

Spiritual Guidance

Serving your personal journey toward enlightenment...

May 2012 e-Newsletter

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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You are invited to share this e-newsletter with those family, friends, colleagues and acquaintances you think may be interested.

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

SPIRITUAL GUIDANCE OFFERINGS:

1. PERSONAL STORY OF SPIRITUAL LESSONS

Anger

A dear soul and I recently completed a project that, for some, would be considered stressful. On one particular day during this several-month-long project, we were both having a trying day and upon my making a comment that was perceived as an attack against my brother, he snapped and yelled at me. I tried to remain calm, step aside and let the anger pass by, and simply got on with the task at hand.

Later that day I forwarded the following passage to my brother, along with love:

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

Much to my delight, this was my brother's response:

On the other hand one could say all emotions are self created - sadness, joy, love; but of course they are not. The potential to experience these emotions is always there but lays dormant until awakened through human or non-human (nature) interaction. That's the beauty of the human condition. Blame and stress are a lethal mix but they are not co-joined. Often, and certainly with me, the anger and blame and subsequent stress I feel are self directed. I blame no one but myself. (One can feel stress without anger and anger without stress). My snapping at you yesterday was a moment I felt stress, anger and shame...but my anger was at me for creating a situation over which I do not have full control, my haphazard manner in which I do things, and shame for lashing out at you and the people I love most in life. So while it may seem as though I was pointing my finger at you, my finger was pointed directly at me.

And so it is with anger:

1. We are never angry at what we think we are.
2. Anger is the ego's attempt at making someone else feel guilty for our own inner pain and grief.

The next time you feel anger welling up inside you, you will do well to remember the lessons above. If possible, step away from the situation and be still, quiet, for a moment. Bring yourself back to your heart place—where love rests to be shared with all those around you.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. CONTEMPLATIVE THOUGHTS*

If people don't know who you really are, it is because you have not shown them. It takes courage to show your real self and not mislead people to believe you are the mask you wear to protect yourself from being vulnerable. Today let me reveal myself honestly to others and be known as I really am.

Feelings change, feelings come and go - I stay. Although my feelings may change many times throughout the day, as the silent observer I notice the feelings, I experience them and yet when the feelings pass I am still here, watching, experiencing. Today while feelings come and go let me experience myself as the constant silent observer.

Create laws with love. Laws are necessary for living; they are the natural framework of my life. When I respect the laws of nature and the laws of the land, my life is easier. When I create laws motivated by love, they will bring cooperation. Without love a law becomes oppressive or suppressive and invites resistance. Being love-full and lawful is my natural state. Today let me balance love and law.

Perfectionism is an attempt to control people and situations so that nothing goes wrong. Perfectionists want everything to be smooth and can't handle a ripple in the pond. Instead of being focused on the beauty of life, they are obsessed by the shortcoming and imperfections of themselves and others and continually correct themselves and others – sometimes in words, always in thoughts. Perfection, on the other hand, is the sense of completion, being complete means being whole inside the self. Today let me seek perfection without being a perfectionist.

Before, I speak, think or act, I will ask myself two questions "Is this thought, word, or action necessary right now? Is this thought, word or action meaningful and valuable?" If the answer is "no", let me gently let it go. Today let me use my energy only for what is essential and valuable to me and the world.

How do I use what I have? I have many resources available to me; thoughts, time, energy, words, money, actions... It is important to consider how I use these resources. Do I use them with a pure intention? Or with selfish intent -- influenced by greed, attachment or ego? Whatever I use with a pure intention will bring benefit and will grow. Whatever is used with selfish intent will create deficit for me at some point. Today let me use precious resources with the pure intention to bring benefit.

My mind has to have a direction, constant movement forward or else it will get stuck in the details of the current situation. Taking the intellect up and beyond the details of the moment allows me to refresh my perspective on what is important and to see the clear pathway through any obstacles. Today let me lift my mind out of details to see clearly.

When I think of something as "mine" I claim a right to it; however it also claims a right to me. This is why the more possessions I own, the more burdened I feel because I must take care of all of them. Wanting a simpler life is an

indication that I have too many things. It is possible to have things but not think of them as “mine”; to think of them as items to be used as a trustee. This consciousness frees me from the burden of ownership and allows me to act like a guest, take good care of things but not be in bondage to them. Today let me practice the consciousness of a guest and a trustee.

Consciousness is the seed of creation. Whatever I create will be a direct reflection of my consciousness. If my consciousness is pure, benevolent and filled with light then it will create benefit and beauty. If my consciousness is trapped in greed, anger, selfishness or fear then my creation will reflect this energy. Today when I am creating my life, let me be aware of the state of my consciousness.

Nature and human beings are intricately woven together. To see beauty in nature and be inspired by it is to be reminded of Mother Nature's fascinating role. I am reminded of my own peace and beauty when in nature. Currently we are taking a great deal from nature, draining her of her power. This understanding allows me to be aware of the need for respecting nature while honoring human beings. Today let me know the value of nature -- my own and that of the earth.

Enriching and inspirational thoughts are the original software of the soul. When my mind and intellect function from my true self, I experience serenity and harmony. When I allow my mind and intellect to be guided by conditioned responses of my weaknesses, I further reinforce corruption of software. Today let me operate from my deepest inner program of the quiet, peaceful, loving “true” self.

To believe that I know what is best for any person or situation is to create an expectation or assumption for another's behavior. I cannot dictate what others do but I can learn to respond with peace and dignity no matter what happens. When I let go of thinking I know the right way, I can let go of expectations. Today let me enjoy a life free of expectations.

Love the right things. Loving the wrong things hurts me. I am, by nature, full of love. However as I begin to get tired, I lose power and I begin to love the wrong things because they give me temporary power. A love for material possessions is greed. Ego is a love of reputation, fame or identity. Loving to be dependent on another person is attachment. Today let me love the right things – my own inner worth and subtle spiritual connections.

Deep inner contentment is natural for every soul. However, covering my contentment are layers and layers of desire, disappointment and fear. When I remember that my natural state is contentment I will find the courage to face the demons that threaten to swallow my contentment. Today let me have the courage to remind myself that I am naturally content.

To be successful by myself in a task is very good but to succeed as a team is even better. When I learn how to work well with others, my feelings of satisfaction, belonging and love increase. Although being successful alone is excellent, to succeed as a group is even more valuable. Today let me enjoy sharing in group success.

Every day I walk into situations that I have created through my past behavior and attitudes. When I discover that I am in a “situation”, I want to be out of it. These are the moments when I can use spiritual power of tolerance and virtues that I have gained through meditation to transform the situation. Today let me transform situations rather than walk out of them.

You cannot talk yourself out of a situation you have behaved yourself into. My past attitudes and behaviors have created the situations I now face. To change any situation I must behave differently. Talking alone will not change anything. Today let me bring a high quality behavior to every situation.

We are all attached to a variety of things within this human drama of life. I can be attached to outcomes, certain people, and specific images of myself, possessions, routines or position titles. Whenever I am attached to something I have become dependent on it, weakening myself. My reactions are a great indicator of what I am attached to. Today let me observe myself and when I find myself reacting strongly to something, let me strengthen myself by gently letting go of attachment.

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

3. POEM

Say I Am You

I am dust particles in sunlight.
I am the round sun.

To the bits of dust I say, *Stay*.
To the sun, *Keep moving*.

I am morning mist,
and the breathing of evening.

I am wind in the top of a grove,
and surf on the cliff.

Mast, rudder, helmsman, and keel,
I am also the coral reef they founder on.

I am a tree with a trained parrot in its branches.
Silence, thought, and voice.

The musical air coming through a flute,
a spark of a stone, a flickering

in metal. Both candle,
and the moth crazy around it.

Rose, and the nightingale
lost in the fragrance.

I am all orders of being, the circling galaxy,
the evolutionary intelligence, the lift,

and the falling away. What is,
and what isn't. You who know

Jelaluddin, You the one
in all, say who

I am. Say I
am You.

Jelaluddin Rumi

4. QUOTE or QUESTION

Love is not blind; it simply enables one to see things others fail to see. (William Blake)

5. THE DREAM THAT IMPACTED A NATION

This is a powerful and uplifting video about a group of kids in Southern Thailand—and how, against opposition and disbelief, they made their dream come true. Follow this link to the video... <http://blog.dreamuniversity.com/blog/a-floating-dream/>.

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).

6. RICHARD HARVEY – THE GRACE OF OLD AGE: (plus a request for a response)

A senior citizen was driving down the freeway when his car phone rang. He picked it up and heard his wife's urgent voice warning him, "Victor, I just heard on the news there's a car going the wrong way on 280. Please be careful!"

"Heck," said Victor, "It's not just one car. There's hundreds of 'em!"

Writing is often one-way traffic, like filling a holey bucket, like shouting in the wind: all putting out with no give-back, no return. Let's change that here and now. I want to talk to the oldies among the Spiritual Guidance audience; the over fifties, the ones looking at the three sights of the Buddha – old age, disease and death – squarely in the eye, up close. And I want to talk to the younger folk who care for the oldies or have older people, family members, neighbors and so on in their lives. I want to ask for your response (send to me at <http://www.therapyandspirituality.com/contact-us.php> – you see, now you know I'm serious).

With old age, as with all the various stages of life, comes a challenge. Three possibilities are apparent. I describe them this way:

One, I pull back and become an observer of life's drama and mundaneness. Passion and intensity surround me, but it is for the previous generations, the younger ones with hubris who have hope, desire, urgency and ambition, who still require satisfaction, who are hungry for life. They are what the poet Rilke called "the hot and quick", whereas I am the cold and slow.

Two, I retreat into a fixed stance, embellished by the appearance of age, becoming crotchety, mean and small-minded. Inside I feel compulsively intolerant, judgmental and critical. Mostly people do it "wrong" and I suffer from my disappointment in them and my lack of generosity. The dynamic is primarily inward, but I may express it outwardly. People stay away from me. Increasingly I am not someone others want to be around, but they do so out of duty, responsibility, family ties and... (dreaded word) pity.

Three, I accept the grace of old age, the wisdom of life experience and the generosity of existence, as a being who gives back and serves in teaching the young (increasingly everybody else!) through loving acceptance, compassion and empathy, through generosity and demonstrating the power of grace – the grace of a life well-lived and a life that continues to flourish and unfold intelligently with feeling, engagement and loving kindness, a life that naturally and beautifully has led me to a deepening spiritual threshold.

So in summary you have the observer, the judge and the wise one.

Now, which do you choose? What is your experience? Are there any other possibilities to choose? Have you chosen one of them? What of the issues I haven't mentioned here: ethics, health, crime, physical frailty, discrimination, employment, creativity, cultural expectation, prejudice and dependency?

Please share generously with me; anecdotes, personal reminiscences, wisdom, humor, tales of caring and of being cared for, glorious senility, pathos, compassion, ailments and love. I will try over time to assemble these into an article or even a book (asking your permission to share first, of course). I promise you I will appreciate it and I will not feel like I'm shouting in the wind. Thank you. May your journey through life be gracious, intelligent and wise.

Three ladies were discussing the difficulties of old age. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand, standing in front of the refrigerator and I can't remember whether I need to put it away or start making a sandwich."

The second lady said, "Yes, sometimes I find myself on the landing of the stairs and I can't remember whether I'm on my way up or on my way down."

The third one said, "Well, ladies, I'm glad I don't have that problem. Knock on wood," as she rapped her knuckles on the table, and jumping up cried, "That must be the door, I'll get it!"

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.

7. DOUG HENDERSON, Ph.D – WE USE THEM UNTIL WE NO LONGER NEED THEM – PART 7 OF 11

This is part 7 of a 11-part series by Doug. If you are interested in all 11 parts as one long article, you can contact Doug directly via his contact information at the end of this article.

When the mind heals; the body and soul follow!

So let's start right now - Let's begin by learning to change our perception of an important process.

Hold up your index finger. Look at it, now bend it. Now everything you have been taught would indicate that activity would show up in the brain with the intention to bend your finger and during the bending of your finger – Is that not correct? But, no activity shows up in the brain until a ½ second after you bent your finger. So, what caused you to bend your finger? Did your mind cause your finger to bend? So, let me ask you, where is your mind? Haven't we been told our mind is in our brain which is housed with-in our skull? Well if your mind is there, it would have responded and if it isn't there where is it? Now, think about the significance of what just happened here. Does this ½ second delay mean that we do everything in the past? Could this all be a dream in which things are already complete before I actually do anything? Does this ½ second delay represent eternity? Does this give significance to the statement that your prayers are answered before you ever asked? How is it possible to ever be in the now, if I am always in the past? And how is it possible for me not to project the past onto the future? Is it all just an illusion?. Is it just a game of appearances, of smoke and mirrors in which we have forgotten to laugh at the absurdity of the life we create? So many questions,- so little time. Now, these are questions worth dowsing and pondering!

We pay lip service to all kinds of things that are not true. For example; Seeing is believing! Isn't this one of the reasons we need to see a pendulum moving back and forth? After all doesn't the Universe Expand and Contract, Unfold and Fold, Generate and De-generate? Isn't this what the pendulum is showing us! And yet we see 10-35th power of what is actually going on. To put that in proper perspective take the fraction 1/10th and put 35 zeroes behind the 10! So how reliable is your vision? Seems to me, we are constantly making decisions on a whole lack of information.

Vision has nothing to do with seeing and true vision only comes when you close your eyes, get still and some aspect of you moves beyond seeing. Even then, it is so easy to mis-create; because the first voice you will usually hear is the voice of the ego. Just as the answer you desire when using the pendulum can be motivated by the ego. Discernment is the spiritual muscle that needs to be exercised and expectation is the last thing you want to have when operating the pendulum.

Yet many of the training manuals talk about that period when you are waiting for a response when you are taught to think, I wonder what the answer will be? What hogwash! Your mind is making decisions in 1/10,000 of a second, in which case any expectation right or wrong will influence the movement of the pendulum. But we always get the response that we are seeking. We just may not realize that the answer we were seeking was an egoic response and not a true response.

When we get a true response – and it doesn't seem to make sense to us – aren't we judging things from our interpretation of the world –right and wrong – true or false. Haven't we been allowing the ego to make up things as it goes along to meet our expectations? Haven't we been pounding square pegs into round holes all our life?

Energy doesn't make any of these judgements. Energy is impartial. These are fabrications that the we humans impose upon the world. Nothing has any meaning. It only has the meaning we give it. So, if we are coming from Lower Attractors – that's how we see things! It is so very important to have no expectation and to clear the mind when we use the pendulum. When we have expectations, we are not allowing, we are interfering with the natural order of life and we are doing this 96.6% of the time. This comes from a need to control rather than allow.

One of the things I do, is I will look out the window at the clouds or hum something, anything to divert my attention from the task at hand momentarily and quiet the mind, while I wait for a response.

So what is powering your pendulum? Ego or Light? Well, I think that it is the same thing that is powering your body and it doesn't have anything to do with muscles.

Something else we pay lip service to but don't believe is that we are Light Beings. Well, we are Light Beings. We take in light through the eyes, through the skin, through the shriveled up pineal gland and through the Chakras that converts the subtle energy/information within light to a form that the body can use.

If our predominant Thoughts are Lower Attractor Thoughts and Emotions – Creation simply provides us with more of what we have requested by the frequency of our Pre-Dominant or Common Recurring Thought. So, if we can change our Thoughts and E-motions from what is valueless to what is valuable then our perception changes. What do I mean by that? Change your thoughts from Lower Attractors to Higher Attractors.

Refer to Hawkins map of human consciousness. (Note: Any of Dr. David R. Hawkins books contain the Map of Human consciousness)

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.

8. DOUG HENDERSON, Ph.D – AN EXPLANATION OF EFT AND LIGHT ENERGY

Perhaps I can give you some additional insight as to why EFT works and the 5 or 6 other techniques that have evolved from the original TFT (Callaghan).

Every moment we are receiving light energy. Recently it was discovered by a Korean scientist something the ancient people seemed to have known.

There is information in this light energy. Something that I have believed for a long time is that the light energy we absorb contains unconditional love. It is contained in the space of every atomic or quantum particle. This is the area known as zero point energy that science is currently trying to harness. We absorb this light information/unconditional love via the chakras, skin, eyes, and pineal gland. The chakras are the primary source of input and they act like step down transformers to convert this unconditional love to a form of energy the body can use to function. The information is contained in an etheric layer called the Etheric Double about 1/4-1/2 an inch from the body. This etheric layer contains the blueprint or instructions on how to function the body. The chakras send this light energy via the acupuncture meridian system which is a system of micro light tubules that transport light energy to every cell of the body.

However, the thoughts we have/emit can interfere with this message of unconditional love. You see your mind is not housed within the brain it is housed within a mental etheric layer beyond the body. The brain is simply a transmitting/receiving and sensing device. The feelings and emotions that we experience are part of a collective broad band width (like a tv signal, radio signal or wifi) that we tune into, identify or resonate/entrain with. (tune into according to our level of consciousness.) All of these mixed communication signals are creating confusion and a disturbance within the field that prevents us from knowing our True Self. When we are experiencing a particular feeling, thought or emotion we are identifying with a particular universal or collective bandwidth that we tap into. It is this identification/acceptance with a negative or lower attractor thought or feeling or emotion that is the problem because we believe that the collection of our thoughts and beliefs is what we are. We say this is our personality, it's what makes us an individual and we will defend our beliefs unto death. Dr. David Hawkins claims that 97% of all historic events have been acts of war.

This is the ego which is the Mark of the Beast that mankind tends to identify with and it would have us believe that we are the body and believe in death as a termination point, as a means to prevent us from healing and moving toward enlightenment or God-Consciousness.

The Heart-Math Institute claims that we spend 96.6% of our time having negative feelings/thoughts. This is the self-torment, the inner chatter, the self-sabotage. These feelings/thoughts that we generate over-ride the program of

unconditional love and distort the message being sent to us. This is a process of interfering with Creation and this new message via a quantum trickle-down effect makes its way to the etheric double just outside the body and this is the new information/instructions the cells of the body now receive on how to function. This is how we interfere with Creation. This is how we create dis-ease in the body. This is why thoughts are so important and how it is that we as co-creators have the ability to mis-create via freedom of choice. This new distorted information now makes its way through the meridian pathways and creates "blockages to love," within us.

This is why Forgiveness is so important. The challenge is that what we have been taught about Forgiveness does not work. It does not work because; the forgiving party feels that they are somehow superior to the party being forgiven. The truth is we are one and we all connected by mind. Nor is there any recognition by the forgiving party that they were the self-generator of the thoughts that were projected onto the individual or circumstance that manifested a mis-perceived outcome of their brother/sister and/or the event. We are powerful self-generators of every circumstance we create need to forgive our self (lower- self/ego-self) for this arrogance before Creation.

The process of forgiveness does not need to be complicated. Only we humans tend to complicate things. It seems to be our nature to do so and expend a lot of needless energy in the process defending our perception of the world.

The process of tapping the end points of meridians unblocks these blockages to love and synergistically skips over the need to dredge up the negative emotional feelings that we created in the first place. All healing and all raising of consciousness requires the elimination of these blockages. If we wish to heal or raise our level of consciousness there must be a surrender to a Higher Source because it was by our thoughts and beliefs which we unconsciously created within 1/10,000 of a second as an attempt to control every aspect of our circumstance in life. It's a case of asking the Dr. Phil question; "So how is it working for you so far?"

The paradox is that it is Life that must be surrendered to. Some might call Life; God or Spirit. In doing so, the recognition comes that we are not just the body. The body is simply the densest vibration field of an overall etheric being. It is only because we have chosen to limit our senses that we perceive and identify ourselves with the body and this is what we mistakenly think we are. We are not the body. We are this Spirit, this unconditional Love that functions the body. This is what we truly are and when we learn to stop interfering with this natural state we recognize our true perfection. The opening statement in EFT might begin with, "I deeply and completely accept myself even though I am feeling _____." I modify this statement with one word which is very, very significant; "I deeply and completely Love and accept myself even though I am feeling _____." It is only when we love our self that we can recognize Creation or love another. I call this recognizing, "Whose Your Daddy/Mommy!" In the beginning, it might be advisable to just do the global tapping procedure using the statement; "I deeply and completely Love and accept myself."

Love does not conquer. Love corrects all and the intention to do so leads to peace. Achieving this higher vibrational state causes dis-ease to be burned off and others around you and your world to be transformed. If you think this will take a long time, it will. But it can also happen in a wholly instant.

The power of intention that we have is all powerful particularly when the intention is aligned with and surrendered to this Higher Source. And what is surrender? It is not complicated. It is simply a willingness to let go (surrender) the egoic thoughts and focus on the Spiritual Heart and simply be aware of your breathing and as we do so have a loving intention for peace within.

The EFT statement is a form of surrender. If you can combine this with the recognition that you are Spirit that functions the body and not just the body, healing follows. This is why when you heal the mind, the body follows and it happens as your level of consciousness-awareness becomes whole.

Dr. David Hawkins, who wrote "Power versus Force," explains that when we identify with and have an intention to proceed from the field of higher attractors such as peace and love and joy, amazing things happen. When Hawkins understood that he was Spirit, he was able to cure himself of 22 diseases that doctors could not and Hawkins himself was a doctor.

EFT more than anything else is a form of Forgiveness! When we forgive ourselves as the generator of all the negative thoughts we have projected onto others, the world and our Creator; our perception of the world changes.

And why did we go through this process of inner torment? Why did we have to be broken down? Simply to get our attention! Because our refusal to recognize that we did not make our self nor by our self can we do anything, made it so! We will be brought to our knees until we recognize our Source; "Whose our Daddy/Mommy!"

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 – TODAY, I SEEK TO BE AWARE OF SPIRIT

“Today, I seek to be aware of Spirit.”

With renewed confidence and interest you move forward now and understand an enthusiasm that slowly begins to come into your energy and being.

You understand that there is nowhere else to be but here, in this place right now. There is no longing for something else, something better. You are grounded in “now”. This is where Spirit connects with you, for you are Spirit, formless and beautiful.

You come to know this more fully in the now. You remember this Truth - once forgotten, now realized again. Human life is a process of endless forgetting of the Truth; and eventually remembering it. You are beginning to remember! This is a cause of great joy and celebration!! This is a homecoming of sorts, to remember and know your true identity.

“Today, I remember the Truth of who I am.” Already there:

- I am where I want to be. There is no other place to go to. It is here.
- Everything I need is within me.
- Life now offers balance, in all its forms, and a deep peacefulness is the result, a feeling of wellbeing, wholeness, contentment, of being filled up from the inside and therefore needing less from the external world to complete you.
- I am already complete.

Simplify your life, your existence. Seek not to complicate matters, but rather take joy in small things throughout your day. For these “small things” are windows to your Soul. they are “keys”, we would say - opening to spiritual bliss, to oneness, wholeness, a portal to GOD.

Bliss comes through simplicity by recognizing what is most important. Once you know what is important, you do not wish to complicate with unnecessary details. You let go of the unnecessary because it does not matter anymore, it is of no real value.

You see clearly what is valuable, that which opens you to GOD! The breeze on your face is the breath of GOD.

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 – CORTISOL AND STRESS – LAUGH TO STAY HEALTHY

A natural stimulant such as Laughter Yoga can reduce our cortisol levels, thereby alleviating junk food cravings and blood sugar fluctuations. I think I need to laugh more at night.

Cortisol is an important hormone in the body, secreted by the adrenal glands and involved in the following functions and more:

- Proper glucose metabolism
- Regulation of blood pressure
- Insulin release for blood sugar maintenance
- Immune function
- Inflammatory response

Normally, it’s present in the body at higher levels in the morning, and at its lowest at night. Although stress isn’t the only reason that cortisol is secreted into the bloodstream, it has been termed “the stress hormone” because it’s also secreted

in higher levels during the body's 'fight or flight' response to stress, and is responsible for several stress-related changes in the body. Small increases of cortisol have some positive effects:

- A quick burst of energy for survival reasons
- Heightened memory functions
- A burst of increased immunity
- Lower sensitivity to pain
- Helps maintain homeostasis in the body

While cortisol is an important and helpful part of the body's response to stress, it's important that the body's relaxation response to be activated so the body's functions can return to normal following a stressful event. Unfortunately, in our current high-stress culture, the body's stress response is activated so often that the body doesn't always have a chance to return to normal, resulting in a state of chronic stress.

Higher and more prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have negative effects, such as:

- Impaired cognitive performance
- Suppressed thyroid function
- Blood sugar imbalances such as hyperglycemia
- Decreased bone density
- Decrease in muscle tissue
- Higher blood pressure
- Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences
- Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, the development of metabolic syndrome, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which can lead to other health problems!

To keep cortisol levels healthy and under control, the body's relaxation response should be activated after the fight or flight response occurs. You can learn to relax your body with various stress management techniques, and you can make lifestyle changes in order to keep your body from reacting to stress in the first place. The following have been found by many to be very helpful in relaxing the body and mind, aiding the body in maintaining healthy cortisol levels:

- Laughter Yoga
- Deep Breathing Exercises
- Self-Hypnosis
- Exercise
- Yoga
- Listening to Music
- Guided Imagery
- Meditation
- Journaling
- Sex

Cortisol secretion varies among individuals. People are biologically 'wired' to react differently to stress. One person may secrete higher levels of cortisol than another in the same situation. Studies have also shown that people who secrete higher levels of cortisol in response to stress also tend to eat more food, and food that is higher in carbohydrates than people who secrete less cortisol. If you're more sensitive to stress, it's especially important for you to learn stress management techniques and maintain a low-stress lifestyle. And remember to breathe.

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 – MAY 2012

You may speak of your earthly experience as one of learning and progressing. This is certainly true. However, in this comprehension and advancement there is a fine expression of the Spirit which accompanies all individuals on the journey — joy.

Take a moment to stop all action and thought and feel within your developed awareness the vibrations of your bodies, your planet, the stars and the heavens. Feel the pulsating celebration of creation, its order and beauty. Take pause and admire the intricacies of the human brain, the lovely patterns and potential nestled in the smallest seed, the mighty strength of the highest mountain and the brilliant vigor of the fire found within the deepest regions of your oceans.

Within all physical creation, dense or transparent, beats the eternal, rhythmic life vibration which echoes that of the Creator. *This pulsating, joyous, loving and intelligent life force of divine order is the basis of Creation and it is indestructible.* No matter how you may presently view your world, the dark movements upon it cannot shatter the sacred vibration of Life. Quite on the contrary. This joyful, divine life force is now quickening in the consciousness of every citizen upon your earth.

Free will is extended to all to choose a way of living. What, then, will be your declaration? Will you joyfully acknowledge and live this sacred life force, or will you reject it? Positioning yourself on middle ground will soon vanish.

You ask, "What is happening now upon this planet?"

We respond, "Union through reunion."

Thoughts and actions of the denial of all that is good are being extinguished. The true land of spiritual principles and action is being recognized and cultivated throughout every nation upon your fair earth. Your planet is imbued both from within and from without, with loving leadership for we, from other realms of precious life, have been assisting you since the very beginning of your civilization. It is for you to realize, through your developed awareness, that the inhabitants of your planet are cherished by elegant, sacred societies and worlds of sweet rhythmic vibrations which lie within your dimension and beyond it.

Hence, continue to advance with joyful step as we continue to extend our hand in friendship and reunion.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at www.nextagemission.com or write Regiena at rheringa@bell.net.

12. BORIS GLIKMAN – AN INSIGNIFICANT SPECK OR A UNIQUE BRIDGE?

When one thinks about an individual's place in the Universe, one is struck by how infinitesimal his life appears to be.

Compared to the immeasurably large spatial and temporal dimensions of the Universe, a person's life occupies the slightest span of time and his body takes up the tiniest speck of space. Even within the limited context of the Earth an individual is lost in the midst of a multitude of people, objects, events.

Such a perspective inevitably evokes feelings of utter futility and insignificance in the general scheme of things.

Yet, when we recall our recent discussion regarding how a person exists simultaneously in both the Inner and Outer Worlds (please see my article "*Which Reality is Real?*" on page 13 in the April Spiritual Guidance newsletter), an entirely different and altogether surprising scenario emerges.

From this viewpoint, we can see clearly that each person is the sole ephemeral link, the only fragile bridge between the two realms. Each person is in possession of an entire, unique Inner Reality and only he is capable of crossing the chasm that separates that Inner world from the Outer Reality. Only that individual has access to both domains and only he can connect the two universes to one another.

And so when a person is no more, a unique Reality is lost forever, never to exist again. Nobody else will ever be able to gain access to that World. Consequently death is not just a death of an individual but rather an extinguishing of an entire

Universe, a destruction of a myriad of inner beings, some fully formed and ready to be born, some in a growing, gestating stage, others just a twinkle in the mind's eye. All of these beings crumble into nonexistence and disappear for eternity together with the person himself.

Rather than being a tiny speck lost in the infinite expanse of space and time, each individual is a unique conduit bridging two disparate realities with one another.

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.

13. DAVID PAUL – SINGING AS SPIRITUAL PRACTICE

St. Augustine once made the comment, "people who sing well, pray twice." Singing is sometimes called "elevated speech". Elevate with what? Well, feeling. Is there something inherently more spiritual about singing? I guess that depends a great deal on who you talk to.

Have you ever noticed that a crying infant's voice is very piercing? That it can get under your skin and drive you to distraction almost faster than any other sound? Babies don't have a filter between their voice and their emotions. Because that is true, they actually have tremendous spiritual presence.

It's worth noting here that it's seldom "what" you say that people hear, it is more often "how" you say it that matters. I'm reminded of a recent class I attended. The instructor explained a very simple idea. Two minutes later, he asked if anyone could tell him the content of what he just said. Nobody there had a clue... even though he spoke it into the room just two minutes before. He was so disappointed. "Weren't you listening?!" Well, as I reflected on that moment, I realized that everybody was listening. They were enjoying his "spiritual" presence immensely. Everyone wanted to be there... nobody particularly cared about the content. Of course that's not a great thing to put in the brochure about your professors or your courses; but from an interpersonal level; I'd say he was a very successful teacher.

Singing your prayers (if you want them to produce powerful results) is always going to be more about "how" and less about "what". Most people get confused there though... they think part of the "what" is all about the external beauty of their voice. If they're voice is not artistically outstanding, that means they can't sing well. Actually, the intent of their heart is the most important thing... and what is remarkable to me; if a person learns to focus on the spiritual intent, they can bring their "external voice" to a very, very beautiful place "artistically". Most of that "artistic" stuff involves a "P" word. Practice. Sorry... no free lunch.

Most people who do not sing, or say they can't sing, have a very low impression of their own voice, let alone their music ability. Chances are, it can be traced back to a bad experience, when someone told them that they had no talent for music, no musical ability, etc, etc. It's actually part of the "children should be seen and not heard" mindset. Kids are full of life. They wear their souls very close to the surface. Tell them no enough, tell them to be quiet long enough, tell them not to squirm long enough, and you lock them in a cage. The door of the cage is clamped around their throats, and they're rational mind has bolted the lock shut, and for some, thrown away the key for the rest of their incarnation.

Dispelling the myth that you can't sing, that you can't express your soul with your voice; helping people move beyond those limitations is something that I do. Learning to sing can be life changing in many respects, especially for women, since the voice and the power center, the center of authority has been restricted quite a bit for women in many ways by the way western society has been set up. Freeing the voice is possible to do long distance too. The musical side of it can be kept very simple. It takes courage to ask, and will power to act on, but it's fun, and... not surprising, learning to sing empowers the will almost faster than any other activity. If you really want your power back, learn to sing. :)

Please do not misunderstand, learning to sing well enough to join a music group, or sing on key, or sing with your favorite CD can take time and training. But having the spiritual understanding, learning how to use your voice so that you can begin to sing your prayers privately and enrich your spiritual path; that is possible for anyone.

Why bother? Well, from your voice... yes... your voice! :) ... any human voice; you can learn to make and sustain a tone that syncs up with the sound that is creating the entire physical universe right now. How would you like a direct experience of all of creation simultaneously? You can. :) Get in touch with me. We can play.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: David Paul is a Tai' Chi Gung adept and current student of Master Lama Rasaji (www.rasaji.com), studying for more than 26 years. Mr. Paul is a music graduate of St. Olaf College, earned a Master's Degree at Rice University, played in a symphony full time for seven years, and now performs concerts of original music for healing, inspired by Tai' Chi Gung. David can be reached by phone at 904-294-7219, by email at davidpaul888690@gmail.com, or through his website at www.musicbydavidpaul.com.

14. JENNIFER BERNIUS – GORDON'S STORY

Late one night recently, I was down on my hands and knees under my desk, looking among a jumble of cords for the cable that would hook up speakers to my computer. I was tired and frustrated, but remembering a friend's enthusiasm about a certain video, I persisted. After pursuing this folly for awhile, I gave up, deciding that mercury must be retrograde, and it was time to go to bed.

Then I thought of Gordon. If he'd been there, he would have hooked up those speakers in no time. So I called him, "Gordie, are you there? I bet you are. And I bet you're laughing!" I could imagine him standing there, shaking his head, and saying, "Jenny, what kind of state are you into *now*?"

Gordon has been gone from this world for almost two years. But when my river of tears dried to a trickle, my grief cleared enough for me to know that his spirit is as alive as ever and would appear to me occasionally. He pops in on special occasions like Christmas and birthdays (our son, Andrew's, and mine) and during my meditation classes. Sometimes, I call him and sense his presence; other times, he surprises me with a visit.

The man who was my husband for 20 years, whom I later divorced, the one who remained my best friend until the end, was quite the guy. The Gordie I knew was Mr. Independence, a one-man show, who loved his freedom as much as his old Landrover. He was a world traveler – in our early days together, he regaled me with stories about how, when he was working as a geologist for CUSO in the 60s, he spent months camping on the grasslands of Tanzania while he did his fieldwork. He always kept a shotgun by his sleeping bag in case the lions came a bit too close!

He worked one summer salmon fishing on a trawler in Alaska; another summer, he worked in a goldmine in the Canadian Arctic, where he later did fieldwork. He spent years studying and working in Scotland and Norway. And being a scholar, when he wasn't travelling, he was reading about the world, his passions including history, politics, geology, mineralogy, languages, Asian studies, international music and cuisine, natural healing, fiction, Scottish country dancing. . .

An abiding interest for him, though, was spirituality, a passion we shared. We met during a meditation course, and for years, we meditated together, read many of the same books, attended workshops. And though in temperament, we were opposites – he the fiery man of action, I the contemplative one – at heart we were both idealists. We knew we were spirit, souls on a journey, evolving, like everyone, back to the Source from where we'd come.

Well, over the years, Gordon's fires cooled. Maybe it was all those years he spent working for the federal government in a dead-end job. Then, when he was close to retirement, he lost that job during the cutbacks of the 1990s – a loss from which he never recovered. His old vigour just wasn't there. The man who was once my rock became a shadow of himself, consumed by worry over his finances, his deteriorating health, George W. Bush and the rotten state of the world.

That is the man I thought I knew back in 2001, the year I left him to follow my own dreams and live my own life. And that I've done, sometimes joyfully, sometimes with great difficulty. For like Gordon, I can get bogged down by worry and self-doubt.

Through my eyes, Gordon appeared to be an old man with a cane, who shuffled around in a painful arthritic body, someone who got bogged down by the hard knocks of life. And that's how he remained for me until his passing on June 26, 2010.

But only three months later, I discovered that the real Gordon was far grander, vaster, than my limited perception of him. During a reading I had with the renowned trance-channel, Rik Thurston, I asked how he was doing. The reply from the Transcendors, the grouping of entities who spoke through Rik, amazed and comforted me.

They had difficulty describing his state. "If you could imagine flying, it's like that," they said. "A sense of freedom, of overwhelming expansiveness. It's like he goes on forever. All the things he wondered about, he now knows. He has such an assurance within the very nature of himself.

So he's doing absolutely wonderfully. You can only imagine how wonderful it is.

“He feels such a strong insistence that you see the value of yourself and project that out to the world. He wants so much for you to see your capabilities, your potential, and present that to others. And recognize that the only thing that limits you is yourself – and the limits you place upon yourself. He would say to you that you need to throw down any forms of limitation and just reach for it.”

One year later, I had another reading with Rik and the Transcendors – sadly, our last, for that very day, Sept. 17, 2011, Rik passed away. This time, the Ts reported that Gordon, still doing phenomenally well, was with a large group of people, exploring the cosmos from scientific and spiritual perspectives. At that very moment, they were examining black holes and how they’ve related to human consciousness and creativity since the dawn of creation.

Gordon expressed his deep appreciation to me for everything we shared in life – both the good times and the bad. Only now does he understand how all experience contributes to who we are. And he urged me to keep expanding my reality – to see beyond the limits that the world imposes on us, and that we impose upon ourselves.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Jennifer Bernius teaches group, corporate and private classes and workshops in yoga-based meditation and personal development. For 25 years, she has taught through Ottawa’s school boards (continuing education) and in recent years, through Algonquin College. She has also offered courses to employees in several high-tech companies, in the federal government and in a Crown corporation. Having practiced meditation for decades, she has witnessed in herself and her life the transformative power of the knowledge and practices she teaches. Her greatest joy is to inspire others to awaken to their limitless potential, and to discover lasting peace and happiness. Jennifer recently released the CD, *Into the Silence*, a collection of 5 soothing and inspiring guided meditations with beautiful musical accompaniment. To contact her and/or to purchase a copy of the CD (\$20), call (613-721-3787) or jbernius@rogers.com.

15. ANN C. JOHNSON, ASSOC MAPS: PSYCHOLOGIST – LOVING YOURSELF

Learning to love yourself is crucial: When you can learn to love yourself unconditionally, everything else will fall into place. You are not a helpless victim. You can show the initiative and take the actions required to facilitate self-change. If you leave old wounds open and raw, you will prolong your suffering. If you heal yourself, you can change your life. You are in charge of your life. You can look for ways to love yourself on a continual basis. You can do a review of your life. You can take a look at the:

- Family, friends and colleagues you associate with;
- Venues or places you frequent on a regular basis;
- Ways in which you allocate your time and money;
- Core beliefs, values and stand points you uphold;
- Food substances and drinks you ingest each day;
- “Stuff” you store in your home, carport or garage;
- Behaviours that have turned into very bad habits;
- Expectations and demands you place on yourself.

And record the results. This will allow you to identify those areas in your life that reinforce a lack of self-love. You can make adjustments as required. You can do a spring-clean and de-junk of your current life and get rid of any “negative” stuff: this includes people and places that make you feel bad about yourself; household items that keep you stuck in the past; food and drink items that are bad for your health; thoughts patterns that take you into scary, dreary or teary places. You can give away surplus stuff. Then you can start your life anew, free of the debris that previously slowed down your progress.

Excerpted from *Creating A Happy and Healthy Life For Yourself: A Practical Guide To Personal and Spiritual Development* (Book 3). Copyright © 2010 by Ann C. Johnson

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Ann C. Johnson Assoc MAPS is a psychologist, healer and author. Ann works in private practice in Carrum Downs, Victoria, Australia. Ann provides counselling services to adolescents, adults, couples and families with an emphasis on personal and spiritual growth. In the past 7 years Ann has published 3 books on personal and spiritual development. Ann can be reached by phone on +613 9782-4262, by mobile on +61 413 908 564, or by email at annjohnson3@bigpond.com. Ann’s books are available (in Australia) by sending your details to PO Box 1062 Seaford Vic. 3198 plus \$40 to cover costs.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

16. GOOD NEWS OF THE DAY

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

A visually stunning ode to time, music, and the stars, Timothy Ferris' film "Seeing in the Dark" celebrates the wonders of stargazing -- from kids learning the constellations to amateur astronomers doing professional-grade research in discovering planets and exploding stars. Here, Ferris reflects on the PBS film, which features never-before seen astronomical photography and special effects. "Our aim was not just to inform our viewers (although we hope we've done that) but to incite them to get outside at night and have a look for themselves. After all, the point of stargazing is not just to see things as other have seen them, but to have an original and memorable experience all your own -- even if you cannot describe it all." Read more at

<http://premiere.whatcounts.com/t?ctl=16AAB63:12445D4F40F5539F23125D33407A4624B4B847859706E37D&>. Be The Change: Do some star-gazing tonight, reflecting on the vastness and beauty of nature.

When we learn a martial art, or ballet, or gymnastics, or soccer ... we consciously practice movements in a deliberate way, repeatedly. By conscious, repeated practice, we become good at those movements. Our entire lives are like this, but we're often less conscious of the practice. Each day, we repeat movements, thought patterns, ways of interacting with others ... What if we practiced consciously, deliberately, and became good at the things we really want to be good at? What if you first, above all skills, learned to be more aware of what you are practicing? What if constant conscious action is the skill you became good at? Leo Babauta of Zen Habits shares a compelling reflection on life itself as a conscious practice. Read more at

<http://premiere.whatcounts.com/t?ctl=16AACF3:12445D4F40F5539F7C35EA87D2A08E2BB4B847859706E37D&>. Be The Change: Today, as you go about the day, treat your attention as a currency, and see where you are "paying" it.

Advice is subjective. But, by passing on advice in a creative way, it is possible to create something that lasts, that people will want to live with and which can let the advice sink in slowly and help out later on. That's precisely the premise of "Advice to Sink in Slowly," a wonderful project enlisting design graduates in passing on advice and inspiration to first-year students through an ongoing series of posters. It's a completely refreshing way to tap into the subjective wisdom we wish we'd known earlier, but often don't get a chance to pass on to those who can benefit. This Brain Pickings post unpacks the secrets of happiness and creativity one poster at a time. Read more at

<http://premiere.whatcounts.com/t?ctl=16AADD1:12445D4F40F5539F21DAA0C3B8E843EBB4B847859706E37D&>. Be The Change: Share some of your experience-based advice today with someone who you think would value it.

Nearly a decade ago Eddie Canales was watching his son's football game. Chris Canales, a high school senior, had three offers to play college football, and that night, he was having the game of his life. With four minutes left in the fourth quarter, he made a touchdown-saving tackle. But something went wrong. "I could hear my teammates saying, 'Chris, come on, let's go,' " Chris, now 26, remembered. "And I couldn't move." It was a spinal chord injury that left the teenager permanently paralyzed. A year after that fateful day Chris and his father would return to the football field for the first time after the accident. Which is when the unexpected would happen and tragedy would change their life irrevocably for the second time - and evoke an inspiring response. Follow this link to the video...

<http://premiere.whatcounts.com/t?ctl=16AAF3A:12445D4F40F5539F40A5987AA983AE2CB4B847859706E37D&>. Be The Change: Be generous with your blessings. Make time to alleviate someone's pain. Even if it's just through a kind word or the comfort of shared presence.

Are you your own worst critic? It's common to beat ourselves up for faults big and small. But according to psychologist and author Kristin Neff, that self-criticism comes at a price. For the last decade, Neff has been a pioneer in the study of "self-compassion," the revolutionary idea that you can actually be kind to yourself, accept your own faults-- and enjoy deep emotional benefits as a result. In this insightful interview she discusses the three core aspects of self-compassion, and shares how poignant experiences, including being the mother of a son diagnosed with autism, helped her better understand the vital importance of kindness towards oneself. Read more at

<http://premiere.whatcounts.com/t?ctl=16AB20A:12445D4F40F5539F51D93EA26A60D534B4B847859706E37D&>. Be The Change: This week, experiment with incorporating the three core components of self-compassion that Neff describes in your own life.

"We judge others by their behavior. We judge ourselves by our intentions.' In attempting to empathize, we're actually missing the point if we are judging at all. Because then we are more concerned with being knowledgeable, being right -- or even being good -- than we are with actually feeling another person's reality. But even moral imagination, operating creatively from a place of first putting myself in another's shoes, while crucial, is only the beginning. To effect a lasting change in perception and understanding, I have to actually experience another's reality as if it were my own. The good

news is that scientific research increasingly shows that a part of the brain already does exactly that." An insightful reflection on building a 'muscular empathy.' Read more at <http://premiere.whatcounts.com/t?ctl=16AB247:12445D4F40F5539F35D807587293A349B4B847859706E37D&>. Be The Change: Work on building your empathy muscles today: listen, feel, relate, and respond to someone's needs.

"I often feel awkward when I go to a conference. Reluctant to sidle up to a stranger and introduce myself, I roam, like I did at college parties, self-conscious, seltzer water in hand, not fitting in. In the midst of a sea of people chatting away enthusiastically, I am uncomfortable and alone. But when my plane from New York landed in Austin, Texas for South By Southwest, the music, film, and interactive conference, I was excited. I was speaking on a panel and, since everyone told me SXSW is a blast, I had given myself an extra day to explore the conference. But it didn't play out like I had hoped." In this candid post, leadership expert Peter Bregman describes an unsettling conference experience that ultimately led him to valuable insights on what happens when we substitute our insidious dependence on external roles for the simplicity of - presence. Read more at <http://premiere.whatcounts.com/t?ctl=16AB29B:12445D4F40F5539FC3AA1AEE907809C0B4B847859706E37D&>. Be The Change: Practice being fully present in new surroundings. [For those who couldn't access yesterday's DailyGood on "Building a Muscular Empathy", click: <http://premiere.whatcounts.com/t?ctl=16AB29C:12445D4F40F5539FC3AA1AEE907809C0B4B847859706E37D&>.

"A new way of seeing that is opening up to us can form a more life-serving mental map. I call it "eco-mind"-- looking at the world through the lens of ecology. This worldview recognizes that we, no less than any other organism, live in relation to everything else. As the visionary German physicist Hans-Peter Durr puts it, "There are no parts, only participants." This fascinating article from Yes Magazine describes -- what it means to think like an ecosystem, why this crucial mindshift is necessary for our planet and what we can do to foster it. Read more at <http://premiere.whatcounts.com/t?ctl=16AB505:12445D4F40F5539FA2744825312599F9B4B847859706E37D&>. Be The Change: "If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper." Thich Nhat Hanh shares a beautiful reflection on inter-connection. Read more at <http://premiere.whatcounts.com/t?ctl=16AB506:12445D4F40F5539FA2744825312599F9B4B847859706E37D&>.

Writer George Prochnik says he's had a passion for silence as long as he can remember. "I can't sit in my house without hearing air conditioners. I worry about this layer of noise that's placed on top of infrastructure noise." In his new book, *In Pursuit of Silence: Listening for Meaning in a World of Noise*, Prochnik leaves the noisy confines of New York City and goes on a global quest to find those who still value silence. He examines the never-ending series of sounds that pervade his thoughts on a daily basis -- the traffic helicopters, the leaky iPods, the neighbors who hold loud parties -- and researches the scientific effects of noise on our bodies. This NPR article shares insights and an excerpt from his book. Read more at <http://premiere.whatcounts.com/t?ctl=16AB5F8:12445D4F40F5539F3E785E2BA154F129B4B847859706E37D&>. Be The Change: What is your own favorite refuge from the noisy world? This week try making some extra time for silence and stillness.

At the base of a volcano in the middle of Lake Nicaragua, there's an orphanage. Although developing world orphanages aren't normally festive places, on this day, at this time, there was reason to celebrate: the arrival of a young man named Ben Schumaker. Schumaker comes from faraway Wisconsin, and he comes bearing gifts. He carries a suitcase with 62 pounds of portraits -- portraits of the kids, a painting for just about each and every one of them. This is all part of the Memory Project, a unique initiative in which art students draw and deliver portraits for disadvantaged children all over the world. Read more at <http://premiere.whatcounts.com/t?ctl=16AB7D7:12445D4F40F5539F6CF3F8D68FA19453B4B847859706E37D&>. Be The Change: Learn more about the Memory Project and see examples of its inspiring art work here. Read more at <http://premiere.whatcounts.com/t?ctl=16AB7D8:12445D4F40F5539F6CF3F8D68FA19453B4B847859706E37D&>.

Based on the latest scientific research on happiness a group based out of the United Kingdom has identified ten "keys" that tend to have a consistently positive impact on people's overall happiness and well-being. The first five keys relate to how people interact with the world outside, while the latter half are concerned more with the inner life. This piece shares the ten keys (that together form the acronym GREAT DREAM), and also includes thoughtful questions under each key to prompt self-reflection. Read more at <http://premiere.whatcounts.com/t?ctl=16ABC7E:12445D4F40F5539F38EA9188A6CC13D1B4B847859706E37D&>. Be The Change: Experiment with using the 10 keys above more consciously this week.

"I realized quickly, after just having traveled to various villages in rural India, that distance is relative. Hailing from a city like San Francisco, going even a few hours outside of town is far - but twelve hours outside of a major city? I half expected to run into another country. The remote place in mention is Achham, a tiny hillside region in far west Nepal. Sitting like a giant amongst its lush green terraced mountains is a hospital named Bayalpata revived by Nyaya Health, a committed non-profit with a vision to provide free quality medical services for the residents of one of the poorest districts in

Nepal." In this article an international development volunteer describes the simultaneously heart-breaking and inspiring realities that exist side by side in this hidden corner of our world. Read more at <http://premiere.whatcounts.com/t?ctl=16ABD28:12445D4F40F5539F0F7695450C120651B4B847859706E37D&>. Be The Change: Make time to learn more about the everyday realities of ordinary people in a part of the planet other than where you live.

Dr. Rachel Naomi Remen author of the best-selling *Kitchen Table Wisdom* is a beloved storyteller and a profound voice in the field of health and healing. In the following article she teases out crucial differences between the various modes in which we humans tend to reach out to the world: by fixing, helping or serving. Interwoven in the piece are two unforgettable stories of service; the first about an emergency room physician and a newborn child, and the second, a searing personal story of Remen's own experience with suffering, and the gift she received from a young woman who will probably never know just how much her compassionate actions meant. Read more at <http://premiere.whatcounts.com/t?ctl=16ABDD1:12445D4F40F5539F7AD324068C49627AB4B847859706E37D&>. Be The Change: The next time you catch yourself in "fixing" or "helping" mode, try moving into a mindset of service instead.

His name is Henry, and he lives in a nursing home. For years he slouched deep in his wheelchair, utterly unresponsive to caretakers and visiting family. Until one day he was given an iPod -- preloaded with popular tunes from his youth. What followed was a dramatic, exuberant transformation that has to be seen to be believed. "Alive Inside", a new documentary brings to viewers a study of the alchemy that music can work on seniors living with dementia and Alzheimers. In the film, a social worker and famed neurologist Oliver Sacks embark on an exploration that traverses the magic, mystery and healing potential of music. The short clip from the film featured here has gone viral. It covers Henry's sea change and his exhilarating words on the power of music. Follow this link to the video...

<http://premiere.whatcounts.com/t?ctl=16AC0AD:12445D4F40F5539FD1BA877C0C07046DB4B847859706E37D&>. Be The Change: The next time you are with an elderly friend or family member ask them about their favorite music. If possible listen to a recording of it together!

What makes a good leader? According to this article from YES! Magazine it's the gift of strengthening others. Also, "an empowering leader makes mistakes. If she doesn't, she's probably not experimenting enough. An empowering leader is also a good learner, an experienced and willing apologizer, someone who can make amends and move on." Starhawk, the author of "The Empowerment Manual: A Guide for Collaborative Groups" shares reflections on the various qualities that go to making good leaders, and offers up six practical guidelines for engaging, nurturing and affirming the best in the people we live and work with. Read more at

<http://premiere.whatcounts.com/t?ctl=16AC1AF:12445D4F40F5539FD0D502DAF26C20C6B4B847859706E37D&>. Be The Change: To be a leader, practice being a ladder. :-) Nurture someone's growth today.

"The way her face absolutely beams when she sees me and her voice lightens with happiness when I call her on the phone. Every time. Even after 38 years," says Kristen Harnisch. "My mother always had a sense of wonderment. The color of a leaf, a sprinkling of snow, the smell of hot soup--she found the greatest pleasure in everyday things," Nancy Bradford reflects. "When I was two days old, I was abandoned on a sidewalk in Seoul, South Korea. My mother adopted me and raised me in a home full of love. What did she give me? My whole life," declares Tara Robbins Fee. In this moving compilation of voices from all over, dozens of readers of Real Simple magazine reflect on the tangible and intangible gifts they've received from their mothers. Read more at

<http://premiere.whatcounts.com/t?ctl=16AC678:12445D4F40F5539F8C2102E538710F74B4B847859706E37D&>. Be The Change: What's the greatest gift you've received from your own mother? Share your answer with readers here. Follow this link <http://premiere.whatcounts.com/t?ctl=16AC679:12445D4F40F5539F8C2102E538710F74B4B847859706E37D&>.

"'Find something more important than you are,' philosopher Dan Dennett once said in discussing the secret of happiness,'and dedicate your life to it.' But how, exactly, do we find that? Surely, it isn't by luck. I myself am a firm believer in the power of curiosity and choice as the engine of fulfillment, but precisely how you arrive at your true calling is an intricate and highly individual dance of discovery. Still, there are certain factors -- certain choices -- that make it easier. Gathered here are insights from seven thinkers who have contemplated the art-science of making your life's calling a living." Read more at

<http://premiere.whatcounts.com/t?ctl=16AC733:12445D4F40F5539FCB63BF941B7ADB82B4B847859706E37D&>. Be The Change: "What is the song that I came to sing? Maybe I've been a part of the symphony all along, and everyone around me has heard every word -- except me." A wonderful reflection: Read more at... <http://premiere.whatcounts.com/t?ctl=16AC734:12445D4F40F5539FCB63BF941B7ADB82B4B847859706E37D&>.

"A dangerous belief in our culture is that we can't change. We've all heard the disempowered statements: 'He's just grumpy. He can't change that.' or 'I will always be anxious. It's the way I was born.' While we most certainly have genetic predispositions, the brains of individuals' young and old can change in amazing ways. Neuroplasticity is a fancy way of saying that our brains can change. We are not victims of our neurons or genes. We are empowered creators of our mental states. The erroneous belief that we are 'set in stone' can stop people from trying to change and take away their

responsibility. In the same way that germ theory altered the way we look at sanitation and hygiene, I think that spreading the knowledge about our brain's ability to change can alter the way our culture approaches emotions, attitudes, and values. Read more at <http://premiere.whatcounts.com/t?ctl=16AC7F4:12445D4F40F5539F1CF8E0E636F97381B4B847859706E37D&>. Be The Change: "Change is difficult for all of us. The older we get, the more change we face. ..." So starts a short "Letter to my Grandson" by the celebrated family therapist Daniel Gottlieb: Read more at <http://premiere.whatcounts.com/t?ctl=16AC7F5:12445D4F40F5539F1CF8E0E636F97381B4B847859706E37D&>.

"Inherent in any media technology -- from the telephone to TV to Twitter -- is an emphasis of some ways of thinking and a de-emphasis on other ways of thinking. If you look at the Internet, what it emphasizes is the ability to supply lots of information, in many forms, very quickly. As a result, it encourages us to browse through information in a similar way -- by grabbing lots of bits of data simultaneously. What it doesn't encourage us to engage in is more attentive ways of thinking -- the mode of thinking that underpins deep reading, contemplation, reflection and introspection. All of these ways of using our minds -- which to me, are very important." In this interview, Pulitzer-Prize nominee Nicholas Carr discusses the inherent 'shallowness' of Web 2.0 technologies, and the troubling consequences for our brains. Read more at <http://premiere.whatcounts.com/t?ctl=16AC9F4:12445D4F40F5539F20C47257ED037DDCB4B847859706E37D&>. Be The Change: Engage in some deep reading, contemplation, reflection or introspection today.

Jill Bolte Taylor, Dr. Govindappa Venkataswamy and Chef Grant Achatz are an unlikely trio. What do this brain scientist, late eye surgeon, and a leader of the molecular gastronomy movement [yes there is such a thing] have in common? At a takeoff point in their careers they were each dealt a sucker punch -- one that robbed them of what was arguably their greatest gift. Yet none of them threw in the towel. And each would rise to greatness after mining their unthinkable experiences of loss for deeper insight into the human experience. Read more at <http://premiere.whatcounts.com/t?ctl=16ACB29:12445D4F40F5539FA31FA495D3135EE2B4B847859706E37D&>. Be The Change: Practice working with the milder, mundane forms of loss that we encounter in everyday living. Try using them as grist for the mill in your own evolution.

17. SCIENCE AS SPIRITUAL PRACTICE

Reprinted from InnerNet Weekly via www.iJourney.org.

Spiritual endeavor often begins when a direct experience of suffering (or rapture) drives a person out of the confines of self. From there a commitment is established to explore for oneself matters of birth and death, the true and the real. Experience is the seed of aspiration, the deeply rooted commitment to know. That aspiration then drives one into the difficult and transformative realm of spiritual pursuit, into the realm of practice.

Science, in its essence, is no different. We begin with experience, experience seeds aspiration, aspiration drives effort, and effort matures into understanding. Go to any graduate department in physics or biology and ask the aspiring students why they are there. You will hear a range of reasons, but without fail you will always find those who speak of a passion to know the world on its own terms. Often these students describe vivid experiences: their first view through a microscope of the vast ecologies contained in a water drop, or the awesome sight of rapid lightning strikes illuminating the face of a mountain. Such experiences fire a sense of the world's great beauty and the students' own heartfelt desire to understand that beauty on a deeper level.

Of course, such aspiration is only a beginning. It is the depth of one's aspiration that then fuels the student's effort. In scientific and spiritual endeavor alike, that effort must be exhaustive. Training to become a scientist, not unlike the training of a monk, requires a commitment that stretches across decades.

What makes this training different from, say, getting an M.B.A., is that damnable quality about science that drives so many people crazy. In science there is a right answer. A more accurate description would be that in science there is an answer that conforms to the way the world is constructed. If you are to become a scientist, first you must forge your will into a resolve strong enough to persevere in the long search for those answers. Then, most important, you must develop the discernment to know what the answers look like. No one can do this for you. It must be won on your own.

Past a certain point, there are no answers in the back of the book. In fact, there is no book. Even knowing how to ask the question requires an intuition, a gut feeling that comes from paying close attention to the world as it presents itself. Scientists will talk about "taste" in choosing a problem and knowing how to pursue it. In short, students must learn for themselves when they are on the right path. As the ninth-century Zen master Rinzai taught, "Place no head above your own." The great innovators in science, from Newton to Einstein, were people who steadfastly trusted their own vision of the world's truth.

Ultimately, what brings science and authentic spiritual endeavor into an active parallel is not the nature of the truth each claims to find, but the ethic and practice of inquiry itself.

--Adam Frank

18. SONG OF THE SOUL

Reprinted from InnerNet Weekly via www.iJourney.org.

In the depth of my soul there is
A wordless song – a song that lives
In the seed of my heart.
It refuses to melt with ink on
Parchment; it engulfs my affection
In a transparent cloak and flows,
But not upon my lips.

How can I sing it? I fear it may
Mingle with earthly ether;
To whom shall I sing it? It dwells
In the house of my soul, in fear of
Harsh ears.

When I look into my inner eyes
I see the shadow of its shadow;
When I touch my fingertips
I feel its vibrations.
The deeds of my hands heed its
Presence as a lake must reflect
The glittering stars;
My tears reveal it, as bright drops of dew
Reveal the secret of a withering rose.

It is a song composed by contemplation,
And published by silence,
And shunned by clamor,
And folded by truth,
And repeated by dreams,
And understood by love,
And hidden by awakening,
And sung by the soul.

It is the song of love;
What Cain or Esau could sing it?
It is more fragrant than jasmine;
What voice could enslave it?
It is heartbound, as a virgin's secret;
What string could quiver it?
Who dares unite the roar of the sea
And the singing of the nightingale?
Who dares compare the shrieking tempest
To the sigh of an infant?
Who dares speak aloud the words
Intended for the heart to speak?
What human dares sing in voice
The song of God?

--Kahlil Gibran

19. BUSINESS LESSONS FROM A QUIET GARDENER

Reprinted from InnerNet Weekly via www.iJourney.org.

The people who know me best know that at heart I am just a quiet gardener. My garden has probably taught me the most about how things grow - and thrive in a vibrant and sustainable manner. These lessons have shaped my approach to encouraging responsible growth in business and to the ways I apply my intention, attention and energy.

A gardener sees the world as a system of interdependent parts - where healthy, sustaining relationships are essential to the vitality of the whole. "A real gardener is not a person who cultivates flowers, but a person who cultivates the soil." In business this has translated for me into the importance of developing agreements and partnerships where vision and values, purpose and intent are explicitly articulated, considered and aligned among all stakeholders of an enterprise - customers, employees, suppliers, shareholders, and the broader community and natural environment.

The garden has taught me about patience and persistence and the ethical principles of generosity and reciprocity. It has illuminated the importance of appreciating the cycles of life and decay. For the gardener, composting is a transformative act - whereby last season's clippings (or failures) can become next year's source of vigor.

I've learned that it's not just what you plant, but how you plant it that brings long-term rewards in life, work and the garden. Gardeners know that once strong roots are established, growth is often exponential rather than linear.

Also gardening, like business, is inherently a local activity, set within an ever-changing and unpredictable global climate. Showing up in person, shovel - and humility in hand is essential.

Gardeners, like entrepreneurs, are obsessed with latent potential - and can be known to be pathologically optimistic. We can vividly imagine the bloom and the scent of the rose even in deepest of winter. As the American naturalist Henry David Thoreau once wrote: "I have great faith in a seed. Convince me that you have a seed there, and I am prepared to expect wonders."

In essence, the gardener's work is a life of care. We cultivate abundance from scarce resources. We nurture, encourage, fertilize - and prune when necessary - while being respectful of the true and wild nature of all things. We know that creating enduring value requires vision, passion, hard work and the spirit of others.

I am just coming to understand this work of business gardening - and investing in keeping people healthy - as an act of universal responsibility. His Holiness Dalai Lama reminds me: "Each of us must learn to work not just for one self, one's own family or one's nation, but for the benefit of all humankind. Universal responsibility is the key to human survival. It is the best foundation for world peace."

--William Rosenzweig, from his [Acceptance Speech](#) for "Oslo Business for Peace Award"

20. THE MOST ASTOUNDING FACT

Reprinted from InnerNet Weekly via www.iJourney.org.

Astrophysicist Neil deGrasse Tyson tells us what astonishes him most about our universe: that the atoms comprising our bodies are literally made of star-dust. "So that when I look up at the night sky and I know that yes, we are part of this universe, we are in this universe, but perhaps more important than both of those facts is that the universe is in us," he says. "There is a level of connectivity" - which is what most of us want in life: to feel connected, relevant. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3075>.

21. WHY CAN'T WE TOLERATE EMPTINESS?

Reprinted from InnerNet Weekly via www.iJourney.org.

Why is it so hard for us to tolerate emptiness in our minds? The prevalent belief that action always equals progress may be a contributing factor. We perceive emptiness as an undesired state, something to be feared. We feel uncomfortable with those moments when our minds seem devoid of any creative or productive activity. We rarely, if ever, simply sit with and allow the feeling of emptiness.

When a thought enters the mind, it is replaced by another. It is automatic. We are not aware that a thought has segued into another thought. But upon developing the muscles of concentration, we become conscious of the entry and exit process of our thoughts. The mind gradually begins to entertain fewer thoughts per minute. We become aware that there is an interval, a delay, a space between one thought and another. This space is emptiness but also a fullness. At this level of awareness, we are in the sanctum of pure awareness. There are many who are living in this state of pure awareness, and their experiences are lucid and real.

Many are in search of this state, whether they know it or not. We are wired to seek and find what we seek. This quest is as old as humanity itself. There is no need to spend time and energy seeking some illusory "self." What you are seeking is inside of you, and it is you. It is the mind that asserts otherwise.

When you believe this mind, you seek this "I" outside yourself. All one has to do is to remain quiet, calm the mind and experience this space between the thoughts. In this state, only the "I" exists. When you let this "I" in your mind be, without resisting, you enter the realm of emptiness — pure consciousness or the creative void. Whatever comes up, do not take it personally. Just observe. Allowing your mind to "go blank" for a little while won't kill you, and will actually help you discover your potential, unlimited.

Now developing some comfort with this state is both simple and complex in concept. Since we are slaves to stimuli, we can't imagine harnessing such a practice of emptiness or of being. We are incessantly tempted to turn our attention to something just to avoid this sensation. Blankness is not nothingness. To be empty does not mean non-existence. Emptiness is the ground of being, and because of it, everything is possible.

When the ego cooperates in suspension of all sense impressions and thoughts, it enters the realm of empty, unnameable nothingness. This nothingness is the gateway into the deeper layers of consciousness. It is here where inspiration, knowledge and creativity will ultimately strike.

--Natasha Dem

22. YOU NEVER KNOW

Reprinted from www.HelpOthers.org.

I have a dear friend Joni, who is one of those people who lights up a room when she enters. She is an extremely warm and welcoming individual, who makes you feel good about yourself. Over the past few years Joni has dealt with much, including family illness and death, and throughout it all she has maintained a presence of joy that has been remarkable.

Recently she was contemplating whether or not to continue a weekly visit/group she conducted at a nursing home. Each week she would bring an activity to share with the residents. This was the nursing home where her mother had been and Joni had grown quite fond of the other residents there. But Joni's schedule is so full, she felt the need to make some changes, and thought she might discontinue her work at the nursing home for a while.

As she was wrestling with her decision she kept going to her group. One day she arrived in time as the residents were going to the activity area where the group was held, so Joni being Joni, started helping the residents get to the group, as many have Alzheimer's and other conditions that lend themselves to the need for a gentle hand. Joni was helping one such resident who was doing a bit of moaning and groaning about having to get to the group. Joni kindly walked with the lady and said to her that if she really did not want to go to the group, then she did not have to and Joni offered to help her back to her room. The lady quickly and with excitement responded that she just had to get to the group, as everyone had told her 'Joni' was coming today and she would not want to miss that group!

Just as this lady might have needed Joni's help, she also gave Joni the help she needed to keep on with her group. You never know..... and then every once in a while.....you do.....

23. THE GIFT OF TIME TO AN UPSET STUDENT

Reprinted from www.HelpOthers.org.

A student wanted to talk to me about a problem she had been having. She was due to meet me at 8.30am and I had a workshop to attend at 9.

Well, it was a very fruitful meeting. Amidst lots of tears the whole story came out. Then we identified not only the problem but several solutions as well. She ended up feeling more confident and empowered. She knew what to do and she felt like I understood her situation.

I was so "present" with her that I didn't even notice the clock. It was 10:30 when we'd finished going through everything!

I didn't mind about being late for my workshop and she was so glad that I had listened openly and let her go on until she was finished.

Never underestimate the power of your gift of time to someone. These days people always seem to be in a hurry but if we are fully present for someone I think it can often make a huge difference.

24. A TABLE FOR THREE

Reprinted from www.HelpOthers.org.

My fiancée and I decided today was the day to finally treat ourselves to a nice dinner. It started off as 'our' day' but little did we know that it would turn into much more. I didn't want the whole day to be about yearning to leave the office for the upcoming dinner and I didn't want the dinner to be just another romantic night for two... So, I felt compelled to turn up the notch of giving that day and see what that could do.

During the work day, I began in small ways. I inserted a few more quarters, dimes, and nickels, into the vending machines at work for the staff, so that something extra jingled inside for the next hungry worker. I posted smile signs in the lobby which gave clear instructions on how to smile as employees entered the office, either before their morning cup of coffee or right before a meeting with their boss. I drafted some powerful words of inspiration on colorful strips of paper and decorated my cube, so that any colleagues who came by, might just stop for a moment, read, and perhaps change their mood.

Oh, and when it came time for our lovely dinner to come to a close that night, I left the server a hearty tip and a well-wishing note for her to have a wonderful day after thanking her for all of her kind service. As my fiancée and I were collecting our dinner mints and were just about to leave our table, the waitress broke down in tears beside us, as she clutched the note in her hand. We asked her to sit down with us and we just listened. As an emotional mother-to-be, I too, cried along with her. Our table for two was now for three. :)

It was a day that was not just ours, but it was the waitress' day, my co-workers' day, and now it is your day too!

25. A HOMELESS WOMAN BOUGHT ME A COFFEE!

Reprinted from www.HelpOthers.org.

My father and I started our morning by darting into the local grocery store. I waited on line at the Starbucks counter while he shopped around to pick up a few things.

As I was standing there I became aware of an elderly woman, hair disheveled, wearing layers upon layers of old torn clothing, hunched behind me in line.

She had a few toiletries and seemed to want the Starbucks cashier to ring up since that queue was shorter than the grocery store queues were.

At some point I became aware of her edging closer behind me - closer than I was comfortable with! I instinctively placed a hand over my purse and drew it closer to me. My fear and imagination raced creating wild stories about this homeless woman who might try to steal from me.

Then it was my turn to order. As the barista rang up my total I discovered I was 67 cents short. I called to my father but he is hard of hearing. He asked me to repeat what I said but he still couldn't make me out.

At that point a long, grey arm, with holes in its sleeves, reached over from behind me. She laid 67 cents out on the counter, saying, "Here, We all need some help sometime."

I was stunned! Here was a woman who clearly had very little to give and in great need herself. I had judged her wrongly and she had reached out, unsolicited, to help me!

What an amazing gift and lesson this woman gave me about judging others. Thank You, God!!

26. KINDNESS ADVENTURES OF “BOSS LADY”

Reprinted from www.HelpOthers.org.

It was Christmas Eve for most people – for me, and my longest-standing friend Lanie, it was just another Saturday night. We were going to meet for a waterside dinner on the Northern shore of Long Island before I headed onto I-95 on my way back to Providence.

I arrived about 45 minutes early and on impulse popped into the Nail Salon a few doors up from the restaurant. The owner approached me asking what services I wanted. “Manicure” I answered. “Manicure Pedicure” she chirped. “No, just manicure today – I only have 45 minutes.”

“Manicure Pedicure,” she re-chirped. “Manicure Pedicure 45 minutes!”

She walked me to the back of the salon, pointed to a chair, turned to her staff and without a seconds pause, she pulled up a chair and sat by my right hand. Another woman was at my feet, and a third on a stool by my left hand. It didn’t seem that it was going to be too very relaxing, but I felt sure I’d walk out of there in 45 minutes with both a manicure and pedicure.

The owner began mumbling in Korean under her breath. I couldn’t get her to look up to me, so I asked the woman at my feet what was going on. She took an extra beat, maybe deciding whether she was going to really tell me, or not. And she said to me, “That’s Boss Lady, and it’s Christmas Eve, and everyone going home early until you come in - Manicure Pedicure 45 minutes - so now everyone has to wait for you.”

Taken aback, I felt instantly stung. She could have said no, but then I guessed she couldn’t. And there she was still mumbling away, and so I turned to her, and with my sweetest voice and a big smile on my face, I said, “Boss Lady, stand up.”

She stopped her mumbling immediately, and looked at me and said, “OK OK” and continued with her emery board. “No,” I said with ever so slightly more vibrato to my voice, “Boss Lady, stand up.” And she did.

I too stood up. “Boss Lady, you sit here.” I said as I pointed to the big black leather seat. “You sit here – and Manicure Pedicure for Boss Lady. Merry Christmas for Boss Lady!”

Reluctantly she switched seats with me. I began to file her right hand, and with my insistence, the two other women started in on her other hand and feet. It took only a minute for her to realize the fun of the moment and she turned to the other workers and asked them to make some tea for us. “Yes, Boss Lady,” they chirped and in the town of Northport, on the island of Long, in the State of New York, Christmas had its official beginning at 4:45 pm.

27. 177 MESSAGES OF KINDNESS

Reprinted from www.HelpOthers.org.

Out of all the afterschool programs offered in their school, three energetic 11-13 year old girls chose to join *this* one. The “Random Acts of Kindness Class”, the first of its kind, was an innovative experiment, offering children the opportunity to use their creativity and artwork to inspire their school and community by doing random acts of kindness. A few weeks ago, I spent an unforgettable afternoon with these girls and their inspiring teacher, learning about their semester long adventure...

Why did you sign up for the Random Acts of Kindness Class?

“I wanted to learn different ways of spreading kindness. There are people sitting at home who might not have a great life. Some people need kindness just to make their day.” – age 11

“If you see someone upset, you just want to make them feel happy. When you do something nice, the only thing you expect in return is a good feeling in your heart.” – age 11

“I thought the class would be really interesting. I learned that kindness is a chain reaction.” -- age 13

The students organized a "Random Acts of Kindness Week", offering different activities that emphasized the importance of kindness. One of those activities was the Kindness Chain Project. Inspired by the belief that kindness is a chain reaction, students asked their peers to help in making a paper chain with stories of kindness on each link to be displayed in the lobby in front of the entire school. Over the course of the week, 177 kids participated, offering numerous touching and deeply inspiring stories of kindness from their own lives:

"I let my sister squeeze my hand when she was in pain"

"I helped a special needs kid today"

Throughout the semester, these three enterprising girls took part in a variety of different projects spreading kindness around their school and in their community. On one occasion, they created decorative signs on door hangers stating "do something kind today" and anonymously left them on teachers' classrooms throughout the school. On another occasion, they wrote poems and anonymously hid them in the park for people to find. The girls spent another afternoon picking up trash around the school. One girl stated, *"Birds and squirrels live in the park, and the trash is ruining their environment, it can hurt them. We wanted to help."* The girls even made placemats for people in nursing homes, writing inspirational messages such as "peace + love = happiness" and "you are loved".

The experience left me with a heart full of gratitude for teachers willing to step beyond the boundaries of tradition, and offer students an opportunity to ground their education on values of service and empathy.

And in the end, after almost two hours of excited chatter and laughter, I asked the girls one last question.

"So, does it make a difference how small or big the act of kindness is?"

No, it makes no difference. In the end, the acts of kindness are all the same size because they all make someone smile.

28. LOVE LANGUAGE – A SHORT FILM ABOUT HOW WE CONNECT

Reprinted from www.KarmaTube.org.

Love is a funny thing. As the saying goes, we often find love when we least expect, but it might be equally true that when we do find love it's different than we expected. This beautiful short film was created to raise awareness and money for a good cause, which it did. But it has gone so much further in showing us what love looks like, and how we can connect with each other when we have the courage to break down our own walls and become vulnerable. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2178>.

29. EVERYTHING IS A PRESENT

Reprinted from www.KarmaTube.org.

At age 108, Holocaust survivor Alice Herz Sommer still practices piano for 3 hours every day. At age 104, she had a book written about her life: "A Garden Of Eden In Hell." At age 83, she had cancer. Alice survived the concentration camps through her music, her optimism and her gratitude for the small things that came her way - a smile, a kind word, the sun. When asked about the secret of her longevity, Alice says: "I look where it is good." Follow this link to the video... <http://www.karmatube.org/videos.php?id=3008>.

30. MR. HAPPY MAN

Reprinted from www.KarmaTube.org.

For six hours each day, Bermuda's Johnny Barnes stands at a busy traffic intersection telling all who pass that he loves them. His delight and sincerity are infectious, and the people of the island love him back. His service is a simple reminder of the power of happiness and loving-kindness to change any day for the better. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3059>.

31. CAINE'S CARDBOARD ARCADE

Reprinted from www.KarmaTube.org.

Caine Monroy is a 9-year old boy who spent his summer vacation building an elaborate cardboard arcade in his dad's used auto parts store. He spent months perfecting the game designs, making displays for the prizes, designing elaborate security systems, and hand labeling paper-lunch-gift-bags. Unfortunately, his dad's store is in an industrial part of East L.A. and gets almost no foot traffic, so Caine had exactly zero customers... until a random filmmaker, Nirvan Mullick, stops in for a used door handle and buys a Fun Pass. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3181>.

32. EKATVA - ONENESS

Reprinted from www.KarmaTube.org.

16 youth from a slum in India, 1 renowned dance academy, and 1 inspiring NGO from the Gandhi Ashram come together to bring a message of "Ekatva" - "Oneness." At a time when the world is more accustomed to messages of war than peace, this is, perhaps, the best antidote to our troubled times. It is a story that can open minds and hearts. These youth are touring India, the US, and the UK as ambassadors of Oneness. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3085>.

33. CHANGES THAT HAVE COME FORTH ON EARTH IN JANUARY – MARCH 2012

This video may interest those who felt, saw or experienced changes on earth between January and March 2012. Follow this link to the video... <http://www.youtube.com/watch?v=fbBN6uZiOvE&feature=youtu.be>.

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).

34. 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.

35. 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 life 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.

36. 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@servingyourjourney.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.

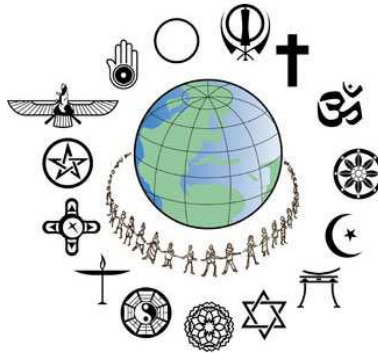
* The cost of the workshop includes a workbook that you will use throughout the day and then take home with you.

37. 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@servingyourjourney.com or 613-204-0299. You can also register your interest on the ‘Services’ page of the Spiritual Guidance website (<http://www.servingyourjourney.com/page04.html>).

38. 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 rmeagher@servingyourjourney.com or 613-204-0299. You can also register your interest on the ‘Services’ page of the Spiritual Guidance website (<http://www.servingyourjourney.com/page04.html>).



Spiritual Guidance
and
St. Paul's Eastern United Church
Presents

“Interfaith Conversation”

Every 2nd Wednesday, 5:30 – 8:30pm

New Edinburgh Square Retirement Residence
420 MacKay Street, Ottawa

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: the Baha'i Faith; Buddhism; Christianity; Hinduism; Islam; Judaism; and Taoism. We believe that celebrating all faith traditions can facilitate and promote wholeness, integration and interconnectedness.

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

These Interfaith Conversations also offer participants the opportunity to participate in communal meals that are offered in a potluck setting. Contact Rev. Robert Meagher for more details.

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

Your in-kind donation and/or free will offerings are accepted for participating.

40. SUPPORTING SPIRITUAL GUIDANCE

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

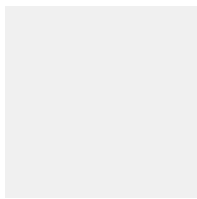
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.

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

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

The majority of 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.servingyourjourney.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.

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. IGNATIAN RETREAT

Ignatian Retreat – Villa Loyola Retreat and Conference Centre, Sudbury, Ontario

May 4 to May 6, 2012
7:00 p.m. Fri until 1:30 p.m. Sunday

Director: Mrs. Linda Labelle, Diocesan Coordinator of Faith Development & Evangelisation for the Diocese of Sault Ste. Marie.

During this silent and preached retreat there will be opportunities to deepen our prayer and relationship with the Trinity; come to a deeper realization of our call to be contemplatives-in- action; to review Saint Ignatius' attitude of doing all things for the Greater Glory of God – to find God in all things. We will be exploring and praying with segments of the Spiritual Exercises in order to enhance your prayer and discernment. ALL ARE WELCOME! For more information or to book this retreat, contact Manon Gravelle at 705-522-3502 ext 0.

43. THE GIFT OF LISTENING: BECOMING A LISTENING PRESENCE

The Gift of Listening: becoming a Listening Presence by Miriam Frey

Sat May 12, 2012 from 9:30 a.m. to 3:00 p.m.
at Medaille Retreat House, London

An introduction to the art of listening for those who want to enhance their personal and professional lives.
To register: contact Medaille Retreat House: 519-641-1379 or e-mail: medaille@csj.london.on.ca.

44. FRIENDSHIP WITH GOD WITH WILLIAM BARRY, SJ

Friendship with God with *William Barry, sj* – at Providence Spirituality Centre, Kingston.

Fri May 25, 7 PM – Sun May 27, 1 PM
Cost: workshop (includes lunch) \$100; accommodation + Fri supper, add \$100 – *due May 4*

In this workshop we will examine God's offer of friendship and its implications for prayer and life. Acceptance of the offer and growth in friendship with God transforms us and the world through us. There will be opportunities for quiet reflection as well as small group sharing. His latest book is *Changed Heart, Changed World: The Transforming Freedom of Friendship with God* (published by Loyola Press in 2011).

Pre-register by calling Providence Spirituality Centre – 613-542-8826 or e-mail info@psck.org.

45. 4th CANADIAN CONTEMPLATIVE OUTREACH CONFERENCE

4th Canadian Contemplative Outreach Conference – *Deepening Our Intimacy with God*.

at Queen of Apostles Renewal Centre, 1617 Blyth Rd, Mississauga
July 20-22, 2012

Friday – a day of discernment and visioning; Saturday – a day of enrichment. Join them for the full conference or Saturday only. Details to follow.

46. GROUP SPIRITUAL DIRECTION: TOGETHER SHARING THE JOURNEY

Group Spiritual Direction: Together Sharing the Journey at Regis College – RGP2051HF

9 am to 4 pm – four weeks: Saturday *May 26, June 2, 9, 16*

New Course · Toronto (St. George Campus) Site Explores the theory and practice of group spiritual direction through readings, participation in a process of group spiritual direction and discussions. Through participation in a contemplative process participants will explore how small groups are a good way for people to begin spiritual direction. Lecture, discussion in a group process of spiritual direction, short reflection papers. Attendance and participation mandatory. Pass/Fail. For further information about details of the course or registration procedure, contact Professor Maureen McDonnell at maureen.mcdonnell@utoronto.ca.

47. CULTIVATING THE COMPASSIONATE HEART: A CHRISTIAN/BUDDHIST RETREAT AND DIALOGUE

The Dharma Centre of Canada presents

Cultivating the Compassionate Heart: A Christian/Buddhist retreat and dialogue with Michael Hryniuk Ph.D., Sharon Davison & David Berry

May 4-6, 2012

For more information contact: Michael Hryniuk at mhryniuk@yahoo.com



"Compassion is the heart/mind quality that creates and holds space to be present and bear witness to your own and another's suffering. Everyone has suffered; it is part of the human experience. What causes suffering and is there a way beyond suffering? How can we focus on cultivating the qualities of kindness and friendship and living spiritually? Both Buddha and Christ spoke about moving beyond suffering to peace, joy and loving-kindness.

Join Michael, David and Sharon as they guide a weekend of connecting with these universal questions, resulting in time for reflection, coming home to your own experience, and an interfaith exploration of suffering and the peace and well-being that is beyond suffering."

Michael Hryniuk is a Catholic theologian, author, speaker, and consultant specializing in the field of contemporary Christian spirituality, ministry development and spiritual formation. He is the author of *Theology, Disability and Spiritual Transformation* (Cambria Press, 2010) as well as numerous academic and popular articles on the themes of youth ministry, contemplative spirituality, and Trinitarian theology.

David Berry is one of those rare individuals who can not only connect the dots but does so with the clear-seeing of a long-time practitioner dedicated to Buddha dharma. He has chaired high-level NGO and governmental working groups on sustainability and the environment from California to Iceland.

Sharon Davison is a facilitator, educator (B.Ed.Adult) and coach. She teaches courses including those based on MBSR (mindfulness-based stress reduction) which was developed at Centre for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical.

48. ANNUAL ONTARIO MULTI-FAITH COUNCIL EDUCATIONAL CONFERENCE



Theme: "Facing the Questions in Spiritual and Religious Care"

Date: October 1 & 2, 2012 (overnight accommodation available starting September 30)

Place: Jackson 's Point Conference Centre, Jackson 's Point, ON

* Look for our invitation by e-mail and on line with more details in June * www.omc.ca/

49. SACRED WISDOM CENTRE AND WISDOM UNIVERSITY PRESENT STEPHEN JENKINSON



Where : Loyola House, Ignatius Jesuit Centre

When : May 4-8 2012

Tuition Cost : 5-Day Workshop (without university credit \$650.00 (HST included)

Accommodation Cost : 5-Days Accommodation and all meals \$600.00 (no HST)

(\$120.00 per day) reserved by Barbara.Susan.Booth@sacredwisdomcentre.com

Register at www.sacredwisdomcentre.com for non-credit participation

Register at www.wisdomuniversity.org for university credit participation

Join us for a one-of-a-kind workshop that will help you reinterpret grief and the dying process and open to new wisdom. Stephen, a palliative care expert, scholar and craftsman will share his unique approach to holding death as a vessel for the love of life and Kaleo and Elise as artists and healers will take you on a reflective journey of guided meditation culminating in creating your own death/rebirth mask."

50. SPIRITUALITY IN A FRAGMENTED WORLD



Highgate House, Northampton , UK

Tuesday 15 May – Thursday 17 May 2012

A conference which provides ample opportunity to explore the role of Spirituality in a fragmented world, especially in the areas of: Politics, Health, Religion, Ecology, Humanity and Social Justice

Keynote speakers:

Sister Jayanti (Brahma Kumaris) - Spirituality & Ecology

Professor Grace Davie (University of Exeter) - Spirituality & Religion

Professor Paul Gilbert (University of Derby) - Spirituality & Humanity & Social Justice Professor Chris Cook (Durham University) - Spirituality & Health

Cost (fully inclusive) before 31 January 2012 £475

after 31 January 2012 £550 [\[READ MORE...\]](#)

51. NAINCONNECT 2012 ANNUAL CONFERENCE

North American Interfaith Network

“Establishing Interfaith Friendly Cities”

July 15 – 18, in Atlanta !

Two-Step Registration [conference plus hotel]

Conference:

before May 15th – \$275.00 for Adults and \$350.00 after May 15th

before May 15th – \$125.00 for Youth/Students and \$175.00 after May 15th

Registration includes all meals except breakfast. (Sun. dinner, Mon. lunch & dinner, Tue. lunch & dinner).

There will be a \$60.00 charge for booths that sell items and a \$20.00 charge for information booths. Presenters will be provided booths without charge.

Send completed and signed Registration [Form](#) and Check to:

Interfaith Community Institute (ICI)

669 Eastside Ave. SE Atlanta , Georgia 30316

Watch for a PayPal button at <interfaithci.org> if you prefer to pay online.

52. GREENING SPIRIT: MYSTICISM OF THE EARTH

Greening Spirit: Mysticism of the Earth with Jim Profit, sj at Providence Spirituality Centre

Tues June 19, 4 p.m. to Tues Jun 26 at 1 p.m.

Cost: \$525

This retreat fosters an experience of God's Mystery within Creation. As you reflect on your relationship with Earth, you will be encouraged to experience God's awe-inspiring goodness and beauty. These days will offer inspiration and nurture hope-filled living expressing the healing power of Earth. To register contact PSC in Kingston: 613-542-8826 or info@psck.org

53. THE WISDOM OF ENNEAGRAM: MOVING BEYOND PERSONALITY

The Wisdom of the Enneagram: Moving Beyond Personality with Russ Hudson.

Fri Oct 19 (7-9 pm) Sat Oct 20 and Sun Oct 21 (9 a.m. to 5 p.m.)

At Cuten Fields, 190 College Ave E, Guelph; sponsored by April Burrows & April Snider.

Cost: *before June 30* \$300; after June 30 \$350 – includes lunch.

The Enneagram tells us about the relationship between our personality and our Essence. Individuals and business professionals welcome. Register online at: www.spiritualdirectionandcoaching.com

54. DEVELOPING RESILIENCE FOR TIMES OF TRANSITION AND CHANGE

Developing Resilience for Times of Transition and Change with Anne Simmonds.

Sat Oct 27 to Sun Oct 28, 2012 – 9:15 a.m. to 4:30 p.m. in downtown Toronto.

Addressing the experience of transition and loss (letting go of what is familiar and moving into the unknown) by exploring psychological and spiritual dimensions associated with significant life changes.

Cost: *before June 30* is \$225; after June 30 is \$260. Non-refundable registration deposit of \$75.

Register online at www.annesimmonds.ca or call Anne at 647-524-8377.

55. GOOD GRIEF! BEFRIENDING LOSS IN OURSELVES AND OTHERS

Good Grief! Befriending Loss in Ourselves and Others with Anne Simmonds.

Sat Nov 17 to Sun Nov 18, 2012 – 9:15 a.m. to 4:30 p.m. in downtown Toronto.

Personal or professional caregivers or those suffering a significant loss will benefit from this exploration of the challenges and opportunities of grief.

Cost: **before June 30** is \$225; after June 30 is \$260. Non-refundable registration deposit of \$75.
Register online at www.annesimmonds.ca or call Anne at 647-524-8377.

56. THE PRACTICE OF SEEING: CONTEMPLATIVE PHOTOGRAPHY WORKSHOP

This workshop is for anyone interested in exploring the role of photography as a practice for slowing down and looking closely at the world in order to see it with fresh eyes. Bring a digital camera (any kind will do), your imagination, and your open eyes.

Date: Saturday, June 2, 1 – 4:30pm
Location: The Cottage, Dovercourt Recreation Centre
411 Dovercourt Avenue, Ottawa
Cost: \$35
Facilitators: Doug Rowland and Jane Dawson
To Register: Contact info@inscapesecentre.ca or 613-230-4839

57. CHRISTIANITY AND EVOLUTION: THE INTEGRATIVE VISION OF TEILHARD DE CHARDIN

Place: Loyola House chapel, Guelph, ON, Canada
Presenter: Louis M Savary, Jesuit and author
Date: Friday, May 4, 2012 from 7:30 to 9:00 p.m.
Cost: \$15

This presentation covers Teilhard de Chardin's (1881-1955) principles for a Christian spirituality based on evolution. His was the first true integration of the teachings of Christianity with modern science and the theories of evolution.
Contact: Andre Auger 519-824-6329 or aauger002@gmail.com.

58. USING THE NEW SPIRITUAL EXERCISES: ALL-DAY INTENSIVE WORKSHOP FOR THOSE MAKING AND LEADING RETREATS

Presenters: Louis M Savary and Patricia H Berne
Date: Saturday, May 5, 2012 from 9:30 am to 4:00 pm
Location: Chapel, Loyola House in Guelph, ON, Canada
Cost: \$100 includes lunch

This is a workshop for spiritual directors and those familiar with the Ignatian Exercises. Topics include: the shift in focus from a static, substitutionary atonement view in Ignatius' Spiritual Exercises to a dynamic, evolutionary, grace-filled and loving perspective in the New Spiritual Exercises. Come, learn and experience this new approach.
Contact: Andre Auger 519-824-6329 or aauger002@gmail.com.

CELEBRATING HUMANITY'S UNITY IN DIVERSITY!



INVITE YOU TO

May 5

**Drumming
Singing
Story Telling**

Birth 2012

Share the Light

Feb 11

Drumming
Singing
Dancing
Potluck

Mar 10

Story Telling
Drumming
Networking

Oneness

Global Celebration

What: Singing, Dancing, Drumming.
Living Celebration of Life!

When: Saturday, May 5, 2012
6:30 pm - 9:30 pm

Where: Le Manoir Bruyère
57, rue du Couvent
Gatineau (Aylmer)
Entrance to parking lot by Eardley Road

How: Bring drums
Contribute \$10 to cover costs and to support
Birth 2012 Celebration on Dec. 22
Aboriginal crafts & resources for purchase

FaceBook: Capital Region Global Celebration Birth 2012

*Helping each other remember our soul's reason we
are here ... is to make a difference!*

Special Guests

Grandmother Isabelle Meawasige -
Sharing grandmother wisdom for planetary
peace

Cindy Gaudet - Empowering women to
reclaim our Sacred Heritage

Peace Flame Drum Circle

Aboriginal and non-aboriginal people
coming together for one cause.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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