

Spiritual Guidance

Serving your personal journey toward enlightenment...

August 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.

SPIRITUAL GUIDANCE OFFERINGS:

1. THIS MONTH’S PERSONAL STORY OF SPIRITUAL LESSONS

Transformation

I attended a spirituality conference recently at St. Paul's University in Ottawa, Canada. It was a delightful experience. The event brought together people from varied faith traditions and religious denominations to explore the infinity and splendor of spirituality.

Throughout the day I had the pleasure of meeting many faith and religious leaders. I learned much from these elders and life-long religious faithful. I was intrigued with some of the more seasoned attendees who expressed some of their frustrations, even resentment, with having been in their field (or profession) for so long. For some, it was their entire 70+ years on this planet. Some were quite direct and blunt about their regrets of never having tried or done something different with their lives.

In my naive way I thought to myself, how could one possibly tire of playing a leadership role in a faith tradition or religious denomination? After all, answering one's 'calling' is your ticket to eternal peace and joy, right?

As I met and spoke to more attendees and listened intently to their life stories, it dawned on me that some of the people may be 'stuck' in their existence. Some of these beautiful souls had never done anything but care for people and serve their faith and/or religious communities. Some of these precious teachers had not experienced any change or transformation in their lives.

Transformation and change is healthy for our souls. It renews our energy and makes our fractured spirit whole again. Transformation is what we all go through from the time we enter this existence to the time to pass over; and that may be our most significant transformation of all.

Rejoice in the transformation and change that happens in your life. And remember... " what Spirit brings us to, Spirit will see us through".

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. THIS MONTH'S CONTEMPLATIVE THOUGHTS*

"Anger spoils the beauty of the soul, silence regains it."

"Staying centred in your elevated self-respect will help you remain undisturbed by others."

"Silence gives rest to the mind and this means giving rest to the body. Sometimes rest is the only medicine needed."

"Being a detached observer as the scenes of life pass by, will enable you to understand the secrets hidden within them."

"A useful thought is one that brings benefit to yourself and others."

"The world is crying out and many souls are in distress. Every waste or weak thought I have about myself or anyone else adds to the distress and judgment in the world and stops people from coming closer to peace. At this time I need to become mature spiritually and establish a firm NO WASTE policy. Today I will not allow thoughts of judgment to add to the distress in the world, my focus is peace."

“Wear an inner smile. To be spiritually content is to constantly wear a quiet inner smile. The eyes light up with the sparkle of self awareness and self acceptance, the face shines with happiness and the body moves with grace and ease through life. Today let me be content. “

“If your self-respect is built on external things, like what you do, what you wear or who you know, then these things will pull you further away from your inner being. When we try to find out who we are inside we become aware of the masks covering the inner core. These masks have been worn for protection, yet they also hide me from myself. When I dedicate myself to a self respect built on inner qualities and not on outer masks, I come home to myself. Today let me see the real me. “

“To make your life as valuable as a diamond, stop chasing shells. The habit of illusion allows me to believe that surface level indulgences will satiate something big inside of me. In reality by chasing after shells, empty things, I waste valuable time and energy. To think like this is to be constantly hungry, never fulfilling my deepest desires for love, light and meaning in life. Today let me spend my time in valuable ways, increasing my own sense of value.”

“At the end of the day, we are answerable to our own actions and behavior. At this time the machinery of karma is very subtle and fast – any thought I have will manifest and I will experience the direct and immediate return of my thoughts, words and actions. I must look after my mind and heart and clean them out. For the world to be transformed my mind must become obedient in this task and my intellect must remain clean and clear. Today let me stay focused on the quality of my thoughts, words and actions.”

“There are subtle spiritual laws that govern our lives. When I respect these subtle laws I remain content. If I break them I suffer. For example to give kindness, to see others as spiritual beings, to treat myself and others with respect means I will receive this in return. However, if I let my thoughts and actions become disrespectful in any way, causing sorrow to others, then I begin to suffer, blocking my ability to see and experience my own goodness and that of others. Today let me live with respect for spiritual laws.”

“There is a question which challenges the very basis of our life and how we live. “Are you a physical being having the occasional spiritual experience or are you a spiritual being having a frequent physical experience?” In the simplest of terms we either live a material life or a spiritual life. Can the two be mixed? Well it depends on what we mean by spiritual, as ‘spirituality’ is not religious and it has little to do with spiritualism! Many believe they can be ‘material’ and ‘spiritual’ at the same time. Am I a physical being or a spiritual being?”

“When we know ourself as ‘spirit’, we view the form that we inhabit, other embodied souls around us -family and friends- and the world, very differently. It is that change in perception which defines the shift from material to spiritual. Our perceptions are ‘spiritualized’ and that changes everything at all levels. It empowers us to live a very different life and create different responses to the world around us.”

“There is a signal that tells us how wise or unwise we are in our ways. If we react emotionally to any external situation, person or event, it is a sign that we are trying to control what we can never control. Any ‘reaction’ usually means there is some resistance and therefore an absence of acceptance and therefore a wish to control. All events are usually in the past and more often than not involve other people, and the two things in life that cannot be controlled or changed are the past and other people.”

“You can never know your limitations until you break through them. To say that’s as far as I will be able to grow or develop mentally or spiritually is only a limitation of imagination or an imagined limitation! To say that is as far as I have ever gone and therefore will go is limitation by memory

and to see the future 'only' in terms of the past. You can never know your limits until you break through them and then they are no longer your limits! Today let me break through limits."

"The tools of silence and meditation are essential to self mastery. Life at the time in the world is chaotic, complex and often confusing. In order to be stable, it is important to stay in touch with my inner strengths found at the core of who I am. Under the surface of chaos there is a still, calm place inside of me, untouched by the outside world. I can stay in touch with this through silence and introspection. Today let me obtain real peace and self mastery in the 'theater of life' by maintaining contact with my inner world."

"Life becomes awful serious for people who identify themselves with their role. They become 'role conscious'. They start to believe they are the role which is like the actor on the stage believing they are the part they are playing. Over time this tendency extends into trying to play the same role in all scenes which is to invite both disharmony and disconnection. And when anything appears to threaten the role, as it must, they become fearful, defensive or aggressive because they take it personally. Today let me observe myself."

"People tend to see any 'position' in life as a fixed position. If we are a manager we see our self as a manager only and forget that it is just one of many roles that come with the position. A 'manager' has the opportunity to be coach, trainer, teacher, counsellor, mentor, facilitator etc. depending on the need of the team and its members. A 'parent' tends to see their position as 'supreme controller' and they can easily miss the opportunities to play companion, coach, teacher, playmate, advisor etc. Even the role of 'friend' has many possibilities including confidante, companion, supporter, challenger etc. Today let me make sure I have not become fixed in any of my roles."

"To accept everyone and everything as they are, without any resistance, is to enjoy the power of love and embrace life in its totality. Any tendency to spend too much time and energy in our minds judging others, controlling others and trying to 'fix' them makes it difficult to enjoy living. Today I will enjoy life by encouraging and empowering myself and others with the power of acceptance."

"The body is visible in a mirror. But character is visible in actions. Every action I perform throughout the day reveals my character. Although my body may be well groomed and look beautiful, it is my actions that reveal my inner beauty. Actions performed with care, thoughtfulness, peace and humility reveal a brilliant character. Today let me ensure the best of me is visible in my actions. "

"Walk the talk. When I remain true to my inner values and follow my conscience, despite resistance from others, my actions bring benefit. Simply by staying true to myself I inspire others to do the same. This begins a ripple effect and uplifts everyone. Today let me walk my talk."

"Cheerfulness keeps up the spirit of the one who possesses it, and brings a smile to the ones who see it. If I check myself regularly throughout the day I may discover that cheerfulness is slipping. To notice this and rearrange my inner state of mind allows me to reposition myself. Today let me nurture my cheerfulness."

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

3. THIS MONTH'S POEM

The Truth

I salute the supreme teacher, the Truth, whose nature is bliss,
who is the giver of the highest happiness, who is pure wisdom,

who is beyond all qualities and infinite like the sky, who is beyond words, who is one and eternal, pure and still, who is beyond all change and phenomena and who is the silent witness to all our thoughts and emotions—I salute Truth, the supreme teacher.

Ancient Vedic Hymn

4. THIS MONTH'S QUOTE or QUESTION

“What exactly did I do to deserve to be alive?”

5. 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.

6. OTHER SPIRITUAL GUIDANCE WORKSHOPS

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.

7. 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>).

8. 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>).

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

9. TONGLEN – KEEPING THOSE WHO SUFFER IN OUR HEARTS

Tonglen is a practice that can be of help at a time of seeming helplessness. Each time you practice tonglen, begin with basic mindfulness practice. It is important to take some time to let your mind settle. Having done so, you can go on to the practice of tonglen itself, which has four steps.

The first step is very brief. You could think of it as “clearing the decks.” You simply allow a little pause, or gap, before you begin. Although this first step is very brief and simple, it is still important. It is like cracking the window to let in a little fresh air.

In the second step you touch in with the visceral world of feelings and emotions. Each time you breathe in, you breathe in heavy, dark, hot, sticky, claustrophobic energy; and each time you breathe out, you breathe out light, refreshing, clear, cool energy. With each breath the practice shifts direction, so there is an ongoing rhythm back and forth. You are taking the habit of grasping and rejecting and you are reversing it.

The third and fourth steps take that same approach and apply it to specific topics. Start as close to home as possible, with something that actually affects you personally. You should work with a topic that arouses real feelings, something that actually touches you or feels a little raw. It does not need to be anything monumental; it could be quite ordinary. For instance, maybe someone screamed at you when you were driving to work. You could breathe in the aggression they threw at you and you could breathe out to that person a wish to free them from the pain of that anger. If you yourself have just come down with a sickness, you could breathe in that sickness, and breathe out your feeling of health and well-being. The point is to start with something that has some reality or juice in your life.

Once you are underway, it is good to let the practice develop on its own and see where it takes you. In this case, no matter what comes up in your mind, you breathe in what you do not like and you breathe out what you do, or you breathe in what is not so good and breathe out being free of that. For instance, after you breathe in that driver's aggression and breathe out your soothing of that anger, what might come up next is your own anger at being so abused first thing in the morning when you had started out in a pretty good mood. You could breathe that anger in and breathe out the ability not to take such attacks so personally. In that way your thoughts follow along naturally, revealing more and more subtle layers of grasping and rejecting.

In the fourth step you expand the practice beyond your own immediate feelings and concerns of the moment. For instance, if you are worried about your friend, you expand that concern to include all the other people now and in the past who have had similar worries. You include everybody who has suffered the pain of seeing someone they are close to in danger or trouble. You breathe in all those worries and breathe out to all those countless beings your wish that they be freed from such pain.

Tonglen practice is a radical departure from our usual way of going about things. It may seem threatening, and even crazy; but it strikes at a very core point—how we barricade ourselves from

pain and lose our connection with one another. The irony is that the barricades we create do not help all that much; they just make things worse. We end up more fearful, less willing to extend ourselves, and stunted in our ability to express any true kindness. Tonglen pokes holes in those barricades that we create.

Tonglen is always about connection: making a genuine connection with ourselves and others. It is a practice that draws us out beyond our own concerns to an appreciation that no matter what we happen to be going through, others too have gone through experiences just as intense. In tonglen we are continually expanding our perspective beyond our small self-preoccupied world. The less we restrict our world, the more of it we can take in—and at the same time, we find that we also have much more to give.

This entry was created by [Sun Staff](#), posted on March 11, 2011 at 8:26 am and tagged [Death & Dying](#), [Fear](#), [Mindfulness](#), [Your Practice](#).

10. FOR THOSE CAREGIVING FOR THE AGED

One of the Spiritual Guidance e-newsletter recipients has gifted us with a most beautiful video entitled "What is That?" (see the attached .wmv file). What gifts there are all around us...we only need to open our hearts to receive them.

11. MAKE DEATH YOUR ALLY

Reprinted from InnerNet Weekly

By Duane Elgin

Death is an important ally for appreciating life. I am not referring to a morbid preoccupation with death. Rather, I mean the felt awareness of our finitude as physical beings -- an honest recognition of the short time we have to love and to learn on this earth. The knowledge that our bodies will inevitably die burns through our attachments to the dignified madness of our socially constructed existence. Death is a friend that helps us to release our clinging to social position and material possessions as a source of ultimate security and identity. An awareness of death forces us to confront the purpose and meaning of our existence, here and now.

Those who have had near-death experiences confirm that awareness of death can be an uncompromising friend, putting us back in touch with what is most important. A common sentiment expressed by many near-death survivors is a decreased emphasis on money and material things and a heightened appreciation for nature and loving other people. Dr. Kenneth Ring, a researcher of near-death experiences, quotes a young man who had a near-death experience after a serious automobile accident. As a result the young man found that he developed an "awareness that something more was going on in life than just the physical part of it... It was just a total awareness of not just the material and how much we can buy -- in the way of cars and stuff, or food or anything. There's more than just consuming life. There's a point where you have to give to it and that's real important."

Gandhi once said, "Just as one must learn the art of killing in the training for violence, so one must learn the art of dying in the training for non-violence." If we are to lead nonviolent and loving lives, then we can begin by coming to terms with our own death. An appreciation that we must die awakens us from our social sleep and to the reality of our situation. Death is an unyielding partner in life -- an inescapable certainty to push against as we sort out the significant from the trivial in our daily lives. In this regard, consider the words of Nadine Stair of Louisville, Kentucky, who was 85-years-old when she wrote, "If I Had My Life to Live Over":

"I'd like to make more mistakes next time. I'd relax. I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones. . . . I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat, and a parachute. If I had to do it again, I would travel lighter than I have."

We cannot hide from death. Its embrace will consume our social existence entirely. Job titles, social position, material possessions, sexual roles and images--all must yield to death. This does not mean that we should abandon our material and social existence. Rather, it means that in consciously honoring the fact of our physical death, we are thereby empowered to penetrate through the social pretense, ostentation, and confusion that normally obscure our sense of what is truly significant. An awareness of death is an ally for infusing our lives with a sense of immediacy, perspective, and proportion. In acknowledging the reality of death, we can more fully appreciate our gift of life.

If you were to choose death as an ally (as a reminder of the preciousness of each moment), and if you were to choose the universe as your home (as a reminder of the awesome dimensions of our existence), would a quality of aliveness, immediacy, and poignancy naturally infuse your moment-to-moment living? If you knew that you would die within several hours or days, would the simplest things acquire a luminous and penetrating significance? Would each moment become precious beyond all previous measure? Would each flower, each person, each crack in the sidewalk, each tree become a fleeting and never-to-be-repeated miracle? Simplicity of living helps bring this kind of clarity and appreciation into our lives.

12. TWO WAYS OF LEARNING RELAXATION

Reprinted from InnerNet Weekly

By Shinzen Young

There are two ways of learning relaxation, because there are two distinct levels at which a person can relax. I speak of top-to-bottom relaxation versus bottom-to-top relaxation. "Top" refers to the surface conscious mind, "bottom" the deep unconscious. Top-to-bottom relaxation is what most people think of when they think of relaxation. It's voluntary relaxation, like a progressive relaxation where you make an effort to relax. When a person sits to meditate I think it is good to do whatever possible to relax the overall body. I usually try to get an overall sense of the body relaxing. I call it a "settled-in" sense. For example, I notice that during sitting sometimes my shoulders will come up, so I'll relax them as an act of conscious intention.

This form of relaxation, although it's valid and useful, is also limited, because there are certain things that you can't relax intentionally, like the kind of intense sensations that come up when you stub your toe. You can't go through a progressive relaxation, and just relax the sensations going on in your stubbed toe. And what about the sensations that go with a stubbed ego? For that type of phenomenon, it is desirable to learn about a second kind of relaxation which I call bottom-to-top.

Bottom-to-top relaxation deals with the source of tension which is deep within the unconscious mind and way out of the range of conscious control. How can you relax tensions that are not within conscious control? By observing them with skill. "Skill" means heightened awareness, a sense of accepting the tension as is. Bottom-to-top relaxation is an attitude. You watch the tension very, very carefully. You get very specific in terms of location, shape, flavor, rates of change, etc. You just keep pouring awareness and equanimity, awareness and equanimity on the tension pattern.

That tension pattern is a conduit into the unconscious mind. By flooding the tension area with the "super-adult" qualities of "witness awareness" you are helping the unconscious infant/animal levels of the mind to untie their own "knots". The tension pattern will start to break up on its own. Paradoxically, the quickest way to have it break up is to stop wanting it to break up. The attitude of wanting it to break up adds subtle new knots. For the really deep relaxation, a person has to be willing to watch tension in a skillful way, without desiring relaxation.

13. SAVING VALENTINA – OUR PRECIOUS SPIRITUAL CONNECTION TO ANIMALS

Much has been written about the precious connection we humans share with the animals of mother earth; some would say 'spiritual connection'. This beautiful YouTube video (see link below) demonstrates that precious and spiritual connection. For the whale lovers among us, this video may hold expanded meaning.

<http://www.youtube.com/watch?v=EBYPlcSD490>

14. EINSTEIN ON INSIGHT

Reprinted from DailyGood.org

At first glance, insights seem to come out of nowhere. But in hindsight they make perfect, logical sense. What happens is that we (sometimes unconsciously) recognize patterns that enable us to see things in a new way. Albert Einstein put it succinctly when he said insight "comes suddenly and in a rather intuitive way. But intuition is nothing but the outcome of earlier intellectual experience." This article explores how to think like a designer: not just observing the world, but drawing upon what we know, interpret what we find, and looking for unmet needs. Read more at <http://www.dailygood.org/more.php?n=4627>.

15. A BLESSING FOR ONE WHO IS EXHAUSTED

Reprinted from InnerNet Weekly

By John O'Donahue

When the rhythm of the heart becomes hectic,
Time takes on the strain until it breaks;
Then all the unattended stress falls in
On the mind like an endless, increasing weight,

The light in the mind becomes dim.
Things you could take in your stride before
Now become laborsome events of will.

Weariness invades your spirit.
Gravity begins falling inside you,
Dragging down every bone.

The ride you never valued has gone out.
And you are marooned on unsure ground.
Something within you has closed down;

And you cannot push yourself back to life.

You have been forced to enter empty time.
The desire that drove you has relinquished.
There is nothing else to do now but rest
And patiently learn to receive the self
You have forsaken for the race of days.

At first your thinking will darken
And sadness take over like listless weather.
The flow of unwept tears will frighten you.

You have traveled too fast over false ground;
Now your soul has come to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.

Become inclined to watch the way of rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of color
That fostered the brightness of day.

Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.

Stay clear of those vexed in spirit.
Learn to linger around someone of ease
Who feels they have all the time in the world.

Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far within slow time.

HEART AND SOUL ADVERTISEMENTS:

16. SPIRITUAL MOUNTAIN MEDITATION RETREAT

Advance Notice of a Special Event for

Therapy and Spirituality at Cortijo Llano de Manzano

“Meditation is the discovery that the point of life is always arrived at in the immediate moment.” – Alan Watts

Spiritual Mountain Meditation Retreat

a Four-Day Awareness and Awakening Intensive

led by **Richard Harvey**

2-5 Sep 2011

Four days of sitting and celebrating being in a small group of dedicated inner travelers.

“Meditation shows you yourself and all your inner and outer restlessness. It is a flawless guide to your ego’s attempts to fail you in becoming your true self, learning to live from the stillness of compassion, centering, learning and practicing inner guidance and cultivating inner peace. Meditation is the dependable link to your source and self-abiding truth; it is the essential spiritual practice for all serious aspirants on the spiritual path, because it urges you towards awakening to transcendence, and ultimately to the divine.”
– Richard

Venue: Mountain Yurt, Cortijo Llano de Manzano, Cáñar, near Orgiva, Granada, Spain

The retreat is non-residential. If you are travelling here, please see Accommodation at <http://www.therapyandspirituality.com/travel-information-alpujarras.html>

For further details and booking procedure send an email to
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www.therapyandspirituality.com/

Fairies Teach Forgiveness is a children's book geared to the ages of 4-9 (although everyone will learn from reading it). It is a simply story that teaches children all about forgiveness, and what happens to our bodies if we don't forgive. A young girl wakes up one morning with flecks around her body, the fairies are able to help her release the flecks as she forgives. The lesson is deep, the story is simple. The book offers a great segue to conversations surrounding forgiveness and gifted children. The illustrations in the book are amazing and really bring the story to life.

My goal is to bring this book to 1000's of children in order to assist them in living in harmony not only with themselves but also with others. Books are available through my website or on Kindle.

<http://jennprothero.webs.com/>

<http://www.amazon.com/dp/B0052VIGB2>

Eternally grateful for all who walk this journey with me.

Lots of love,

Jenn,

"Expect the best, you deserve the best"

Spiritual Sparkles

<http://jennprothero.webs.com/>

<http://www.google.com/profiles/jennprothero>.

www.sjlighworkers.com

www.soulsjourneyradio.com

18. A COURSE IN MIRACLES ORIGINAL MANUSCRIPTS, 2ND EDITION, ALMOST READY

Dear friends on a path,

We're very pleased to announce that *A Course in Miracles Original Manuscripts*, 2nd Edition, will be in print in late August with much new content to help stir our ever awakening "one mind." Doug Thompson's transcription of Helen's *Shorthand Notebooks* for the first 8 chapters of the text adds many personal notes to the *Course* that have rarely been shared. Also newly added are the "Special Messages" and Pre-Canonical Notes.

A Course in Miracles Urtext Manuscripts, in print since Feb 2009 with it's widely recognized cover of Jesus in the 1600's painting "The Resurrection" will surely become a collector's edition when it goes out of print with around 1500 copies in circulation worldwide.

A pre-publication special offer for the new edition is now available at Miracles in Action Press. We think you'll agree that in both form and content, this is state of the art in the publishing history of *A Course in Miracles*. In fact, owing to Doug Thompson's passion for accuracy in representing Jesus' intended message, it is safe to say that Miracles in Action Press is the worldwide leader in publishing the most authentic versions of *A Course in Miracles* available anywhere.

Thank you for your previous purchase and/or joining on LinkedIn, and "Prepare yourself for miracles today"!

Doug Monkton
Publisher

- PS
1. Please forward this announcement and offer as guided.
 2. Please select "Opt in" to continue receiving very occasional, but only important, announcements or offers.
 3. This BOOK is THE GIFT to give every serious student and teacher of *A Course in Miracles*, and it's also very suitable for folks who want to learn more about the teachings of the Bible.
 4. Don't forget to select "opt in" :-)

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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