

Spiritual Guidance

Serving your personal journey toward enlightenment...

September 2011

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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.

SPIRITUAL GUIDANCE OFFERINGS:

1. THIS MONTH'S PERSONAL STORY OF SPIRITUAL LESSONS

Courage

This experience builds on earlier stories about working with physically challenged people and how we have an opportunity to learn from these people.

As shared previously, I am an avid swimmer. I typically swim 3-4 days per week at a community swimming pool here in Ottawa, Canada. I had a remarkable experience recently during one of my swims.

On this particular morning I was nearing the end of my workout and had stopped at the end of the pool lane, resting until my next set of laps. As I stood there catching my breath, I watched an elderly oriental man being escorted to the pool deck by a lifeguard. It was obvious that this man was blind; or should I say, he could not see with his 'eyes'.

The kind lifeguard was answering this man's questions about the size of the pool, how many lanes there were in the pool, flow of swimmer traffic, etcetera. With the information provided by the lifeguard, the blind man asked to be placed in a specific lane. It happened to be the lane I was swimming in. Being a regular at this pool, you get to know the people who swim at the pool. This man was new to the pool.

The pool was busy on this morning. All lanes had many swimmers in them. However, everyone seemed to be observing the posted and generally-accepted etiquette for adult lane swimming. So even though the pool was busy, everything seemed to be going fine for the swimmers to enjoy their swim.

As a little primer and background, normal swimming pool lanes are wide enough so that two people can swim side by side in the same lane. However, in public swimming pools, there are so many people swimming in a lane that generally-accepted lane swimming etiquette dictates you swim up one side of the lane and when you come to the end of the pool you swim back on the other side of the lane. This creates a circular flow within the lane so that people do not bump into each other as they are swimming.

The blind man came to the edge of the pool, sat down and dangled his legs in the water. No doubt testing the temperature of the water before he took the plunge. As he sat there at the edge of the pool, other swimmers would come along and make their turn to start another lap. Several of these swimmers bumped into the man; each time the blind man would say "oops, excuse me, I'm sorry". As this scene started to unfold, I become anxious. I could not see how this man was going to be able to navigate the waters without constantly bumping into other swimmers, given the fact these collisions were already happening and he had not even entered the pool yet, let alone started to swim in the lane.

After a few more "oops, excuse me, I'm sorry" from the blind man, he jumped in the pool. He remained standing in the middle of the lane at the end of the pool. Immediately he started to move back and forth, from left to right, seemingly trying to get his bearings as to the width of the lane and his overall relation to other things in the pool. Of course, as he is trying to get his bearings, other swimmers, unbeknownst to the knowledge this man is blind, started bumping into him as he is standing at the end of the lane. Each time, the blind man says "oops, excuse me, I'm sorry".

If I was not anxious earlier, I certainly was now. How was he going to follow swim lane etiquette without being able to see where he was going?! I was concerned for his safety and the safety of the other swimmers.

The blind man continued to try to get his bearings in the lane. He would walk from one side of the lane to the other with his hands out in front of him so that he would feel the width of the lane. No one else seemed aware of what was going on or interested to help this man, so as he reached out his hand to test the width of the lane one more time, I took his hand in my hand and said "Good morning. Can I help you? I see you are trying to get your bearings."

The man looked in my direction, dawned the biggest, most beautiful smile you have EVER seen and said in an elevated voice "Hi!..Good morning! Thank you!" I gently guided the man over to the side of the lane (to avoid the oncoming traffic!) and chatted with him briefly to help him get his bearings. After no more than 30 seconds of guidance from me, and after me telling him the coast was clear (with a prayer in my heart), the man moved over to the correct side of the lane for the traffic flow, took a posture like a runner about to sprint out of the starting blocks, tapped the pool deck twice with his right hand and at the same time pointed his left arm in the direction he thought he needed to go and after a final greeting or farewell of "Thank you. Enjoy your day!"...pushed off from the end of the lane.

My heart was in my throat. I held my breath as he came to the surface and took his first, few tentative strokes. I stood there waiting for disaster to happen; for him to swerve or sway over to the other side of the lane and into the oncoming traffic. I stood there waiting for someone to get hurt.

With each passing stroke, to my amazement, and DELIGHT, he was staying on course. He was actually quite proficient at swimming. You have to appreciate his ability...swimming is a sport that takes great coordination. Bodily movements are made 'in relation to' other moving parts. With no visual sight, this man had to use other senses to compensate for not being able to see with his eyes. He had to 'feel' the water and all that is around him in order to stay afloat. As a competitive swimmer in the past, I would often do drills blindfolded to force me to learn what it was like to 'feel' the water. It is NOT easy. So not only was this man successfully swimming, but he was somehow swimming without bumping into people. He had an acute sense of what was around him, at all times.

As he reached the other end of the pool, I had tears streaming down my face. I was amazed at his courage. He showed no fear. He was pure joy and happiness.

I stood and watched this man swim for several minutes. All the time so grateful for the extraordinary lesson of courage he had gifted me on this day. I had been dealing with my own issues and decisions in the preceding days. In the following days and weeks I knew I would have to make some big decisions. This holy man had shown me the courage I needed to help my self.

How blessed we are to welcome spirit into our lives.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. THIS MONTH'S CONTEMPLATIVE THOUGHTS*

"The history of the world is created from our individual actions, as is the future of the world."

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

"Complicated exercises or efforts are not needed to find peace. Simply understand that your true nature is peace."

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

"Honesty and humility give happiness, whereas falsehood and ego take it away."

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

"You are by 'nature' a peaceful being. You are in 'essence' a silent being. You are at the very 'core' of your being completely and utterly still. You are the still point of awareness around which the world spins". So say most of the world's wisdom paths. But right now, as the 'world' tells me of its various ills and woes, it is likely I am not feeling peaceful, silent or still. The purpose of meditation is simply to restore awareness of the silent and still core that is me, know the peace that is my nature and allow the love that is my purpose to emerge naturally from my heart without distortion. In doing so, the world loses its power to shake me. Today let me remember my true nature.

"Understanding the worth and dignity of every human being is the key to brotherhood and unity. Although it is easy to criticize another human being, it is honorable to see the beauty in another soul. To consider someone a brother or sister is the most accurate way to think about each other. Today let me bring unity to my human family by seeing everyone as my brother or sister."

"To become rigid is to become an obstacle in life. When I am stuck in an opinion or in a certain frame of mind, my energy becomes solid. When my energy does not flow, I am unable to move gracefully with life and its currents. Today let me soften any solid attitude or opinion and flow with life."

"So often we think of spiritual wisdom expressed through interesting points of knowledge or deep insights. This is one aspect of spirituality. However the true indication of spirituality is the practical expression of happiness in everything I do. Today let me make others happy by being happy myself."

"Am I living my life from the outside in or the inside out? When I look outside to fill the needs I have within, then I begin to lose contact with myself and my own resources. Then I find myself relying on the external world to fulfill me, making me dependent and insecure. When I choose to look inside FIRST to fulfill my needs, then I discover I have everything I need within me. I have love, respect, courage, happiness and everything I am looking for from others. Today let me live my life from the inside out."

"To be arrogant about your intelligence is the greatest ignorance. True intelligence is sensible and simple, seeing through falsehood and glitter to the heart of each person and the heart of the matter. To be truly intelligent is to see and appreciate the role that each person plays as a thread in the tapestry of life. To see and understand this is to be truly humble, taking my place among others in the tapestry. Today let me nurture true intelligence and experience the simple beauty of humility."

"We spend so much time organizing our lives and yet, if for some reason I was unable to organize anything tomorrow, somehow my life would organize itself around me. Perhaps not in the manner I would like but it would find a certain order. When I allow myself to watch for the patterns of life that are organizing themselves I am then able to allow my life to move with the natural flow. This reduces the tension of trying to organize against the current. Today let me allow life to help me organize my own life."

"You already have all that you need within you. Much of what my body needs comes from outside of me, but all that I, the soul, need comes from within. However, I can lose the awareness of my inner resource and my connection with it. The purpose of meditation is to sit quietly and rediscover my inner treasure store. To do this is to realize I have what I need within me and that I can never lose it. Today let me become aware of the endless treasures within."

"Spiritual strength is expressed through gentleness. Gentleness allows me to respond to external difficulties with internal strength. To be strong does not mean to be forceful and to be gentle is not being meek. Spiritual strength is respectful to the self and to others, and it is always expressed through gentleness. Today let me bring gentleness to the world."

"You can only be in one place at any moment in time. When I feel I am missing out on something then I am. It is not the party, or being with another person that I am missing, it is my own life. As long as I am thinking of where I could be, I am marking myself absent from where I am now. This means I am nowhere. Today let me be present in my own life."

"When you are aware and accept that everything around you is constantly changing, and that you have no control over most of it, you are able to embrace change like a close friend! Change is like a river, constantly flowing and moving things around. The river of life is constantly bringing me ideas, people, situations - each one is an opportunity to be enriched or to enrich others, to grow and to learn. Today let me learn to benefit from what the change brings. "

"My attitude is a direct creation of the quality of thoughts I am having at any given moment. This attitude communicates itself to the world through vibrations creating an atmosphere around me. Either it is an atmosphere that invites others to come close, to feel warmly accepted or an attitude that sends them away. Today let me create a refined and an exceptional atmosphere around me."

"As my awareness, so is my attitude. As my attitude, so is my vision. As my vision, so is the way I treat others and how I treat others creates my world. It all begins with my awareness. If my awareness, the backdrop of my inner world, is dark, then I see with fear and suspicion. When I pay attention to create an inner awareness of appreciation and regard, then I see others in this way, creating behaviors of trust and a world of wonder. Today let me focus on creating an awareness of radiance."

"Authentic love is a love that strengthens, uplifts and honours the dignity and uniqueness of each soul. Offering this kindness, generosity and vision of acceptance in a world grown accustomed to deception and disappointment is to quench the thirst of many. Today let me offer authentic love that wants nothing in return."

"Most people's lives are fear driven because they believe there is a time coming when they will cease to exist. Physical bodies end, this is the law of the material world. However the laws of the spiritual dimension are the laws of energy. And energy cannot be destroyed. To know I am a being of spiritual energy, means to know that I am eternal. This creates a profound sense of security and allows me to live a life that is not fear-driven. Today let me be secure in the awareness of my spiritual identity."

"Spiritual identity is the most powerful identity of all. There are many identities we each carry within us. There are professional identities based on position or job. There are personal identities based on gender, relationships or roles -- child, parent, woman, man etc. The deepest identity is

spiritual; the recognition and acknowledgment of the inner core of me as a being of consciousness. There is great power in this identity because it is our original identity. Today let me affirm my spiritual identity.”

“Turning tough experiences into lessons learned is the secret to creating a new life. I can plant the seeds of lessons learned from life in a secret garden in the middle of a vicious jungle. By watering them freshly I can care for the seed of a new world. Today let me grow a secret garden of new life within myself on the basis of lessons learned from the past.”

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

3. THIS MONTH'S POEM

Beyond Suffering

Remind me that when I am in
the Heart of God, there is
no suffering. There is no pain.

Help me to be compassionate and
identify with the dignity of Love
in all whom my eyes would behold.

Remind me that the gift
of peace and unconditional love
is the most valuable thing
I can give to anyone.

Let me look past the pain that
human suffering would tempt me
to identify with
and to see only the Light of Love
enveloping and emanating from
all living forms.

Help me to know that Your Love
is my only reality
and to know that what is true and real
can never be hurt or harmed.

Let me be the beacon of Your Light
that heals all pain, suffering,
and separation.

Let me feel the beating of Your Heart
within me, that I may shine
Your Love and Light on all
and know that the Light I see
is but a reflection of Your Light
and my Light joined as One.

Remind me to be grateful for Your Love
and for the opportunity to be
helpful and loving to all others.

Gerald G. Jampolsky

4. THIS MONTH'S QUOTE or QUESTION

"Withholding our love is not the answer. Extending our love is."

5. 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)

"The Laws of Spirit"

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". (\$125, 5 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.

6. 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>).

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

8. GOOD NEWS OF THE DAY

The stories below are reprinted from DailyGood.org.

Every Tuesday volunteers serve more than 100 Chicago homeless people with food from fine dining restaurants -- all with dignity and grace. Here they are not faceless and referred to as "Guests," and sometimes even as "Artists:" for the last eight years, some of them have received inexpensive disposable cameras and have gone about the adventure of capturing their lives. This work culminates with a one-night-only exhibition, "After Supper: Visions of My Life." The photos sell for \$100, with \$75 of that going to the photographers, some of whom have used the money to buy their own cameras. And perhaps most importantly, as the founders of this project say, "They are proud of their work. They share their joy." Read more at <http://www.dailygood.org/more.php?n=4575>. Be the change: Share a compassionate moment with the next homeless person you come across.

Scientific studies suggest that there are physical benefits to practicing compassion -- people who practice it produce 100 percent more DHEA, which is a hormone that counteracts the aging process, and 23 percent less cortisol -- the "stress hormone." According to this guide, the key to developing compassion is to make it a daily practice, and it offers 7 different ways to incorporate it into everyday life. It also supports the practice of compassion not only to ease the suffering of those we love and meet, but even those who mistreat us. Read more at <http://www.dailygood.org/more.php?n=4621>. Be the change: Try out one of the seven compassion practices today.

Every parent wants to raise a kind, helpful child. But how? A recent study in Germany suggests that it might be easier than we think. According to the study's authors, humans have a strong predisposition toward altruism, evident from the time they're toddlers. The researchers found that it was surprisingly simple to motivate young kids to act on their altruistic instincts. When toddlers were subtly exposed to a simple background image of dolls facing each other, they became three times more likely to help someone in need. This article from Greater Good magazine explains further, offering grounds for optimism to anyone encouraging kids to be kind. Be The Change: Model kindness and connection around kids -- and see how subtle cues can make a big impact. Read more at <http://www.dailygood.org/more.php?n=4656>. Be the change: Model kindness and connection around kids -- and see how subtle cues can make a big impact.

An emerging body of research is suggesting that spending time alone can be good for us. Just as regular exercise and healthy eating make our minds and bodies work better, solitude, experts say, so can being alone. Sherry Turkle, director of the MIT Initiative on Technology and Self, makes the case for people to mindfully set aside time everyday

when they are not engaged in so-called "social snacking" activities like texting, g-chatting, and talking on the phone. "People make this error, thinking that being alone means being lonely, and not being alone means being with other people," John Cacioppo of the University of Chicago said. "You need to be able to recharge on your own sometimes. Part of being able to connect is being available to other people, and no one can do that without a break." Read more at <http://www.dailygood.org/more.php?n=4598>. Be the change: Try spending some time alone today -- without any "social snacking".

Artist Candy Chang had an idea to turn an abandoned property in New Orleans into a sort of collective performance art piece in which all are invited to participate, simply by declaring what is important to them. Participants are invited to complete the sentence "Before I die I want to ..." Chang has provided chalk, a large-scale blackboard, and the necessary permits. A thought-provoking piece of public art. Read more at <http://www.dailygood.org/more.php?n=4695>. Be the change: One thing worth taking seriously is the question: Before I die I want to ... ? Reflect with others here (<http://www.dailygood.org/more.php?n=4695a>).

As principal of Loreto School in Calcutta, Irish Catholic nun Sister Cyril has worked some real-world miracles. Her school serves 1500 female students, of which 721 are so poor that they need food, medicines, and even money to meet the rent. By bringing children together like this, she is showing a way for middle class schools to integrate the poor living around them into their educational mainstream, to their mutual benefit. "The ripple effect" she's demonstrating -- founded on the belief that everyone receives to give - - has helped to transform the school into a center for community development, one that is diverse academically, financially, culturally and even religiously. In 2007, Sister Cyril was awarded the Padmashri, one of India's most prestigious awards, for having served over 450,000 street children. Read more at <http://www.dailygood.org/more.php?n=4705>. Be the change: Consider the ways in which you have received from others, and then reach out to help someone in need today.

The simple for-profit model that has guided business practice in the past appears to be shifting towards a new paradigm. Profitability is important, but only when it serves the more fundamental goal of creating value for others through our gifts. And when a company's strategy loses touch with this key principle, the potential for true value-creation is also lost. In this article, Decision Analyst Somik Raha also shifts the plane of inquiry to the personal level: "Are profits what motivate us to share our gifts?" The response he receives, "No! More and more, I find that those of us who wish to create value are already in the beyond-profit mindset, driven by a strong motivation of service through a channeling of our greatest creative gifts." Read more at <http://www.dailygood.org/more.php?n=4683>. Be the change: Author Lynne Twist explores the soul of money in this short passage. <http://www.dailygood.org/more.php?n=4683a>

How do you think about generosity? In this recent TEDx Talk, Nipun Mehta shares his experiences with generosity, broken down into three stages: Give, Receive, and Dance! When you give, you find that the compassion felt around you is contagious and it, in turn, creates a

community. When you receive, you discover abundance, you realize generosity exists in so many different ways. And finally, when you dance, you give and receive with a natural rhythm, helping to create communities where generosity becomes the organizing principle. Then, giving becomes contagious. Read more at <http://www.dailygood.org/more.php?n=4698>. Be The Change: Give, Receive, Dance!

They say that the key to a long life is eating well, exercising regularly and reducing stress. Now an eight-decade study indicates that this is only part of the equation. The Longevity Project tracked the lives of 1,500 boys and girls to explain how factors such as social connections, personality and marriage affect long-term health. The results flipped traditional logic on its head. "Take disposition, for example. Cheerful and optimistic children are actually less likely to live long lives, they found." According to this NPR article, the findings clearly revealed that the best childhood personality predictor of longevity was conscientiousness. Read more at <http://www.dailygood.org/more.php?n=4694>. Be The Change: Take the longevity self-assessment at the bottom of the article (<http://www.dailygood.org/more.php?n=4694a>).

The practice of saving seeds has been a cornerstone of farming traditions and has allowed agriculture to become a way of life. But the introduction of high yielding seed varieties and pervasive use of chemical fertilizers and pesticides has eroded the diversity of indigenous seeds. The GREEN foundation in India recognized that women are crucial to seed conservation efforts there. By setting up community-managed seed banks, they have been working with small and marginalized women farmers to promote conservation of indigenous seeds, agro-biodiversity and ecological farming practices. And the seed, a symbol of fertility, perpetuity, and sustenance in India, is now also becoming a symbol of self reliance. Read more at <http://www.dailygood.org/more.php?n=4679>. Be The Change: The Svalbard Global Seed Vault is home to nearly half a million specimens from around the world and the most well-known example of a practice called "seed banking." Read more at <http://www.dailygood.org/more.php?n=4679a>.

"Your horse is a mirror to your soul, and sometimes you may not like what you see," says Buck Brannaman, a cowboy who travels around the U.S. helping horses with "people problems." The documentary film, Buck, follows Brannaman from an abused childhood to an incredibly successful relationship with horses. In the film, the animal-human relationship becomes a metaphor for facing the daily challenges of life. Read more at <http://www.dailygood.org/more.php?n=4697>. Be the Change: Reflect on the animals you've known in your life, and what they've taught you.

Giving has long been a central part of American Indian cultures. It may be a means of giving thanks, of bringing the people together, of gaining honor, of distributing material goods so that all may survive, or of teaching. Giving away things informally is also common in American Indian communities in times of good fortune. And yet, in much of the twentieth century, American Indian giveaway practices have often been viewed as a threat by government officials. In the last few decades, however, great strides have been made to return attention on the value of giving thanks. Many in this culture consider it a deep

practice, where the giver is not calling attention to himself or herself, but to the spiritual power behind it all; thus both giving and receiving remain sacred. This Parabola Magazine article explores this powerful tradition. Read more at <http://www.dailygood.org/more.php?n=4699>. Be The Change: Tune in to your gifts today. Look for something it might bring you joy to give away.

It is a tragic story, but one that touches and inspires. For her 9th birthday, instead of getting presents for her, Rachel Beckwith asked loved ones to donate to charity:water, a nonprofit bringing clean and safe drinking water to people in developing nations. Her goal was \$300, enough to give 15 children access to clean water, but she only got to \$220. A month later, tragedy struck, when her family's car was involved in her 13-car traffic accident. Rachel was critically injured. That's when word spread, and contributions started pouring in. Most of them in \$9 increments, the totals kept increasing, but unfortunately, Rachel passed on. The contributions kept flowing in, though, with over a million dollars donated. "Her heart was bigger than this room. She always gave whatever she had and would continue to give more," her father said. Read more at <http://www.dailygood.org/more.php?n=4708>. Be The Change: Support someone who is giving purely, regardless of the size of their gift.

"From protecting our natural environment to improving our children's education to combating global poverty and disease, we've come to rely on extreme do-gooders to tackle the world's toughest problems. Few of them will make as much as they could in the private sector. They may lose a relationship with a loved one to their work, or miss their kids' big moments. All of which raises the obvious: Why? What makes these people tick, and how do they sustain a lifetime of commitment to a change that might take generations to see?" This Christian Science Monitor article delves deeper into these intriguing questions. Read more at <http://www.dailygood.org/more.php?n=4709>. Be The Change: Stop for a moment to consider the question of what makes you "tick".

At three years old, he was handed off to an orphanage. At five years old, he was living on the streets. At twenty-two years old, he's persevered and pursued his love for the arts, amazing the world with his heartfelt performance on this video of Korea's Got Talent. Meet Choi Sung-Bong, a person who embodies the idea of never giving up. Follow this link to the video... <http://www.dailygood.org/more.php?n=4710>. Be The Change: Write down your dreams and goals and the initial steps to achieve them today, and never give up.

185 billion bits of information. In an average lifetime, this is what the human brain is capable of processing. With any limited resource, the fact that it's in short supply can quickly create a feeling of scarcity. But it can also motivate wiser use of our attention, one of the fundamental building blocks of human experience. This article breaks attention down into four key aspects: Awareness, the ability to notice all that is happening around and within us more and more consciously; Choice, extending beyond just the domain of our actions, into what and how we think; Engagement, which is a progression from a passive interest to an active curiosity, and finally to enchantment; and Flow, the continuity of attention that allows us to more deeply

experience and value what is already in front of us. Read more at <http://www.dailygood.org/more.php?n=4712>. Be The Change: Make a conscious effort to use your attention in an artful way today.

As a design student in Detroit, Veronika Scott was keenly aware of the increasing numbers of homeless people suffering deeply during the relentless winters. At the tender age of 21, she created The Detroit Empowerment Plan to provide much-needed warmth to the city's 20,000 street dwellers. Scott is the creator of Element S, a coat that is self-heated, waterproof, and transforms into a sleeping bag at night. It is made by a group of homeless women who are paid, fed and housed while creating these coats made for those living on the streets. This Fast Company interview shares more. Read more at <http://www.dailygood.org/more.php?n=4713>. Be The Change: Do something to reach out to someone in need today.

When you are 22, the world is your oyster. For Yale University graduate Chris Baker, that oyster contained a pearl, which was the idea for OneSeed Expeditions. OneSeed is now a way to take an amazing trip and give an entrepreneur in Nepal the seed money needed to start a business. As President of the Yale Mountaineering Club, Chris was inclined to start a business that would marry his passion for Nepal and love of climbing. OneSeed Expeditions germinated following his fellowship with Kiva.org, where he worked closely with a microfinance institution in Nepal and learned how he could create trips that could also assist the people of the region. Read more at <http://www.dailygood.org/more.php?n=4714>. Be The Change: The next time you take a trip, look for a small way to give to the local community you are visiting.

For the late Celtic mystic John O'Donohue, the visible world isn't all there is -- it's "the first shoreline of the invisible world." The question of what should I do, is secondary to the question of "how should I be?" In short, spirituality isn't an esoteric notion, but an accessible, natural response to the landscapes of beauty around us, and within us. His unique perspective, captured in this rare interview, is informed by a rich life experience, including a career as a Priest, a PhD scholar of existential philosophy and ancient Celtic wisdom, a corporate business consultant on leadership and creativity, and a modern poet and visionary. Read more at <http://www.dailygood.org/more.php?n=4701>. Be The Change: Explore more of John O'Donohue's words on beauty and wisdom at <http://www.dailygood.org/more.php?n=4701a>.

"I finally found a Motel 6 about twenty-five miles east. When I got there around 11pm, from the cars and people I saw -- it was still warm outside, maybe 85 degrees -- I got the impression I was deep in gang territory. A young couple checking in at the office counter ahead of me added to this impression. I was nervous and felt out of place, but ended up getting a good night's sleep. In the morning, as I was carrying my bags to the car, there was a young man standing in the parking lot. I glanced at him and after a few more steps looked at him again. 'Good morning,' he said. 'Good morning,' I responded. And then, continuing to look at me with his smile, he said, 'Have a blessed day.'" So starts an extraordinary everyday story. Read more at <http://www.dailygood.org/more.php?n=4716>. Be The Change: Explore a situation today with no assumptions, and see what opens up.

"For the first time in three days in the wilderness, Todd Braver is not wearing his watch. "I forgot," he says. It is a small thing, the kind of change many vacationers notice in themselves as they unwind and lose track of time. But for Braver and his companions, these moments lead to a question: What is happening to our brains? Braver, a psychology professor at Washington University in St. Louis, was one of five neuroscientists on an unusual journey. They spent a week in late May in this remote area of southern Utah, rafting the San Juan River, camping on the soft banks and hiking the tributary canyons. It was a primitive trip with a sophisticated goal: to understand how heavy use of digital devices and other technology changes how we think and behave, and how a retreat into nature might reverse those effects." Read more at <http://www.dailygood.org/more.php?n=4715>. Be the change: Take a small retreat into nature (however you define it).

Peter Senge is a senior lecturer at MIT, and the author of *The Fifth Discipline: the Art and Practice of the Learning Organization*. The *Journal of Business Strategy* named Senge one of the greatest influences on business strategy over the last 100 years. In this dialogue with Dr. Prasad Kaipa, Senge talks about how his own internal development helped him develop a perspective on systems theory: "I think the terminology I would use is 'a continuous process of reflection'. I've always thought of only two questions that have mattered to me personally. One is what is really needed in the world and the second is what's really important to me and how these two intersect. It's always been a reflective process -- spiraling around these two poles." Read more at <http://www.dailygood.org/more.php?n=4717>. Be the Change: Study, practice and serve.

9. UNLOCKING A NEW SPHERE OF REALITY

Reprinted from InnerNet Weekly

By Jacques Lusseyran

Being attentive unlocks a sphere of reality that no one suspects. If, for instance, I walked along a path without being attentive, completely immersed in myself, I did not even know whether trees grew along the way, nor how tall they were, or whether they had leaves. When I awakened my attention, however, every tree immediately came to me. This must be taken quite literally. Every single tree projected its form, its weight, its movement—even if it was almost motionless—in my direction. I could indicate its trunk, and the place where its first branches started, even when several feet away. By and by something else became clear to me, and this can never be found in books. The world exerts pressure on us from the distance.

The seeing commit a strange error. They believe that we know the world only through our eyes. For my part, I discovered that the universe consists of pressure, that every object and every living being reveals itself to us at first by a kind of quiet yet unmistakable pressure that indicates its intention and its form. I even experienced the following wonderful fact: A voice, the voice of a person, permits him to appear in a picture. When the voice of a man reaches me, I immediately perceive his figure, his rhythm, and most of his intentions. Even stones are capable of weighing on us from a distance. So are the outlines of distant mountains, and the sudden depression of a lake at the bottom of a valley.

This correspondence is so exact that when I walked arm in arm with a friend along the paths of

the Alps, I knew the landscape and could sometimes describe it with surprising clarity. Sometimes; yes, only sometimes. I could do it when I summoned all my attention. Permit me to say without reservation that if all people were attentive, if they would undertake to be attentive every moment of their lives, they would discover the world anew. They would suddenly see that the world is entirely different from what they had believed it to be.

--Jacques Lusseyran, from *Against the Pollution of the I*

10. HOW GENEROSITY BLOSSOMS INTO MEDITATION

Reprinted from InnerNet Weekly

By Sharon Salzberg

The cultivation of generosity is the beginning of the path. [...] The path begins there because of the joy that arises from a generous heart. Pure, unhindered delight flows freely when we practice generosity. We experience joy in forming the intention to give, in the act of giving, and in recollecting the fact that we've given.

If we practice joyful giving, we grow in self-esteem, self-respect and well-being, because we continually test our limits. Our attachments say, "I will give this much and no more," or "I will give this article or object if I am appreciated enough for doing so." In the practice of generosity, we learn to see through our attachments. We see they are transparent, that they have no solidity. They don't need to hold us back, so we can go beyond them.

Therefore, the practice of generosity is about creating space. We see our limits and we extend them continuously, which creates a deep expansiveness and spaciousness of mind. This happiness, self-respect, and spaciousness is the appropriate ground for meditation practice to flourish. It is the ideal place from which to undertake deep investigation, because with this kind of inner happiness and spaciousness, we have the strength and flexibility to look at everything that arises in our experience.

The aim of giving is twofold. The first is to free our minds from the conditioned forces that bind and limit us. Craving, clinging, and attachment bring confinement and lack of self-esteem. If we're always looking for some person or thing to complete us, we miss the degree to which we are complete in every moment. It's a bit like leaning on a mirage only to find that it can't hold us; there's nothing there. The second purpose is to free others, to extend welfare and happiness to all beings, to lessen the suffering in this world. When our practice of generosity is genuine, we realize inner spaciousness and peace, and we also extend boundless caring to all living beings.

The movement of the heart in practicing generosity mirrors the movement of the heart that inwardly lets go. So the external training of giving deeply influences the internal feeling-tone of the meditation practice, and vice versa. If we cultivate a generous heart, then we can more easily allow things to be the way they are.

--Sharon Salzberg, in *Generosity's Perfection*

11. YOU ARE NOT A PRISONER

Reprinted from InnerNet Weekly

By Andrew Cohen

Q: Why is it important to practice meditation consistently?

A: You meditate to remind yourself that you are not a prisoner. If there is power in your meditation, if your experience of the Ground of Being is deep and profound, you will discover and discover, over and over and over again, that you are not a prisoner. You are not held captive by your own mind, nor are you imprisoned by your emotions. It sounds simple, but its so easy to forget. If all you're aware of is the endless roller coaster ride of thoughts and feelings, of course you will believe you are trapped.

The Ground of Being is a deeper, infinitely more subtle dimension of your own consciousness that simply cannot be perceived by gross faculties of the conditioned mind and ego. You can't see it; you can't taste it; you can't touch it. So even if you have directly experienced the unconditioned freedom of that empty ground, when you return to the world of conditioned mind and ego, you are likely to doubt it. The mind simply cannot cognize this ground, and the ego cannot know it. That's why its very important to meditate as much as you can. If you meditate regularly, with a strong intention, you will keep rediscovering that you are not a prisoner. You cannot recognize that enough. Until your conviction in your own freedom is unwavering, and you're able to prove it through unbroken consistency in the way that you live, you should meditate everyday as if your life depended on it. You 'need' to keep having that experience. Each and every time you realize that you're not a prisoner, you gain a deeper confidence in the limitless, inherent freedom of that empty ground that is your own deepest Self. It builds a conscious conviction in no-limitation, and, as I teach it, this is the most significant purpose of meditation.

12. BECOMING SOMEONE

"...so you're looking for answers but you're not entirely sure about the questions. But you know you have to become someone. A SOMEONE." That's how this short, whimsical film opens. With fabulous music by Stephane Wrembel and creative out-takes from book stores (including a cameo by the filmmaker's dog!), this is a journey about becoming someone, no one, and paying attention. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2545>

13. MAGNIFICENT (DO YOU BELIEVE IT?)

Often the beauty and diversity of creation can soothe our spirits and remind us of our connections to the biosphere. This video creates a space in time for us to stop and bring that larger world into our hearts and minds. Follow this link to the video...
http://www.youtube.com/watch?v=R3g9dPjNel&feature=player_embedded

14. WHAT LOVE CAN DO

As principal of Loreto School in Calcutta, Irish Catholic nun Sister Cyril has worked some real-world miracles. Her school serves 1,500 female students, of which 721 are so poor that they need food, medicine, and even money to meet the rent. By bringing children together like this, she is showing a way for middle class schools to integrate the poor living around them into their educational mainstream, to their mutual benefit. When Sister Cyril was awarded the Padmashri, India's highest civilian award, for having served over 450,000 street children, she was asked about her message to people. She immediately responded: "Give what you have received freely and the reward is hundred-fold." Follow this link to the video...
<http://www.karmatube.org/videos.php?id=2551> .

15. AWAKENING AS ONE – THE QUICKENING

All around the planet hundreds of millions of people are waiting for events to unfold in the year 2012, that they... believe will bring either the birth of a harmonious new reality... or 'the end of the world'. But what if those events were actually to take place THIS YEAR, in 2011? In "Awakening As One's" new film "The Quickening" (follow the link below to the movie, and scroll down the webpage to watch the hour-long video) we will explain why so many people have been experiencing the sensation that "Time is Speeding Up"; particularly since the Earthquake in Japan.

<http://blog.world-mysteries.com/science/2012-awakening-as-one-the-quickening/>

16. THE POWER OF KINDNESS

One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry.

He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.

Instead of a meal, he asked for a drink of water. She thought he looked hungry and so she brought him a large glass of milk. He drank it slowly, and then asked, "How much do I owe you?"

"You don't owe me anything," she replied. "Mother has taught us never to accept pay for a kindness." He said, "Then I thank you from my heart." As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strengthened also. He had been ready to give up and quit.

Years later, that young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease.

Dr. Howard Kelly* was called in for the consultation. When he heard the name of the town she came from, he went down the hall of the hospital to her room. Dressed in his doctor's gown, he went in to see her. He recognized her at once. He went back to the consultation room determined to do his best to save her life. From that day, he gave special attention to the case.

After a long struggle, the battle was won. Dr. Kelly requested from the business office to pass the final billing to him for approval. He looked at it, then wrote something on the edge, and the bill was sent to her room. She feared to open it, for she was sure it would take the rest of her life to pay for it all. Finally, she looked, and something caught her attention on the side of the bill. She read these words:

"PAID IN FULL WITH ONE GLASS OF MILK..."

(Signed)

Dr. Howard Kelly

**Dr. Howard Kelly was a distinguished physician who, in 1895, founded the Johns Hopkins Division of Gynecologic Oncology at Johns Hopkins University. According to Dr. Kelly's biographer, Audrey Davis, the doctor was on a walking trip through Northern Pennsylvania one spring day when we stopped by a farm house for a drink of water.*

17. A SLICE OF KINDNESS

Reprinted from KarmaTube.org

A year ago, Dan Rogers was unemployed and faced some real hardships. Today, he's in a better place and wanted to share the uplift with those who were a bit down on their luck. So he thought up -- Random Acts of Pizza. Anyone who could benefit from a pizza can write an explanation on his website and then Dan (or others from the online community) would pay for it and have it delivered to their home. "It's that spiritual boost that someone's got my back," Dan says. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2484>

18. ONE MAN, ONE SIGN, ONE MESSAGE

Reprinted from KarmaTube.org

You are perfect. One simple message, one simple truth. A local filmmaker profiles an inspired man dedicated to sharing this message with his community. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2240>.

HEART AND SOUL ADVERTISEMENTS:

19. LAUGHTER YOGA

The fun body-mind exercise that's a great stress buster

Laughter Yoga is quickly spreading naturally into many different areas as people come to realize how the benefits can improve their lives. Its mission is to provide good health, joy and create a world without pain and illness. Laughter Yoga helps people to deal positively with mental, physical and emotional stresses that can otherwise lead to a breakdown in the workplace and in their private lives. It seeks to build an international community of like-minded people who come and laugh together and receive multiple health benefits.

Laughter Yoga is a unique form of exercise that was founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India, where anyone can laugh for no reason without the need for jokes or comedy. Dr. Kataria, and his wife, Madhuri, developed a program that combines laughter as a physical and playful body exercise with yoga in the form of deep yogic breathing (no poses). Scientific research shows that the body does not know the difference between real or fake laughter. So, while the laughter often is initially forced, it soon becomes real due to eye contact and the contagious nature of laughter in a group. What started as one group of 5 people in a park in Mumbai on March 13, 1995, has now grown to become a worldwide phenomenon with more than 6500 clubs in over 60 countries.

Laughter Yoga consists of laughter exercises, breathing, clapping and cheering. It doesn't work however, until it is actually used!

Laughter Yoga is great for Corporate Events, Wellness Retreats, Retirement Homes, Senior Citizen Recreation Centres, Elementary Schools, High Schools, Day Care, Hospitals, Colleges, Universities, Lunch n' Learn, Youth Organizations, Laughter Parties, Church Functions, Family Picnics and Prisons.

5 ELEMENTS TO ENHANCE YOUR LAUGHTER EXPERIENCE

1. Engage. Whether your laughter is forced or real, the body doesn't know the difference. Either way you will benefit. So fake it until you make it!
2. Eye contact. Laughter is contagious and it spreads by making eye contact and moving around to interact with as many people as you can. It also helps to keep you in the present moment.
3. Enthusiasm. A joyful spirit is noisy. Laugh heartily. Acting joyfully and energetically will help you to feel that way.
4. Extend. Keep laughing and continue the laughter exercise until you hear clapping with hoho hahaha or with cheering. This is what makes it a laughter workout and what is needed for the benefits.
5. Embrace this opportunity to be "Ego-less". Eliminate thinking, talking or joking. You are laughing unconditionally for the sheer joy of it and connecting to your child-like playfulness. This is a safe place to let go and laugh together.

10 Good Reasons to Laugh for NO Reason!

1. Laughter easily changes the way we feel. It helps us to feel good, as well as be more self-confident and self-expressive.
2. Laughter improves our interpersonal relationships. If we are laughing, we can't be fighting.
3. Laughter is a stress buster. It relieves physical, emotional and mental stress.
4. Laughter strengthens the immune system and helps maintain good health.
5. Laughter is anti-aging. It increases blood supply to the face, making it glow. It helps us to feel and look younger. We look beautiful when we laugh.
6. Laughter is an aerobic exercise equivalent to any other standard aerobic exercise.
7. Laughter increases the levels of endorphins-the body's natural pain killers.
8. Laughter helps control high blood pressure and improves respiration.
9. Laughter makes us more imaginative and creative. It improves our sense of humour.

10. Laughter helps dump depression, anxiety and psychosomatic disorders. Laughter shrinks the hurts of everyday life. It interrupts the power struggle and releases tension and anger. This helps us to be more accepting and peaceful.

"I believe we are here to contribute love to the planet – each of us in our own way."
Bernie Siegel, MD

Lighten your problems with laughter and fly above them.

Love and Laughter Blessings,

Kathryn Kimmins, Certified Laughter Yoga Leader

laughyourselfhealthy.ca

Concession on the Mountain Laughter Yoga Club

20. SPIRITUAL CINEMA CIRCLE

Spiritual Cinema Circle is the home of uplifting stories that inspire love and compassion, films that connect us with the world around us. Now in its sixth year, Spiritual Cinema Circle is home for a community of conscious filmmakers and film-lovers in more than 80 countries. Spiritual Cinema Circle is proud to have brought the work of more than 100 exciting, new independent filmmakers to the homes of tens of thousands of people around the world. To find out more about Spiritual Cinema Circle, go to <http://www.spiritualcinemacircle.com/>.

21. TRIP TO INDIA – HOMELAND OF AYURVEDA

Shree Ma Ayurveda Institute & Wellness Centre, Inc.

www.divineayurveda.org

JOIN DR. GUPTA FOR A TRIP OF A LIFETIME!

Visit and explore beautiful India, the homeland of Ayurveda.

Learn about and experience food, treatments & the amazing culture of
India!

January 26th - February 10th, 2012

Option 1: Certificate Program

(\$1800 based on double room occupancy and non AC) Includes:

- 15 days of learning Authentic Treatments and Ayurvedic clinical practicum
- Experience of Rejuvenation treatments
- Delicious three ayurvedic meals daily
- Sightseeing tours, incredible entertainment & trips to local markets
- Pick up and drop off to the airport

Option 2: Royal Rejuvenation Program

(\$1500 based on double room occupancy and non AC) Includes:

- 15 days of Ayurvedic learning and clinical practicum
- Experience of Rejuvenation treatments
- Delicious three ayurvedic meals daily
- Sightseeing tours, incredible entertainment & trips to local markets
- Pick up and drop off to the airport

For single occupancy and AC add \$10/day extra for each.

Limited numbers of spots please register to reserve your spot by **30th September**.
Registration fee: \$200 +HST. Please make a deposit of 50% of package fee by
November 31st.

Note: The schedule will vary for according those going for **Certificate Program** or **Royal Rejuvenation Program**. Participants will have option of extending there fun trip to North India for additional cost.

Ayurveda Wellness Consultant - 150 Hour Program, Starting September 24 – 25. This in depth, hands on course will give you a solid foundation into this ancient form of medicine. Content will include many important Ayurvedic diagnostic tools and traditional therapies.

Ayurveda Spa Technician - 200 Hour Program, Learn ancient healing arts such as: Abhyanga, Shirodhara & Nasya in this comprehensive & hands-on course.

For more information please call at 613 422 0936 or email
hgupta@divineayurveda.org

22. ONE-DAY CRASH COURSE IN HEALING

A ONE DAY CRASH COURSE IN SELF HEALING

"You can not solve a problem with the mind that created it." Albert Einstein.

PURPOSE:

We are putting our intention out there to determine to what extent there is interest in a life changing one day event of learning how to heal yourself without the aid of anything else except your God given gifts and abilities.

SO WHO IS IT THAT IS SO BOLD, TO OFFER SUCH A COURSE:

Doug Henderson is a Stress Management Consultant with Phds in Theology and the Humanities, an internationally certified Quantum Biofeedback Therapist, and an Ordained Minister, who will provide information and instruction on how to facilitate the raising of awareness and self-healing.

Jeremy Sills is a Master Etheric Musician with a B.A. in music whose genius is going to provide the proper etheric musical state to better assist the participant in achieving a heightened state of awareness and healing.

The combination of these two abilities creates a powerful atmosphere for divine healing and learning. During this state, secret information will be shared that has taken decades to formulate but ownership of anything is achieved only by sharing. If, "Oneness" is to be anything more than lip service, then, sharing is how it is achieved. I believe it was Lao Tzu who said, "To know something and not to do it, is not to know it." So, it is our plan, to do it with people of like mind and common intention, that resonate with this intention and by the doing of it, all of us learn to be it. And what are we going to do – we are going to raise our level of consciousness to a place where all the crap we have been carrying around dissolves and as it dissolves, the blockages to love are removed and we heal. And the bonus is; that as our Presence heals those around us heal! Who knows, if we pay it forward enough, our world and how we perceive our world might just heal and if our perception changes enough, the world as we know it will heal and in turn, Creation will respond and accommodate our intention.

COURSE OBJECTIVES:

1. Learn how to deal with stress and how to achieve a peaceful state.
2. Learn techniques on how to heal yourself emotionally and physically.
3. Learn how to undo resistance and stop sabotaging your desires/intentions.
4. Learn what it is that prevents mankind from evolving and how to overcome it.
5. Learn how to raise your level of consciousness. Attendees will be given instruction, shown techniques, and experience higher states of awareness that will help them to, Change their mind! Why? Because we manifest what it is we hold in mind and we need to learn to recognize and undo the blockages that we hold in mind, if we are to evolve.

PROPOSED COST: \$99.00 at the door or \$88.00 paid a minimum of one week in advance.

PAYMENT: CASH OR CHEQUE ONLY.

MONEY BACK GUARANTEE: If any one can honestly say that they have not benefited from this course in some significant way, the cost of the course will be returned to them.

WE NEED YOUR HELP!

This course will be provided once we have 200 confirmed attendees. **If, the intentions stated here resonate with you, then please forward this intention to your personal network of friends** so that this event can happen sooner rather than later, depending on interest and Divine Order. It is our intention that this event take place, in Ottawa, Ontario, at an appropriate venue, on a Saturday, sometime after Labour Day weekend and before October 16th, 2011.

CONFIRMATION OF INTENTION TO ATTEND

CONTACT: Doug Henderson @ drdoug88@rogers.com or Phone: 613-233-3888. For more info about Doug, go to: www.quantumru.com . For more info about Jeremy, go to: www.jeremysills.com .

NAMASTE!

23. LONG-TERM VOLUNTEER WANTED FOR RURAL PROPERTY IN SOUTHERN SPAIN

Richard and Nicky Harvey are looking for a long-term woofers/volunteer who could take responsibility for the maintenance and upkeep of their property, Cortijo Llano de Manzano, following a period of instruction and orientation.

Please see <http://www.therapyandspirituality.com/woofing-volunteering.php> for further information and email richard@therapyandspirituality.com if you are interested.

<http://www.therapyandspirituality.com/location-alpujarras-spain.html>

Richard Harvey
Mob: Spain (0034) 680 741 108
Tel: Spain (0034) 958 953 033
www.therapyandspirituality.com/

24. THE INNER JOURNEY: 2-WEEKEND COURSE WITH RICHARD HARVEY

The Inner Journey

Holistic Awareness Practices for Psycho-Spiritual Development, [led by Richard Harvey](#)

For: The Inner Journey is a course for people who wish to develop the tools for exploring the inner world. Beyond the conditioned behavior and emotional patterns of our personality lies our authentic self. To live from this authenticity we must be psychologically whole. We must meet ourselves on all the levels - emotional, mental, physical, spiritual and soulful. Through confronting the dark and powerful, dazzling and profound aspects of ourselves, our personal struggle and suffering comes into clear perspective and we can attain the wisdom and inner peace that are inherent in the full flowering of a human life and live our full potential.

In This Course: We ask how do we identify with the character which we created to defend ourselves from the world? How do we attract repetitive life experiences which 'justify' these

defenses and patterns? How do we resist being who we are and submit to a contracted existence? This course is a synthesis of experiential and teaching experience which consolidates and supports the process of deep understanding and insight.

Methods: The course weekends are themed to meet the needs of the individuals in the group. Methods may include bodywork, group sharing, guided imagery, breath and energy work, meditation (moving and still), dialoging, drawing, dreamwork and mythwork, dyad work, ritual, awareness practice, primal integration, character exploration, gestalt and individual work within the group.

Format: Each weekend follows this general format: Saturday is for group process time and individual work; Sunday includes an informal talk followed by a seminar and experiential work on the theme and further process if time allows.

Duration:

Two Weekends over Two Months

Dates:

8–9 October and 5–6 November 2011

Price:

400 euros

For further details and booking go to

<http://www.therapyandspirituality.com/courses.html#innjourney>

Richard Harvey

Mob: Spain (0034) 680 741 108

Tel: Spain (0034) 958 953 033

www.therapyandspirituality.com/

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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Ottawa, ON K2P 1S3

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613-204-0299

rmeagher@istar.ca

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