to be calm at all times because you can not perform, learn, heal or be inspired unless you are deeply relaxed. I also knew that etheric music was required in order to convey the message and techniques of how to heal and so I sought out master etheric musician **Jeremy Sills**, to partner with and together we have gone through a very guided process within a very short time and have created 4 cds' in various stages of completion to assist those who choose to listen and learn how to heal themselves and others. They are having a transformative effect on those who have experienced a live performance or listened to the cd. These cds are not for entertainment but for evolving and each is about an hour long. Each cd builds upon the other and builds spiritual muscle. The first which is available is entitled, **I Choose Love** and it begins with learning to make better choices and to undo those that have been harmful. The second cd entitled; **Forgiveness** will be available very shortly. Forgiveness is the key to all enlightenment and in this cd the listener is taught a totally different method of forgiveness that goes beyond Ho Opono Opono. The third cd in the series is entitled; **Spiritual Evolution** and it teaches various principals that are required if we are to evolve, which is our real function. The fourth cd in the series is simply entitled; **Healing** and continues going deeper and teaches some very specific healing techniques.

If you find that you are stressed, your relationship is in trouble, you are confused, have a need for healing privately or an intention to raise your level of consciousness and contribute peace to the world then consider this journey of personal empowerment. The regular price of each cd is \$45.00 but we are selling them currently for \$35.00. Also, if there is an event coming where you feel that what Henderson and Sills is doing is appropriate, we would love to perform for your group. Thank you and Namaste.

Doug Henderson PhD can be contacted at 613-233-3888 or drdoug88@rogers.com

13. FREQUENCY OF GENIUS

In late June I had the honor and privilege to attend the Ottawa screening of "Frequency of Genius". This mind-altering-and-opening movie showcased the work and thoughts of modern-day luminaries in the fields of science, physics, quantum physics, health, spirituality, finance, economics and sociology. This illuminating movie highlighted thought-provoking views on our converging disciplines to share powerful insight to our times—how they are transforming and what is to come.

If you have not seen "Frequency of Genius", I invite you to do so. It has the potential to change how you see your world.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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