

Spiritual Guidance

Serving your personal journey toward enlightenment...

January 2012

Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy!

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

SPIRITUAL GUIDANCE OFFERINGS:

1. PERSONAL STORY OF SPIRITUAL LESSONS

Joy

One day I was walking through our neighborhood park with my dog, Muggins. It was a beautiful day. The sun was shining, birds were singing, barely a cloud in the sky...you get the picture.

Muggins was up to his usual postures and I-have-to-solve-this-mystery sniffing. I was simply enjoying the sights, sounds and smells around me.

I then noticed a man and woman approaching the park. The man was carrying a bag; the woman was carrying a ball. They both were rambling to each other as they walked alongside the park.

The ball the woman was carrying was an old ball. It was about the size of a small basketball but it had clearly seen better days. However, judging from the happy bouncing of the ball the woman was enjoying, it looked like that ball had a lot of life left in it.

At a point in the woman's walk (and ball bouncing) she abruptly stopped. I heard her say to the man, "I think I'll leave this ball here for someone else to play with." The man mumbled something to her as she tossed the ball into the park, in my general direction.

The ball bounded across the park to come to rest by a park bench in a quiet, shaded part of the park. Despite its outward appearances, it clearly did have a lot of life left in it. I momentarily thought to myself, "maybe I should pick up the ball and put it somewhere else in the park; or maybe I should bring it over to the children's playground area for someone to find it there". The ego was kicking in with all its scattered thoughts. For a moment I even thought, "maybe I should put the ball in the garbage; afterall, who is going to want that old ball".

I decided to just let the ball stay where it had come to rest. It wasn't doing any harm where it was and I was reminded of the woman's wish and blessing "I think I'll leave this ball here for someone else to play with". I continued on my walk with Muggins and didn't give the ball another thought.

The very next morning, Muggins and I were on our regularly-scheduled walk through the park. The habitual nature of dogs (and some humans) warranted Muggins and me walking along the same path we had walked along the previous day.

As Muggins and I approached the park bench where the ball had come to rest the previous day, there was a young man enjoying a gentle stroll with a toddler. I assumed this toddler was his daughter. It was joyous to watch this little person taking their tentative and wobbly steps as they explored their world like it was the first time they ever experienced anything like it.

And then...the toddler saw the ball that had been tossed there the previous day. The toddler became very excited—more so than she had already been—as she stumbled her way toward this mysterious orb like it was some beacon of nirvana. Her dad watched with joy as his daughter wobbled her way in ecstasy toward the ball.

When the little girl finally made her way to the ball, she clumsily bent over to grasp the ball. With every ounce of energy at her disposal, and with every fiber of her being, she picked up the ball and held it triumphantly over her head as she let out a giggling melody of happy notes. The scene that followed was pure joy.

The little girl launched the ball toward her dad with amazement. And each time the ball bounced, the little girl giggled all the more. Her dad gently rolled the ball back to his daughter as she giggled and trembled with delight. After a few minutes of spontaneous play, the little girl picked up the ball and continued along her park odyssey with her dad—hand-in-hand they enjoyed their morning stroll. The little girl was aglow with her new-found round treasure.

As I watched the father and daughter happily continue their journey, I was wondrously reminded of my experience the previous day of the woman tossing the ball into the park and saying “I think I’ll leave this ball here for someone else to play with”.

The previous day this unknown woman had performed her joyous (and might I say loving) act of leaving the ball in the park for someone else to enjoy, just as she had enjoyed and played with the ball. Then, that woman’s wish came true. The very next day I witnessed a young girl finding the ball and experiencing joy.

Who knows how the woman came to possess that ball? Who knows how long the ball will stay in that little girl’s life? Who knows if the woman will ever find out that her wish of someone else playing with the ball came true?

The events, as they unfolded, were joyous to experience and an important reminder that there are no coincidences in life. Perhaps more importantly, it was a reminder that it doesn’t take much to bring joy into other peoples’ lives. And sometimes we won’t even know it. And that’s okay too.

Be aware that your mere existence is a joyous instant that brings peace, joy and happiness to everyone around you. You may not always be consciously aware of it. And goodness knows everyone around you may not be aware of it. But your Creator is.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. CONTEMPLATIVE THOUGHTS*

“As soon as you remember your true self, restoration of your inner strength occurs and you return to a place of harmony.”

“Learn the art of churning. Churning is the art of taking spiritual knowledge and getting the best out of it by reflecting upon it deeply until it is experienced. It is like moving milk around with such regularity and consistency that butter is created. When I churn spiritual knowledge, I make the intellect strong and I free myself from being oppressed by the same thoughts over and over again. Today let me churn spiritual knowledge and be free from waste.”

“Within the current obstacle is the solution needed to overcome it. These adverse situations that look like they could bury us, have within them the very real potential to make us unshakeable. When we face our problems with this faith we are able to respond to them without giving into panic, bitterness or self-pity. Today let me see the solutions hidden inside problems.”

“Everything depends on your commitment. Whatever I promise will definitely take on a practical form. Without a commitment, the energy of my consciousness is dispersed. When the energy of consciousness is focused, my subconscious mind seeks and finds ways to express my conscious intention. Today let me clarify my promise to myself and watch it take form.”

"A person of wisdom and spirituality has very beautiful manners that have grown from genuine respect and love for the whole of humanity. Manners in this sense have nothing to do with culture or education: it is simply a question of humility. When we are at the receiving end of such manners, we feel that some deeper part of us has been honoured. In fact, none of us deserves anything less. Today let me demonstrate the highest manners based on a humble respect for everyone I meet."

"Relationships exist for a high purpose. A perfect partnership is said to be not two people gazing into each other's eyes, but rather standing side by side looking in the same direction. This suggests that relationships don't exist merely for their own sake, to keep just the people involved happy; but rather for a bigger purpose. Today let me invest in relationships for a higher purpose."

"The real lessons of life do not need to be remembered because they cannot be forgotten. Real learning has nothing to do with remembering things. That's what makes real learning a joyful, an awakening and an empowering experience. Life is my school, every scene is a workshop, my teachers are all around me and every interaction carries a potential lesson to be discerned and learned. Today let me treasure real learning."

"When we live a 'material life' we learn to 'identify' with the material world around us. As a consequence we create our own emotional disturbances (sadness, anger and fear) which are triggered but not caused by changing events and circumstances, almost all of which are beyond our control. On the other hand when we live a spiritual life we do not invest our identity in any 'thing' out there! We are therefore not adversely affected by material events because we have realized and accepted that everything in the material world is constantly changing its form at both the macro and micro levels. Continuous change is the very nature of material reality. But it is not OUR reality. Spirit doesn't change its essential 'form'...which, in material terms, is formless!"

"Recognize your capacity to love. Most of us have a great capacity to love yet focus all this energy on only a few people. When I recognize my unlimited capacity to love I release a great store of energy. This energy of love can be shared in many ways; I can join together with others or I can hold thoughts of love and good wishes for all of humanity in my mind. Today let me find a way to express my unlimited capacity to love."

"Contentment is an art, for it asks for contrast; utter rest in the midst of activity. Rest comes with space and space comes when there is somewhere to go and be on your own. That space is inside you. Contentment is like an underground river whose course just cannot be daunted. On the surface, people are stamping, pushing, pulling; the ground is cracking or left derelict but underneath, the river is flowing constantly refreshing. Today let me be content by taking rest by my inner river."

"The face is a mirror of your inner stage. A sparkling face reveals a healthy, happy soul. A dry, sour face reveals the disease of bitterness and discontent. What does your face depict? As I move throughout my day I can pay attention to maintain happiness on my face. This trains the soul to bring out the best and slowly it emerges from inside. Today let me use my face to mirror the best of me."

"Life is a play. Each person has a part to play in the drama of life. Actors in a play do not try to control each other's parts. When I stay focused on playing my part well, I do not become distracted by other parts. Someone may have a part of giving sorrow; however this does not need to take me away from staying focused on my part to give happiness. Today let me stay focused on playing my part well."

"You are more than your personality. When I see myself as my current personality I limit my view of myself. Although I have a personality formed through many experiences, deeper than the personality exists a quiet, peaceful, loving being who watches how the personality is used. This is the real "I" inside the personality. Today let me see myself as much more than my personality."

"Both realization and power are needed for personal change. To engage in a process of spiritual development is to welcome the opportunity to recognize limiting patterns within the self and to let them go. However, to recognize a pattern is one thing, having the power to change it, is another. Where do I get the power to change limiting patterns? The energy of love generated from a close connection with Spiritual Source and love generated for the self during meditation provide the power required for change. Today let me generate power for change."

"Real unity comes when we appreciate the differences of each person in the gathering. Attempts to build unity that is based on having everyone in a group be alike only creates more disharmony. True unity comes when I am able to see the unique qualities of each person and when each person is free to express these specialties. Today let me build unity."

"The thrill of newness creates the feeling of potential, freshness and opportunity. This feeling is very natural and we seek to recreate it. However by seeking newness in possessions or external circumstances we have become dependent on

quick fixes that do not last. When I choose to create the experience of newness inside of me with new thoughts, feelings and discoveries about myself, then I become the master and can create the thrill at will. Today let me turn inwards and create newness inside of me.”

“Time cannot be controlled, but I can manage myself. When I am focused and clear, time expands and I am able to fill it with many meaningful events. When I am not focused, time drifts away and I feel unable to control anything. Working smarter, not harder and doing things right, helps me get the best out of time. Today let me be focused and use time well.”

“What you can imagine, you can create. If I can imagine myself being peaceful, being love-full, being full and content spiritually then I can create it. In fact, if I can imagine it in the future, why can't I be it in this moment? Today let me imagine the best for myself and bring it into the present moment.”

“The quality of your actions throughout the day will create your inner atmosphere. The thoughts I carry throughout the day have a direct impact on my body and state of my mind. When I act according to my conscience I end my day clean and free of burden. If I have accumulated any negativity throughout the day I can check and put things right before sleeping. Today let me ensure that my inner atmosphere remains clean.”

“Discover your special part by responding well to what comes in front of you. We think we must plan our future to determine the role we wish to play in the world. In reality our part is often discovered as we journey through life making choices. My part reveals itself as I step forward to offer what is needed in life. This offering is my special contribution to the world, my part. Today let me enjoy discovering my part.”

“Waste thoughts drain power. The fewer thoughts I have the more power each thought contains. The more thoughts I have the less power each one contains. When my thoughts are powerful, my creation becomes powerful. Today let me focus on the quality of each thought.”

“The habits of guessing and assuming can be like ferocious lions. So do not allow them to run wild. When I allow my mind to engage in waste thoughts speculating about the drama of life, I am feeding lions that take over my mind. Life will unfold as it will and my greatest protection from the lions of worry and speculation is the certainty of my own pure intention to learn and grow. Today let me learn from life rather than speculate about it.”

“Remember the power of your choices. My past has created my present. When I reflect on how I got to this place in my life, it is always because of the choices I made in the past. By choosing one path, I eliminated many others and each choice opened new options for me. This means that today, in my life, I am exactly where I chose to be. Today let me respect the power of my choices.”

“The quality of the relationship you have with yourself determines the quality of relationships you build with others. The relationship I have with myself is tied to my self-image and sense of security. For many of us, our self-image and sense of security is largely formed outside-in, on the basis of information received from others. This type of self esteem is fragile, vulnerable to the whims of others' changing moods. When my self-esteem is anchored to an internal conviction of truth it provides inner strength and confidence and makes me trustworthy and reliable in relationships with others. Today let me anchor myself to my own truth and build strong relationships.”

“Truth never changes. Each person may have their own path to truth. However, to think that truth is a product of my own perception is to relegate myself to constant variation. My perceptions are influenced by so many things; by the mood I am in, the company I keep, the current world news. Truth, on the other hand, by its very nature would be unchanging—something I could always rely on; search for and ultimately find. Today let me consider the nature of Truth.”

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“Be clear on your intentions. Your character is illuminated by the coherence that exists between what you say and what you do, consistently, day in day out. To express my true, highest character is to check my intentions regularly - moment to moment- to ensure that my actions are consistent with my highest intentions. This is called spiritual effort. Today let me express my highest character in everything I do.”

“Freedom is a state of mind. Freedom is to be uninfluenced and unaffected by internal or external disturbance, to be at peace with the self. Understanding the self is the key to freedom. The more one understands the self, the easier it is to be liberated from the chains of waste and negativity. Real freedom is to experience the true essence of one's being. Today let me taste freedom by being at peace with myself.”

“Truth has a simple and clear definition: that which never changes. Many things come and go in my life but truth is what stays. Perhaps I have had different friends, jobs, homes, even phases of life but something inside of me has always been the same. There has always been the inner voice that longs for love, peace and that knows right from wrong. Today let me celebrate the constancy of my own truth.”

“Attraction causes suffering. When I am attracted to something I become trapped in it like a web. There is an exclusive focus on the thing I am attracted to excluding everything around it. It is subtle at first but over time I am not able to become free even if I wish. This is the difference between creating relationships and being in bondage. Today let me create relationships within which I feel free.”

“When I am a guest I am usually on holiday, away from my regular responsibilities and routines. I often find I have a lot of energy as I am not drained and burdened by duties and responsibilities. Even mundane activities become more fun as a guest. When I adopt the attitude of being a guest in my life, I begin to enjoy the extra energy that comes from being “on holiday”. Today let me experiment with the consciousness of being a welcome guest in my life.”

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

3. POEM

The Breeze at Dawn...

The breeze at dawn has secrets to tell you.
 Don't go back to sleep.
You must ask for what you really want.
 Don't go back to sleep.
People are going back and forth across the doorsill,
 where the two worlds touch.
The door is round and open.
 Don't go back to sleep.

Jelaluddin Rumi

4. QUOTE or QUESTION

“All that truly matters in the end is that you loved.”

5. SOUL- AND PEACE-FILLED MUSIC FOR THE HOLIDAY SEASON

I had the honor of attending two music concerts during the recently-passed Holiday season. The first was a traditional Christmas concert by the Big Soul Project Community Choir, based here in Ottawa, Canada. Apart from the soulful and soul-filled carols and other songs performed on this night, what made this performance, and choir, precious was that it was a community choir. Anyone who ever wanted to sing in a choir could. The purpose of the choir was not only to make great music, but perhaps more importantly, to give people a stage to let their voice be heard. It filled my heart with joy and delight to watch these wonderful and glory-filled people sing their hearts out. And it did not matter one bit how proficient they were. The audience loved every note! And that is as it should be. For in life, we are perfectly imperfect. It matters not how great we are at something or how much success we enjoy; what matters is that we tried and learned from our experiences. All members of the Big Soul Project exemplify this important life lesson. And they do it with Soul! You can learn more about Big Soul Project at <http://www.bigsoulproject.com/>.

The second concert I attended was the Peace Concert—The Music and Meditation of Sri Chinmoy. For over four decades, Sri Chinmoy tirelessly dedicated his life to the pursuit of world peace and the fulfillment of the unlimited potential of the human spirit. A prolific author, poet, artist and musician, an avid athlete and a respected spiritual leader, Sri Chinmoy continues to inspire and encourage countless people around the world through his creative endeavors, through innovative peace activities, and through the example of his own life. You can learn more about Sri Chinmoy at <http://www.srichinmoy.org/>.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

6. IN GRATITUDE TO THEE...MY CHRISTMAS ANGELS

For those of you who have read my columns from the onset, you know my partner, Sherwin, is living with cancer, Parkinson's disease and a drug regimen side-effect of dementia. What many of you may not know is the magnificent experience Sherwin and I have shared over the past four months. Beginning in August, we began an adventure to move to a new home.

At the beginning of August we prepared our home for sale. The house sold so quickly (in only a few days), we did not have an opportunity to begin looking for a new home. We did not find a new home before the closing date on our old home, so we had to move into temporary accommodations for the months of October, November and most of December. On December 21 we moved from our temporary accommodations into our new home. The past few months have been stressful for Sherwin and me; as we dealt with the abrupt and dramatic upheaval that comes with moving not once, but twice in a short period of time. In the days preceding our December 21 move, and for a couple of days afterwards, more than one Christmas angel presented itself to Sherwin and me.

On December 13, one week short of our moving to our new home, I rushed Sherwin to the hospital. Sherwin had been experiencing dizziness for four straight days. Having a neurological disease such as Parkinson's, we were concerned. During our 17-hour experience in and through the emergency hospital system here in Ottawa, Canada, Sherwin underwent a plethora of tests and met with various teams of doctors (oncologists, neurologists, MDs, etc.). In addition, there was a team of nurses and other support staff buzzing around the emergency room taking care of the other souls with their own critical conditions. During the course of our 17-hour experience at the hospital, there were many professionals who caringly tended to Sherwin. They were wonderful angels of peace and, even under intensely stressful conditions, these professionals were able to show compassion to Sherwin. It was wonderful to watch the miracles unfold in front of us.

The day after being discharged from the hospital, I received a call from a friend who invited me to a Christmas social gathering at their home on the coming Saturday evening. After careful thought, I declined the gracious offer. I explained the hospital experience with Sherwin and felt it appropriate that I stick around over the coming days to watch over Sherwin, moreso that I had been of late. In addition, we were to move in less than a week and I had some packing and other preparations to take care of. On the Sunday morning following the Christmas social gathering I had been invited to, my dear friend Don, the host on that evening, called and asked if he could bring Sherwin and I some leftovers from that gathering/meal. I gratefully accepted his offer. Later that day, Sherwin and I were gifted a traditional turkey dinner with all the trimmings. We had some wonderful meals in the following days. What a gift Don's generosity was; to not have to worry or think about meals in the days preceding the move to our new home was a blessing of immense proportions.

On the day of our move to our new home, yet more angels presented themselves to us. What I will forever remember as the "Three Wise Men" (Doug, Don and Fletch) helped Sherwin and I load the van on the morning of December 21. Working together as a masterful team of Christmas elves, they loaded the van for us in less than two hours.

As can happen in Ottawa during the winter season, a nasty winter storm rolled through in the afternoon. The inclement weather prevented us from moving into our new home on the 21st, as previously planned. We spent one last evening in our temporary accommodations. It was another blessing. We were able to spend a relaxing and quiet evening after a stressful day of getting the van packed and dealing with a multitude of issues associated with the final and finer legal details of buying a home.

Sherwin and I woke bright and early on December 22nd and were greeted by a beautiful, unseasonably warm, sunshiny day. Indeed, another blessing was brought our way.

After the commercial moving company unloaded the large moving van's contents into our new home, Sherwin and I began to unload the van we had rented to take belongings from the our temporary accommodations to our new home. These

were precious moments made all the more memorable by neighbours dropping by to say hello and to welcome us to the neighbourhood; and there was also Tony, the mailman, bouncing by to say hello before he joyously meandered along his way to deliver his precious cargo.

My friend Paige showed up and began to help. Shortly after starting to help us, however, Paige turned ill and, after a brief rest, had to go home to take further care of herself. It was now mid-afternoon and Sherwin was losing steam, and fast. He had to stop helping unload the van and sit down to rest.

As I walked out on the front porch of the house, with the rental van still stuffed to the gunnels looming in front of me, Blair and Keith showed up to rescue us from unloading purgatory. Within less than two hours, Blair and Keith unloaded the rental van for Sherwin and me. Then, as if that was not enough, they asked Sherwin and I to stay put as they would be back within the hour with something. Less than an hour later, Blair and Keith returned with a delicious feast of Chinese food takeout. We all sat in the kitchen, in a circle, passing around the various dishes, and enjoyed a hot, spicy, DELICIOUS Chinese food meal.

So yes, Virginia, there really is a Santa Claus. Santa does not always leave neatly wrapped presents under a Christmas tree. Sometimes these gifts come in the most unexpected circumstances—there are none that are less or more significant than another. They are all divine expressions of love.

To my Christmas angels: the many doctors and nurses at the Ottawa Hospital emergency ward, Don, Doug, Fletch, Paige, various neighbours, Tony the mailman, Keith and Blair,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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).

7. RICHARD HARVEY – AWARENESS IS OUR NATURAL STATE

Awareness is our natural state. Awareness means that we lead our lives fundamentally happy in compassion, peace and vibrant relationship, acting, thinking and feeling wisely, centered, authentically and joyfully.

When we fall out of awareness we become angry or fearful or sad about ourselves and our lives. We forget what it means to be aware and how that experience of life feels.

This natural state of awareness refers us to the bigger picture, the more expansive questions about existence that we human beings wonder about. What is life? What particularly is a human life? How should we live? What is death? The condition of wonderment that gives rise to these questions is itself a blessing. To live our lives in wonder is simple and profound. It is both a royal road to living in the Mystery and the acknowledgment that life is never knowable.

The Unknown is crucial in spirituality. To live humbly and simply without assumptions or expectations is the spiritual key to happiness. When we can truly do this (and all you have to do is stop doing what you are doing now to inhibit this!) blessings and treasures shower upon us, our lives and our relationship in gifts of love.

The Divine, by whatever name you address IT/Her/Him or them, is unquantifiable, unknown, immeasurable, unreasoned and impenetrable in the same way as you cannot become aware of or objectify yourself. You are the subject of your eternal life and you may refine your awareness, but you will never step outside it, neither would you want to. Your eyes of awareness are themselves the eyes of the world, at all times, in all places and circumstances. As the events of your life, through good and bad fortunes, dramas and vicissitudes unfold, you stand in the middle of all of it immersed in love and happiness, because deep down inside in your true nature you are whole. All of it is you, death and rebirth, good and evil, day and night in its many modifications and adaptations, beckoning you, even while you resist, to identify with it – with all of it or any of it.

But you are a human being who is ultimately Divine. So, unswayed by outer events, deeply accepting of all the faces of God and of all the minutiae of life in its unfathomable Mystery, you simply *are*.

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.

8. DOUG HENDERSON, Ph.D – WE USE THEM UNTIL WE NO LONGER NEED THEM – PART 3 of 10

This is part 3 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 spiritual partner, Larissa, although born in the Ukraine, grew up in St. Petersburg, Russia. She has a brother Sergei who is 10 years younger and was recently married. Sergei and Masha desperately wanted to have a child, but were unsuccessful and had attempted twice at a fertilization clinic without success. This process is very expensive in Russia and Larissa was quite concerned by the mounting cost. One day in discussion with me she asked if the SCIO could help their situation I said I didn't know but as long as I had Sergei and Masha's permission, I was prepared to give it a try.

With just names, birth date and place of birth and no dna sample, an overall energetic balancing was provided to both. I could tell by information provided, that Sergei had a low sperm count and that Masha's metabolism tended to reject sperm. I had seen this before with other clients. I had come to the conclusion that this phenomenon was due to a power of intention. The power of a thought held in mind, by a young girl growing up, not wanting to get pregnant. A thought, that still persisted. Each were given one initial session only. Within 5 weeks it was confirmed that Masha was pregnant.

When Elizaveta was born it was a very joyous occasion. It was obvious from the start that this child's abilities were exceptional. She seemed to be wise beyond her years. One day when the parents were attempting, unsuccessfully, to correct Elizaveta while she was misbehaving, they were startled by the following response. Elizaveta suddenly stopped mis-behaving, placed her hands on her hips and said, "So parents, do you see what it's like to raise a child now?" Now, where did that come from? As of writing, Elizaveta currently has an LOC of 510!

What happened in this experiment and the previous experiment has nothing to do with me. I am simply a facilitator, a conduit, a channel for a common intention. By my self, I do nothing. Whether dowsing, which is a sophisticated form of biofeedback or using a very sophisticated form of biofeedback technology, a power so much greater than we think we are seems to be at work and joins with our intention. Both are a biofeedback loop. Put slightly differently, "Where two or more are joined with a common intention, so too am I." We will talk about the effect of this joining a little later.

This is very significant because Hawkins makes the point that most scientists although in the high 400's of LOC (Reason and Understanding, they) seldom break the 500 barrier into Love. The issue that they appear to have is one of ego where they cannot surrender or join with a Source that seems to be higher than themselves for guidance. (DH) Hawkins goes on to say that Einstein was not able to break LOC 500, which is Love and remained at 499. I differ with Hawkins on this point, I believe Einstein achieved LOC of 515 but please dowse for yourself. As a matter of fact dowse each and every paragraph for its LOC.

For about 3 years now, I have had an intention to move away from technology and to learn how to heal with personal energy. When you have an intention it is amazing the information and guidance that comes to you. It is as though Heaven bows down to greet you. My stated intention is; to learn to stop interfering with myself (my natural state) and to learn to heal as Yeshua or Jesus healed. Now, I have not learned to heal as Jesus healed But some very interesting information and techniques have made their self-known to me.

Last May after, a meditation, I was inspired to create a series of cds in which people are taught techniques of how to heal themselves while in a Theta state. The reason for this is; - we can not learn, heal, be inspired or be creative unless we are relaxed! To do this, I collaborated with Etheric Musician Jeremy Sills and together we have created 4 cds each of which builds upon the prior information and techniques of the previous cd and builds spiritual muscle. As Walter Russell and Michio Kaku have concluded, our universe is musical. It seemed appropriate to me that while exploring the etheric realm, etheric sound and music should be employed to facilitate accessing the very state that heals. We all possess this ability,

it is simply a matter of to what extent we recognize it, acknowledge the source of it and apply it. This is what I fondly refer to recognizing, "Who's Your Daddy?"

While in meditation I was reminded that I had learned deep trance healing from (Dolores Cannon) some one who was respected by the subconscious mind and that I should put what I had learned to use. What emerged were 4 cds entitled; I Choose Love, Forgiveness, Spiritual Evolution and Healing.

I tell you these things, to let you know that this journey of no distance began with the use of a pendulum and an intention to be of service.

Today we will talk about how it is that the pendulum works and my point of view is probably very different from yours. We will also talk about how to move beyond the pendulum to the recognition that we are a pendulum! For some of you, your beliefs may be challenged. So buckle up!

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.

9. GEOFF STRAW – A GIFT FROM THE SEA

We hear the word stress a lot these days, as people often struggle in finding balance. Our world seems to be offering us an endless "to do" list and finding the time to receive spiritual gifts can be challenging. In spiritual terms then, stress may mean losing the frequency or a feeling that we have lost our connection to the Source - or perhaps a forgetting that we are always plugged in – a misperception of sorts.

But when we take the time for a quiet moment to become aware of this essential connection, it grows brighter and stronger. The power of the connection stays with us and can more easily be felt and recognized. The following metaphor of a beach came to me in channeled form and reminded me of Anne Morrow-Lindbergh's wonderful memoir titled, "Gift from the Sea." She reminds us to be "as choiceless as a beach" waiting expectantly for a gift from the sea.

The ocean is expansive and the possibilities endless, coming to you who wait patiently on the shore. The waves wash up exactly what you require for your continued growth and evolution. It is a matter of openness and willingness to be present - to remain on the beach and to recognize what comes to you from the depths of the water. If you are not at the shore, you will miss the treasures which are there for you. When your thoughts are of past and future, you have left the shore and therefore you miss what comes to you. Therefore, align yourself with the present moment, because this is the only place where you can receive anything of real value. This is the shore, the spot where you breathe in Spirit's offerings, blessings, and peace.

So allow yourself to become like a beachcomber of sorts, spending some of your time being curious on the shore to discover what may come to you. Remember to always give thanks for the bounty that you receive. This thanksgiving puts you into the natural cycle and assures that more blessings arrive on the shore.

By acknowledging the gifts of Spirit, you demonstrate that you are in tune with life, you are operating in tandem with universal principles, you create the "flow" that in actual fact has been there all the while, but now you step into it, you place yourself strategically.

PLACE YOURSELF IN THE FLOW OF LIFE BY BEING IN THE PRESENT, LETTING GO OF PAST AND FUTURE, AND OFFERING THANKS AND ACCEPTANCE OF NOW.

Healing continues in its many forms. It has many different faces and methods of appearance. It does not discriminate, but comes to you who accept it. Acceptance, therefore, is a major element in healing. It comes to those who accept help, who are truly open to receiving the gift.

Embracing the present gives you the keys to the future. It unlocks the door to what it is that you desire, what you seek. It lays the groundwork, so to speak and paves the way for an integrated and balanced tomorrow.

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.

10. KATHRYN KIMMINS – BALANCE OFF? THINKING FUZZY? UN-COORDINATED ON RISING?

Health Tips from Laugh Yourself Healthy.ca

When energy is unable to cross over, it slows down dramatically. It begins to move in a homolateral pattern straight up and down the body and the body's ability to heal is severely diminished.

Anyone can do this exercise, but it's most effective for people whose energies are running up and down instead of crossing over from left to right and right to left, i.e., from left brain to right-body, from right brain to left-body.

Try it and see if it makes you feel more focused and alive. Everyone is different. You need to find the exercise that works for you, then branch out and stretch a bit to different exercises.

If you feel better after doing this exercise, try incorporating it into your life three times a day for 30 days. This is how long it takes to form a new habit. You're replacing an old ingrained habit with a new one...so show your body you are serious about making the change.

You can do this exercise standing up, or if you prefer sitting or lying down, because we're going to challenge our bodies to do something unfamiliar and you don't want to strain yourself.

The whole premise of this exercise is to HONOR the current rhythms and habits of our energies and then invite our energies to try something new.

1. Lift your right arm and your left leg. Then put them both down.
2. Lift your left arm and your right leg. Then put them both down.
3. Imagine an exaggerated march step, done on the spot (or around the breakfast table, or down the street), with exaggerated arm swing and vigorous step. You can touch hand or elbow to knee to emphasize the rhythmic crossover.
4. Repeat steps 1 & 2 about 12 times for each side for a total of 24 repetitions. This will get you in tune with the homolateral pattern. You're inviting your body to do what it recognizes.
5. To optimize your internal organ workout, giggle softly then slowly giggling louder and louder while doing the 24 sets.
6. Do the Cross Crawl exercise for only as long as comfortable, take a break, and then do more later.

For more information on Homolateral energy- flow patterns click on this link.

<http://www.feelingfree.net/batteryproblems/crossover.htm>.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: An enthusiastic and infectious positive speaker, Kathryn Kimmins energizes attendees and directs unforgettable laughter experiences. Kathryn's sessions dissipate stress while refocusing attendees. Cheeks get rosy; eyes clear and twinkle; impish grins are everywhere to be seen; the room rapidly fills with friendly smiles. Her educational and experiential classes serve to boost morale, improve retention, and encourage team-building and creativity. As a laughter specialist, Kathryn has appeared on CTS Network Television, CHCH Television,

Hamilton Community News, Cable 14 News Hamilton and McMaster's radio station FM 93.3-CFMU. Kathryn can be reached by phone at 905-574-1765 or through her website at <http://www.laughyourselfhealthy.ca/>.

11. REGIENA HERINGA – NOTES FROM THE LIGHT – JANUARY 2012

What does your eye behold? Observe more closely the colors and patterns of your physical world. Do not become used to what you see, for then you lose the spark of invention and, consequently, personal progress is delayed. Do not think that this new world of vast ideas and multiple hearts will wait for you. Be aware that it is presently inviting you to join it, to participate in a greater perspective of a more encompassing and inclusive reality.

All earthly call of the senses will be heightened—sound, color, word, deed, thought, fragrance—so that you will have the delightful pleasure of living in a planetary and universal environment of deeper understanding. This will automatically initiate a strong urge to do good for all.

Believe us when we state that you are moving into a mutually created world of great accomplishment, and it is your privilege—your birthright—to enjoy the wondrous living experience in a world which you are all creating within the profound Love and Intelligence of the Divine Source.

Become quietly excited within the very essence of your being in the knowledge that your maturity has allowed you to take such pleasure in the heightening of your senses. This is a normal progression, although perhaps you are smiling at the expression “normal” and wondering what that term truly indicates.

You are elegant beings, choosing to create an elegant and noble world. In truth, this new earth and world stand already created. It is therefore an honor for us to witness that you have *chosen*, by your own free will, to follow the indicators which lead you to this highly loved and, to your perspective, newly established place.

Hence, we ask you to bathe in the glory of your increased perceptions. Enjoy this new adventure as color becomes purer and more brilliant, as sweet and dear conversations are held between yourself and the many beings of higher vibrational world who welcome and embrace you.

At every moment, recognize your divine and sacred nature as your foothold in the precise alignment of the many worlds and dimensions of the God Source.

We ask that you look up, not down. Look within, not without. Look through and not at. Up, within, and through—herein lies a wondrous way of continuing the path to exultation.

As time slips away from your dimension, there is an increase in the melding of minds and hearts. Dimensions move into each other as unity continues to be expressed. The Light gathers, prevails and maintains victory for that is Its very nature.

This is indeed an occasion of understanding and service, and the celebration of accomplishment.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger. Through her writings, meditations groups, teaching, music and painting, Regiena facilitates the expansion of mind and heart in herself and in others. In concert with those of higher vibrational dimensions, she encourages all to continue creating the divine Next World. For more information, kindly visit www.nextagemission.com, or write Regiena at rheringa@bell.net.

12. BORIS GLIKMAN – THE MePHONE

One day a new type of phone that you could use to call yourself appeared on the market. All one had to do was dial a certain number and one would be connected straight away with oneself. The quality of the reception was so good that the voice on the other end of the line sounded as if it was coming from the very same room.

Inevitably, there was some initial apprehension about using this phone, for no one quite knew what kind of a response they would receive when they rang themselves out of the blue for the very first time. What if their unexpected call was considered to be an impertinent invasion of privacy?

Eventually, these fears subsided as most found that they were greeted with warmth and enthusiasm and their calls were seen as a pleasant surprise. Talking with yourself was just like talking with a dear friend you haven't seen for a long time and conversation flowed easily.

People rushed to purchase this new invention, which was marketed under the brand name of “mePhone”. Suppliers could not keep up with the demand and there were ugly scenes as customers fought amongst themselves for the last available mePhone.

For mePhone to work properly certain rules had to be followed, and these were set out in the Owner’s Manual. First, the reception only worked in particular areas, access to which required an extra fee. Second, there was a strict time limit on how long you could spend speaking to yourself. And third, when using the mePhone, one had to wear special, rather cumbersome apparel that was sold separately from the phone. Also, owing to the technical complexities involved in establishing a connection, the cost of a call was outrageously expensive, although some enterprising phone companies, hoping to capitalise on the popularity of the mePhone, for a while only charged it at a local call rate.

However, these inconveniences were more than outweighed by the benefits you gained from having a good chat with yourself, for no one had ever had the time to stop and take a good, honest look at their lives. Everyone was always rushing about, preoccupied with the mundane details of existence, trying to silence the nagging question of whether they were happy with their lives and if they were being true to their inner selves.

And so it was an enlightening experience to be able to have a deep and meaningful talk with oneself. The users of the mePhone could now catch up with all the things in their lives they had never had the chance to think about before, to find out the vital news that fell by the wayside as they were speeding along the road of life.

People found that talking with yourself was a lot like talking to an old confidant, with whom the most intimate matters could be discussed. Not infrequently tears were shed as truths one had been hiding from oneself for many years were conveyed in blunt and forthright terms. Conversations gained a confessional aspect as darkest secrets known only to oneself were divulged openly over the phone lines. Quite often, surprises were lying in store as people discovered what they were actually feeling inside. At other times, the voice on the other end of the line would remind you of your long-neglected dreams, of desires and needs you had suppressed for far too long.

Many found out they weren’t really happy in their places of employment. Some realised they had fallen out of love a long time ago. Others saw for the first time that they had deluded themselves as well as others into believing they had reached fulfilment, regardless of how they actually felt inside. Quite a few recognised that they had become so comfortable with being miserable and disenchanting that they shrank back in fear when contentment appeared to be within easy reach.

The world became a better, happier place because of the mePhone as people at last began to be true to their own selves, for they knew they could no longer get away with lying to themselves. The way life had been before the mePhone was just a distant, faded memory and no person could imagine ever being without one.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Boris Glikman is a writer, poet and philosopher from Melbourne, Australia. He says: “Writing for me is a spiritual activity of the highest degree. Writing gives me the conduit to a world that is unreachable by any other means, a world that is populated by Eternal Truths, Ineffable Questions and Infinite Beauty. It is my hope that these stories of mine will allow the reader to also catch a glimpse of this universe.” Boris welcomes your feedback on his contributions and can be contacted by email at bozlich@yahoo.com.au.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

13. GOOD NEWS OF THE DAY

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

About a year ago, a homeless man in Arizona found a bag full of cash and made a fateful decision: he returned it. 49-year-old Dave Tally was in debt, unemployed, had lost his driver's license for DUI violations, sleeping on a mat when he found \$3,300 at a local light-rail station. When he returned it to its owner, a college kid, the gratitude and kindness of the kid touched him. "He hadn't had that feeling in a while," the reporter Dianna Nanez said. His story, though, ended up attracting donations that gave Dave some immediate support and it gave him a new leash on life. Now, he's working in his dream job, managing a community garden, and building a program that allows other homeless to volunteer in the garden. Read more at

<http://premiere.whatcounts.com/t?ctl=169E442:EDD6BFBA686AA7C8A480F4A8CDF28125B4B847859706E37D&>. Be The Change: Next time you meet a homeless person, figure out a way to support him/her.

"I noticed that there was one kid who no one was really talking to. He had a serious kind of disability, and some of the kids were kinda scared to approach him. So I went up and introduced myself. And you know what? He taught me some amazing dance moves!" Sharing his presence was a wonderful thing to do, in and of itself, but my 14-yr-old cousin's perspective was even more remarkable. We asked him, "What if he wasn't able to teach you anything? Would you still have done it?" "Well, everyone is good at something. You just have to listen long enough." A profound lesson coming from an early teen: Assume value everywhere. In orienting ourselves in this way, we take responsibility for tuning in to what others offer, and open ourselves to other perspectives. This thought-provoking piece, originally from Parabola Magazine, shares further. Read more at

<http://premiere.whatcounts.com/t?ctl=169E802:EDD6BFBA686AA7C89971C99A12E2CEB3B4B847859706E37D&>. Be The Change: Broaden your own assumptions today: assume value somewhere you don't generally look.

The Free Farm in San Francisco, run fully by volunteers, is dedicated to bringing fresh, local, organic produce for free to under-served communities in the San Francisco area. In 2009 alone, they gifted over 20,000 lbs of produce. A remarkable activist describes his experience in serving at the Free Farm. "We are not growing fruits and veggies. We are facilitating the growth of soil and community. The food is a by-product. We're mostly giving back to Mother Earth, and in the process, enjoying the co-creation of noble friendship. This is the revelation I got when I met "Tree" (the founder of the Free Farm). From my perspective, this is Gandhi's constructive program at its best, revamped for the 21st century. Gandhi used the spinning wheel as both physical embodiment and symbol for radical change. Today, the foundation for social justice is local and healthy food -- our "spinning wheel" for the 21st century." Read more at

<http://premiere.whatcounts.com/t?ctl=169E907:EDD6BFBA686AA7C8001034FEC92D0BAEB4B847859706E37D&>. Be The Change: Write a note of support / gratitude to "Tree" of the Free Farm for starting this amazing community project.

Read more at

<http://premiere.whatcounts.com/t?ctl=169E908:EDD6BFBA686AA7C8001034FEC92D0BAEB4B847859706E37D&>.

It's called one of the greatest stories in medicine, but it's more than that. Its approach has impressed the world's top design-thinkers, and yet, it's more than a paragon of innovation. For the last 17 years every MBA student at Harvard has studied a business case on it, but it's more, even, than a model social enterprise. This is the story of Dr. V -- a retired surgeon with crippled fingers who dreamed of ending curable blindness, and the 11-bed eye clinic he founded, called Aravind. In 35 years this world class organization has seen over 32 million patients. Treating the majority for free it's still remained stunningly profitable. "Infinite Vision" is a new book that tells an amazing story about the human spirit, and what becomes possible when we train our minds, tune our hearts, and integrate sound business principles with a mindset rooted in compassion. An important and inspiring read. Read more at

<http://premiere.whatcounts.com/t?ctl=169EE1A:EDD6BFBA686AA7C8316021649E0441CDB4B847859706E37D&>. Be The Change: Check out an excerpt from Infinite Vision and the exciting early reviews from Nobel laureate Muhammad Yunus, World Religions expert Huston Smith, Acumen Fund's Jacqueline Novogratz, and others. Read more at <http://premiere.whatcounts.com/t?ctl=169EE1B:EDD6BFBA686AA7C8316021649E0441CDB4B847859706E37D&>.

Millions of children under the age of five die from hypothermia -- their body temperature is too low because they don't have enough fat to maintain a healthy weight. In 2008 business student Jean Chen and a small band of classmates put their heads together to prevent such tragic losses. Their work led to the founding of Embrace, a nonprofit organization that created an innovative baby wrap that could save thousands of babies' lives in developing countries. Embrace's original team members met in a social innovation class at Stanford. Read more at

<http://premiere.whatcounts.com/t?ctl=169EF9A:EDD6BFBA686AA7C8442794DC9F9C1B8AB4B847859706E37D&>. Be The Change: Consider donating warm clothes or blankets to a homeless shelter this winter. And learn more about Embrace's inspiring work here. Read more at <http://premiere.whatcounts.com/t?ctl=169EF9B:EDD6BFBA686AA7C8442794DC9F9C1B8AB4B847859706E37D&>.

"This so enraged the drunk that he grabbed the metal pole at the center of the car and tried to wrench it out of its stanchion. I could see that one of his hands was cut and bleeding. The train lurched ahead, the passengers frozen with fear. I stood tip. I was young and in pretty good shape. I stood six feet, weighed 225. I'd been putting in a solid eight hours of aikido training every day for the past three years. [... But] my teacher taught us each morning that the art was devoted to peace. 'Aikido' he said again and again, 'is the art of reconciliation. Whoever has the mind to fight has broken his connection with the universe. If you try to dominate other people, you are already defeated. We study how to resolve conflict, not how to start it.' I listened to his words. I tried hard." Author Terry Dobson shares a riveting story. Read more at <http://premiere.whatcounts.com/t?ctl=169F073:EDD6BFBA686AA7C89F294DF3533171A5B4B847859706E37D&>. Be The Change: Got conflict? Resolve it skillfully, by first connecting with your "adversary's" suffering.

10-yr-old Ta'Kaiya Blaney stood outside Enbridge Northern Gateway's office on July 6, waiting for officials to grant her access to the building. She thought she could hand deliver an envelope containing an important message about the company's pipeline construction. But the doors remained locked. "I don't know what they find so scary about me," she said, as she was ushered off the property by security guards. "I just want them to hear what I have to say." The Sliammon

First Nation youth put in a great effort learning about environmental issues and the pipeline in particular, and hoped to share her knowledge and carefully crafted words. Enbridge officials said they were unable to provide Ta'Kaiya space or time and failed to comment. So Ta'Kaiya stood outside, accompanied by three members of Greenpeace, her mother, and a number of reporters and sang her hauntingly beautiful song, "Shallow Waters." Read more at <http://premiere.whatcounts.com/t?ctl=169F5F7:EDD6BFBA686AA7C86C1AB59CC1C45875B4B847859706E37D&>. Be The Change: Watch this short music video of Ta'Kaiya's touching song, "Shallow Waters." Follow this link to the video <http://premiere.whatcounts.com/t?ctl=169F5F8:EDD6BFBA686AA7C86C1AB59CC1C45875B4B847859706E37D&>.

With multinational companies accelerating exploitation of oil, timber and minerals, activist Ladislav Desire Ndembet decided that he had to supply a stronger local voice in the West African nation of Gabon. Financed out of his own modest salary from running a cleaning business on the side, Ndembet's NGO is an inspired movement to conserve some of the world's largest intact tropical rainforests for carbon capture and endangered species protection. Environmental journalist Daniel Glick gives an intriguing glimpse into Ndembet's conservation efforts, starting with Gabon's legend of the nine dwarves. Read more at <http://premiere.whatcounts.com/t?ctl=169F71D:EDD6BFBA686AA7C8286CC93B36C625E9B4B847859706E37D&>. Be The Change: Make an increasing shift from interacting with natural resources as commodities, to using them with love and respect.

"In his last few months of life after discovering that lung cancer had spread into his brain, my older cousin Torch went to Disneyland for the first time, ate his favorite foods, had no serious pain, and remained high-spirited. Torch wasn't a doctor, but like many doctors who have access to medical care when diagnosed with a fatal disease, he chose state of the art end-of-life care: death with dignity." This honest reflection by Dr. Ken Murray of USC illuminates why doctors 'go gentle into that good night' when confronted with their own death, and how it is possible for all to spend the last moments of life in peace and in the presence of others. Read more at <http://premiere.whatcounts.com/t?ctl=169FB0D:EDD6BFBA686AA7C8441190AFA325370FB4B847859706E37D&>. Be The Change: How would fear influence you in 'going gently'? Practice the art of living today.

"I should make more money. I should lose weight. I should volunteer more often.' In saying 'should' so often, I found myself feeling trapped by a sense of obligation and expectation. I felt this vague pressure to conform to external standards, to be someone or do something. It felt like just being me wasn't okay. I felt pushed to follow a particular path, behave in specific ways, and believe certain things. In observing my mind and growing towards a more compassionate life, I realized that I had internalized both the messages and the method of the 'shoulds.' Breaking free of the "should" trap included five big steps for me: understanding the trap, choosing to change, recognizing the 'should' in my thoughts and emotions, releasing the 'should,' and looking inward to find my authentic self." Jo Holsten shares her wonderful reflection. Read more at <http://premiere.whatcounts.com/t?ctl=169FBE1:EDD6BFBA686AA7C802E841916F95D40AB4B847859706E37D&>. Be The Change: Observe your 'should' tendencies today -- and release them.

"How do you deal with change? How comfortable are you with what is on your plate? Are you creating or are you resisting? The quality of your leadership depends on how you deal with the cards that you draw and how you succeed using what you got." This article presents an approach for increasing personal mastery and leadership effectiveness, based on ancient spiritual wisdom from around the world. The seven core principles: Integrity; Confidence; Restraint; Energy; Alertness; Trust in self and in right experts; and Execution effectiveness help steer both people and organizations wisely in turbulent times. Read more at <http://premiere.whatcounts.com/t?ctl=169FDB3:EDD6BFBA686AA7C83FF46B362EC74EE2B4B847859706E37D&>. Be The Change: Author Dan Millman shares a brief reflection: "To Transcend, Observe Cause and Effect." Read more at <http://premiere.whatcounts.com/t?ctl=169FDB4:EDD6BFBA686AA7C83FF46B362EC74EE2B4B847859706E37D&>.

The young father stood in line at the Kmart layaway counter, wearing dirty clothes and worn-out boots. With him were three small children. He asked to pay something on his bill because he knew he wouldn't be able to afford it all before Christmas. Then a mysterious woman stepped up to the counter. "She told him, 'No, I'm paying for it,'" recalled Edna Deppe, assistant manager at the store in Indianapolis. "He just stood there and looked at her and then looked at me and asked if it was a joke. I told him it wasn't, and that she was going to pay for him. And he just busted out in tears." At Kmart stores across the country, Santa seems to be getting some help: Anonymous donors are paying off strangers' layaway accounts, buying the Christmas gifts other families couldn't afford, especially toys and children's clothes set aside by impoverished parents. Read more at <http://premiere.whatcounts.com/t?ctl=16A074D:12445D4F40F5539FAD68AB2F9844E5F4B4B847859706E37D&>. Be The Change: Do an anonymous act of kindness today. Check out this link for some ideas. <http://premiere.whatcounts.com/t?ctl=16A074E:12445D4F40F5539FAD68AB2F9844E5F4B4B847859706E37D&>.

"A. Choose the mountain you want to climb: don't pay attention to what other people say, such as 'that one's more beautiful' or 'this one's easier.' You'll be spending lots of energy and enthusiasm to reach your objective, so you're the

only one responsible and you should be sure of what you're doing." Through 11 simple but profound guidelines, Paulo Coelho, bestselling author of "The Alchemist," offers up a manual for taking on life's highest purpose. Read more at <http://premiere.whatcounts.com/t?ctl=16A0A49:12445D4F40F5539FECE31D391DCC5750B4B847859706E37D&>. Be The Change: Take a moment to reflect on how Coelho's "manual" might help you in tackling your own mountains.

"Depending on what you paid attention to in school, you might remember Confucius by the Silver Rule ("Do not do to others..."), his exotic concepts (e.g., filial piety), or a series of grammar-challenged jokes ("Confucius say..."). Confucius did have a lot to say, but if there is one principle that runs through his philosophy, it's that personal virtue is the way to the good life and the good society. He posed the cultivation of virtue as a superior alternative to the manipulation or coercion of behavior through policy. I'll highlight three virtues from Confucius's thought that I believe are the basic building blocks for all other virtues: One is benevolence or compassion. Another is self-control, which Confucius believed was enforced and nurtured by adhering to proper forms of behavior. And, the third is wise judgment about how to turn benevolent intention into action," begins author Kentaro Toyama. Read more at <http://premiere.whatcounts.com/t?ctl=16A0BBF:12445D4F40F5539F36A185B1358844EFB4B847859706E37D&>. Be The Change: Explore virtue in action today: what does it mean to you to act with virtue?

"In 1988, Bobby McFerrin wrote one of the most beloved anthems to happiness of all time. On September 24 that year, 'Don't Worry Be Happy' became the first a cappella song to reach #1 on the Billboard Top 100 Chart. But more than a mere feel-good tune, the iconic song is brimming with neuroscience and psychology insights on happiness that McFerrin - whose fascinating musings on music and the brain you might recall from World Science Festival's Notes & Neurons -- embedded in its lyrics, whether consciously or not. To celebrate the anniversary of 'Don't Worry, Be Happy,' I unpack the verses to explore the neuropsychology wisdom they contain in the context of several studies that offer lab-tested validation for McFerrin's intuitive insight." Cultural curator Maria Popova shares more on the truth behind the tune. Read more at <http://premiere.whatcounts.com/t?ctl=16A0DE8:12445D4F40F5539F11F9483F666875A3B4B847859706E37D&>. Be The Change: Give the "Don't worry, be happy" credo a chance today.

For the second straight Christmas, a philanthropist from Utah's Capitol Hill has been warming the hearts of the homeless and brightening the smiles of hundreds of their children. The benefactor works year-round raising money, networking with businesses, buying and wrapping gifts, and encouraging random residents to pitch in with presents the underprivileged kids otherwise would never see. Jocelyn Hanrath, an adopted girl too humble to take any credit, is 13. So how did it all start? Jocelyn and her mom got a call from Bonnie Peters, executive director of Family Support Center, saying her Sub-for-Santa collection could use diapers for a single mom with a baby. "Jocelyn said, 'Babies don't get diapers for Christmas, they get toys,'" Jocelyn's mother remembers. "She said, 'You go buy diapers, I'm buying toys. Kids know what kids need.'" Read more at <http://premiere.whatcounts.com/t?ctl=16A10F5:12445D4F40F5539F2DA8463826C08571B4B847859706E37D&>. Be The Change: Click on 'more' and write a note supporting / encouraging Jocelyn in the "Add New Comment" section (we'll make sure she sees it). Read more at <http://premiere.whatcounts.com/t?ctl=16A10F6:12445D4F40F5539F2DA8463826C08571B4B847859706E37D&>.

"We all know gift giving is an essential, ritualized part of the holidays. But what about the rest of the year? There's good reason to practice generosity even after you've greeted the New Year. As we've reported in the past, giving activates parts of the brain associated with pleasure and social connection; releases endorphins in the brain, producing a 'helper's high'; and provides many long-term health benefits. But we aren't always as giving as we could be. Fortunately, we've published dozens of articles on how to foster generosity in children, institutions, society -- and within ourselves. Here are seven top tips, culled from the Greater Good Science Center's archives, for encouraging people to give all year round." Read more at <http://premiere.whatcounts.com/t?ctl=16A13C3:12445D4F40F5539F4F240BC03074C8D3B4B847859706E37D&>. Be The Change: Author Isabelle Allende shares a poignant short passage explaining her motto: "You only have what you give. It's by spending yourself that you become rich." Read more at <http://premiere.whatcounts.com/t?ctl=16A13C4:12445D4F40F5539F4F240BC03074C8D3B4B847859706E37D&>.

In a world dominated by financial incentives that appeal to a mindset of consumption, it becomes all the more critical to turn the tide by engaging in small acts of generosity and continually shifting the mindset towards one of inspired contribution. It's a beautiful fact that in practicing kindness in this way, we can't help but deepen our understanding of how inner and outer change are fundamentally intertwined. Based on the experience of hundreds of thousands of volunteer hours, here are five reasons why we serve: to discover abundance, express gratitude, transform ourselves, honor our profound interconnection, and align with a natural unfolding. A beautiful exploration of service: Read more at <http://premiere.whatcounts.com/t?ctl=16A151D:12445D4F40F5539F4C5E0471EEFFE8C5B4B847859706E37D&>. Be The Change: Experiment with being the change, however you define it, and see if it changes your being.

14. LETTER TO MY GRANDSON

Reprinted from InnerNet Weekly via www.iJourney.org.

Change is difficult for all of us. The older we get, the more change we face. All change involves loss, and whenever we lose something, we ache to have it back. Everything I have lost in my life -- big things and little things -- I've wanted back at first.

So because we know that all change is loss and all loss is change, your mom and dad worried about how you would react when it was time to give your beloved pacifier -- your "binky".

Now that you're four, you no longer have your binky; you have nothing to protect you from your anxiety. That's why transitions are hard. Those transitional objects give us the illusion of security. When they are gone, we are left with the insecurity that's been there all along.

Sam, almost everything we become attached to we'll eventually lose; our possessions, our loved ones, and even our youth and health. Yes, each loss is a blow. But it's also an opportunity. There's an old Sufi saying: "When the heart weeps for what it's lost, the soul rejoices for what it's gained."

As much as anyone who loves you would like to rescue you from your pain and give the binky right back to you, that wouldn't be a good idea. Each stage of growth involves loss. Without it, you can't have the gain.

So when you feel the pain of loss, please don't grab at something to take away the pain. Just have faith that pain, like everything else, is transitional. Through it, you will learn about your ability to deal with adversity. You will learn about how you manage stress. You will feel pride. On the other side of pain, you will learn something about who you are.

A friend of mine recently told me she had so many difficulties in her life that she felt like she was living in a nightmare and didn't know what to do. I told her to find the bus station and wait for the bus! She looked at me like I was crazy. I explained that all emotions are temporary, and we can wait for them to pass as though we were waiting for a bus. We can wait with frustration, anger or feelings of victimhood, but that won't make the bus come any faster. We could wait with patience and relaxation, but that wouldn't make the bus come faster either! We just have to have faith that it's coming.

--Daniel Gottlieb, in *Letters to Sam*

15. EVERYDAY CREATIVITY

Reprinted from InnerNet Weekly via www.iJourney.org.

I'm rather good at maps. I'm also good at using a GPS device. But I forgot the maps and here we were, late afternoon, last day of vacation, my daughter my cousin and I, driving along a two-lane highway in midstate Oregon. No other car in sight, and the sun had just gone down. Where was that charming little village? It was supposed to be right along this river. We drove on, farther and farther into the unknown, river always at left as our guide. We kept passing farms and fields and scattered houses and now a few lights were coming out. In my head, I was doing a litany of self-criticism: Why didn't we start earlier, leave more time, have lunch sooner, save dessert for the little town, bring the map, and on and on and on, a list of all we did wrong -- reliving it as if that could help us now. My cousin and I were both impatient and stressed. My daughter, at least, was happy in the back seat, text messaging a friend. I pull up on the shoulder of the road to think.

Just then -- WOW! Amazing! A new scene had appeared. A new slide projected on a screen. Where did it come from?

Look! LOOK! I insisted. Even my daughter looked up. Right there, out of nowhere: a magical misty landscape. Fields moving off to infinity in muted purples and pastels, fuzzy in the haze, with clusters of tall lush tress, darkening and receding in the dusk. I turned the car engine off. All was silent in the hot summer air. Beside us a plum-colored river barely moved between a border of trees, its dark lazy water reflecting the last light of day.

How breathtaking! This landscape had cast a spell. We sat in the silence of an indrawn breath. Where had it been? If I had seen even a trace of this beauty while driving along, not a neuron had registered it, no mental bell had rung so that the conscious mind could stop and take a look. I had missed it all. We had all missed it.

We miss a lot, almost everything, in fact, in our world. Our task-focused filters take care of that, selecting only what we need. We need to get to work. Have some lunch. Find that report. Water the garden. Go out on a date. We see what we

need to see, often for purposes of survival -- or survival of the species. Gregory Bateson, speaking of beauty, said aesthetic judgment is selection of a fact. We create the sight even as we become conscious of it. We do not simply see it. In our daily lives, who or what is doing the selecting? And why? Is this predetermined? Can we -- in the here and now -- make a change? Can we see further? Can we see better? Can we even better our world?

Opening our vision is a first step in Everyday Creativity.

--Ruth Richards, in [Everyday Creativity](#)

16. WE ARE BETWEEN STORIES

Reprinted from InnerNet Weekly via www.iJourney.org.

We live in an exciting time. As cultural historian, Thomas Berry put it: "We are between stories." The old story -- bracketed on the one side by reductionist scientific materialism, and on the other by institutional religious dogmas -- is no longer able to guide us toward human or planetary flourishing. Instead, the chasms created by both science and religion, and the various social philosophies they spawned, are implicated in pushing us toward the precipitous edge upon which we now stand. At this edge we see both breakdowns and breakthroughs.

While the story of scientific materialism has been part of our evolutionary journey, it has created a map of reality -- a worldview -- that de-legitimized a vast portion of wisdom and experience. It placed reason over intuition, intellect over emotion, material over spiritual, objectivity over subjectivity, exteriority over interiority, and condensed this into a story that we live in a mechanistic, material world that can only be known through objective and measurable observation in which human reason reigns supreme.

Institutionalized religion upheld a story that gave male authority figures the power to interpret and mediate purported divine laws and construct theological justifications for power over women, children, the natural world, and non-believers. While scientific and religious stories were at odds with each other, both saw it in their interests to label metaphysical or spiritual worldviews outside their boundaries as heresy, superstition or witchcraft.

Yet ironically, science itself has now begun to step into the realm of the mystics. The "new sciences" story finds biologists and neuroscientists astounded by the hitherto unstudied capacities of the human brain and heart, indicating our ability to intentionally amplify love and compassion. It finds psychologists exploring the territory of contemplatives and revealing a map of human consciousness far beyond the individual ego-self. It finds physicists discovering that the presumed separation of observed and observer doesn't exist. Much like the African worldview of Ubuntu -- "I am because you are" -- all things exist as a communion of subjects, not an assortment of objects.

The new story frames the human journey, not within the context of tribes or nations, but embedded in a constantly evolving planet and cosmos, interconnected and interdependent at every level. The implications of this framing could signal dramatic changes in every field of human endeavor.

The trends we are seeing within restorative justice, reconciliation, transitional justice, dialogue and other forms of peace practice, are evidence of new ways of addressing human conflict that are moving beyond the old dichotomies. We have chosen to name this trend social healing partly because we see an evolving paradigm that is not fundamentally hinged around the dualities of good vs. bad and right vs. wrong, but is rather inclined toward viewing human conflict through the lens of wounding and healing. Social healing, then, is not guided by revenge, retribution or punishment, but rather by the compassionate response of relating to all people -- victims, transgressors and bystanders alike -- as inextricably connected.

--Judith Thompson, in [Social Healing Project](#) report

17. MAKE YOUR LIFE INTO A GIVING

Reprinted from InnerNet Weekly via www.iJourney.org.

Make your life into a giving. When I say a giving, it is not to be understood as an act. Giving as an act is a deception because, after all, what can you give? Everything that we have, including this body, we have taken from this planet. What we can give is only a paltry part of what we have taken. Giving as an act could be very deceptive and could turn ugly, but if your way of being is giving and your actions are only a manifestation of that, when you open your heart to give, grace invariably seeps in. That is inevitable.

It has been my fortune and privilege that at a very early age, I became witness to a certain state of giving -- my great grandmother who lived to be 113 years of age. In the morning, if she was given breakfast, she would always go about giving away at least two-thirds of it to the ants, birds and squirrels, particularly to the ants. People would say, 'She is throwing all her food around, this old woman will die without eating,' but they all died while she lived. There were many days where I saw her with a little bit of breakfast that was left on her plate. She would simply sit there, watching the ants eat. Tears would be streaking down her cheeks and when somebody asked, 'Won't you eat?' she would say, 'I'm full. I'm already full.' It was many years later that I realized her way of transacting with the world. If the ants ate, she was being nourished. A logical mind would never understand this, but it was this nourishment which gave her an extraordinary longevity.

Each of us can also make every act and every breath into a process of giving – seeing how we can contribute to everything around us, no matter what we are doing. In just 24 hours, we will be so rich that the experience of life, the beauty of life, will set a glow on our face because that is the only way life functions. The whole process of life is a giving. It is a transaction. In every giving there is a taking. We are taking more than we are giving, but in your mind, just ignore the taking. You just keep giving because you do not have to take; it will be pushed into you.

There was a man who cleared one hundred acres of forest and made it into farmland. His two sons helped him and they became prosperous. When the man was dying, he called his two sons and told them that the land should never be divided, but the produce should be taken equally, fifty percent, by each son.

Accordingly, they went by their father's word. One of the brothers got married and had five children. The other one never got married. Life went on and they each took fifty percent. One day, a thought entered the mind of the brother who had a wife and five children: "I'm getting fifty percent; my brother is also getting fifty percent. But I have a wife and five children while my brother has nobody. When he gets old, who will take care of him? He should have a little more than me because I have the wealth of my children. But he is too proud; he will not take it from me." So in the dark of the night, he carried a bagful of grain quietly and walked into his brother's store, dropped this bag and walked back. Whenever he could, he went on doing this.

The same thought also entered his brother's mind. He thought, "I am alone, my brother has five children to feed and I am getting fifty percent, but if I give him extra, he will not take it." So he started doing the same thing at night. This went on for many years and both of them never noticed. One night, both of the brothers carrying sacks of grains in secrecy walked towards each other's storehouse and came face to face. Suddenly, they realized what was happening.

--Jaggi Vasudeva

18. A GUIDE GOD FOR THE BLIND

Reprinted from www.HelpOthers.org.

Many years ago I lived in a western country. My very first job saw me employed in the city and I was thrilled to commute to the office by public transport! I had never been employed before and my chances of travelling on a bus by myself had always been very remote. So, I was very happy with my new lifestyle!

I left home each morning in time to catch the 8.05 bus from the main road. One Autumn morning I could see the bus approaching. I could also see an elderly lady walking with an adorable dog beside her. There were some youngsters behind her. The bus arrived and we got on. Unlike in eastern countries only eight passengers were permitted to travel standing. I was inside the bus when the conductor called, "Only eight standing passengers! Could the last one to get on please get off?" I saw those youngsters inside, right in front of me, and it occurred that they had skipped the queue!

I thought it was me who now had to get off. I turned and saw the elderly lady with her dog about to get off instead. I moved quickly to get in front of her. I encouraged her to stay and got off knowing very well I would be late that morning, but it didn't bother me.

I hadn't noticed at the bus stop. It was only as I moved past her to get off the bus that I realised - she was blind! Her adorable companion was her guide dog!

Well, I eventually got to the office. After the day's work I went to the bus stand in front of my office to make the return journey. What a pleasant surprise! The lady and her dog were there! I was really pleased because I would get a better chance to speak with her. I opened the conversation and she recognised my Asian accent! She asked if I was the same person who helped her that morning. Amazing! From there onwards it was one long happy conversation.

The bus arrived; we got on, and were able to choose any seat as the bus was empty. Knowing that it would make things easy for her I suggested we sat on the long sideways seats with her guide dog between us.

Our journey started, and so did her story.

She told me that her husband was a World War Two veteran. He had lost his left arm and part of his left leg in the war. She told me that 10% of the government jobs were reserved for disabled people (at that time) and preference was always to the spouses of war veterans. Because of this they were managing with her salary and his pension.

About half way through the journey the conductor called out again. "NO STANDING ... GET OFF! GET OFF!" Now what?

I looked around only to see the very same youngsters being unruly again! Now it was their turn to be put off the bus!

We arrived at our destination, her special companion on one side and her new-found companion on the other. I helped her cross the road to where an elderly, broad shouldered gentleman with an artificial leg was waiting for her.

It really touched my heart to see how the three of them, helping each other, walked on into the distance. But before we parted I offered to be there every morning and evening to help her get on the bus. Her husband was very pleased with this as it was a real effort for him to walk that far.

Eventually I returned to my home country. Before that I always wondered how they would manage as she had gotten used to me being there. To my delight her retirement arrived just before my departure.

These beautiful memories are still fresh in my mind. When I walk back down memory lane encounters like this one fill my heart with peace and contentment!

19. A NEW FAMILY I NEVER EXPECTED

Reprinted from www.HelpOthers.org.

18 years ago I discovered I was unexpectedly pregnant, I was on my own and in an extremely limited financial situation. I worked at a pet shop, a job I loved, but cleaning cages with unrelenting nausea was pretty awful to deal with. Having little money, and unable to keep anything down, I started losing weight instead of gaining it.

There was a neighbor woman I had visited with a couple of times, and to my surprise, she started working at the pet shop too. Every day, for lunch, she would produce large, organic salads and other very healthy meals. To my surprise she insisted that I have some of her lunch. I tried to refuse, but she was determined. Puzzled, I managed to eat, and when I admitted to everyone at work that I was pregnant, she was very excited, and kept on feeding me, despite the fact that I couldn't hold it down for very long.

She had a medical background, and was a lay midwife, and told me that the body very efficiently directed the nutrition to my developing baby, even if the meal didn't stay put for long. All through my pregnancy she was a guardian angel, looking after me, she and her husband keeping me supplied with fresh produce. We became very close friends, and she and her husband even attended my daughter's birth, with her as my coach. They ended up taking us into their home and we became part of their family.

One day I mentioned how much I appreciated how she had shared her lunch with me when we worked at the pet shop. She smiled a secretive smile, and when I asked her about it, she told me that another friend had noticed that my refrigerator was shockingly empty back then, and she reported the fact to my soon to be guardian angel! She told me she prayed about it and felt led to get a job where I worked so that she could look after me without me knowing why she was there. "I just knew you were part of our family!" she said. I was stunned and amazed as I considered this new information. Here I had been alone and pregnant and poor, only to be taken under wing by this woman.

This is, to me, just another of the endless miracles that have lifted me up through my life. In reality I was never alone.

20. 11 YEARS WITHOUT A SINGLE COMPLAINT

Reprinted from www.HelpOthers.org.

I met my husband (my 2nd) back in 1997 at a colleague's wedding. We immediately hit it off and saw each other regularly. I told him all about my having IIH, and what it involved as well as the worst case scenario, which is blindness. I was also at the time a single parent to an 8 year old daughter.

Although in some ways we were total opposites, we shared the same humour, values and ideas, and within a year we were married. It was the most fantastic day, and I don't know who cried more, myself or my husband. He became a fantastic husband, and father to my daughter (the only one she's ever known), and life was good to us.

Two years on, due to my IH I lost my peripheral vision and depth perception. After having an Lp shunt to prevent total blindness, my mobility was severely affected, as the shunt is inserted into your spine and then through to your abdomen.

Once independent and active, I now could only just manage to work, but needed special equipment to do so. Household tasks were impossible and walking and sitting for long periods of time a struggle.

My husband who worked up to an 80 hour week as a chef, had to take on all the household duties, decorate alone, washing, ironing, cooking, cleaning anything you can think of. He took it all on without complaint. This man had been a carefree bachelor until he was 27, and in a short time became a husband, a father. Now he was also running a household.

When I was registered partially sighted, and also by then, had to walk with a cane, my husband continued to happily be supportive and take care of things with no complaint. When I was early retired due to my health, he kept my spirits and optimism high and encouraged me in my desire to help other sufferers.

In the past 2 years I have had 17 surgeries, 3 bouts of meningitis, 3 staph infections, MRSA, and ventriculitis which put me in a coma for 4 days. Most of these put me quite close to death. For every surgery and hospital stay, my husband has been there every step of the way. He visited me everyday, was there when I came round from surgery, and made sure everyone was informed of my progress, while still working, running the house, and taking care of our daughter. He would also bring things in for other patients, who were on the same ward as me. To thank the nurses, each time for their care, he brought them all a meal in and chocolates and a card to let them know how grateful he was that they were taking good care of me.

Still, he doesn't complain, even when he lost his job, because of the time he had off to care for me. Everyday he brings me my meals and my medications, then he gets on with the running of the house, even managing to go and do odd jobs for his parents, and a neighbour.

We have been together for 11 years, and in all that time not once has he bemoaned his lot, or the fact we couldn't have children because of my illness. He has never been bitter or felt hard done by, and when I apologise to him for not having the life I thought we would, he simply says " I love you! This isn't just your illness it's ours, we're in it together".

He is one of the most giving and helpful people I have ever known, and he never stops, and of course, all without complaining!

21. HOMELESS MAN WHO WOULDN'T SHOOT

Reprinted from www.HelpOthers.org.

I watched from a distance as the homeless man bickered at those who did not leave money for him – the majority.

I walked up to him and right on queue he asked me for a quarter. "I'll give you a quarter if you tell me your story." He laughed, "You'll give me a quarter for my story?" I lay the quarter in front him and corrected myself – "Nah, here's the quarter but it would be nice to hear your story." I followed his eyes to the quarter and for a brief moment I saw a glimmer of reflection. I sat down next to him and waited.

"I was in the army," he said. "Was a sniper – was supposed to shoot down the enemy from the distance." I listened intently to his grizzly voice as he dwelled deeper into the story. He wore dirty old rags and smelled like a dead rat left in a mouse trap. He told me how he used to hunt with his family and was really good at it. He had his own way of respecting animals by not wasting what he killed for food and not killing more than he needed. When the army came knocking on his door, he felt pride and joined up. All those years of honing his hunting skills could now serve a larger purpose - to defend us from

the bad guys. He set out to fight in Iraq.

It wasn't long before he realized his ideals and expectations were just a shadow of the truth. He became disillusioned with the killings, that he felt were of innocent people. "I was a sniper but I never really killed anyone," he said. "One day I had to do it. They asked me to shoot this lady from the distance. I saw kids near that lady and my hands were on the trigger. Man I was tearing up ... I couldn't do it. She wasn't doing anything to anyone and she was with the kids -- I couldn't see through my tears. It just didn't make any sense to me."

The story goes on as he describes eventually being put into jail for 180 days for refusing to follow orders. He told me how he was black listed so that he couldn't get a job. All the rights we take for granted were stripped from him. Why? The irony of it swirled through my head. Here was a man who was being punished – and for what? For refusing to kill the the lady? For being a hero? "I have no regrets," the homeless man said. "I may be homeless now, but I never killed that lady. I never killed no one in the army. It didn't feel right. I didn't go there to do that. I went there to save people." He continued, "I can live with being homeless – that's okay. But I wouldn't be able to live with killing innocent people."

On that lonely Friday night, I met a hero. It just never occurred to me that a hero could be a smelly, bickering old man left on streets.

22. DEVELOPING THE INTENTION TO HELP

Reprinted from www.HelpOthers.org.

Last week, I met a friend who suggested that I do an act of kindness every week and then share the story with him through email. Of course, like the most of us, I have my own share of helping people and hence I thought this "simple" suggestion would be an easy weekly task. But I was in for a surprise.

I had made a promise to myself that I wouldn't involve giving a materialistic gift. My friend had said: "It should touch you deeply, it should have a story; otherwise, it's just a material experience". That struck a chord with me, so I decided to step-it up :) and looked forward to "doing" the act of kindness.

I realized in the next 48 hours that "doing" an act of kindness, an intentional act of kindness, might be simple but letting it happen naturally wasn't as simple.

I found myself giving away my precious afternoon tea-bags to a colleague as since I knew he wouldn't go and buy them himself from the speciality store. I gifted a pen set to a friend of mine who got a job in my company after a year long battle. I saw the recipients were touched but I had this inner voice saying, "Haha ... that wasn't all that fulfilling ... it was still a materialistic gift."

At about 6 pm on Saturday evening, I was sitting outside a Starbucks waiting for my wife and other friends to join. The weather was beautiful, slightly cloudy with a gentle breeze; it was kind of refreshing after an unending long hot days in San Diego. Suddenly, the Starbucks door opened and out came a young woman carrying a big trash bin and letting out a big sigh while wiping the sweat on her forehead: "Ohhh my Goddd! Its crazy in there! We are so busy." I just sat there and gave the usual generic smile that we're taught to give. Then I thought this could be my chance to help -- help with the trash, buy her a coffee or a muffin of a frap, or just say, "We appreciate all the hard work you do." But I didn't do anything - I just sat there.

After a few seconds she left, as I lamented my missed opportunity. I then got up and searched for her following the path where she might have gone but couldn't find her.

By that evening, I had decided that perhaps like everyone else, I was yet another cog in the corporate wheel with no natural instinct to help. I knew I had the capacity to help but felt sad that it wasn't a natural instinct. On Sunday night, I got a call from my friend who needed some sleeping bags etc. from my car. I took the elevator to the parking garage when the door opened a young pregnant woman and her mother were standing there with loads of luggage and bags outside the elevator. Immediately, I asked the lady to hold the elevator door open as I started helping them load their luggage into the elevator. She insisted that it wouldn't be necessary as her husband and father were coming with more stuff and they could do it but I just smiled and asked them to take it easy and within minutes it was all in the elevator. The young woman said she was just back from her baby-shower, so I told her that I wished their family a beautiful baby with a safe delivery. And I casually walked away.

As I was taking the sleeping bags out of the trunk of my car, I realized what had happened. I had been kind and helped someone without actually deciding to do so. It happened at the spur of the moment -- naturally and beautifully. It wasn't

dramatic, but it was simple and ordinary and that brought a smile to my face.

When I look back on the Starbucks episode and the elevator incident, I realize that intending to help and helping naturally do go hand in hand. It is because of my intention to help or be kind or just spread goodness over the past few days was becoming stronger, that this act just happened. Had I not held the intention to be of service, I probably would have just smiled at the ladies and walked away.

Holding the intention to help is the first step to become a natural giver. Initially, I was frowning over the first step but now I see the power of a strong thought.

23. INSPIRE A LIFE OF IMMERSION

Reprinted from www.KarmaTube.org.

In this wide-ranging talk, Jacqueline Novogratz shares stories of people who have immersed themselves in a cause, a community, a passion for change. Stories that remind us that our human inheritance is the capacity to live lives infused with courage, sacrifice, humility, and hard work - and the tremendous impact it can bring to others. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2261>.

24. THE IMPACT OF A CARING TEACHER

Reprinted from www.KarmaTube.org.

Have you had a teacher who has profoundly affected your life? Based on a true story, this commercial, by the Ministry of Education, Singapore, beautifully depicts one such case: the story of Edwin and Mrs. Chong. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2604>.

25. CHANGE FOR A DOLLAR

Reprinted from www.KarmaTube.org.

This award-winning short film follows the journey of a homeless man looking for change, but not the kind of change you might think. The film gives expression to the idea that empathy and awareness of the needs of others are more important aspects of philanthropy than financial resources. It also celebrates the notion that even the most powerless among us have the capacity to be agents of goodness in the world. Could you be the change in somebody's life today? Follow this link to the video... <http://www.karmatube.org/videos.php?id=2809>.

26. THE GOOD LIFE PARABLE

Reprinted from www.KarmaTube.org.

What are you going to do with your lucky lottery ticket? That's a question every MBA faces. A lot of time and money has been invested in you, and once you graduate you're supposed to cash that ticket in for as much money and status as you can. Your parents and peers expect it. And you may feel that there's really no other choice. You can't risk wasting that expensive education. It's the safe thing to do. Isn't it? Mark Albion doesn't think so. In "The Good Life", a movie by FreeRange Graphics, Mark takes you to a chance meeting between an MBA and a fisherman on a small island. As the MBA tries to teach the fisherman about business, the fisherman teaches him about life. Follow this link to the video... <http://www.karmatube.org/videos.php?id=1328>.

27. LOVE, THE MOST POWERFUL MEDICINE

Reprinted from www.KarmaTube.org.

For a brief time, hospice nurse, Dean Nash, is able to break down the barriers of sickness and the reality of dying through his 10-year-old Australian Shepherd, Stormy. Bringing Stormy into the Crossroads Hospice, Nash says, offers patients unconditional love — allowing them to temporarily forget about dying and instead focus on the delight of a “ball of fur and a wet nose” to lift their spirits. “She gives good love,” Nash says. And she does just that. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2658>.

28. MOTHER TREES CONNECT THE FOREST

Reprinted from www.KarmaTube.org.

Don't trees only talk to each other in the movies? Professor Suzanne Simard shares her latest research regarding forest ecosystems here. Amazingly, we find that in a forest, 1+1 equals more than 2, as all trees are interconnected with the largest, oldest, "mother trees" serving as hubs. The underground exchange of nutrients increases the survival of younger trees linked into the network of old trees in this fascinating, real-life model of forest resilience and regeneration. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2764>.

29. GRATITUDE IN SEEING COLOR

Follow this link to a video that will invite your gratitude for seeing color...
<http://www.greatdanepro.com/Just%20Colors/index.htm>.

30. YOU CAN CHANGE YOUR LIFE

Follow this link to a video that shares some illuminating evidence on how our thoughts reflect our world and how changing our life begins by changing our thoughts...
<http://www.youtube.com/watch?v=S0Mxb1qgpow>.

31. BECAUSE OF LOVE

Reprinted from *The Intenders Highest Light House Newsletter Holiday Edition 2011*

A brother and sister made their usual hurried, obligatory pre-Christmas visit to the little farm where dwelt their elderly parents with their small herd of horses. The farm was where they had grown up and had been named Lone Pine Farm because of the huge pine which topped the hill behind the farm. Through the years the tree had become a talisman to the old man and his wife, and a landmark in the countryside. The young siblings had fond memories of their childhood here, but the city hustle and bustle had added more excitement to their lives and called them away to a different life.

The old folks no longer showed their horses, for the years had taken their toll. Getting out to the barn on those frosty mornings was getting harder, but it gave them a reason to get up in the mornings and a reason to live. They sold a few foals each year, and the horses were their reason for joy in the morning and contentment at day's end.

Angry, as they prepared to leave, the young couple confronted the old folks "Why do you not at least dispose of 'The Old One'. She is no longer of use to you. It's been years since you've had foals from her. You should cut corners and save so you can have more for yourselves. How can this old worn out horse bring you anything but expense and work? Why do you keep her anyway?"

The old man looked down at his worn boots, holes in the toes, scuffed at the barn floor and replied, " Yes, I could use a pair of new boots". His arm slid defensively about the Old One's neck as he drew her near with gentle caressing, rubbing her softly behind her ears. He replied softly, "We keep her because of love. Nothing else, just love."

Baffled and irritated, the young folks wished the old man and his wife a Merry Christmas and headed back toward the city as darkness stole through the valley. The old couple shook their heads in sorrow that it had not been a happy visit. A tear fell upon their cheeks. How is it that these young folks do not understand the peace of the love that filled their hearts?

So it was, that because of the unhappy leave-taking, no one noticed the insulation smoldering on the frayed wires in the old barn. None saw the first spark fall. None but the "Old One". In a matter of minutes, the whole barn was ablaze and the hungry flames were licking at the loft full of hay. With a cry of horror and despair, the old man shouted to his wife to call for help as he raced to the barn to save their beloved horses. But the flames were roaring now, and the blazing heat drove him back. He sank sobbing to the ground, helpless before the fire's fury. His wife back from calling for help cradled him in her arms, clinging to each other, they wept at their loss.

By the time the fire department arrived, only smoking, glowing ruins were left, and the old man and his wife, exhausted from their grief, huddled together before the barn. They were speechless as they rose from the cold snow covered ground.

They nodded thanks to the firemen as there was nothing anyone could do now. The old man turned to his wife, resting her white head upon his shoulders as his shaking old hands clumsily dried her tears with a frayed red bandana. Brokenly he whispered, "We have lost much, but God has spared our home on this eve of Christmas. Let us gather strength and climb the hill to the old pine where we have sought comfort in times of despair. We will look down upon our home and give thanks to God that it has been spared and pray for our beloved most precious gifts that have been taken from us.

And so, he took her by the hand and slowly helped her up the snowy hill as he brushed aside his own tears with the back of his old and withered hand. The journey up the hill was hard for their old bodies in the steep snow. As they stepped over the little knoll at the crest of the hill, they paused to rest, looking up to the top of the hill the old couple gasped and fell to their knees in amazement at the incredible beauty before them. Seemingly, every glorious, brilliant star in the heavens was caught up in the glittering, snow-frosted branches of their beloved pine, and it was aglow with heavenly candles. And poised on its top-most bough, a crystal crescent moon glistened like spun glass. Never had a mere mortal created a Christmas tree such as this. They were breathless as the old man held his wife tighter in his arms.

Suddenly, the old man gave a cry of wonder and incredible joy. Amazed and mystified, he took his wife by the hand and pulled her forward. There, beneath the tree, in resplendent glory, a mist hovering over and glowing in the darkness was their Christmas gift. Shadows glistening in the night light. Bedded down about the "Old one" close to the trunk of the tree, was the entire herd, safe. At the first hint of smoke, she had pushed the door ajar with her muzzle and had led the horses through it. Slowly and with great dignity, never looking back, she had led them up the hill, stepping cautiously through the snow. The foals were frightened and dashed about. The skittish yearlings looked back at the crackling, hungry flames, and tucked their tails under them as they licked their lips and hopped like rabbits. The mares that were in foal with a new years crop of babies, pressed uneasily against the "Old One" as she moved calmly up the hill and to safety beneath the pine.

And now she lay among them and gazed at the faces of the old man and his wife. Those she loved she had not disappointed. Her body was brittle with years, tired from the climb, but the golden eyes were filled with devotion as she offered her gift--
Because of love. Only Because of love.

Tears flowed as the old couple shouted their praise and joy... And again the peace of love filled their hearts.

This is a true story...Willy Eagle

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 newsletter@servingyourjourney.com 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. SPIRITUAL RESOURCES

Check out the resources on the Spiritual Guidance website's resources page (www.servingyourjourney.com). There is a plethora of articles, poems and meditations, books, organizations, practitioners and videos to browse.

In addition, the resources page contains a listing of almost 400 spiritual centres and retreats throughout North America (some international centres and retreats are represented). In parallel with the master list of spiritual centres and retreats, Spiritual Guidance maintains two other indexes. The first is an index by region, state or province throughout North America. The second index is by faith tradition, denomination or community including, but not limited to:

- Buddhist centres, temples, priories, and monasteries
- Christian retreat centres, abbeys and monasteries; including monastic communities such as the Jesuit, Oblate and Benedictine communities (includes denominations such as Catholic, Lutheran, Anglican, Baptist, Protestant, Pentecostal, Episcopal, Presbyterian, Methodist, etc.)
- Eco-wellness and nature-oriented-and-focused centres and retreats

- Hindu and other ashrams
- Jewish retreat centres
- Shaman centres
- Sufi retreat centres
- Taoist retreat centres
- Theosophical retreat centres
- Non-sectarian, non-denominational, inter-faith community centres and retreats (e.g., Brahma Kumaris, Sri Chinmoy, etc.)

If there is a specific spiritual centre or retreat you have in mind and/or are looking for, or you would appreciate some assistance in narrowing your search or exploring options (based on faith tradition, denomination, community, region, state, province or city), please contact Spiritual Guidance. We will be honored to assist you. Our contact information is at the very bottom of this e-newsletter.

33. SPIRITUAL EXPLORATION AND SOUL COACHING

Spiritual Guidance can work with you to serve your individual needs, whether to receive spiritual guidance, engage in dialogue about your life, or explore and develop your spiritual practice. Spiritual Guidance works collaboratively with aspirants to guide them through an exploration of their life to realize inner peace, joy, love, gratitude, compassion and forgiveness.

Guided sessions are typically held one-on-one at a location comfortable for the individual requesting guidance. Your guide may encourage a first meeting in a neutral, public setting to explore whether *Spiritual Guidance* can assist you at this time in your spiritual journey. Spiritual Guidance also offers spiritual exploration and soul coaching services via an **international Skype practice**.

Each guided session may include a variety of activities—not limited to talking, walking, hiking, meditation, guided imagery and/or readings—that the individual requests and feels comfortable with. The purpose of these activities is to create a comfortable atmosphere for the individual to listen to their soul and explore their spiritual existence.

Hourly and daily rates, dependent on the nature of the guidance or coaching requested, can be discussed with Spiritual Guidance.

Please contact Spiritual Guidance if we can be of service. Our contact information is at the very bottom of this e-newsletter.

34. SPIRITUALITY 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 for any of the above workshops, please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@servinyourjourney.com.

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.

35. SPIRITUALITY DISCUSSION GROUPS

Spiritual Guidance leads discussion groups on spirituality in Ottawa, Canada. If you or someone you know is interested in participating in these discussion groups, please contact us at rmeagher@servinyourjourney.com or 613-204-0299. You can also register your interest on the ‘Services’ page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>).

36. 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 us at meagher@servinyourjourney.com or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>).

37. 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.servinyourjourney.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 the above 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 go to the home page of our website (www.servinyourjourney.com) and click on



the  button toward the bottom left of the home page.

OR

2. 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

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

679 Cooper Street
Ottawa, ON K1R 5J3
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.



Spiritual Guidance
and
St. Paul's Eastern United Church

Presents

“Interfaith Dialogue Series”

Wednesdays, January 25, February 1, 8, 15, 2012
6:30 – 8:30pm

The Royal Oak (Lower Level)

(161 Laurier Ave. East, Ottawa – Between Cumberland Street and King Edward Ave.)

Interfaith ministry seeks the common ground among the faith traditions as a seed for love, inner peace and world peace. We celebrate all the great faith traditions including, but not limited to: Buddhism; Christianity; Hinduism; Islam; Judaism; and Taoism. We believe that celebrating all faith traditions can facilitate and promote wholeness, integration and interconnectedness.

This Interfaith Dialogue Series will celebrate the diversity and common ground among the faith traditions through a facilitated workshop style dialogue series. Participants can look forward to a dialogue based upon rich, exploratory questions using the World Café facilitation methodology. Bring your curiosity for discussion and dialogue about the interfaith issues that matter to you.

Cost: In-kind donation and/or free will offering.

Registration: Please contact Rev. Robert Meagher at 613-204-0299 or
rmeagher@servingyourjourney.com.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece or shawl. The sedentary nature of the event may result in you wanting to add layers to stay warm.

39. ESTABLISHING A SACRED PRACTICE

...with James Schmeiser and Prajna (Teresa Bryant)

Sunday, January 15th, 2012, 7pm to Friday, January 20th, 2012, 2pm at Medaille Retreat House, London, Ontario, Canada.

Sacred Practice is the bedrock of a spiritual life, but what practice(s) and how to remain dedicated are questions for personal discovery. This retreat includes daily prayer and meditation, as well as teachings. Each participant will meet for spiritual direction at the beginning and end of the retreat and create a personal sacred practice schedule. This retreat will draw inspiration from both the Buddhist and Christian traditions, and is primarily held in silence. Cost: \$495.00 includes food and accommodations. Register online: www.mosaicretreats.ca.

40. INTERCULTURAL DIALOGUE INSTITUTE 7TH ANNUAL DIALOGUE & FRIENDSHIP DINNER

Intercultural Dialogue Institute (IDI) Toronto
cordially invites you to attend its 7th Annual Dialogue & Friendship Dinner with the theme

“Living as Neighbours in the Global Community of Toronto”

Thursday, January 12th, 2012 (6:30pm – 9:30pm)

Keynote Speakers:

Dr. Mamdouh Shoukri, President & Vice Chancellor of York University
Dr. Usha George, Dean of Community Services at Ryerson University

MC:

Robert Fisher, CBC Radio Journalist

The Fairmont Royal York, Imperial Room
100 Front Street West, Toronto, ON, M6B 3R1
Please RSVP by 7th of January, 2012
rsvp-toronto@interculturaldialog.com

Hosting Committee

- Joe Daniel, MP for Don Valley East
- Judy Sgro, MP for York West
- Cheri DiNovo, MPP for Parkdale-High Park
- Joe Mihevic, City Councillor for St. Paul's West
- William Blair, Chief of Toronto Police Service
- Gary Polonsky, Chair of Canada Science & Technology Museum Board of Trustees
- David Rivard, Chief Executive Officer of Children's Aid Society of Toronto
- Paul Gooch, President of Victoria University in the University of Toronto
- Abdul Hai Patel, President of Ontario Multifaith Council
- Damian MacPherson, Director, Ecumenical & Interfaith Affairs, Archdiocese of Toronto
- Armand La Barge, Retired Chief of Police, York Region
- Karen Hamilton, Minister, United Church of Canada

<http://toronto.interculturaldialog.com/archive/2011/7th-annual-dialogue-friendship-dinner-jan12-by-invitation-only/>

41. UNIFY EARTH

The biggest live entertainment (Sacred) event that has ever happen on Earth has begun. It will be held on December 21, 2012, at Chichen Itza, Mexico, at the exact moment when the Earth, the Sun and the center of the galaxy are in perfect alignment, and it will be broadcast via TV, internet and mobile streaming. This cosmic alignment only happens once about every 26,000 years, and it is expected that two billion plus people will be watching this event as it unfolds.

Some of the groups that have aligned with **Unify Earth** at this moment are Cirque Du Soleil, Google, Live Earth and Live Aid, and they will feature Sting, Carlos Santana and many other luminaries. It is just beginning.

But most importantly, the Itza Mayan Council of Elders from the Yucatan has approved this event and will be intimately a part of the ceremonies, and the ceremonies that they perform at the moment of the alignment will be REAL, and will fulfill the Mayan Prophecy. It is the Mayan calendar, the most accurate calendar on Earth, that predicted the timing of this cosmic cycle, and it is the Mayan people who are being honored during this event.

Cirque Du Soleil will present the creative aspect of this event, and they will be giving simultaneous presentations all over the world, but focused on Chichen Itza, the Heart Center of the Mayan people. It is a story about humanity's journey throughout the ages that brings fantasy and reality together and takes the viewer on an epic musical media experience.

But deeper than the outer display, Unify Earth will begin March 21, 2012, to educate the world as to what the date of December 21, 2012, means from a Mayan Prophecy point of view: not the end of the world as many have believed, but the beginning of a new cycle of human consciousness expansion. This will be the most important moment of human experience since we were conceived, and a moment of great beauty. It is a time to celebrate!!! For what follows that event is inevitable, the birth of a new humanity.

Unify Earth's purpose is to get 2 billion plus people into their hearts simultaneously at the very moment of this cosmic alignment, which allows us to dream a New Dream for Humanity. It is our choice to continue on the path of darkness, or to turn abruptly and face the brilliant Light that is all around us. This will be the moment for us to take a stand for Life, and for you to be there in your beautiful Tiny Space of Your Heart creating a new world for all of us, our children and all Life on Earth.

Remember to breathe.

In Lak'ech

42. HENDERSON AND SILLS PRESENT THE SELF-HEALING SERIES

Henderson & Sills
present the: **Self Healing Series**
A series of guided singing bowl meditations designed to increase your vibrational state, Level of Consciousness & build Spiritual muscle

Single CDs \$35.00
The Collection of 4 CDs \$98.00

Contact: Doug Henderson: 613.233.3888 Jeremy Sills: 613.627.5475

selfhealingseries.wordpress.com

The Spirit of Christmas
Love is Christmas. Forgiveness is Christmas.
Spiritual Evolution is Christmas. Healing is Christmas.
Give the Spirit of Christmas !

I Choose Love
Henderson & Sills
Self Healing Series Building Spiritual Muscle 1
SHS-01 - LOC 625

Forgiveness
Henderson & Sills
Self Healing Series Building Spiritual Muscle 2
SHS-02 - LOC 769

Spiritual Evolution
Henderson & Sills
Self Healing Series Building Spiritual Muscle 3
SHS-03 - LOC 775

Healing
Henderson & Sills
Self Healing Series Building Spiritual Muscle 4
SHS-04 - LOC 969



SHS-Christmas_low_r
es.jpg

43. END OF LIFE DECISIONS: MEDICAL ETHICS AND HOSPITAL CHAPLAINCY

by Dr Abdulaziz Sachedina

Wednesdays – January 11 to February 8, 2012
6:00 to 9:00 p.m.
Emmanuel College, Toronto, Ontario, Canada

End of life decisions studied from bioethical perspective found within Islamic tradition.

Cost: \$300; students and seniors \$150.

Contact Betsy Anderson at 416-813-4096 or e-mail betsy.anderson@utoronto.ca

Additional information: www.emmanuel.utoronto.ca.

44. ART AS A FORM OF SPIRITUAL EXPRESSION

with Viviane LaRiviere

Friday, January 20 (6:30 - 9:30 p.m.) and Saturday, January 21, 2012 (10 a.m. to 5 p.m.)

Emmanuel College, Toronto, Ontario, Canada

Register by January 12, 2012; half price for students.

Cost: \$175 includes dessert Friday evening, lunch on Saturday and workshop materials.

Contact Betsy Anderson at 416-813-4096 or e-mail betsy.anderson@utoronto.ca

Additional information: www.emmanuel.utoronto.ca

45. CENTERING PRAYER 6-DAY INTENSIVE RETREAT

“Embodying the Silence – A Deeper Surrender”

Monday, March 12 at 5:30 p.m. (eat before you come) to Sunday, March 18, 2012 at 2 p.m.

Scarboro Mission, 2685 Kingston Rd, Toronto, Ontario, Canada

Facilitated by Susan Rush, Coordinator, Contemplative Outreach New Mexico

Eligibility: at least one year's regular practice of Centering Prayer

Cost: overnight resident: \$625; commuter \$445 (includes non-refundable fee of \$50)

Register: send contact info & full payment to Elyse Strathy, 91 Glenview Ave, Toronto, ON, N4R 1P9, CANADA

Further information: contact Elyse Strathy at 416-482-1619 or strathy@sympatico.ca

46. THE SPIRIT OF YES! A MUSICAL EXPLORATION OF VOCATION, IMAGINATION AND THE HUMAN SPIRIT

The Centre for Spirituality at Work invites you to:

**The Spirit of YES! A Musical Exploration of Vocation, Imagination & the Human Spirit
with Michael Jones, Barbara McAfee, and Tim Elliott**

**Sunday January 29, 2012
7 to 9 pm**

At 175 St. Clair Avenue West, First Unitarian Congregation, Toronto

Earlybird fee: by Monday, January 23, 2012

Very long-time friends and program leaders of the Centre for Spirituality at Work, Michael Jones and Tim Elliott, have joined with Minneapolis native Barbara McAfee to bring you a truly unique, enjoyable, and meaningful evening unlike ever offered before. Come for music and reflection, humour and dialogue, singing and surprise!! All with a focus on your readiness to say YES!! to a call to vocation, an opening to imagination, and a connection with the human spirit. Leave inspired.

Michael Jones, Barbara McAfee, and Tim Elliott combine their love for and talent in leadership education and in music. Each is a leadership specialist, published author, and recorded musician. Michael (www.PianoScapes.com) is a Juno Award nominated pianist and composer who is an internationally respected leadership educator and writer, author of *Artful Leadership: Awakening the Commons of the Imagination*. We welcome singer/songwriter Barbara (www.BarbaraMcAfee.com) visiting from Minneapolis, Minnesota – she co-presents with Margaret Wheatley and Peter Block, and has published *Full Voice: The Art and Practice of Vocal Presence*. Tim (www.TimElliott.ca) is a professional jazz pianist, vocation & leadership coach, ministry development consultant, Anglican priest, and author of *Clarity and Courage: Life as an Improvised Journey*.

RESERVATIONS: \$20 received by Monday January 23, or \$25 following. At-the-door: \$25 cash or cheque. For students and seniors: \$20. To reserve in advance, mail a cheque payable to: Centre for Spirituality at Work, Box 100, 236 Guildwood Parkway, Toronto M1E 1P7. Or reserve and pay by credit card through PayPal at www.SpiritualityAtWork.org.

LOCATION: 175 St. Clair Avenue West, just west of Avenue Rd., in the sacred space of the First Unitarian Congregation of Toronto (www.FirstUnitarianToronto.org). Between the St.Clair and the St.Clair West subway stations. Free parking in the lot across the street on the north side of St. Clair, enter from Forest Hill Road.

I'm looking forward to seeing all of you who can join us at this very special event.

All the best,
Sherry

Sherry Mikelic, MBA, MDiv
Founding Director
Centre for Spirituality at Work
Connecting who you are and the work you do
www.SpiritualityAtWork.org

47. TOUCHING THE ETERNAL – A PERSONAL TRAINING COURSE

Richard Harvey/Therapy & Spirituality

A Personal Training Course which Presents Richard's Three Stages of Awakening in its Newest, Most Complete Form to Date

"The essential secret is that we are consciousness and consciousness is eternal. Freedom from separation and attachments involves living into this secret until it becomes our central reality... beyond fear and desire."

TOUCHING THE ETERNAL

Part I: Personality, Ego-attachments and the Relative World

Group Event: a 4-day Interactive, Ego-destroying, Soul-repairing, Spirit-kindling Experience in the Sierra Nevada Mountains in southern Spain

24-27 Feb 2012

Richard Harvey has produced a psycho-spiritual and holistic approach to the problems of the inner world for human beings in modern times. Ego-forces are now so powerful and insidious that, unless we are keenly developed in inner vision and awareness practice, we cannot gauge the hazard for modern humanity in the present era. The creative powers of being are almost entirely submerged beneath the need for self-aggrandizement, blame and guilt, animalistic lower energy concerns, selfishness and self-concern. Only an inner and spiritual revolution of radical, profound inquiry can bring about a transformation of sufficient proportions. This takes great courage, application and persistence. The process involves the loss and heroic ordeal of all that we hold dear for Truth or God, Compassion and Love. These transforming aspects of the Divine are almost totally eclipsed today, but there is hope if we can take responsibility for our awakening, liberation and realization using intelligent, inspired and authentic means.

Richard's Three Stages of Awakening comprise a Divine Psychology and in the group event **Touching the Eternal** it is presented in three parts:

Touching the Eternal Part I: Personality, Ego-attachments and the Relative World on 24-27 Feb 2012

Touching the Eternal Part 2: The Work of Authenticity, The Ego and True Purpose, Surrender of the Self on 27-30 Apr 2012

Touching the Eternal Part 3: Spiritual Practices, Transcendence and the Divine Person on 22-25 Jun 2012

You may take any part separately as a complete course in itself or all three parts as a complete training. For practitioners, teachers and healers: this course offers ideas, methods and challenging concepts that should help and embellish your chosen approach. However in Part 3, the Spiritual Practices are specific and intended to be affective in the spiritual process of transcendence and attaining to the divine. If you already have a spiritual method and philosophy that is adequate for your aspirations, we respectfully ask you not to attend Part 3 of **Touching the Eternal** since that part is for people who wish to engage sincerely with a new radical transforming spiritual method.

Venue: Cortijo Llano de Manzano <http://www.therapyandspirituality.com/location-alpujarras-spain.html>

Price and Booking: 400 euros. Booking via 100 euros deposit, the balance is payable at the beginning of the event. Reduced prices for couples booking together or people who genuinely are unable to afford the full price. Deposits are non-refundable unless the event is cancelled in which case you receive a full refund.

<http://www.therapyandspirituality.com/bookings.php>

Flights and Travel: see <http://www.therapyandspirituality.com/travel-information-alpujarras.html>

Accommodation: the event is non-residential. For details of nearby accommodation to suit different budgets see "Accommodation" at <http://www.therapyandspirituality.com/travel-information-alpujarras.html>

Interview on the Three Stages of Awakening: <http://www.therapyandspirituality.com/interview-stages-awakening.html>

More at <http://www.therapyandspirituality.com/human-awakening.html>

Richard Harvey/Therapy and Spirituality Links:

WEBSITE

<http://www.therapyandspirituality.com/>

SOCIAL MEDIA

http://www.linkedin.com/profile/edit?trk=hb_tab_pro_top

<http://www.facebook.com/pages/Therapy-and-Spirituality/138888839521420>

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BIO

<http://www.therapyandspirituality.com/about-richard-harvey.html>

Full details of this and other workshop events are at <http://www.therapyandspirituality.com/workshops.html>

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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