

Spiritual Guidance

Serving your personal journey toward enlightenment...

November 2011

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

Check out 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.

IN THIS e-NEWSLETTER:

Spiritual Guidance Offerings:

1. This Month's Personal Story of Spiritual Lessons
2. This Month's Contemplative Thoughts
3. This Month's Poem
4. This Month's Quote or Question
5. Workshops
6. Discussion Groups
7. A Course in Miracles Study Group
8. Supporting Spiritual Guidance

Contributing Spiritual Guides and Teachers

9. Richard Harvey – Extreme Spirituality and Satchitananda
10. Doug Henderson, Ph.D – We Use Them Until We No Longer Need Them – PART 1 of 10
11. Geoff Straw – My Father's Gift

Other Gifts and e-Newsworthy Items:

12. Good News of the Day
13. Fool Realization
14. Giving Somebody Your Heart
15. Psychological Materialism
16. That Which is Looking
17. Sharing A Birthday with A Homeless Friend
18. Honoring A Daughter By Paying-It Forward
19. 5 Love Notes To My Grand-Mother
20. Taking Grandmother To The Temple
21. I Wish You Enough
22. Remembering an Anonymous Friend, 15 Years Later
23. A Chain of Kind Events, Started by A 3rd Grader
24. Steve Jobs' Commencement Address
25. The Calm Within
26. I Will Be A Hummingbird
27. A Gift Economy at Karma Kitchen

- 28. Healing: A How To...
- 29. Will You Be A Johnny Today?
- 30. Learning to Dance in the Rain
- 31. Turning Problems into Solutions

Heart and Soul Advertisements:

- 32. Piano Track – INNER PEACE with Love – Download
- 33. Psycho-Spiritual Development Course
- 34. Healing CDs
- 35. Relief Efforts in Toronto: Earthquake in Turkey

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

SPIRITUAL GUIDANCE OFFERINGS:

1. THIS MONTH'S PERSONAL STORY OF SPIRITUAL LESSONS

Let Life Flow Like A River

Meditation is a centerpiece of my daily spiritual practice. I meditate several times each day, including at least one extended period of meditation throughout the day. There is no shortage of published material on meditation. And there certainly are no lack of meditation techniques, approaches and philosophies.

One common theme in meditative practice is to experience 'detachment' from the thoughts in our consciousness. As one meditates, one is capable of letting the clutter of the mind dissolve from our consciousness so that pure thought can emerge.

I have read much about this meditative process or practice of 'letting go' or 'detaching' during meditation. Often, the analogy of a river is used to explain the process. That is, when in meditation, whatever thought enters your consciousness, let it flow by, let it go, as if a leaf floating down a stream. Whatever thought comes into your consciousness, let it go, let it flow by you. Do not become 'attached' to your thoughts; learn to become detached from them.

I recently attended a 3-day spiritual retreat in a beautiful rural setting. The retreat grounds had a slow-moving river bordering one side of the property. It was a magnificent river. You could see the flow of the river easily.

I spent as much time as I could by the river during the 3-day retreat. Sometimes I would meditate; sometimes I would just sit or stand and take in the majestic and tranquil beauty of the river and the rest of nature that was flowing around me.

It was in those moments sitting and standing by the river that the meditative practice discussed above came to life. As one watched the river, one could see the rays of the sun bounce off the cresting waters to create a dancing light show that glimmered, sparkled and shimmered like gold across the water. One could see the ripples and momentary waves of white water that would emerge and, no sooner, dissipate as the river just kept flowing, never seeming to end.

If one watched, focused and intent, on an approaching section of water, one witnessed the water change and morph. What at one point in the river was seemingly calm water, suddenly became embroiled in turmoil—bubbles, ripples, waves—and then, without warning, became calm again and then, nothing...

This continuous movement from calm, to turmoil, to calm again was the detached meditative practice unfolding right in front of me. Each thought is born in a place of peace. However, when we let it come to the surface, we often experience turmoil, the unbalancing affect of thought. Then, once we let the thought pass, we are calm again; until the next thought comes along of course.

Meditation is a wonderful tool to practice letting life flow like a river. Allowing that practice to be with us in every moment is a true gift. It nurtures inner peace—the joy and love that rests inside each of us that longs to be set free.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. THIS MONTH'S CONTEMPLATIVE THOUGHTS*

“Live in such a way that love informs every action.”

“When ego is out of the way it is very easy to create an atmosphere of harmony.”

“Why feel guilty? Learning how to forgive yourself is a better use of your time.”

“When we re-connect with the oldest memory of the soul, the state of peace, we can then re-establish peace in our inner world. This is the start of peace in the wider world.”

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

“Desire is the root of all our problems! Desire is different than ambition or pursuing a goal. Desire is an uncontrollable craving that drives me to fulfill it. Although it may be subtle and I may feel I am not being compelled, when examined, a desire will always drive my behavior to fulfill it. In attempting to fulfill this desire, I will turn to habits driven by the energy of greed. Today let me transform desire by going inwards and fulfilling them spiritually.”

“A fearless soul learns to adjust, understanding that change is the only constant in life. To be afraid of sorrow, afraid of suffering and afraid of change is to limit my capacity to adapt. Each challenge in my life provides an opportunity to expand my capacity to adjust, adapt, learn and grow. Today let me be fearless in the face of life's challenges, knowing I am learning and growing.”

“Currently the world is out of balance and many people feel their lives are out of balance. Even nature is trying to find her balance. As the pendulum of forces in the world swing back and forth around me I can understand that remaining stable will help restore balance. This means transforming the temptation to go to extremes; in opinions, emotions and reactions. Today let me stay stable at the centre, in order to restore balance to the world.”

“We only realize how much power we have when we are in crisis. Each time I face a challenging situation I realize how much stronger I have become. Spiritual power is so subtle that I often don't notice I am accumulating it until a moment when I need it. And then I notice I am responding differently when I am faced with a challenge; that I am more calm, centered, detached and have more clarity. Today let me appreciate challenging situations as the opportunity to recognize my own progress.”

"Meditation is the ability to move through and beyond into the highest or deepest state of awareness. The practice itself takes us beyond the awareness of time and change into timeless being. Only there can we be aware of our true self, for our self. Spiritual wisdom says only in meditative state can we see through all learned identities; appearance, fashion, gender, profession, nationality, personal history. Today let me be aware of all learned identities and practice going beyond them to my timeless being."

"Prior to our mental and physical awareness, prior to our intellectual judgments and evaluations, there is a state of being. That state restores our awareness of the truth and power of our life. But that truth cannot be known, its power cannot change the way we live our life, until we go there and 'validate' its reality for our self. Only then can we know the real peace, only then can we know selfless love and only then can we know pure joy. Such validation changes...everything!"

"When we become an action addict, we are running from our self, thinking that if we stop for a moment we may see some unpleasant memories or some painful emotions arise. By doing this we are also avoiding the natural riches within our own spirit - inner life. When we know and acknowledge the truth and beauty of our own spirit, life would change, probably quite radically, so we avoid having to leave our "I'm busy" comfort zone. In the materially developed world we get busy doing 'stuff' as a way of avoiding knowing, understanding and managing our self. Today let me check and see if I am an action addict."

"The soul is the spiritual energy of consciousness. Only purifying my thinking will purify the soul. To purify my thinking, I must see beyond the surface layers to the pure innermost being; the soul itself. When I see others as souls, when I see myself as a soul IN a body, I return to a natural, pure state of thinking and being. Today let me purify from the inside out."

"Everyone's cooperation is needed in the task of world transformation. When cooking food, a variety of ingredients are needed and even if one thing like sugar or salt is missing, then the food will not taste right. In the same way, the elevated task of transforming the world needs everyone's help. Everyone is essential in their own way. Today let me recognize each person as a valuable source of cooperation in the task of world transformation."

"Those drowning, search for the slightest support. In the same way, as waves of sorrow come in the world, many who are desperately seeking happiness and peace will look for support. To help stabilize people in need, I must first stabilize myself. Taking time alone to build my inner strength through going inward and touching my original, eternal qualities gives me the power of stability. Today let me make myself a solid support for others."

"Desire is an energy that diminishes the soul, stealing its natural power of happiness by making it believe that it needs something external in order to be fulfilled. Wanting anything outside of myself makes me dependent on that thing, thereby reducing my freedom and ultimately my happiness if I do not get it. Today let me transform desire by reminding myself of my natural inner state of freedom and happiness."

"Most of the obstacles I face are from within. External situations are created by my internal attitude and expression. If I take care of my inner spiritual journey, then external situations on my physical journey will be resolved. When I change my attitude, situations around me begin to change. Today let me first sort out obstacles within me then look at my external challenges."

"Although you believe you woke up this morning, it is highly likely that you are still asleep. Not from the kind of sleep that keeps you unconscious during the night, but the kind of sleep that has overcome us all, to some extent or other, during our waking hours. It takes time and the practice of self awareness to 'wake up' from the illusions and beliefs, accumulated on life's journey, that keep us less conscious, less aware, during our waking hours, than we could be. Today let me check to see if I am awake or not."

"Waking up and staying awake means 'seeing through' the illusions and recognizing the false beliefs to which we are subconsciously clinging. Only when we reawaken a deeper awareness of what is true, can our thoughts/feelings/behaviours change. Some of those illusions are so obvious we might wonder why we didn't see through them earlier. Others are harder to see as we are so deeply schooled to believe that these beliefs are true!"

"You are still asleep if you blame others, situations or events for your stressful feelings. Stress comes to tell us there is something we need to change within our self, not in the other. All stress is self-created regardless of the circumstances. Every time you blame others for what you feel, it means you are asleep to the truth that your thoughts and feelings are your response, therefore your responsibility or 'response ability'. The awakened person accepts full responsibility for their thoughts/emotions/attitudes/actions...everywhere and always! Not easy, especially when almost everyone seems to find it easier to point the finger, which means they have learned to believe 'it's not me, it's them'.

"You are still asleep whenever you compare yourself with another person. It means you have not yet realized your own uniqueness and value. In effect you are saying, "I want to be someone else". You believe that you should aspire to be like someone else and that when you are you will have achieved some sort of success. Which of course is impossible. Or you unconsciously believe, "I am unworthy, I am of less value than them". Which is untrue! The awakened soul knows their value and is able to affirm their own worth. They never aspire to be someone else. They are constantly rising to the challenge of expanding their capacity and awakening their own true potential."

"You are still asleep whenever you attempt to control or manipulate others. Whenever you become upset with someone it means you subconsciously believe you can control what you cannot control. You believe that you can make others do your bidding. Sometimes it looks like they do, but they don't. The truth is everyone makes their own decisions on how they will act and interact, regardless of the external situation and circumstances. If you are clever you may sense the vulnerabilities of others and exploit them to your own ends. But that only drains your power and as you try to take advantage of the other, your conscience knows that you are compromising your authenticity. The awakened soul never takes advantage of others. They know their role is to awaken others, not exploit them."

"You are still asleep when you go searching for some stimulus to invoke the 'feeling' of certain emotional states. Perhaps you like to argue because it enlivens your day, which means you are indulging in anger. If you keep talking about what went wrong, what you have lost, it means that you like to wallow in your own sorrow. And if you keep looking into the future with trepidation and anxiety then you are likely to have an addiction to fear. The awakened soul has broken their addiction to, and dependency on, their emotional states. They have relearned to choose and create their feelings at each moment in every scene. Not so easy in a world where the most common currency of exchange in our relationships tends to be such 'unhappy emotions'."

"Whatever has come, has to go. This is a deep and wonderful secret in the drama of life. When I realize that whatever I am experiencing in this moment will pass, it helps me fully appreciate the beauty of each moment. This understanding also helps me endure challenging situations or tolerate physical pain. Today let me remember that whatever comes will also go."

"Clean the memory track of the soul. Beneath the conscious memories lies an archive of unremembered memories, stored deep in the self. There are many beautiful memories I carry within me; however some of these memories are more like conditioned tracks that guide my behavior without me being aware of it. These are called habits or patterns and can operate like blind spots in the soul. By consistently "seeing" my pure and eternal qualities during meditation, I begin to "unpollute" or clear out the old memory track, freeing me to be truly me. Today let me delete the old files of pain and sorrow by focusing on only the pure, powerful and eternal in me."

"Maintain self respect in all situations. When I agree to something that goes against the grain of my heart I will lose my self-respect. When I give in or agree to things that don't feel right inside I carry a subtle resentment that weighs me down. My self-respect is the most important possession I have. Today let me care for my self-respect by choosing to live in accordance with my highest principles."

"Everything in the world was created on the basis of a thought. When my thoughts are pure it is possible for them to create something and truly new. Only thoughts free from the corruption of selfishness, negativity or vengeance can be used to create beauty in the world. Today let me examine my thoughts and give priority to thoughts capable of pure creation."

"If this was my last moment what would I want my last thought to be? When I consider my last thought it gives perspective to my life in this moment. This helps me remember what is most important to me rather than getting caught up in life's details. To celebrate what is most meaningful is to be in the awareness of everything that holds quality in my life. Today let me remember my final thought and use it to give perspective to life."

"When your intent is pure, it has a vibrant impact on others. When you are touched by a good quality, inspired by a virtue or value and act in an elevated way, your action has the potential to inspire others. It is a natural law that souls respond to the quality of intention they experience in me. Today let me clarify my intentions in all situations and ensure they are pure aiming for the highest good for all."

"In silence the soul touches the blueprint of its personal eternity. In silence I have experiences that give me clarity, enthusiasm and determination to reflect deeply. When lost in action, I forget to reflect and the intellect becomes lazy, not able to break the superficial. When I touch the stillness and power of silence I have reached the essence of my eternal being. Today let me explore the experience of inner silence."

"Truth is to be true to myself at all times. There is always a cost to being true to myself. If I am ashamed or afraid to say my truth it is because I am not willing to live with the consequences. This is a choice. There are always consequences, each one leading me closer to or further from a true life. Today let me live my truth."

"Waking starts to happen the moment you realize that you are doing one of three things – reacting to something/someone, resisting something/someone or repeating a previous mistake. In each case it is the 'noticing' of some form of discomfort or emotional suffering that signals the emergence from the sleep of illusion. However just as there is a moment when we awaken in the morning it is the next moment that holds the choice to either stay awake or go back to sleep. Similarly as soon as we notice that we are reacting, resisting or repeating it is the next moment that will define whether we want to stay awake or prefer to go back to sleep and allow the reaction/resistance/repetition to take over."

"More often than not it seems to be the easy option to return to our slumber - just as we do in our beds on weekends! - and in many ways we won't stay awake until the suffering is either so great we don't want to go back to sleep or we are just tired of sleeping - suffering! Either way, just as we eventually have to awaken in the morning so, some day, we will have to awaken from the illusions and beliefs that keep us asleep i.e. unaware of reality."

"You are still asleep if you go shopping to be happy. It means you are still attempting to complete yourself with something that is not you! It means you are still trying to find fulfillment by filling your life with stuff. The awakened soul knows that they are already complete and can never be diminished. Their only effort is to remember and reveal their already full filled self every day!"

"You are still asleep if you believe the 'other person' is the problem. You have not yet realized that it is not what others say or do that is the problem, it is how you judge them that creates your

negative feelings about them. In effect it is how you see them that is the real problem. But even that is not a problem. It just means we have not yet learned to choose how we perceive others, we are still at the mercy of old conditioned perceptions, based on beliefs created yesterday. One clear sign of this is an absence of kindness towards others. To the awakened soul the 'other person' is never the problem."

"You are still asleep if your happiness is dependent on your expectations being met. You probably have not yet seen that your expectations are really desires in disguise. And all desire has fear (stress) built in – fear of not getting what you want. It means you still believe you are missing something in your life, in your self. And when your expectations are not met you get upset and thereby chase your own happiness away. The awakened soul has 'desire free' expectations and if they are not fulfilled it is OK, they don't lose the plot, because their happiness is not dependent on their expectations being met."

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

3. THIS MONTH'S POEM

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

Jelaluddin Rumi
translation by Coleman Barks

4. THIS MONTH'S QUOTE or QUESTION

"We don't always need what we want and we don't always want what we need."

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>).

8. SUPPORTING SPIRITUAL GUIDANCE

Spiritual Guidance is an interfaith ministry initiative based in Ottawa, Ontario, Canada that works with people to explore their spirituality. We offer four primary services:

- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.

To learn more about the above-mentioned services, refer to the Services page of our website (www.servingyourjourney.com).

In addition to the above, Spiritual Guidance maintains an ambitious index of resources on the resources page of our website. We fulfill requests for specific resources to help aspirants on their personal journey toward enlightenment. Spiritual Guidance also creates and distributes this monthly e-newsletter to interested persons throughout the world.

The majority of our services are offered from the heart, with participation based on in-kind donations and free will offerings. Some recipients of this e-newsletter and other services offered by Spiritual Guidance have expressed gratitude for Spiritual Guidance's presence in their lives and have voluntarily offered donations to support Spiritual Guidance's ministry work. If you would like to support Spiritual Guidance by making a monetary donation:

1. Please follow this link to make a donation via Paypal (https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=GRP5RLXSVRDFS). If the donation link does not work when you click on it, please copy and paste the link into your web browser.

OR

2. Please make your cheque payable to "Spiritual Guidance" and mail it to:

12B – 300 Driveway
Ottawa, ON K1S 3M6
CANADA

Please note that Spiritual Guidance is not a registered not-for-profit or charitable organization at this time. Therefore, we will not be able to provide you with a receipt for taxation purposes.

Love and gratitude for your support and generosity.

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).

9. RICHARD HARVEY – EXTREME SPIRITUALITY AND SATCHITANANDA

One of my clients participates in extreme sports – rock climbing, sky-diving, bungee jumping. When he describes his experience of these pursuits he invites me into exciting, edgy, stimulating, adrenalin-filled experiences I will never have. In answer to my question why, his answer is always the same: It makes me *feel real*.

Another client sent me videos of her scuba diving off the Gold Coast among the Magnificent Ascidian and Loggerhead Turtles. Swimming in this subaqua paradise she is transported into a world of color and miracle, rather like flying, and she says she *feels alive* there.

By comparison my life is ordinary and unexciting. I walk on the earth, breathe the air, occasionally go to the beach with my family and love to burn leaves, dead branches and bracken on my land in Andalusia. As a therapist and author I spend most of my waking life simply sitting – listening, talking, feeling, thinking and writing.

The life of extreme sports or scuba diving is far from my personal experience, just a vicarious thrill to me.

Like many, I have spent a lot of my time being even more inanimate, immovable and un-thrilling – sitting in meditation, seeking the eternal, the infinite, God, Love and Compassion. Each time I made headway in this ephemeral, elusive pursuit I returned – not to the Source of existence, to Consciousness itself or to God – I returned to me, to myself, who was always waiting attentively, loyally and hopefully, trustworthy and devoted, poignantly expectant, like a little dog or a faithful servant. I would return with relief, a sense of homecoming and the familiar. Each time it was a defeat for transcendence and a victory for the ego.

It is not so much the return as the method of returning that has constituted the failure. I have clung to the body of fear and desire like a terrified child, like a novice climber on his first sheer rock-face – and it is not so much that either, as the fact that I have done this so often, while being totally unconscious of doing it.

Here is the last great illusion of the ego: that it can take charge, control you and manipulate you, without you ever knowing. You can be smugly celebrating your latest sacred insight, transcendent experience or world-shattering spiritual breakthrough, while behind the scenes the ego, resolutely dug in, firmly seizes the reins of your life. Like seeing wrong-doing where it is acceptable to the majority consensus or surprising a perpetrator in the act of committing a violent crime, simply to witness, to see it for what it is, is a daring feat, an act of heroism.

The heroic aspects of the spiritual life have always appealed to me – shedding illusion and delusion, overcoming oneself to find truth, removing the obstacles to Love and enlightenment. So when Jung announced that there was one last great journey left for man and that that was the journey within, I was thrilled. When Carlos Castaneda proposed erasing personal history, I was first in line to the fire with my photo albums and sentimental objects and when the singer-songwriter Mike Scott sang the archetypal lines:

I wandered out in the world for years, while you just stayed in your room.
I saw the crescent. You saw the whole of the moon.

I knew exactly what he was singing about – *I* was the “you”, it was *me*, he was singing about *my* life.

But in spite of my thrill at self-negation, at climbing the mountain to enlightenment, or my staunch conviction that Jung was right and that the last great journey had *always* been the great journey, really the *only* journey, for humankind, like the extreme sportsman and the scuba diver, I was participating still in the world of subject, verb and object, rather than unity. I meditated, searched or made determined effort towards spiritual ends: me, the meditation, the goal.

Today I am a little older, and hopefully a little wiser. There are no spiritual goals, there is no attainment, there is no fear or desire; none of this is real. What is real is that God, Love and Consciousness are always, were and always will be, transparently present and available as ourselves. When we renounce the small world of me and become one with the Truth then what is already true is apparent and made real in our lives as kindness, compassion and contentment. It's not thrilling or extreme, neither is it ordinary or mundane; it is real, it is true and it is *satchitananda* – God, the Universal Consciousness and its essence is the same as the essence of you: existence, consciousness and absolute bliss.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Richard Harvey is a psycho-spiritual psychotherapist and spiritual teacher with almost 35 years experience. He maintains an international private practice via Skype and telephone and gives workshops, retreats and training courses at his personal growth centre and family home set high on the slopes of the Sierra

Nevada mountains in Andalucia, southern Spain. He is the author of *The Flight of Consciousness* (Ashgrove 2002), as well as several other books and many articles aimed at both inspiring and offering practical guidance on the process of realizing our true selves. Richard can be reached by phone at (0034) 680 741 108 or (0034) 958 953 033, by email at richard@therapyandspirituality.com, or via his website at www.therapyandspirituality.com.

10. DOUG HENDERSON, Ph.D – WE USE THEM UNTIL WE NO LONGER NEED THEM – PART 1 of 10

This is part 1 of a 10-part series by Doug. If you are interested in all 10 parts as one long article, you can contact Doug directly via his contact information at the end of this article.

My name is Doug Henderson. I am a Stress Management Consultant, here in Ottawa. In my practice, I use quantum biofeedback technologies to bring severely challenged clients back to energetic balance. If you consider the pendulum, its like coming back to the rest position.

Three pieces of technology I use just co-incidentally happen to be the same technologies that a certain Chiropractor used on an elite athlete who overcame cancer and won 7 Marathon events. Although this may sound extraordinary this same Chiropractor used these same technologies on the fellow who won the next year.

More recently, 6 Canadian Practitioners went to China prior to the Beijing Olympics and worked with athletes that their coaches did not think would win medals. They all one medals and the Chinese government has committed to the purchase of over 20,000 units. They plan to put this technology and a qualified practitioner in every hospital in China.

In my own case, 7 years ago, I had 4 different cancers that were confirmed by my Doctor. When he got the results of the tests, he wanted me to start on Chemo right away. I think my response startled him – I said, “Are you crazy – do you think that I am going to let you guys poison me.” In which case, he threw me out of his office.

Now just prior to this I had taken a week long course out in Victoria to learn how to operate this new technology called the SCIO – Scientific, Consciousness Interface Operating System – that I had ordered and just taken possession of.

One of my instructors was a fellow by the name of; Dave Cowan. Perhaps some of you might recall this name from some of your dowsing magazines. When Dave was giving instruction on the SCIO – I noticed that he often used a pendulum to get answers or direction on what to demonstrate next. This intrigued me?

When I returned home and got my lab test results, I spent 12-15 hours a day, 7 days a week, figuring out protocols to help me balance out this issue we call cancer. Somewhere along the way it occurred to me to get a pendulum and learn how to use it. It seemed to me – that knowing the appropriate sequence of doing energetic balancing might be critical to getting consistent results. It was, and the pendulum was very helpful because this technology has over 200 healing panels and over 2600 functions.

A couple years later, I read Dr. David Hawkins book, **Power versus Force** and his Map of Human Consciousness intrigued me. But I want to tell you about an incident that really brought home the value of the pendulum.

My spiritual partner, Larissa and I were discussing Hawkins' work in the kitchen one day and I suggested that we take the names of 10 people we each knew in common and each of us dowsed, to determine their levels of consciousness and meet back in the kitchen in about a half hour and compare results. Now Hawkins Map of Consciousness is a Logarithmic Scale from 0 to 1,000.

When we compared results, 9 of the 10 had the exact same number and the 10th was only off by 5 points. The odds of achieving these results were probably more than 10,000 to 1. (I've never been very good at probability.) So I knew right then, that there was something to this pendulum stuff. I am sure each of you have a similar story. But now, I had a reliable method of determining – Level of Consciousness.

As a result, 3 years ago, on the first of July, I started a quantum long distance subscription program called, THE TUNE ME UP PROGRAM. The stated purpose of this program was to energetically balance; physical challenges, emotional issues, spiritual issues and matters relating to abundance. But the real purpose was to determine if Levels of Consciousness or Awareness of individuals could be improved. Subscribers were placed within groups according to their LOC and a very sophisticated quantum, subspace or long distance biofeedback technology was employed. In other words this was a non-local experiment in which the participants were not present but their energetic field was being balanced. After 6 months each subscribers LOC would be re-determined to establish if there had been improvement. Some pretty interesting things happened.

Tune in to next month's newsletter for a continuation of Doug's article.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. Three years ago, Doug started a program called the “Tune Me Up Program” that is having extraordinary results raising clients levels of consciousness/awareness. Go to: www.quantumru.com to read unsolicited experiences. Seven years ago, Doug had 4 different cancers, refused conventional therapy and developed protocols that worked for him and his clients benefit from same. Doug can be reached by phone at 613-233-3888, by email at drdoug88@rogers.com, or via his website at www.quantumru.com.

11. GEOFF STRAW – MY FATHER'S GIFT

As my father lay dying in his room at the nursing home where he had spent the last few months of his life, I received a telephone call in the early hours of the morning from the head nurse, informing me that things had taken a turn for he worse, and urging me to come home to Ontario. So, I hastily packed my clothes and cancelled some of the work commitments and was on the plane to Toronto later that day. I had been living and working on the west coast for the past nine years, visiting my family when I could a couple of times a year. During dad's illness, I tried to make it back as often as I could, and in fact had just spent two weeks there. We now understood that dad was in the final stages of a Parkinson's-like illness, and I felt torn at living so far from home and wanting to spend as much time with him as possible. It had been a struggle, seeing him lying in bed, with very little mobility and difficulty in speaking, except for a word or short sentence occasionally. It was heartbreaking at times to watch him struggle to understand what was happening to him and to know that he was not at peace. And yet it seemed that there was some healing presence at work, when his resilience shined through.

Every night, the same nurse came in to give him his medications and asked him the same question, “Well Bob, any words of wisdom for me tonight?” And he would usually have a brief reply, dispensing some advice to live by. One time, he answered “Be your own man!” Much of the time, though, he seemed to be processing a lot on the inside, invisible to us, his family and friends who could only offer our presence, and wait as the illness progressed. As a palliative care counselor, I was well aware of the healing potential at end of life – not only for the patient but also for family and friends who witnessed the final transition from life to death. And so, the time I spent by my father's bedside - feeding him, reading to him, massaging his feet and legs, or just

holding his hand – all seemed to be an invitation to greater intimacy and connection between us. I know that time together was short, and wanted to spend as much of it as possible with him.

And now – it seemed as though time had run out. Would I get there in time to join the family in this our final journey with him, I wondered? As I drove from the airport to where he was that night, I noticed the biggest and brightest full moon I had ever seen. It hung very low in the night sky, and seemed to be lighting the way back, the way home. I arrived to find some of the family at his side. My father appeared to be mostly unconscious, but comfortable. The morphine that was being given would likely hasten his death, we were told. I decided to spend the night with him in his room while the others went home to get some sleep. What could I say or do, I wondered, to help him? The silence was unnerving, and there didn't seem to be anyone else around. I decided to pray, and read a few passages from his mother's bible which I found near his bed. Did he even know that I was there, reading to him – could he hear me? I had no way of knowing and felt helpless as I watched and waited for some change.

It had been a long illness for him and for us. The most difficult part, I think, were the gradual losses that came with the decline in ability. The loss of clear speech, of the ability to write, the privilege of driving his car, and most of all his self confidence and strength. Surrendering to these losses and to the ultimate loss of his physical presence was both emotional and frightening. But none of us wished for his life to continue in this form, and we knew that he didn't want to go on either.

By morning there had been no visible change and so I went home to rest as other family kept vigil in the room. By the time I returned, it was almost time for dinner and someone suggested that we bring in some take out food, and eat it down the hall in the family dining area. And so that's what we did, leaving his room to eat, all but my sister who felt that she wanted to stay near him. As I left his room, glancing back at him and my sister I suddenly knew clearly that his death was imminent. Nonetheless, I left anyway, intuitively sensing that things were unfolding as they should. Years earlier I had learned that it was precisely the moment when the crowd gathered round the bed left to eat or grab a coffee, that the patient could let go of all things earth bound and make the final transition. It was no surprise then, when moments later, the nurse called us to return at once to his room. At that moment as we began to walk back down the long corridor toward his room, that I heard the words and music of the battle hymn of the republic. The music therapist was leading the residents in a hymn sing. "His truth is marching on..." rang out loud and clear as we returned to the room.

I believe that my father's death effected us all profoundly and touched us each in a unique way, not only on that cold winter day in March, but on all the days and months to come. Someone once said that grief is as much about finding as it is about losing. Certainly, we could all agree on the many ways we felt the sting of loss. We missed his physical presence immensely. That Christmas eve, the first without Dad, I thought I was doing OK until I began to carve the roast beef, a job that always had been his. Suddenly, I was overcome by a wave of sadness that he wasn't with us. And there would be many more times in the journey of grief when that same wave would come crashing down upon me in ways that were both uncomfortable and cathartic at the same time.

The "finding" part of grief was present too – if I looked for it. Sometimes that was difficult, but when I asked Dad for guidance and for his presence, I was often surprised by the results. After his death, the night nurse passed on to us her last exchange with Dad. It occurred just before he slipped into unconsciousness. Again, the request for his words of wisdom, as she made her nightly rounds. His reply this time was just one word – the last that he likely spoke to anyone: happiness. It seemed that perhaps he wanted to leave us with one final truth, one last charge – to find happiness. Or, was he telling her that he had in fact found happiness at the end, and was finally in a place of peace. A few weeks later, my sister-in-law gave me a small charm on a necklace as a gift in the shape of a Chinese character. I had no idea of its significance until I was chatting with a neighbor of my parents while wearing it. "What is that you have around your

neck?" she asked. I replied that it had been a gift. She took a closer look and declared, "Oh! It means happiness!" I was astonished. There was his word again – happiness, and now I was wearing it around my neck! Ever since, I have been left with a quest of sorts, to learn the meaning of happiness in my life.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Geoff Straw is a Counsellor with private practice in Ottawa, Canada. Geoff can be reached by phone at 613-314-4450 or by email at gwstraw@sympatico.ca.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

12. GOOD NEWS OF THE DAY

The stories below are reprinted from www.dailygood.org.

"Cultural anthropologist Angeles Arrien suggests we're shifting from an either/or to a both/and culture -- one that requires opening the aperture of our irises to better perceive the truth that surrounds apparent paradox. Though two conflicting views may seem irreconcilably opposed, when we expand our vision enough to encompass a whole that's larger than both, a new reality often emerges -- a third way that's big enough to address each of them within its purview. In a both/and culture instead of avoiding dissenting views, we might embrace the opportunity they raise for expanding vision, exploring them through practicing respectful disagreement. Apparent contradictions can serve to make visible truths that may not have been otherwise seen or acknowledged, enriching the health of the whole through their emergence." Nina Simons, co-founder of Bioneers, shares her perspective on Third Way leadership. Read more at <http://premiere.whatcounts.com/t?ctl=1698178:EDD6BFBA686AA7C8526A02B892B0AF9FB4B847859706E37D&>. Be The Change: Angeles Arrien, quoted above, shares a short reflection on the role of discipline and responsibility. Read more at <http://premiere.whatcounts.com/t?ctl=1698179:EDD6BFBA686AA7C8526A02B892B0AF9FB4B847859706E37D&>.

"From the beginning of time, every new technological advancement has brought with it a complex mix of positive and negative repercussions as well as unintended consequences. I set out to make a film that addresses the potential of our twenty-first-century technologies and the importance of harnessing their powers. I also wanted to examine what can happen when these new technologies take over and sometimes overwhelm our personal lives. What does it mean to be connected in the twenty-first century? How can we use the power of all these connections to turn things around for the better? I titled the film 'Connected: An Autobiography about Love, Death, and Technology.'" Tiffany Shlain, one of Newsweek's 'Women Shaping the 21st Century,' shares a thoughtful reflection about the making (as well as a glimpse) of her new award-winning feature documentary. Follow this link to the video... <http://premiere.whatcounts.com/t?ctl=16981EE:EDD6BFBA686AA7C88076F31AAE0D87C4B4B847859706E37D&>. Be The Change: Today, make an effort to use technology in ways that help you connect more meaningfully to people.

Jean Albert Renaud sleeps in a barn. His bedroom shares a wall with the stall of a stallion named Incitatus. On winter nights, he can hear the wind whistling across the hills, but Renaud (or Jar, as he is known) is warm in the company of his eight horses. He sleeps there because he wants to. Jar's life has never been conventional, but today it is focused on his noblest effort yet -- preserving and nourishing what he calls America's two most precious and least appreciated treasures: the wild Mustang and our marginalized children. "We treat children like we treat the wild horses," Jar says. "We rarely take the time to look at the world from their viewpoints. So many of them know and survive the streets without us. They are like wild horses. So, like the horses, how do you approach these 'wild' kids?" Read more at <http://premiere.whatcounts.com/t?ctl=169851B:EDD6BFBA686AA7C8AAD3DC7051D03203B4B847859706E37D&>. Be The Change: Is there someone or some group you hold assumptions about? Make an effort to see the world from their viewpoint.

Multi-tasking is no longer about being productive -- it's a way of living. It's not a sane way of living, however, and it's not necessarily the most effective way of working either. Imagine instead, a single-tasking life. Imagine waking and going for a run, as if running were all you do. Nothing else is on your mind but the run, and you do it to the very best of your abilities. Then you eat, enjoying every flavorful bite of your fresh breakfast of whole, unprocessed foods. You do your work, one task at a time, each task done with full focus and dedication. You spend time with loved ones, as if nothing else existed. It sounds nice, but how do you live a life like this? Like anything worth doing, it takes practice. Here's what author Leo Babauta recommends. Read more at <http://premiere.whatcounts.com/t?ctl=1698643:EDD6BFBA686AA7C82B2ED53522373183B4B847859706E37D&>. Be The Change: Run some conscious experiments with single-tasking today.

Steve Jobs, the iconic founder of Apple, died yesterday (October 5, 2011), and though the world will remember him for his legendary leadership, his creative genius, or his passion for design, he was also a man of inspiring insights. In this powerful 2005 commencement address at Stanford, Jobs shares three personal stories, urging his audience to always "Stay Hungry, Stay Foolish." Follow this link to the video... <http://premiere.whatcounts.com/t?ctl=169874E:EDD6BFBA686AA7C8941698F0242113E0B4B847859706E37D&>. Be The Change: "Death is an important ally for appreciating life [...] an honest recognition of the short time we have to love and to learn on this earth." Author Duane Elgin shares a poignant reflection. <http://premiere.whatcounts.com/t?ctl=169874F:EDD6BFBA686AA7C8941698F0242113E0B4B847859706E37D&>

The wisdom of simplicity is a theme with deep roots. The great value and benefits of living simply are found in all of the world's major wisdom traditions. Jesus taught by word and example that we should not make the acquisition of material possessions our primary aim. Eastern spiritual traditions such as Buddhism, Hinduism and Taoism have also encouraged a life of material moderation and spiritual abundance. The Greeks, Puritans, and Quakers all placed a similar emphasis. As well, the Transcendentalists, whose thinking is best exemplified by the lives and writing of Emerson and Thoreau. The simple life is not a new social invention -- what is new is the urgent need to respond to the radically

changing material and ecological circumstances in which humanity finds itself in the modern world. Duane Elgin, author of the classic, "Voluntary Simplicity," shares further. Read more at <http://premiere.whatcounts.com/t?ctl=169886D:EDD6BFBA686AA7C83B9A0A3A3998E82EB4B847859706E37D&>. Be The Change: Take an additional step toward voluntary simplicity today, both internally and externally.

After holding together his family through a house fire, six address changes since his sophomore year and a violent encounter with his mother's boyfriend, high school basketball star Marquis Barnett told recruiters he is not about to abandon them now, insisting on staying local. "Marquis is fiercely loyal to his family," said Ron Naclerio, Barnett's coach in New York the past two seasons. Barnett is one of about 2,500 young people ages 13 to 17 living in shelters across the five boroughs. He has endured six-hour round-trip subway rides to school and, along the way, has been supported by the kindness of others struck by his sincerity, including a coach who buys him clothes and a social studies teacher who feeds him daily. Read more at <http://premiere.whatcounts.com/t?ctl=1698BBA:EDD6BFBA686AA7C8347ADF927F302125B4B847859706E37D&>. Be The Change: The next time you encounter a setback, "turn your face toward the sun."

Raymund Wee, a former flight steward and pet groomer, sold his Singapore-based business and used the proceeds to establish Noah's Ark CARES. What began as a place of refuge for a couple hundred animals grew by leaps and bounds after a severe flood a few years back, and soon the haven was so full of three legged, one-eyed, emotionally wounded dogs and cats that he was forced to move the entire ark to Johor where more affordable land is available. Today, more than 1,200 cats, dogs, rabbits and horses live at the sanctuary. Raymund, affectionately known as Uncle Raymund, lives at the sanctuary and is joined by an astounding group of volunteers who see to it that every animal is cared for. And here's the jaw dropper: the animals here are free roaming. They amble over several acres and are free to swim, sunbathe, climb or simply be. Read more at <http://premiere.whatcounts.com/t?ctl=1698EEF:EDD6BFBA686AA7C8C0887170E4117B30B4B847859706E37D&>. Be The Change: Poet-activist-monk Thich Nhat Hanh shares a reflective piece: "Do You Have Time to Love?" Read more at <http://premiere.whatcounts.com/t?ctl=1698EF0:EDD6BFBA686AA7C8C0887170E4117B30B4B847859706E37D&>.

"Who are you doing it for? Asked that question, many entrepreneurs would answer, 'me.' There's nothing wrong with that. Plenty of great companies were built by people for whom CEO is an imperfect acronym for "He who must be obeyed." Servant leaders, by contrast, put their people and their organizations before themselves. They don't view employees as a means to an end; rather employees' happiness and satisfaction is the end." This Inc. Magazine article explores servant leadership. Read more at <http://premiere.whatcounts.com/t?ctl=1699361:EDD6BFBA686AA7C83867011D0468DF23B4B847859706E37D&>. Be The Change: The quote above comes from a remarkable man who has dedicated his life to service. An inspiring video of Jayesh Patel walking through the slums where he serves. Follow this link to the video... <http://premiere.whatcounts.com/t?ctl=1699362:EDD6BFBA686AA7C83867011D0468DF23B4B847859706E37D&>.

His travels have taken him to some of the most inhospitable places on the earth, outside the furthest reaches of human civilization. But Barry Lopez always returns to his home in Oregon to write about what he has seen. And though nature is often his inspiration, it is not his subject, Lopez tells Bill Moyers, "I'm not writing about nature. I'm writing about humanity. And if I have a subject, it is justice. And the rediscovery of the manifold way in which our lives can be shaped by the recovery of a sense of reverence for life." Lopez defines reverence as understanding "that the world will always be there, no matter how sophisticated our technologies of probing reality become. The great mystery will be there forever. Lopez was Bill Moyers' last guest on his show, the Journal. The transcript of that program follows. Read more at <http://premiere.whatcounts.com/t?ctl=169957D:EDD6BFBA686AA7C80249340D904A780FB4B847859706E37D&>. Be The Change: Move through the day today with a sense of reverence, whatever that means to you.

"Technology is not the answer. That's the conclusion I came to after five years in India trying to find ways to apply electronic technologies to international development. I was the co-founder and assistant director of Microsoft Research India, a Bangalore computer-science lab, where one of our objectives was to research ways in which information and communication technologies could support the socio-economic development of poor communities, both rural and urban. [...] In several projects to design educational technology for schools, we found that teacher and administrator attitudes were the real keys to success. Then, when we connected low-income slum residents with potential employers, limited education and training posed critical barriers. And again, when we used gadgets for microfinance operations, a capable institutional ally was indispensable. Our successes were due more to effective partners, and less to our technology." Kentaro Toyama shares further. Read more at <http://premiere.whatcounts.com/t?ctl=16997E8:EDD6BFBA686AA7C8F80B3B76CED0AEF0B4B847859706E37D&>. Be The Change: We're constantly creating, with objects, words, and actions. Today, question and reflect during the creation process.

"To stand up and speak out against cold injustice, against the blind wrong-doing that we see in the world -- that is one kind of activism. But there is another kind. A rarer form of fire-in-the-belly commitment to a much less talked about cause. Tell me, do you stand up and speak out when you encounter a moment of unexpected joy, warmth, beauty or compassion in your life? Do you stop to say so when you stumble across something that makes you smile- or are you in the dull habit of registering the remarkable without remark? Are you a bystander of beauty, a mute spectator of special-ness? Do you let the silver-lining moments of the day slide into an insignificant silence -- or do you seize them as the chance to make something bloom?" A stirring call to be vocal in times of beauty. Read more at <http://premiere.whatcounts.com/t?ctl=16998AD:EDD6BFBA686AA7C8147AF21C208721ECB4B847859706E37D&>. Be The Change: Stand up and speak out when you encounter a moment of unexpected joy, warmth, beauty or compassion in your life.

Dr. BJ Miller is only 40 but he thinks about death a lot. He is the new executive director of the Zen Hospice Project in San Francisco and a palliative care specialist at UCSF Medical Center. He is also a triple

amputee, co-founder of a tea company, owner of a farm in Utah and a newlywed who still looks like the Ivy Leaguer he once was. "I have no fear of death," Miller said. "I have a fear of not living my life fully before I die." On Nov. 27, 1990, he came close to dying. As a result of Miller's encounter with 11,000 volts of electricity, his left arm was amputated below the elbow and his legs below the knees. He still has flashbacks to the explosion and remembers the difficulties of fitting his nearly 6-foot-5 frame into a helicopter bound for a burn unit. When it was time to find a calling, Miller chose medicine because he could use his experiences to connect with people and he felt an affinity for anyone going through an illness. Read more at

<http://premiere.whatcounts.com/t?ctl=1699916:EDD6BFBA686AA7C8B301FF0CB88DBC2FB4B847859706E37D&>. Be The Change: Read the inspiring last words published by Dr. Elizabeth Kubler Ross, the thanatologist who helped bring the hospice movement to the U.S. Read more at <http://premiere.whatcounts.com/t?ctl=1699917:EDD6BFBA686AA7C8B301FF0CB88DBC2FB4B847859706E37D&>.

"A friend of mine is visiting from out of town and staying in East Oakland, in an area that's infamous for its gang violence and unrest. This friend happens to be a monk. He shaves his head and dresses in the traditional brown robes of his monastic order -- not the kind of person who blends easily into the background. Having spent many years making compassion a conscious practice, his response to situations is to try to do his bit to spread goodness. So he went out for a walk, just to engage with the community. As he was walking up 35th Avenue, a couple of tough-looking street youth yelled out to him: 'Hey man!' He turned around, looked at them and said, 'Yes?' 'Are you a Buddhist monk?' 'Yes, I am.' 'You look hella peaceful, man!'" A poignant reflection on what it means to become a 'presence activist.' Read more at

<http://premiere.whatcounts.com/t?ctl=1699BDB:EDD6BFBA686AA7C82D5207C8D57C0A0CB4B847859706E37D&>. Be The Change: Give the gift of presence: shine extra care and attention onto all your interactions today.

Why are some people so much more effective at learning from their mistakes? A new study by Jason Moser at Michigan State University is premised on the fact that there are two distinct reactions to mistakes, both of which can be reliably detected using EEG. The first reaction is called error-related negativity (ERN). It appears about 50 milliseconds after a screw-up and is mostly involuntary. The second signal, which is known as error positivity (Pe), arrives anywhere between 100-500 milliseconds after the mistake and is associated with awareness. The latest research suggests that we learn more effectively when we have 1) a larger ERN signal, suggesting a bigger initial response to the mistake and 2) a more consistent Pe signal, which means that we are probably paying attention to the error, and thus trying to learn from it. This Wired Magazine article delves further into the neuroscience of learning from mistakes. Read more at

<http://premiere.whatcounts.com/t?ctl=1699CF0:EDD6BFBA686AA7C80AD41D7C7512471FB4B847859706E37D&>. Be The Change: Recognize and embrace your next mistake. Then learn from it.

One silver lining in dark economic times is that as people learn to make do with less, they are discovering the many benefits of sharing. New psychological research suggests that sharing fosters trust and cooperation in the community and contributes to personal well-being. Researchers are finding that sharing impacts people in the very

specific ways that are closely linked to increased happiness. These include effects such as improved physical health, increased levels of trust, causes for gratitude, opportunities for cooperation, and more. Here are 7 ways sharing can make you happy. Read more at <http://premiere.whatcounts.com/t?ctl=1699E08:EDD6BFBA686AA7C8223FB989AD2638E6B4B847859706E37D&>. Be The Change: Reflect on a recent time someone shared something with you. Let them know about the impact of their generosity.

Most people hang up their boots as they get older, but Fauja Singh only began running in his eighties. At the age of 94, he ran a full marathon in less than 5 hours, but on 16 Oct 2011, at the age of 100, he still has it in him. Singh did what no other person has done: he became the oldest person and the first centenarian to finish a marathon. Along the way, he's received sponsorship deals, but he donates it all. "I'm not really interested in all the rupees, I give it to charity," he says of his sponsorship deal. "Money can be saved and spent and lost and made. At my age it's nice just to do this. [...] Look how blessed I am. What's not to be happy about?" Read more at <http://premiere.whatcounts.com/t?ctl=1699F86:EDD6BFBA686AA7C8A6437FD1AB2CC7BEB4B847859706E37D&>. Be The Change: Do something that gives you meaning and joy, regardless of whether you think you're too old or too young.

"What's the most important thing this year?" asks Toshiro Kanamori to his students? "To be happy!" comes the joyous response. The class goal truly is to understand how to be happy and care for other people. It sounds like the sort of class a stressed or overworked adult would find, long after they graduated school. Instead, it is a different teaching approach taken by a grammar teacher in Tokyo, Toshiro Kanamori. One tradition in his class is that every day, three students read out "notebook letters," authentic journal entries that express happiness, irritation, gratitude -- or, as 10-year-old Ren expressed -- sadness over his grandmother's death. Watch Kanamori in action in this video, as he uses Ren's letter to teach his students how to understand their inner thoughts, and deeply empathize with each other in the process. Read more at <http://premiere.whatcounts.com/t?ctl=169A243:EDD6BFBA686AA7C890C6888027E37700B4B847859706E37D&>. Be The Change: Share an authentic "notebook letter" with a child in your life, and invite her/him to do the same.

A freak accident involving a ceiling fan may have taken Su Meck's memory of everything that happened for the first 22 years of her life, but it did not rob her of her determination. Since the accident that left her with amnesia, the 45-year-old from Maryland, has had to relearn how to walk, talk, read, write and drive. But Meck, whose identity was once as a mother and homemaker, carved out a place for herself as a college student. She went from having been reduced to the mental capacity of a young child to graduating from Montgomery (Md.) College with honors in May, earning an associate degree. "It was very confusing to me because everybody was telling me who I was before, and that wasn't who I am now. It was almost like I'm a different person," said Meck. Read more at <http://premiere.whatcounts.com/t?ctl=169A30E:EDD6BFBA686AA7C894A29B4A7B8882C2B4B847859706E37D&>. Be The Change: Wake up to possibility, especially in the midst of loss.

"Perhaps the statement that best exemplifies positive thinking is "When life hands you a lemon, make lemonade." It seems so self-evident that this is a good thing that we never question the wisdom of the adage. But it does not take a whole lot of digging to unearth the flaws in this reasoning. First, did fate really hand you a lemon or was this merely your initial, unthinking response? Second, is a lemon really a bad thing, something that you would rather not have, but now that you do have it you will somehow salvage something by making lemonade? Finally, it is quite stressful to be handed a lemon until such time as you figure out how to make lemonade. Do you really have to go through this phase?" Prof. Srikumar Rao shares further about the limitations of positive thinking. Read more at

<http://premiere.whatcounts.com/t?ctl=169A376:EDD6BFBA686AA7C8CA68B136D092DFC6B4B847859706E37D&>. Be The Change: See what happens today when you check your tendency to label things as "bad."

"Giver Girl" and her husband "Giver Boy" came up with a simple yet powerful idea: donating \$52 to a different charity every week for a year. After each experience, they post their moving reflections, invite others to join in, and maintain total anonymity. The brilliance of their project is captured in a week when they spontaneously decide to make that week's gift a \$52 tip to a waitress serving them. After leaving the tip, they decided to 'run away without watching (their) waitress's expression.' "That's it right there. That's generosity. Giving in a sacrificial way with the intent of blessing others while seeking nothing in return -- not even recognition, gratitude, or praise. And this lesson is the biggest gift that Giver Boy and Giver Girl have sent out." Rev. Charles Howard, University Chaplain at UPenn, shares an inspiring case study of anonymous giving. Read more at

<http://premiere.whatcounts.com/t?ctl=169A6A9:EDD6BFBA686AA7C80FCC63D0097FBB72B4B847859706E37D&>. Be The Change: Write a note of encouragement and support to Giver Girl and Giver Boy. Read more at <http://premiere.whatcounts.com/t?ctl=169A6AA:EDD6BFBA686AA7C80FCC63D0097FBB72B4B847859706E37D&>.

The decisions made by powerful people in business and other fields have far-reaching effects on their organizations and employees. But new research finds a link between having a sense of power and having a propensity to give short shrift to a crucial part of the decision-making process: listening to advice. Power increases confidence, researchers say, which can lead to an excessive belief in one's own judgment and ultimately to flawed decisions. This is among the first studies to examine whether power -- defined as an individual's "capacity to influence others, stemming in part from his or her control over resources, rewards, or punishments" -- reduces or increases a person's willingness to heed advice. Strategy+Business Magazine shares further. Read more at

<http://premiere.whatcounts.com/t?ctl=169A7E2:EDD6BFBA686AA7C821616CAEEA190AD6B4B847859706E37D&>. Be The Change: In making your next significant decision, listen to the part of yourself that listens to others.

When most people think of the American dream, they imagine all this country has to offer them. But for 40-year-old Hamid Chaudhry, a Pakistani immigrant and owner of a Dairy Queen in Reading, Pa., that dream isn't just for the taking. "I'm part of the society," Chaudhry tells CBS News correspondent Steve Hartman. "And when you belong

somewhere, you have to give back." A few years ago, after becoming a U.S. citizen, Chaudhry moved to Reading with his wife, a doctor. They have two children. For most people, that would be enough responsibility. But Chaudhry wanted more. He began by offering his services to Cumru Elementary school principal James Watts. Chaudhry offered to host the school fundraisers. He eventually began fundraising for other organizations as well: Soccer teams and Crime Stoppers. All told, Hamid has said "yes" to more than 100 community organizations. Read more at

<http://premiere.whatcounts.com/t?ctl=169A982:EDD6BFBA686AA7C8163DE7ED1E678693B4B847859706E37D&>. Be The Change: Bloom where you are planted.

"There are 4 ideas you have to believe if you seek to "be the change you wish to see in the world: 1. Real change requires patience: It takes time to move others through love (rather than by carrot or stick), but the results are real and lasting. 2. Real change is decentralized/local: The revolution will not be provided by governments or corporations. 3. Real change cannot be traditionally measured: We are a society that believes strongly in measurable cause and effect. However, the world doesn't work that way -- each result is born of millions of conscious and unconscious acts. 4. Real change is never complete: Each person in society is a seeker. As nobody has the answers, it is incumbent on all of us to humbly support each other in being better people." Birju Pandya shares his ideas for how changing yourself changes the world. Read more at

<http://premiere.whatcounts.com/t?ctl=169AE2D:EDD6BFBA686AA7C806A9CD695439E7DCB4B847859706E37D&>. Be The Change: Reflect on what it means to change yourself; then take a small but meaningful step in that direction.

Imagine a restaurant where your bill reads \$0.00, because your meal is a gift and can't be paid for -- only paid forward for the person after you. How long might the chain of generosity last? At Karma Kitchen, in three cities around the United States, it has gone on for close to 25 thousand people -- and is still going. Filmmaker Katie Teague shares a thoughtful and hopeful short video portrait of how this kind of "gift economy" can work. Follow this link to the video...

<http://premiere.whatcounts.com/t?ctl=169AED5:EDD6BFBA686AA7C88F94A26E1BEA243CB4B847859706E37D&>. Be The Change: An interview with one of the anchors of Karma Kitchen, Richard Whittaker. Follow this link to the video...

<http://premiere.whatcounts.com/t?ctl=169AED6:EDD6BFBA686AA7C88F94A26E1BEA243CB4B847859706E37D&>

Our search to understand what makes us happy goes back centuries. As does our enduring belief that if we just do the right thing, happiness will follow. Researchers at Stanford and UPenn have recently shown how happiness is indeed a consequence of the choices people make. So what can people do to increase their happiness? Their answer is surprisingly simple: spend your time wisely. But some of the ways people should spend their time are, in fact, surprising. Perhaps not all of them will resonate, but are still worthy of reflection. Their five time-spending happiness principles: "Spend time with the right people. Spend time on the right activities. Enjoy experiences without spending time actually doing them. Expand your time." Each principle is explained further here. Follow this link to the video...

<http://premiere.whatcounts.com/t?ctl=169AF1B:EDD6BFBA686AA7C8539578234E>

[B49420B4B847859706E37D&](http://premiere.whatcounts.com/t?ctl=169AF1C:EDD6BFBA686AA7C8539578234EB49420B4B847859706E37D&). Be The Change: Spend your time wisely today. For inspiration, an intriguing short reflection on having a dynamic relationship with time. Follow this link to the video...
<http://premiere.whatcounts.com/t?ctl=169AF1C:EDD6BFBA686AA7C8539578234EB49420B4B847859706E37D&>.

13. FOOL REALIZATION

Reprinted from InnerNet Weekly via www.iJourney.org.

By Steve Bhaerman

In the Greek tradition, tragedies were four act plays that ended sadly and badly -- kind of like situation comedies without the laugh track. Comedies, on the other hand, had a fifth act where the sad or bad circumstance that ended Act IV is resolved. So ... comedy encompasses tragedy, thanks to an Act V.

Thinking of life as a comedy in this sense would seem counterintuitive. Far, far more humans exit this world suffering than do laughing. However, the presumption there is that the end of earthly life is the end of existence. As physicists have discovered, it seems that all of existence is "here now" -- and through our perceptions, we the observers choose reality on a "need to exist basis."

In this sense, there is no such thing as past or future. Everything that has ever existed or ever will exist is in existence now.

Meanwhile, we have the numerous and often similar reports of "near death experiences," where those who return report seeing blinding light, feeling overwhelming love, meeting divine entities and loved ones. Are these experiences "real?" Are they just a function of brain chemistry offering one last chemical impulse?

Of course, our current dominant paradigm of scientific materialism would have us believe that these experiences are purely chemical. On the other hand, we have thousands of years of human spiritual tradition that tells us otherwise. Among those stories is the story of a Tragedy, and a Comedy. The story of the crucifixion would have been a tragedy ... had it ended there.

However, a fifth act has been added on to the story. The Resurrection transforms the tragedy into a Comedy. Whether or not you buy the body of beliefs that comprise Christianity, don't you think it's significant that the leading western religious authority all but proclaims that life is a comedy? And if that's the case, why aren't they laughing? Why aren't we laughing?

We aren't laughing because we have been conditioned to believe that life is serious.

Perhaps this conditioning to seriousness is why the world is in such serious condition. Perhaps to get to both the "ha ha" that is the punch line to life, and the "aha" we get when we awaken in the wake of cosmic laughter, we need to look at life itself as a journey to "fool realization."

--Steve Bhaerman a.k.a. Swami Beyondananda, from "Wake up Laughing"

14. GIVING SOMEBODY YOUR HEART

Reprinted from InnerNet Weekly via www.iJourney.org.

In every interaction you have with another human being—doesn't matter who—you always have two main choices.

(The keyword is choice.)

One choice usually leads to logical (boring) interaction, politeness, formalities. And, more importantly, a lack of connectivity.

The other usually leads to interesting discussion, love (yes, love), aliveness, friendship, gift giving. And connectivity.

In every interaction you are either giving somebody else your mind—your intellect, your intelligent points, the who/what/where/when/why of your existence.

This is the easy thing to do. The safe thing to do. It doesn't require much, if any, emotional strength or really expose who you are. In this way, you can hide from others (or from your self, depending on how you look at it) and not risk rejection by not even giving somebody the chance to reject you.

Or, you are giving somebody your heart—the real you, your presence, your true attention.

This is the hard thing to do. The risky thing to do. It involves an enormous amount of emotional strength (until it doesn't). It entails entering the present moment. And it entails pushing through the challenging and stifling fear of doing so.

Instead of thinking about what to say or do, you let your inwardly felt experience inform your words and actions toward others.

Think about how often you self-censor and hit the mute button. Why? Why not just assume that what you have to say is valuable, even if it comes out not so smooth? Then maybe you say next, "oh, that was lame" and then laugh.

It's this kind of moment-to-moment truthfulness that is required.

It's so easy (but frightening) to practice because you always know what to say or do in any interaction with somebody else. The problem is having the courage to act on it.

Isn't it time to feel less anxious and less alone and less unfulfilled?

--Christopher Lowman, from "[Moving Towards Peace](#)" blog

15. PSYCHOLOGICAL MATERIALISM

Reprinted from InnerNet Weekly via www.iJourney.org.

Even if you are against the materialism of society and you do not want to support it, refusing to work is still grasping at the wrong end of the stick. Not taking part in work and practical activity is not going to achieve anything. More than anything else, it will simply magnify your own negativity. By not doing anything to help, you will merely feel the sense of being useless in society. If you really take this kind of nonparticipation to its logical conclusion, it means that you shouldn't eat, you shouldn't even breathe, because the air you breathe also belongs to the world and society. This approach could become quite extreme. If you take it all the way, it means you shouldn't exist at all.

There's a great deal of confusion about materialism and society. Just taking care of one's business or even running a business doesn't amount to materialism. There's nothing wrong with that at all. What really produces the materialistic outlook towards society is psychological materialism. Materialism has a pervasive kind of philosophy connected with it that is passed from one person to another orally and taught to everyone through examples. One person catches it

from another. However, trying to reject that contagion by purely not doing anything, not caring for anything at all, simply doesn't work.

Not doing anything takes the form of laziness, and in order to be lazy we have to develop a certain kind of intelligence. Laziness has tremendous intelligence in it, in fact. When you are lazy, as soon as you have the urge to do anything, immediately a kind of answer comes to you that you can present about why you don't have to do it. Later you can say: "I didn't do it because I didn't have time. Thus and such happened and I didn't have a chance to do it. It was because of that." This automatic answer that comes to you is very convenient. One has to be very intelligent to find these kinds of excuses. There is tremendous intelligence in laziness, but it is misused intelligence.

The best way to use our intelligence is to learn to feel what the skillful action in a situation is. To do that, we have to relate to the earth as directly as possible. Interestingly, we call this being "grounded." In this approach, we do not regard work as just a job but as a way of expressing ourselves. It could be work in the garden or work around the house—cooking food, washing the dishes—whatever. These are not really jobs, but they are what has to be done because nature demands attention. It is very interesting that if you leave something undone or do not relate to even a small matter like, for instance, cooking with full and proper attention and clear thinking, then some kind of chaos is going to come up. This will happen because you are not relating properly; you are not expressing your love properly toward the earth. Either you are going to break a dish or you're going to spill something, or the food you're cooking is going to turn out badly, or something else will go wrong. Nature tends to react very sensitively this way. If you don't feel the relationship between the work and yourself, then chaos is going to arise.

A balanced state of mind depends on the way you do things, the way you pour a cup of tea and the way you put sugar and milk in it. It may seem like a really insignificant thing, but it means everything. You can always tell whether a person feels the activity she is engaged in as dealing with the earth or whether she feels it as just some casual thing or something she is doing because she has to. If the person is not relating to the earth, then you can always feel a certain clumsiness, even if the person's action appears to be smooth. This is very evident and easy to sense.

--Chogyam Trungpa Rinpoche

16. THAT WHICH IS LOOKING

Reprinted from InnerNet Weekly via www.iJourney.org.

Only when you turn attention to awareness itself, there isn't anything behind it. That's what returning to the source means. It means that nothing is next. There's nothing behind it. With a thought there's always something behind it. There's always the awareness of thought. So awareness is behind it. With a feeling there's always something behind it. With the conditioned tendency there's always something behind it. There's always awareness behind everything that's perceivable. Everything that's thinkable. There's always something behind it: namely that awareness. Spirit.

To 'look within' doesn't mean to look for something really amazing to happen. To look for the states of consciousness to change. That's not what look within means. Have any of you looked within like that? I've spent so many hours looking within that way - not thousands, tens of thousands of hours looking within. And I was looking ... the same way we look outside. You know, like we're looking for something. And so you look inside. It's a great teaching, but then what do you do? You tend to look for stuff. Look for really groovy spiritual stuff to happen. Right? It's the same looking. It's not really different than looking for a million bucks, or a hot looking guy or gal or

success. It's just looking for inner stuff. And there's a world of inner things and experiences, just like there's an outer world of things to look for.

But the inner world, it's not any more real or significant than the outer world. So to look within doesn't mean that, to look within in a way that you're looking for something. Looking for a treasure. It means to go to the root. And the root is the looking itself.

To turn within is to turn to that which is looking. So that we find out for ourselves that there isn't anybody that's looking! Looking is looking. There isn't someone there called 'me' that's behind awareness that's aware. Awareness is aware. It's the opposite: I'm not aware; awareness is aware of me. And this is quite a shock when you really come upon it!

This is really 'one without a second' as Ramana (Maharshi) used to say. That the self is one without a second. Without a second means: nothing behind it. No deeper return to go to. You've returned to your natural state. In Zen we used to call it 'taking the backward step.' We (generally) want to take the forward step: to pursue, to seek, to find. But the backward step is very simple ... return to what you are. Till that flash of recognition dawns, that awareness itself is what you are. Just like the flash of lightning in an empty sky - a spontaneous flash!

The easiest thing in spirituality is for it to become complex, instead of simple. But this is a very simple thing which is why it can penetrate so deeply. So quickly. So immediately.

--Adyashanti

17. SHARING A BIRTHDAY WITH A HOMELESS FRIEND

Reprinted from www.HelpOthers.org.

I live in a big Scandinavian city that unfortunately has a lot of homeless people. Luckily there are small ways of helping them even though you may not have a lot of money. One way to help is to buy their monthly magazine. By doing this one day, I got to know a young homeless man who was often standing at the train station, selling the magazine.

He was a refugee from another country and I can only imagine what kind of psychological scars he must have had from living in a war-torn country, escaping it and then ending up being homeless. After a while, I discovered that his birthday was close to mine which meant that we were born under the same sign of the Zodiac, something we talked about once in a while.

I met him last year shortly after his birthday, and without thinking, after congratulating him, I asked if he had had a good day. He looked down and said that he hadn't really celebrated. I felt so stupid.

I just couldn't bear the thought of this nice, young man being alone on his 25th birthday with no presents, no cake, no songs, nothing! So I went home and looked in my yarn basket and as luck would have it, I had two yarn cores of pure wool left. I set to work and knitted a scarf for the young man. As the yarn had become somewhat dusty since I don't knit very often anymore, I went out and bought special detergent for the wool so the scarf would be clean when he got it.

I ran into him on my own birthday as I was going shopping. I had hoped to meet him so I had carried the scarf around with me and a piece of my own birthday cake. He was very happy with these gifts and so was I. The light in his eyes and the heartfelt hug he gave me was the best present he could have given me!

18. HONORING A DAUGHTER BY PAYING-IT FORWARD

Reprinted from www.HelpOthers.org.

Mandy was the kind of girl I was blessed to have as a daughter, the kind of friend everyone wanted to have, the kind of spirit that radiated joy and happiness when ever she entered a room. Mandy left this world to go be with her Lord on November 15, 2008 in a tragic car accident. Since then, I have tried to live each day of my life living up to her expectations. I started the Kindness Revolution on Mother's day 2009 and gave out over 100 flowers to random women throughout the weekend along with a card letting them know to pay the kindness forward.

I have given away jewelry, paid for coffee and tolls, paid for groceries, cleaned off car windows trying to spread the kindness and to do as she instructed.

I know that each time I do a kind act, I get back 100 times more than I gave.

The feeling of doing things just for the pure kindness of the act, never expecting or wanting a thank you or reward is amazing!

Seeing the look of disbelief on peoples faces when you hand them a gift and a card and simply walk away speaks volumes to how much we need more of this in our world!

19. 5 LOVE NOTES TO MY GRAND-MOTHER

Reprinted from www.HelpOthers.org.

I was just in France to visit my grand-mother who is very dear to me. I don't get to cross the Atlantic very often, and she's now 96 year old, so every time I go visit, the two of us are very aware that it might be the last time we see each other. Last time I visited her in December of 2004, I did a series of short video interviews about her life. I asked her what it was like to grow up with her father in the 1910s (her mother died during labor), to live through the German occupation alone with two young children with a husband away in a prisoner's camp in Germany. I asked her about her greatest memories and life learnings so far, her favorite books, foods, stories. I also asked her about her spirituality and her thoughts about death. I learned a lot of amazing new things about her I never knew before. These were very intimate conversations and a very special time for both of us.

This year, I did not really have questions, only a great urge for her to know how loved she is. I cooked for her, and read her stories. I gave her a foot massage, which I was amazed to discover was her first ever! Before leaving, I was looking for a way to leave something meaningful to behind besides the memory of our time together. So I wrote her five different love and gratitude notes to let her know how much she means to me, and hid them in different places where I knew she would eventually find them... One under the sheets, on her pillow. Another one hanging from the lamp shade by which she reads in the evening. Another one by her toothbrush. One in her mailbox which she eagerly checks every day. And a last one on her car's steering wheel (she still drives to the nearby village a couple of times a week to run errands!). I left really joyous knowing that these cards would surely cheer her up after I left (she lives by herself). She called me as I was traveling back to Paris to catch my plane back to the US and said (in French of course): "I found your three cards! By the time I discovered the third, I was laughing out loud! They did me so much good. Thank you so much!" I smiled to myself, knowing she still had two more to go! It was Sunday, so my guess is that she had not checked her mailbox and had not yet driven her car!

As I was sitting on the plane back to the United States, I remembered that one of my friends'

guiding principles is to treat everyone like family, and so I was thinking about ways to practice that in different settings, including on a plane ride. I decided that on my next flight, I would bring and write five anonymous appreciation cards for different people on the plane, including the pilot who probably does not get thanked enough for taking us safely to our destination.

20. TAKING GRANDMOTHER TO THE TEMPLE

Reprinted from www.HelpOthers.org.

As you probably know Nepal a small country full of diverse religions and populations.

As the daughter of a Hindu family there are many aspects of my religion that I have to bear in mind. But, even while keeping such strictures in mind, I want to be able to live a life of kindness to others.

When I was sixteen my friends and I were going to watch a movie. We sat waiting for the bus but it was very late. While we were waiting another bus came by and a old lady of about seventy got off. She had bags full of her possessions in one hand and a walking stick in the other.

After a few minutes I noticed that she seemed to be looking for something. She approached a shopkeeper for help - but it wasn't forthcoming. So, I went over and asked, "What's the matter grandmother?"

She told me she was searching for the big temple because she had heard they would take her in and care for her for rest of her life.

I was surprised, to say the least. I asked her, "Don't you have your sons and daughters to take care of you?"

"I have no one in the world to look after me," she replied.

I knew I just had to ask my friends to wait for me and I walked with grandmother all the way to the temple.

I asked her about her family. She told she used to have a happy family. She had two daughters and two sons but as she grew older they started to pass her from one to the other and to see her as an unwelcome burden. Eventually they told her to leave. She begged to stay - but no one wanted to hear.

I took her hand in mine and held it tight as we walked together. She begged me not to be like the children she bore and raised, who eventually cast her out like an unnecessary utensil.

My heart cried hearing grandmother's story. How can such things happened? Why don't people realise that they too will grow older?

Arriving at the temple I left grandmother at the safe place. Her last word and her blessings very much on my mind. "You showed such kindness to me." she said. "Thank you very much for walking with me; for helping me reach the temple. God will bless you in every step of your life."

She kept her blessing hands on my head and I felt God was talking to me. I waved her bye-bye and I went back to my friends. We watched the films and returned to home.

The first thing I did when I arrived was hug my mom and dad and promise myself, 'I will always be with you, to love and care for you.'

A life of kindness can be inspired by the most unexpected things. Thank you, grandmother, for your blessings and making a real difference in my life.

21. I WISH YOU ENOUGH

Reprinted from www.HelpOthers.org.

At an airport I overheard a father and daughter in their last moments together. They had announced her plane's departure and standing near the door, he said to his daughter, "I love you, I wish you enough."

She said, "Daddy, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Daddy." They kissed good-bye and she left.

He walked over toward the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?" "Yes, I have," I replied.

Saying that brought back memories I had of expressing my love and appreciation for all my Dad had done for me. Recognizing that his days were limited, I took the time to tell him face to face how much he meant to me. So I knew what this man was experiencing.

"Forgive me for asking, but why is this a forever good-bye?" I asked.

"I am old and she lives much too far away. I have challenges ahead and the reality is, her next trip back will be for my funeral, " he said.

"When you were saying good-bye I heard you say, 'I wish you enough.' May I ask what that means?"

He began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." He paused for a moment and looking up as if trying to remember it in detail, he smiled even more.

"When we said 'I wish you enough,' we were wanting the other person to have a life filled with enough good things to sustain them," he continued and then turning toward me he shared the following as if he were reciting it from memory.

"I wish you enough sun to keep your attitude bright. I wish you enough rain to appreciate the sun more. I wish you enough happiness to keep your spirit alive. I wish you enough pain so that the smallest joys in life appear much bigger. I wish you enough gain to satisfy your wanting. I wish you enough loss to appreciate all that you possess. I wish enough "Hello's" to get you through the final "Good-bye."

He then began to sob and walked away.

22. REMEMBERING AN ANONYMOUS FRIEND, 15 YEARS LATER

Reprinted from www.HelpOthers.org.

I had just graduated college and couldn't find a job in Los Angeles. I ended up moving to Las Vegas but left my wife and two kids behind. I missed them all week, and I went home on most weekends to see them. Most of the time I rented a car because it was hard to get my beat up car over the pass to get to and from Vegas.

Well, one time I decided to save money, and I took my car. It made it to California, but Sunday on the way back to Vegas it conked out in the broiling Nevada night. Not having any idea what I

would do, this middle-aged angel drove up. He gave me some water, put in some coolant, and fiddled with the engine a bit. He got it started.

I gave him the \$12 I had in my wallet and he said he would use it for the next car. It turns out my anonymous friend is a mechanic who drives up and down that stretch of the highway each weekend rescuing stranded motorists and only takes donations if they are offered. Fifteen years later I still think about what a beautiful man he was.

23. A CHAIN OF KIND EVENTS, STARTED BY A 3RD GRADER

Reprinted from www.HelpOthers.org.

Lucia is 8 years old and in November '05 she wrote a contract for the whole family to sign. "We will all agree to getting a puppy dog on April 15 2006."

She had been asking for a puppy for about a year already! It was inevitable now! We signed, the five of us, but did inform her that she needed to start saving money to be able to buy the puppy and so she did. At least once a week she would sit down to count, penny at a time, how much she had collected. In change she raised about US\$80 dollars.

April came, we had a few adorable options in mind but on the first week of the month, we received a communication letter from her school about a girl needing multiple organ transplant and this letter made Lucia change her mind. She informed us she was taking her money in to help raise money for the girl. And so did her entire classroom.

It escalated to the three 3rd grade classes doing a "competition" to see who would get the most money. The person who initiated this, a school teacher, promised the winner a pizza party. My daughter's classroom got second place, in between the three classrooms they were able to raise more than US\$2,000 dollars, and I volunteered to bring the kids a well deserved pizza party with additional treats and a card to all of them praising them for what they had done!

Lucia got her dog on April 14, Marshmallow is a cute and smart westie that reminds us about the chain of kind events that led us to be part of a bigger plan!

24. STEVE JOBS' COMMENCEMENT ADDRESS

Reprinted from www.KarmaTube.org.

At the 2005 Stanford commencement address, the late Steve Jobs, Founder of Apple Inc., shares three inspirational stories from his own life with the graduates of Stanford. Watch this amazing speech where Steve urges young graduates to pursue their dreams. "Stay hungry! Stay foolish! And have the courage to follow your heart and intuition; they somehow know what you already want to become." Follow this link to the video... <http://www.karmatube.org/videos.php?id=1651>.

25. THE CALM WITHIN

Reprinted from www.KarmaTube.org.

Dewey Bozella was locked up for 26 years - a lifetime - for a crime he did not commit. This story is about the triumph of human spirit and living proof of the maxim: "never give up". One man's journey to reclaim his life, against all odds; a man fighting his biggest fight outside the boxing ring without any hatred or bitterness towards the system. Dewey Bozella - courageous, persistent,

human and finally...free. Follow this link to the video...
<http://www.karmatube.org/videos.php?id=2568>.

26. I WILL BE A HUMMINGBIRD

Reprinted from www.KarmaTube.org.

When confronted with adversity, when the odds are stacked up against you, you can either stand aside - helpless, frozen with fear - or do the best you can. Nobel Laureate Wangari Maathai stood up to seemingly insurmountable challenges all her life, and won. Like the hummingbird in this story; to give up was never an option for her. Her spirit lives on in the millions of trees she helped plant. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2663>.

27. A GIFT ECONOMY AT KARMA KITCHEN

Reprinted from www.KarmaTube.org.

Imagine a restaurant where you pay-forward for the person after you. How long might the chain of generosity last? At Karma Kitchen, in three cities around the United States, it has gone on for close to 25 thousand people -- and is still going. Katie Teague provides a thoughtful and hopeful portrait of how gift economy can work. Follow this link to the video...
<http://www.karmatube.org/videos.php?id=2667>.

28. HEALING: A HOW TO...

Reprinted from *The Intenders Highest Light House Newsletter October 2011*

"Teach no one that he is what you would not want to be." This line comes from *A Course in Miracles* and it is worth rereading a time or two until you understand it because it says so much to those who are intending to make a happier, healthier life for themselves. Indeed, these few words hold a key to discerning and dispelling all that we have been taught about sicknesses, defense, money and almost everything we believe in.

For when we look closely we realize that we have been taught how to get sick, how to defend ourselves against enemies unseen, how to manifest lack and limitation, how to act in conformance with all that our society deems proper and just. Fortunately, people are waking up now and we're beginning to ask ourselves: "Are these things we have been taught continuing to serve us? Would the people who taught us (and continue to teach us) to believe in disease, defense, and destitution want to be experiencing these things for themselves?" It's very doubtful.

At this point we can stop and play the Blame Game (as so many of us have done in the past), or we can take a new tack. We can begin to reexamine all the old beliefs we were taught, discard those that are making us sick or unhappy, and we can make use of another line from *The Course* which says, *"When a brother behaves insanely, you can heal him only by perceiving the sanity in him."*

We in the Intenders would say that we see him in his Highest Light. We see his Perfection, his Divine Essence, his Spirit Self - and in doing so something quite magical - a transformation - begins to happen. He picks up on what we're doing and he contemplates a change in his behavior. No longer will he teach that which he would not want for himself. Now he's taken the first step in healing wounds he's carried with him from way back.

This is what is happening all around us these days. In the midst of seemingly relentless chaos,

more and more people are holding the template of the Highest Light. We're seeing everyone and everything in its Highest, Sanest, Most Joyful State of Being, and, as a result, we're having a profound effect on the world we live in. We're healing it. We're healing it all - and here's the best part: That's exactly what we need to be doing in order to heal our own wounds from way back.

Tony Burroughs
10/1/11

29. WILL YOU BE A JOHNNY TODAY?

Once in a while you will see something that will bypass the brain and go straight to the heart. I think this short 3-minute video will be one of those times. Follow this link to the video...

http://www.stservicemovie.com/?cm_mmc=CheetahMail- -Corp- -WelcomeStream- -STSRMovie&utm_source=CheetahMail&utm_campaign=STSRmoviecorpWS.

30. LEARNING TO DANCE IN THE RAIN

Reprinted from Simple Truths Newsletter October 16, 2011

The date was July 16, 2008. It was late in the afternoon and I was sitting in my hotel room in Louisville, Kentucky. I was scheduled to speak that evening for the Kentucky Association of School Administrators (KASA).

I was a little "down in the dumps." I hadn't gotten to exercise lately because of my traveling schedule and recently I'd experienced some mild bouts of vertigo (that inner ear condition that can cause the room to start spinning.) You got it...speaking and "spinning" are not good partners!

My keynote presentation was scheduled for 7:00 PM, but I had been invited to show up at 6:00 to see a performance they said I'd enjoy. Little did I know that I was about to see something I would never forget.

They introduced the young musician. Welcome...Mr. Patrick Henry Hughes. He was rolled onto the stage in his wheelchair, and began to play the piano. His fingers danced across the keys as he made beautiful music.

He then began to sing as he played, and it was even more beautiful. For some reason, however, I knew that I was seeing something special. There was this aura about him that I really can't explain and the smile...his smile was magic!

About ten minutes into Patrick's performance, someone came on the stage and said..."I'd like to share a 7-minute video titled, *The Patrick Henry Hughes story*." And the lights went dim.

Patrick Henry Hughes was born with no eyes, and a tightening of the joints which left him crippled for life. However, as a child, he was fitted with artificial eyes and placed in a wheelchair. Before his first birthday, he discovered the piano. His mom said, "I could hit any note on the piano, and within one or two tries, he'd get it." By his second birthday, he was playing requests (You Are My Sunshine, Twinkle Twinkle Little Star). His father was ecstatic. "We might not play baseball, but we can play music together."

Today, Patrick is a junior at the University of Louisville. His father attends classes with him and he's made nearly all A's, with the exception of 3 B's. He's also a part of the 214 member marching band. You read it right...the marching band! He's a blind, wheelchair-bound trumpet player; and he and

his father do it together. They attend all the band practices and the half-time performance in front of thousands. His father rolls and rotates his son around the field to the cheers of Patrick's fans. In order to attend Patrick's classes and every band practice, his father works the graveyard shift at UPS. Patrick said..."My dad's my hero."

But even more than his unbelievable musical talent, it was Patrick's "attitude of gratitude" that touched my soul. On stage, between songs, he would talk to the audience about his life and about how blessed he was. He said, "God made me blind and unable to walk. BIG DEAL! He gave me the ability...the musical gifts I have...the great opportunity to meet new people."

When his performance was over, Patrick and his father were on the stage together. The crowd rose to their feet and cheered for over five minutes. It gave me giant goose bumps!

My life was ready to meet Patrick Henry Hughes. I needed a hero, and I found one for the ages. If I live to be a hundred, I'll never forget that night, that smile, that music, but most importantly, that wonderful "attitude of gratitude."

I returned to Chicago and shared Patrick's story with my wife, my friends, and our team at Simple Truths. About two weeks later, I received a letter from a friend. He said, "Mac, here is a quote from Vivian Greene that I think you'll love!"

*"Life is not about waiting for the storms to pass...
it's about learning how to dance in the rain!"*

I thought...*that's it!* We all face adversity in our life. However, it's not the adversity, but how we react to it that will determine the joy and happiness in our life. During tough times, do we spend too much time feeling sorry for ourselves, or, can we, with gratitude...learn how to dance in the rain?

It almost sounds too simple to feel important, but one word...*gratitude*, can change your attitude, thus, your life, forever. Sarah Breathnach said it best...

"When we choose not to focus on what is missing from our lives but are grateful for the abundance that's present...we experience heaven on earth."

Mac Anderson
Founder, Simple Truths

31. TURNING PROBLEMS INTO SOLUTIONS

Reprinted from SimpleTruths.com

"Pink Bat Thinking: can help you turn problems into solutions. Based on a story of finding a new use for a broken plastic baseball bat, author Michael McMillan can help change your perception, from viewing issues as problems to unseen solutions just waiting to be found. His book, *Pink Bat*, is life-changing because it shows us the power of stopping to analyze our perceptions about the world around us. If we stop labeling things as problems, we can remain open to the possibilities and unseen solutions. Most problems are opportunities. *Pink Bat* can help you make the impossible..possible. Follow this link to the video...

http://www.pinkbatmovie.com/?cm_mmc=CheetahMail- -Corp- -WelcomeStream- - PBATmovie&utm_source=CheetahMail&utm_campaign=PBATmovieWScorp

HEART AND SOUL ADVERTISEMENTS:

Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to rmeagher@istar.ca by the 25th of the month, for distribution in the following month's e-newsletter. If you would like to be informed of an analysis of the audience/demographic reached by this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).

32. PIANO TRACK – INNER PEACE WITH LOVE - DOWNLOAD

Hi everyone ~

I would like to share one of more popular piano songs, INNER PEACE With LOVE from my "Relaxing Piano Music" album. This song is one of my best seller, so if you already have it thank you for downloading it.

You'll find your FREE download for you to relax to at the bottom of this e-mail. :)

You can also [click here](#) or click on the RELAXING PIANO album cover below, to go listen to the entire CD online at my website

If you like what you hear, pass this e-mail along to your friends, family and love ones so they can download their free piano version of INNER PEACE with LOVE song as well !

As always, I love all the letters, emails and artwork everyone sends me from around the world. They makes my heart feel real good knowing that everyone is enjoying My Peaceful World music

~

Enjoy the beautiful Fall season ~

Love & Peace
Shirley ~::~



TO DOWNLOAD the piano Track "Inner Peace with LOVE"

1. Copy the Code you see on the far right on this page, after the words "enter the code". (it's small but it's there !)
2. Then, click on the GO TO link below.
3. On that page, Paste in the code you just copied in the white box
3. Click on Get it ! ~ to retrieve your new song ~::~

33. PSYCHO-SPIRITUAL DEVELOPMENT COURSE

...with Richard Harvey

The Way of Awareness and Transformation

For: Practitioners and people with a serious commitment to their personal development and spiritual growth. This course offers an intensive and deep training which is both a self-training and a foundation for working with others. The Psycho-Spiritual Development course is for people who have previous experience of inner work, and all participants should be in ongoing individual therapy.

Introduction: The basic philosophy behind the course is that we are conditioned in our early years and this is not who we are; through honoring, releasing and re-visioning our past experience we can shed the residue of restriction and dependence; transformation is available to us when we can let go of old habits based on fear and desire.

Behind our conditioning, our behavior and our personality is our authentic self—that part of us which is beyond the world of outward show and materiality. To live from this authenticity we need to embrace our wholeness. The goal of inner work is to live our full potential as true human beings. We are emotional, mental, physical, spiritual and soulful organisms. When we meet ourselves on all of these levels our suffering and striving comes into a clear perspective as we access the wisdom and inner peace which are inherent in the full flowering of a human life.

In This Course: We start with understanding ourselves: how we identify with the character which we created to defend ourselves from the world, how we invite and repeat certain life experiences to 'justify' these defenses and the patterns which we perpetuate and how, through fear and desire, we resist becoming all that we can be and truly are and settle for a compromised and limited existence.

Our work on ourselves is enhanced and strengthened when we work with a therapist, counselor or spiritual guide. Working with others in a course intensifies and accelerates this experience further, by challenging and supporting our inner growth process. We need to both experience and understand how we live our lives. So this psycho-spiritual development course synthesizes experiential and teaching experience; the experiential work consolidates and supports the intellectual process. Our focus is on keeping the work vibrant and alive through emotional/body work to balance intellectual understanding; feeling and experience to enhance insight and knowledge.

Methods: As well as exploring the themes of a human life from birth to transformation, the process time responds to the present needs of the group and the individuals that comprise it. Methods may include bodywork, sharing, guided imagery, breath and energy work, meditation (moving and still), exercises in truth, dialoging, drawing, dreamwork and mythwork, dyad work, awareness practice, primal integration, character exploration, centering, gestalt and individual work.

Format: There is an introductory day and foundation weekend, followed by six weekends over six months plus partnering with one other group member and meeting each week to exchange process time. The addition of a 4/5 day group can be decided upon jointly by course members during the six months.

Each weekend follows this general format: Friday evening is for personal sharing; Saturday is devoted to group process time and experiential exploration of the weekend's theme; Sunday includes an informal talk followed by a seminar and further experiential work and process time, ending with integration and a final sharing session. The six weekends cover the following themes:

Weekend 1: Layers of Consciousness
Weekend 2: Facilitating Process
Weekend 3: Ways to Awaken
Weekend 4: The Seven Conditions for Healing
Weekend 5: The Way of Awareness and Transformation
Weekend 6: The Transpersonal Psychology of the Self

The Introductory Day and Foundation Weekend are opportunities for prospective course members to meet and make a decision by the end of the Foundation Weekend whether or not to commit to the six-month course.

If you are interested in the Psycho-Spiritual Development Course please write with your reasons for wanting to do this course, along with some details of yourself and your life.

Duration:

Six Weekends over Six Months
plus Introductory Day and Foundation Weekend

Dates:

Introductory Day: 20 November 2011
Foundation Weekend: 02–04 December 2011
13–15 January 2012
10–12 February 2012
09–11 March 2012
13–15 April 2012
11–13 May 2012
08–10 June 2012

Price:

Introductory Day: 100 euros
Foundation Weekend: 225 euros
Six-Month Course: 1,350 euros

Booking:

The complete course consists of the Introductory Day, the Foundation Weekend and the Six-month course. To make a booking you will need to use the [booking form](#) and pay a 50% deposit, with balance paid on/by arrival. If you cannot make the full balance payment for the Six-month course, it may be possible to make part payments over the duration of the course.

Two places are made available at a reduced fee to people who sincerely wish to participate in the group and cannot pay the full fee.

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

34. HEALING CDs

Hi all;

Etheric musician, Jeremy Sills and I have 3 of our 4 albums up on CDBABY! I Choose Love, Forgiveness and Spiritual Evolution are up. Healing is yet to be posted. They can be identified by artist - HendersonSills or by Genre - go to New Age - then any of the following sub categories: Energy Healing, Healing or Meditation.

<http://www.cdbaby.com/Artist/HendersonSills>

<http://www.cdbaby.com/new/244>

<http://cdbaby.com/new/582>

Once up on cdbaby they will soon appear on itunes and amazon. Not sure about reverbnation?

This is Jeremy and my contribution to helping keep people in a relaxed and calm state and simultaneously raise their consciousness as our planet goes through a paradigm shift.

Downloading these albums is available for a fraction of the cost of the physical album. On cdbaby -\$9.99 each. The hardcopy from us @ - \$35.00 each

These albums teach people techniques on how to heal themselves. They are not meant to replace medicine but are offered as a compliment and adjunct to it. The info and techniques in each album builds upon the previous one. The portability of this info may become very, very important as the uncertainty of our world changes and speeds up. Right now, it is said that information is doubling about every 20 days. This alone can be quite stressful if you are not balanced, calm and grounded. We are only free in how we think and if you understand that it is the mind that heals, you will be able to apply these techniques no matter where you are or what your circumstance!!

If the enclosed resonates with you, Please distribute to everyone you know.

Namaste

Rev.Dr.Doug Henderson PhD, OM, ICBT
Stress Management Consultant
Internationally Certified Quantum Biofeedback Therapist
Quantum Rejuvenation Unlimited
www.quantumru.com
drdoug88@rogers.com
613-2-333-888

35. RELIEF EFFORTS IN TORONTO: EARTHQUAKE IN TURKEY

Upcoming events in Toronto dedicated to relief efforts for those who are affected from the Van Earthquake in eastern Turkey about two weeks ago are as follows:

1. Bake Sale at Metropolitan United Church

Date & Time: November 13th, between 3:00pm – 5:00pm

Location: 56 Queen Street East, Toronto, M5C 2Z3 Organized by: IDI Toronto and Metropolitan United Church Contact Person: Faruk Arslan, IDI Toronto Interfaith Coordinator,

(416) 822-8975, farslan@interculturaldialog.com

2. Bake Sale at Nile Academy High School

Date & Time: November 17th at noon time.

Location: 135 Plunkett Road, North York, M9L 2J7 Organized by: Nile Academy Contact Person: Halit Ozer, Vice Principal (416) 285-0115, info@nilacademy.com

3. AHF Earthquake Relief Reception

Date & Time: TBA

Location: Queen's Park (tentative)

Organized by: Anatolian Heritage Federation Contact Person: Sukan Alkin, President, (416) 787-2300 Ext:226, salkin@anatolianheritage.ca

Intercultural Dialogue Institute Toronto
777 Supertest Rd., Unit2
Toronto, Ontario M3J 2M9
CA

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

105-317 Metcalfe Street
Ottawa, ON K2P 1S3
CANADA
613-204-0299
rmeagher@istar.ca
www.servingyourjourney.com