

Serving your personal journey toward enlightenment...

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.

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	3
1. Personal Story of Spiritual Lessons	3
2. Contemplative Thoughts *	4
3. Poem	6
4. Quote or Question	7
5. Never, Ever Give Up: Author's Inspirational Transformation	8
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	8
6. Richard Harvey – Three Different Paths	8
7. Doug Henderson, Ph.D – We Use Them Until We No Longer Need Them – Part 8 of 11	9
8. Doug Henderson, Ph.D – Everyone is Doing The Best That They Can	11
9. Geoff Straw – Today, I Receive Your Love, oh God	11
10. Kathryn Kimmins – Laughter Practice for School Children	12
11. Regiena Heringa – Notes From the Light – June 2012	13
12. Boris Glikman – The Inner Morality – Part 1 of 3	14
13. David Paul – Why is Doing Music Important?	15
14. Ann C. Johnson, Assoc MAPS: Psychologist – Scheduling Time for Yourself	16
15. David Sherwood – Shamanism and Gurdjieff	16
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	18
16. Good News of the Day	18
17. Response vs. Reaction	22
18. Is the Universe Friendly?	23
19. Past and Future: Two Streams of the Soul	24
20. Nature and Non-Violence	24
21. For An Addict	25
22. Three Strings of Itzhak Perlman	26
23. Learning Kindness From My Father	27
24. A Cab Ride I'll Never Forget	27
25. Going The Extra 200 Miles on Mother's Day	29
26. The Connection of Being Human	29
27. Sunflower and A Frog	30
28. Pre-School Acts of Kindness	30
29. \$20 Miracle	31
30. World Peace and Other 4 th -Grade Achievements	31
31. Mothers Trees Connect the Forest	32
32. Seeing	32
33. Quiet Time	32
34. Messages We Give	32
35. A Life Transformed Through Yoga	33
36. Occupy Love	33
37. Dharma Comics	33
38. Peace Chain	33

Serving your personal journey toward enlightenment...

HEART AND SOUL ADVERTISEMENTS:	34
39. Spiritual Resources	34
40. Spiritual Exploration and Soul Coaching	34
41. Spirituality Workshops	35
42. Spirituality Discussion Groups	36
43. A Course in Miracles Study Groups	36
44. Serving Your Loved-Ones	36
45. Interfaith Conversation Series	38
46. Supporting Spiritual Guidance	39
47. Unify Earth	40
48. 4 th Canadian Contemplative Outreach Conference	40
49. Annual Ontario Multi-Faith Council Educational Conference	41
50. NAINConnect 2012 Annual Conference	41
51. Greening Spirit: Mysticism of The Earth	41
52. The Wisdom of Enneagram: Moving Beyond Personality	42
53. Developing Resilience For Times of Transition And Change	42
54. Good Grief! Befriending Loss in Ourselves And Others	42
55. The Practice of Seeing: Contemplative Photography Workshop	43
56. The Priorities of Transcendence	43
57. The Moving Mandala	46
58. Richard Harvey Course Program Summer / Fall 2012	48

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons

Living Life—Learning and Loving

As some of you know, my partner (Sherwin) has cancer and Parkinson's disease. The drugs that are administered to treat these diseases have, as only one side-affect, dementia-like behavior. The combined, daily drug regiment is staggering; bottles and bottles of pills; many different pills administered each and every day.

During a recent move, Sherwin and I were looking for something to put all his drugs in to take to our new home. Sherwin said with a comical tone, "Do we have a suitcase?" We both laughed at the question (and its delivery), but not because he was joking; but because that was Sherwin's reality.

And, yet, despite all those drugs and the debilitating side-affects they produce, Sherwin wakes every morning, happy, singing, full of life, and ready to take on the day. Some days are filled with an extraordinary amount of excursion and energy; some days are spent resting in bed.

Regardless of the day, Sherwin wakes every morning excited about living life. He does not complain or bemoan his circumstances. In fact, he has a remarkably positive outlook on life. His favorite saying is "What challenges I encounter are only meant to make me stronger." He lives the moment, the day, and enjoys his life. In the process, he brings joy and love to everyone around him.

Sherwin's daily outlook on life is like having a great and wise Buddha with me at all times. I only need to watch him, to really watch him, to know what it is to know one's self.

Life is not about the weather; it is not about our commute to work and, likely, the traffic jams we may experience along the way; it is not about the crowded pedestrian streets; it is not about internet banking; it is not about social media; it is not even about nature. Life is not about the everyday hustle and bustle that is so easy to get caught up in and dragged down with; it is not about the 'news of the day'; it is not even about the global economy. Life is, to a degree, about all of these things.

Life is about two things: learning and loving. Every person and event in our lives is brought to us for our learning. Our bodies are merely the vehicle we use to experience that learning. Our mind simply translates the experience into learning (hopefully).

Our soul (and sole) purpose here in this place at this time (or time dimension) is to learn how to love. The degree we which we actually learn to love determines our soul's next incarnation.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts *

Love will transform anything. When I bring love to difficult situations it brings with it the power to transform them. The vibrations of love accept, uplift and release. Do I have enough of a 'love reservoir' that I can extend love not only to those who love me in return, but to those who defame me as well? Today I will check how genuine my love is.

Others won't learn anything from my confusion. When I am confused and speak I lead others into confusion. To wait until I am clear before speaking allows others to find clarity as well. Today let me leave myself some space to find clarity before speaking.

When you fall in a river, you're no longer a fisherman; you're a swimmer. A fisherman stands safely on the side of the river looking for fish. When I am with others who are sad or in need of help, am I standing safely on the shore? OR have I fallen into the river of sadness or despair and am swimming with them? Today let me ensure I am standing safely on the shore of peace, stability and conviction so that I am able to help those who are swimming in sorrow.

As life becomes busier I begin to notice that each moment is lived in real-time. There is no time to sit and refer back to any past incident or story. It is either now or finished. I can experience this attention to the current moment as a gift of freedom, saving me from lingering on the past. Today let me enjoy the gift of a full life by paying full attention to the present moment.

If I associate myself with someone else's importance or value I will always live in their light, and I will feel sad to discover that, on my own, I am not seen as having these qualities. Today let me reflect my own light to the world.

There are many challenges to acceptance in a single day. When I accept that other people have different rhythms than I do, I learn to let everything just be! When I try to become a fixer of others I communicate disrespect to them for who they are. To stop interfering with others' journeys unless invited is to offer respect. Today let me step back, slow down my thoughts and learn the art of acceptance.

When we mis-use anything we create imbalance and this has to be corrected by the universe. If I mis-use my mind, body, relationships, nature, time and wealth then I will experience stress in these areas of my life. Today let me use everything with care.

Offer silent support rather than advice. Unsolicited advice to others can be a subtle form of disrespect. Instead of advising others, let me trust in their ability to discover the solutions to their life. I can offer tangible support by holding the highest vision of their potential. Today let me treat others with dignity by trusting that they will find their way in life just as the river finds the ocean.

The sign of integrity is the ability to remain true to my values no matter how others behave. Integrity means I am the same inside and out, there is a transparency to me. If I give up my peace, respect, kindness or love when someone is unpleasant or attacks me, then, in that moment, I have lost my integrity. Integrity means I am willing to stay true to what is important to me and not compromise, no matter what. Today let me not make excuses for a loss of integrity.

Conscience is the light of the soul. Where cowardice asks, "Is it safe?" greed asks, "Is there any gain in it?" vanity asks, "Can I become great?" lust asks, "Is there pleasure in it?". But conscience asks "Is it right?" Today let me listen to the voice of my conscience giving it power to guide me to do what is right.

When we look at our life through a magnifying glass everything seems huge; my concerns and worries expand and I experience tension. When I zoom out and become detached, I can see the bigger picture and suddenly everything becomes small. Then I can see the subtle threads that hold situations and people together and I can discern ways to be free. Today let me zoom out and see my own situation in perspective.

To be free from tension I must resist the temptation to identify things or people as 'mine.' Just the act of saying 'mine' creates a pull, an attachment, where none is needed. When we remove 'mine', we remember that all people are souls and all are free, unfettered, unlimited by anyone's possessing of them. Today let me remain tension free by freeing others from any thoughts of possession.

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No matter how great your words may be, you will be judged by your actions. To be silent and act with integrity is a greater contribution to the world than to speak wise words and act contrary to them. To embody wisdom is to fully integrate what I am learning. Today let me take time to ensure my actions practically embody the spiritual wisdom I am acquiring.

The first step to freedom is acknowledging and accepting that I am trapped. Seeing the patterns that trap me is the next step to freeing myself from them. When I look below the surface I can see the thoughts and beliefs inside of me that feed old patterns, keeping them alive. When I discover the root thoughts/beliefs, I can change them. Today let me give myself freedom by transforming old beliefs that trap me.

When I examine my aspirations I know they come from a very deep place within me, a place of quiet knowing, almost like a memory. To recognize this inner calling is to be in touch with something so deep it will survive any surface disruption. Today let me connect to this silent place.

Morality is public opinion about what is right and wrong. These opinions change over time. External moral authorities such as parents, teachers and religious leaders teach us what is good and bad. Unlike morality, the root of spirituality is the conscience, an internal authority. Sometimes to be true to myself I must go against what peer pressure or society considers normal or acceptable. Do I have the courage to do what is right for me? When I do, I experience the spiritual power that comes from being true to myself. Today let me be true to myself.

There are ascending and descending energies in the world at this time. Which energy do I wish to align myself with? When I align myself with energies that are noble, constructive, optimistic and creative I feel my own energy ascend. When I keep company with the energy of cynicism, disheartenment, doubt and anger I feel my own energy descend. Today let me ascend.

Honesty is more than simply speaking my mind. Honesty means to be very clear about everything going on inside me. Where there is honesty, feelings become pure and clean. Honesty is where there are only noble thoughts and feelings inside. Such clarity is reflected in my words; they will be filled with the power of truth and spoken with gentleness and without hesitation. Today let me cultivate genuine honesty within me.

It is better to make use of a chance to change rather than to change your chances. Life offers us many opportunities to adapt, change and transform ourselves. Do I take these chances or do I try to change the chances I have been offered? When I make best use of these chances to change my attitude, my outlook, my approach, myself, I become more resilient, stronger and more fully human. Today let me take every chance life offers me to change.

To clean the environment we must first clean the mind. The basis of much environmental destruction is waste and the negativity of greed. To clean myself of these habits of thought is to create clean space to sustain new behaviours and habits, building a new world. Today let me clean the inner environment of my mind as a foundation for world transformation.

Develop the habit of not letting negative things be recorded in the self. The soul is a powerful recorder and anything recorded in the soul will play back. When I allow negative things to be recorded in me, they will replay themselves again and again in my mind. It requires great determination to choose not to hold onto the negativity I see around me. It requires spiritual power to stop seeing negativity and to relate only to the positive energy in the world. Today let me record only inspirational and uplifting things in my mind.

Make each second new. Is it possible for something that had not happened a moment ago to happen in this second? Between one second and another anything can happen, an earthquake, a volcano eruption or a new attitude. Today let me check myself and suddenly change my attitude, experiencing the power of newness.

Rest does not come with sleeping, it comes with waking. When we are spiritually awake, we realize that real rest is possible only when we become free of illusion and no longer struggle against life. Illusion is the idea that people should be, and do, what we want them to. The truth is, that all is as it should be, despite appearances. This awareness helps me be easy on myself, easy with others and easy with the world around me. It is much more influential than force. Today let me give up forcing, end the struggling and...rest!

The energy of creation will protect you from destruction. When I am focused on creating something of beauty and quality in my life, then no obstacle can stop me. Motivated by my love for what I am creating, my pure intention is filled with

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powerful energy to make it happen. When all around me is falling apart, I will stay focused on creation and be protected from any negative effects. Today let me focus on creation.

My self-esteem is a product of how I talk to myself. My inner critic is that little voice that nags at me and sabotages my efforts. When I transform my inner critic into an inner coach I make a shift in consciousness. Today let me listen to an inspiring and encouraging inner coach.

Let your vision be filled with spirituality. To be spiritual is to see what is right. When we find defects in others it is because we have fallen into a habit of the mind to see what is NOT right rather than what IS right. Each person has so many more virtues than defects. If I am not seeing what is right, then I am not right. Today let me practice seeing with spiritual vision that which is "right" and noble in each person.

Whether nature creates upheavals or shows her beautiful games, those who are the masters of matter will observe the games as a detached observer in both situations. You will enjoy watching the games and be unafraid. Those who are seated on the unshakeable seat of a detached observer cannot be shaken by any situation created by nature or people. The five players of matter (5 elements) and the five players of Maya (5 vices) are playing their games and you just have to watch as a detached observer. Become unshakeable, immovable and a conqueror of matter.

There is a big difference between being nice and being pure. Nice can be a thin coating over feelings of aggression toward the self or others. Pure is a deep experience of my own self-worth and the worth of others. Purity creates deep kindness and also the power of clarity and firmness. Today let me consider the difference between being nice and being pure.

Within each one of us there is a master of the universe. Not the universe out there but the inner universe of our thoughts and feelings, attitudes and actions. When I realize what awaits within me and how valuable it is, I do not allow myself to be distracted and bewitched by all that is happening outside. To be the master of my inner world is to be the master of my own destiny. Today let me be a master.

A powerful, yet often misunderstood, aim of spiritual study is purity. Purity of the soul means to return to its original divine qualities. The soul has become so polluted with less than divine qualities, it can hardly enjoy being alive. Purifying the soul puts the higher self back in charge - useless and negative thoughts are removed and annoying habits finish. A pure soul cannot be touched by sorrow. Purity restores happiness, even bliss. Today let me set a spiritual aim of purity for myself.

Within every human being lies an underlying impulse for truth. This impulse, when it emerges, becomes the catalyst for all positive change. Like the pebble thrown in the pond, its ripples start small and slowly move outward, eventually touching even the furthest reaches of water. In the same way, this impulse for truth starts within the individual and gradually ripples outwards, touching the world in powerful and often unknown ways. Today let me honour my impulse for truth.

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

3. Poem

Song of the Soul

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

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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

4. Quote or Question

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.
(Rumi)

5. Never, Ever Give Up: Author's Inspirational Transformation

If this story can inspire someone you know, please share it with them.

Arthur Boorman was a disabled veteran of the Gulf War for 15 years and was told by his doctors that he would never be able to walk on his own, ever again. See what the power of love, gratitude, compassion and forgiveness can do. Follow this link to the video... http://www.youtube.com/watch?v=qX9FSZJu448&feature=player_embedded.

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 – Three Different Paths

There is a saying: "Ecstasy is the meal, service is the offering." When we reach this stage in the sacred journey, we discover our bliss. We sit in being-ness and experience the ecstasy of existence. The response is devotion and it arises out of gratitude, out of compassion, out of love and the flowering of our humanness.

You feel compelled to make an offering and the offering is service to the Divine. You are no longer separate from existence, so you serve existence. You find your purpose and fulfilment in your surrender to the Divine will and in service to Life. That is the fulfilment of this stage: the return to the Source. The suffering and the joy of others become your own. You are no longer removed from life in separateness. Your path is the path of return.

Ramakrishna, who followed many religious paths to fulfilment, described the sacred journey like this:

"There are three different paths to reach the Highest: the path of I, the path of Thou, and the path of Thou and I. According to the first, all that is, was, or ever shall be is I, my higher Self. In other words, I am, I was, and I shall be forever in Eternity. According to the second, Thou art, O Lord, and all is Thine. And according to the third, Thou art the Lord, and I am Thy servant, or Thy son. In the perfection of any of these three ways, a man will find God." (15)

Each of these ways is a spiritual path but only one transcends the illusion of separateness altogether and that is the first: "the path of I." Nothing less than the transcendence of this final illusion, namely the manifestation of opposites, is required for entry into the kingdom. It is the release not only from false identity, but also from identity itself. As the ancient Vedas describe it: TAT TVAM ASI – that thou art. In other words the "I" inside me is what I really am. The realisation of this is beyond duality (16).

"My struggle against God had been long and hard. I had always maintained my will strongly against the Divine Will and, begrudgingly and ironically, I knew I was doomed. I had a vision of my death: I was in a forest and it was night. I was walking towards a house brightly lit from within. I looked through the window then entered through the front door. His figure was awe-inspiring – a huge swaggering Samurai in full armour and helmet with a giant sword. I pulled out my own sword, tiny in comparison, and we began a fierce fight that lasted some time, until I became increasingly exhausted. I realised this Samurai was playing with me.

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He could kill me at any time. Smarting from the futility of it all, I renewed my attack on him. With a mighty thrust he delivered a fatal blow and I fell...

...I was pure consciousness, no body, no self – nothing but consciousness – drifting serenely in space. A long way ahead was an object I couldn't yet see. As I came closer, I saw that the object was a goblet, a chalice, which tilted towards me and poured sparkling, glinting water into my being. In that moment I knew that death was the same as life. I knew that nothing had changed. The cosmic joke was this: death and life were the same and life was everlasting."

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 8 of 11

This is part 8 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.

Hawkins Map of Consciousness is a logarithmic scale. When he shows shame as being 20 on the scale, what he is saying is that the frequency of shame is 10 to the 20th power.

There are extremes just as there are in the swing of a pendulum. And there are times when our life experience is chaotic or confused and we feel like a flopping fish in a boat but we have a pre-dominant range where we spend the majority of our time.

Anything below 200 on the Map are lower attractor thoughts and anything above are higher attractor thoughts. Note: that the dividing line is Courage! Courage is all about speaking your own truth.

So, its simply a matter of shifting our attention to something better when we recognize that we are having a lower vibrational thought/experience. The intention to do this creates more of an awareness of our thoughts and a shifting of them to something better which in turn causes us to spend more time in a higher vibrational realm. like building a muscle or a habit, as your thoughts shift – your perception of the world shifts.

LOC 200 - Courage is the dividing point – the ability to speak your own truth. About 10 years ago, Hawkins calculated mankind's LOC at 207. Today, i would place it at 217 – which is quite extraordinary when you consider that in the past man seldom progressed more than 5 points in LOC in a lifetime! An LOC of 217 means that the majority of mankind is prepared to give up the body for freedom. Now, consider the recent uprisings against oppression in not only Arab countries but also the U.S.A. and soon to be appearing near you, in Canada.

LOC 250 – is neutrality

LOC 310 is a willingness to consider a force greater than your self in all things.

LOC 350 is an acceptance of the way things seem/appear to be. How things appear will change as a participant moves up the scale and their Level of Consciousness changes.

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LOC 400 is reason and understanding. Most scientists according to Hawkins seldom achieve 500 because of their need to control and their refusal to consider a force greater than themselves. In other words they can not transcend the ego at any point.

LOC 500 Love – this is the point where the brain/mind, heart and thymus come into unison and come into coherence and we stop projecting our junk upon the world and start radiating or extending love to the universe. Our mere presence at this point affects 1,000 other people and it is healing!! If we really want Peace in the world, we must become the Peace and take on it's vibratory signature. When we do we begin the healing process and it extends to others. This is the change in the swing of the pendulum as it comes back to rest!

LOC 540 joy – achieving this point, all dis-ease starts to drop away. At this point your presence is helping to heal about 10,000 people. This is how we achieve peace and this is what – the Tune Me Up Program is committed to. Go to: www.quantumru.com

Now, there seems to be a co-relation between the light that has been unblocked as it moves through us and sun gazing! Have any of you been to a website called; solarhealing.com? If you decide to do sun gazing please go to the website and follow the instructions to the letter – otherwise you will burn out the retinas of your eyes. However, do it properly and you may just find that training the body to take in more light causes disease to drop away after 6-9 months! Thousands of people around the world are doing this! – mind you they live in a better climate than we do. and many are subsisting on only light and water for extended periods! Create a hybrid program for yourself of changing your LOC through spiritual study, a long with ensuring that the energetic field (aura) is operating at greater potential such as The Tune Me Up Program provides and practice sun gazing and see what happens to your level of consciousness and to the anti-aging process! This would be a regime for Light Beings in training! So, yes, we are light beings!

LOC 575 –is total surrender and this is the point that you want to achieve when dowsing, where in that instant of asking the question, you also surrender the answer to a higher source without expectation. However, this point on the map of consciousness is where someone is doing this constantly. They are turning over every question, every response, every thought and every intention to a Higher Source or the Higher Self.

LOC 600 – is peace of mind

LOC 660 – in one of his books, Hawkins mentions that at 660 the ego becomes an ally.

LOC 666 – While preparing for this talk a stroke of insight came to me. Could it be that the ego is the mark of the beast and that at 666 it is transcended? Again, this is something for the reader to dowse!

LOC 700-1,000 is Enlightenment. According to Hawkins; Krishna, Christ and Buddha all achieved 1,000!

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 – Everyone is Doing The Best That They Can

“Everyone is doing the best that they can” is an expression of a friend of mine, I have adopted. That was one level of understanding. Level of understanding is perhaps an incorrect term. Perhaps it might be better to refer to depth of experience. We tend to experience to the depth that we allow for.

After using this expression for a short period, I felt it lacked something, so I added; “with the information they have accepted.” And that was another experience.

But as I continued to experience this statement, I found it to be inadequate. While on this journey of no distance, I was recognizing that the information that I accepted and integrated into my belief system that formed my personality, that determined my egoic values, that determined my individuality, that said that I was this and not that – in the basic of things was the mark of the beast (ego) that prevented me from knowing that which I was attempting to allow for. I was recognizing that the intellect/ego, has many layers of illusion. Educational-informational degrees that we buy into and decree are but a means to prevent us from recognizing our Higher Self. And that was another experience.

Then there was the recognition of the attachment! The attachment to the thought, the information, the beliefs, the container/body, the individuality, the personality, the “I” am this and I am not that, that empowered this fiction of my mind, we call the ego. And that was another experience.

And as the thoughts floated by like passing clouds without attachment, stillness appeared and with it came; Love, Peace, Calm, Beauty and Innocence. The “I” had disappeared. There was nothing to improve upon. The awareness was there all the time. Oneness is present. It was just waiting for recognition to show up. And then the realization came; everyone is doing the best that they can!

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9. Geoff Straw – Today, I Receive Your Love, oh God

On this day you become more aware, more conscious of the Love you receive from the Father. If you pause, you can actually feel the vibrations of this Holy Love in your being.

It is not necessary to determine how or where or when you will feel it, but only a matter of pausing in a still and quiet moment and repeating the affirmation, and then waiting.

This raises your vibrational frequency and also energizes you. It is a gift that you may gratefully acknowledge, and in its acceptance you do find greater peace of mind. GOD does want to bring to your open heart and mind many

gifts, that you may know HIS love and the bounty that awaits you.

It is freely given. It waits patiently without demand, like an expectant mother waits for the birth of a much beloved child.

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 – Laughter Practice for School Children

"There is something in a child's laughter that momentarily mutes the distracting sound of our needless wants. The squeal of delight clears our mind and reveals the shrouded paths of contentment. It brings us back to a place of innocence and boundless joy where once we dwelt." – Dodinsky

I was invited by Mountview Public School on April 24 for their literacy night and St. Vincent de Paul School Day Care Program April 27 to offer an interactive educational program for the Junior Kindergarteners to the 6th grade students. I explained to the students that among other things, they will suffer fewer attacks of coughs, colds, throat and chest infections, as Laughter helps to build good immunity against common infection. When children are put in the right conditions to laugh at school, their confidence is boosted and their ability to handle stress can improve. They develop a positive attitude, even in challenging times. Laughter Yoga also stimulates their right brain hemisphere, relieves pain naturally and enhances their creative abilities.

The group then engaged in an all-out high impact exercise workout. Parents, students and staff shook hands and laughed. They gave each other laughing shocks, chortled with evil-sounding laughter, put pretend ice-cubes down each other's backs, ran around like super heroes powered by laughter, behaved like they had toads in their pockets, sang with gibberish to a pretend orchestra and jumped around like giggling space aliens. The school gym rang out with many bursts of full-belly laughter.

One of the parents mentioned that Laughter Yoga should be part of the curriculum and a grade six student said he liked the relaxation meditation at the end because it gave him time to relax and have some quiet time. Other children responded by following me around like I was the Pied Piper of Laughalot.

Bringing Laughter Yoga into the school day was a refreshing experience for the students and gave them a healthy opportunity to share laughter with their peers. It was fun to interact with the students in a different setting and a great way to end the week!

When we practice intentional laughter, not only do we reduce our general stress level, we also actually develop our sense of humour. We are more likely to find things amusing and are able to see the lighter, brighter side of life. It also delivers an increased sense of connection and community, improved concentration and significant stress reduction for both students and staff.

When we laugh, even for no reason, many of the damaging effects of stress are neutralized and we return to a state of balance and peace.

The stressors of daily life - including the school environment - can stifle the natural stress reducing reflex of Laughter. But give children permission to laugh – especially within the usually serious academic environment – and there is a welcome relief of stress and tension that can produce dramatically positive results.

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Imagine what a short Laughter session can do prior to a high-stakes exam, sports competition, or public speaking event. So increase your laughter by engaging in daily laughter exercises one giggle at a time.

Very good, very good, YEAH!

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 – June 2012

There is a depth to stillness wherein you travel to another world. In truth, there are other planets, systems and dimensions which are founded on the vibration of stillness. You might say, "Nonsense, because stillness has no vibration." We reply that in any physical creation, microscopic, macroscopic, dense or transparent, vibration—the Life pulse—exists.

There is a direct relationship between stillness and the profundity of understanding.

In your present world there is an increase in electromagnetic activity: augmented intensity of cosmic rays, highly excitable brain activity, magnification of light and greater agitation of the minutest particles of light and other dimensional matter which lay beyond the scrutiny of your measuring instruments. These "newer" particles, mingle with the cosmic rays, hum, stir, radiate, turn and enter your physical bodies and, indeed, your entire planet. Even as your bodies lighten and move into a more pronounced expression of Light, the Life pulse remains. However, as you will shortly witness, there is an intimate link between the refinement of physical matter, this Life pulse, stillness and expanded perception and awareness.

For individuals upon your plane of existence to communicate with more spiritually and scientifically advanced beings from other worlds and dimensions, a meeting of vibrational fields is required and this reunion is best cultivated through stillness. As paradoxical as it may seem, the greater the Light in beings, the vaster their inner stillness and the closer their link to the Creator. This offers such beings a deeper understanding of existence and a continual wonderment for all of creation.

Those upon your planet will advance if they will recognize the inherent goodness of all Life. This recognition must first take place through the inner sanctuary of mind and heart—within the stillness of divine vibration. The moment an Earth citizen truly acknowledges that all creation is sacred, that individual enhances the Light in his or her own being, opens up the mind to vaster perception and throws wide the door to welcome those in higher worlds of Life.

We ask you to contemplate the following questions.

Will you befriend, cultivate and cherish the stillness within? Are you ready to openly live as spiritual beings, knowing that daily you continually create a conscious inner marriage between stillness and greater awareness of Spirit? Will you express continual gratitude to the Creator of all Life and cultivate a world of sacred community? As a result of this commitment, will you then joyfully accept the increase of inner Light as it replenishes and modifies the physical cells and refines your body? Consequently, will you then step upon a masterly Path of community, world and universal service?

To develop friendship with those of higher worlds, for that is certainly a possible destiny of your planet, your people must understand that we speak not of living in a theoretical world, but of *living the action of spiritual progress*.

Your earth continues to evolve for that is its nature. All its inhabitants continue to progress for therein lies the meaning of their lives. Many upon your planet understand these truths, others are commencing the journey and yet others have yet to ponder the possibility.

We know that your hearts and minds are warmly nestled in a magnificent dimension of great Love and well-being. We leave you to enjoy the discovery.

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 – The Inner Morality – Part 1 of 3

Ann C. Johnson Assoc MAPS: psychologist, healer and author, kindly included this article in her book 'Improving The Quality Of Your Life: A Practical Guide To Personal and Spiritual Development.' (Book 2) Copyright © 2007 by Ann C. Johnson

An interesting disparity exists between how we treat ourselves and how we treat others, and our society holds a double standard in regards to this.

We have rules, regulations and customs governing our conduct in society which prescribe and instruct us on how to interact with other people, which tell us what is and what is not acceptable social behaviour.

Yet there seems to be no social contract and no established set of morals that are concerned with how we treat ourselves. Morals, ethics and laws seem to only cover interpersonal relationships. Sure, the society becomes concerned if you harm yourself on a physical level, yet it is completely indifferent to the way your mind assaults and violates you.

Seemingly we live in an orderly and law-abiding society which we all pride ourselves on, yet in our inner world, no laws or boundaries are sacred. The things that you would never do to other people you do freely to yourself and if you did treat other people this way, you would be censured, punished or ostracised by the society.

With inner attacks, it seems that anything goes for they are not seen by other people and so are immune from their judgements and condemnations. Because they are inwardly directed, these acts of violence are free from the moral bounds that constrain our actions towards other people.

Also, because these attacks occur on the inner level, society doesn't take them very seriously. The very language that it uses to describe inner aggression, such as for example: "Stop being neurotic and pull yourself together. You are being self-indulgent and navel-gazing, while other people in the world are having real problems and undergoing real suffering. Snap out of it!" reflects the dismissive and belittling attitude that society holds towards the self-abuse that the mind inflicts upon you.

The other salient difference between outer and inner aggression is that while in the outer world you can get help from others or the law against attacks, in the inner world it is entirely up to you to protect yourself against the mind. Certainly, you can get advice from others about the various defence strategies that you could employ but ultimately you are all alone on the battlefield and it is a fight between just you and the mind.

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

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 – Why is Doing Music Important?

An excerpt from Rasaji's Circle of Chi, with comments following by David Paul.

One of the most powerful things my master Bo-Yang taught me in Tibet concerning the mind came out of my own frustration.

Noticing my frame of mind one day, he spoke to me. "Rasaji, you look troubled."

"Why do you say that?" I replied.

Again he asked: "What's bothering you?"

He knew, as always, and well before I spoke, that my mind was reaching forward and found itself up against an impasse. At the time of this discussion, I had already been practicing Tai' Chi Gung for several years. On this occasion I was actually considering what I wanted to do with my life, and what kind of impact I wanted to have in people's lives and in the world. It made me think, "There is such a great need, I want to get there quickly. I don't want to get there slowly." At that time, I sort of had that microwave mentality; everything had to be done right now, right away.

He spoke again, "You're wondering how you can get there quickly."

"Yes!" I answered urgently.

And so my answer finally came. He said, "I will tell you two things. #1, *most of the world experiences everything they do, no matter what it is, by looking externally, they look outside themselves.* They reflect on the hologram they perceive to be reality, the world that they see around them, and then they move toward it. They do not yet realize that they have the choice to resolve their situation or condition inside themselves. They don't yet see that they do not necessarily have to resolve it outwardly. Based on #1, I'll share #2 with you now. You'll probably be amazed at how simple it really is, but it will work for you. When you find yourself doing #1 in acceleration, you will probably slow it down and therefore get there much more quickly if you simply follow #2: *Observe what the world is doing and do the opposite.*"

If you want an experiment in doing the opposite, you might consider learning to chant your prayers, or play an instrument. Why? Well, creative arts in general, and music in particular, are very profound teaching tools to the human soul, because the activity is from the inside out.

In the beginning, you'll most likely discover that you are simply repeating what some other musician wrote. If you're brave, and you choose to improvise and play your own music early on, you'll cut to the chase very quickly.

Much of what is sometimes called "civil society" is trying to impose limiting patterns of thought, habit and feeling on human beings on a constant basis. It is very easy for people to get lost, especially in this rapidly expanding technological age. People are "lost" in the sense that they never really learn who they truly are. They're led from one thing to another, examine nothing in any depth. They never really entertain a thought from their true nature. Sometimes, in 2012 anyway, God is hard pressed to get a word in edgewise.

In the Tai' Chi Gung system, all illness can be traced back to a single root cause. People manifest symptoms of dis-ease because they are suffering from the depression that rises up when you think and believe that you are separate from the Divine. To reverse this phenomenon, the Tai' Chi Gung exercises quickly give you a physical experience of the Holy Spirit; a biological experience of the Divine. (On average, about 80% of students in the first class) They show you how to access it at any moment of your choosing. (Free warm up exercises are posted at www.rasaji.com.)

It is from this foundation of connecting physically daily, now with more than 25 years of practice in the Tai' Chi Gung system, that David Paul creates and plays music. Music embraced, or "heard" with the soul, can pierce through veils of "unknowing". Music can also give an experience of "heaven on earth" to those who seek it. If you'd like a complementary

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mp3 of music, simply send your email request to: davidpaul888690@gmail.com And please do consider coming off the side line and into the game of life abundant. Take up singing or playing an instrument. The personal power that returns to you for your effort could completely transform your life.

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. **Ann C. Johnson, Assoc MAPS: Psychologist – Scheduling Time for Yourself**

Most of us these days live life at a hectic pace. In doing so, often we forget to schedule time for ourselves. We are so focused on completing routine tasks; so focused on meeting workplace targets; so focused on fulfilling other people's demands and expectations; that often we forget to focus on our own hopes, desires, goals and dreams.

Scheduling some quiet time for self each day is an act of self-love. When you make the time to relax for a little while each day: time to sit quietly by yourself, preferably in the fresh air; time to eat a healthy lunch at a leisurely pace; time to have a powernap; you will have the energy to do all of the 'other' things you need to do during each day in order to fulfil your work or family responsibilities.

Scheduling some quality time for self each week is an act of self-care. When you make the time do some inner-healing work or have a massage; to learn a new skill or attend a formal study course; to see an inspiring movie or read a good book; you will have something interesting to tell your family and friends once this activity's over.

Scheduling some getaway time for self each year is an act of self-renewal. When you make the time to go away for 3 weeks by yourself (or with family if you'd like): time to catch up on sleep, eat healthily, drink heaps of water, relax, watch sunrises and sunsets, meditate and take walks in the fresh air; time to visit cafés, tourist spots, cinemas, shops etc; and (depending on the time of year and the holiday destination) time to be physically active: to swim, snorkel, ski, go bike riding etc.; you will the time to set yourself some new goals and to recharge your batteries before you hurtle into the next calendar year.

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.

15. **David Sherwood – Shamanism and Gurdjieff**

This is a personal story about finding myself deeply involved in two seemingly different spiritual paths, and wondering why or how they fit. My first encounters with Shamanistic practices began at about age 45. I don't practice the full range of

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shamanistic techniques by any means, but have taken occasional workshops and participate in a regular full moon drumming group. Then, at age 55, I added a weekly Gurdjieff class plus its daily exercises.

They have pretty much nothing in common, as far as the actual practices or rituals go. They can even seem to conflict, eg- the desire to go 'out there' on a shamanic journey, and the goal of staying 'aware' of self and bodily surroundings as per the Gurdjieff teachings.

Shamanistic Practices

I used to think an interest in shamanism was a late addition to my life, but recently I "reframed" it as part of a deep conversation with nature that actually has been a constant:

- As a little boy I spent hours and hours on end playing in ditches, running through the fields and building tree forts in the woods, just immersed in nature.
- As a young man, along with some others in the days of "back to the land", we compulsively purchased a dairy farm, though I/they had no farming experience.
- Except while at university, I have had a garden and compost pile all my life.
- At age 45, we built a house, and we aligned it with the four cardinal directions, using mountain views, a church steeple and a stately old elm tree as visual anchors.

Then began the exploration of shamanism, which taught me ceremony as a way of connecting to nature and the spirit world. This has been a long and slow road. I gardened mechanically and conventionally for a long, long time. I still have trouble remembering to sing to my trees.

Gurdjieff

The Gurdjieff fascination is just nutz. It has a hold of me, I can't not do it, and it is such an unusual form of practice that it's hard to even explain to most people. In brief, the goal is present moment Awareness of self (body, emotions, thoughts).

Ideally, the noticing would be all day long, but realistically it is many, many glimpses per day of 'knowing that I exist' as opposed to being caught up in what I am doing. Gradually, the witness function lasts longer and takes in surroundings, influences, subtle energy shifts. Intuition develops. Negative internal cycles get shorter. Eventually, there emerges an improved ability to marshall my vital energies behind *worthy* activities, to be aligned -- and know that I am aligned.

The shamanistic methods I engage in seem to be directed outward: connecting to things outside me, like the four elements (earth, air, fire, water) or the four directions on the medicine wheel, or to invisible elements in the spirit world. The Gurdjieff seems a very self-centred practice: what am I up to, right now?

So sometimes, I wonder... Why I am so attracted to both of these? Do they fit together? With only so much time in my week, should I focus only on one? Which is more quintessentially me?

MY EUREKA MOMENT, with thanks to Rudolph Steiner

Recently, I picked up *Stella Natura*, the Steiner calendar for planting and harvesting by the cycles of the moon and the zodiac. In it, there was an article called *The Unknown World of the Etheric*, by Manfred Klett. As I understand it, the article says that Steiner said (especially in his book, *Esoteric Science, an Outline*) that ...

- The earth, the energy and makeup of the earth, all living beings on and in the earth, are influenced at a **subtle** level by the cosmos or the etheric, which includes an intelligence, an intention, a guidance. [Which we could choose to call God/source/creator.] In other words, this is not a random accident; and it is an ongoing influence rather than a one-shot big-bang original impulse.
- There are also more immediate, dense, **direct** influences on life, from the earth, moon and sun, such as the pull of gravity, the seasons and the daily dark/light cycle. These are part of the "aliveness" of our earth home.
- That to fulfill our biologic and cosmic human purpose on earth, we need to tune to all this, take guidance from it, respect it, and in that sense revere it. We should 'help it along', assist it to be healthy and flourish. [One could say: be stewards, be of service, cooperate with the divine plan, co-create... clearly this is NOT the same as 'manipulate it to the benefit of our species alone and in so doing destroy other species']

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BUT HOW DO WE DO THAT??? How to tune in, get the message, learn the lessons?

The article says there are two main paths of inquiry or two typical practices, A or B, both good.

(A) Searching through nature. Experience nature deeply, understand the inter-relationships of life and how it expresses through plants/ soil/ animals, live according to the natural rhythms and the seasons, know we are one element of the web of life ... learn from nature by using its expression as a metaphor, observe it, listen to it, feel it ... in order to take guidance from it, and intelligently contribute to it ... and discern the subtle cosmic or etheric influences embedded in it. [one could say, the direction of impulse is from ground to sky]

or B) Spiritual search. Self-development, meditation, awareness. Acting as much as possible from our higher self. Actively seeking to connect to the higher consciousness ... in order to know it, take guidance from it, and intelligently contribute to it ... to discern the subtle cosmic or etheric messages and influences. Which, as an incarnate being, will include the earthy influences, our place in life on earth and our contribution to it. [one could say, direction is sky to ground]

So there! The insight is that I was burdened by a false dilemma. Instead of seeing A or B as a dichotomy, it turns out A and B is fine. They are complementary and I happen to be drawn to both. While superficially different, either will develop the ability to observe, to listen, to tune in, then to act judiciously. *But tune into what, exactly?* I am not a specialist on definitions, so you can call it God/source/creator or cosmic/etheric or Gaia/Mother Earth, all are worthy of attention.

Food for thought: if you have two or more practices... can you sit back and see a larger pattern that can include all of them?

ABOUT THE SPIRITUAL GUIDE AND TEACHER: David Sherwood co-founded a full moon shamanic drumming group that has met continuously for more than 100 moon cycles. He is in his seventh year of intensive Gurdjieff training. He also attends church, used to meditate and do tai chi, and still does yoga. He earns his living as a creative meeting facilitator, helping groups and organizations reach a higher or deeper level of meaning. David is on the cusp of becoming a spiritual guide, but is having trouble deciding how to package all the things he knows! In the meantime, he mentors various people, writes occasional articles and has one formal student. He is on the organizing committee for the Moving Mandala workshop listed elsewhere in this newsletter. You are welcome to contact David Sherwood at (613) 674-2042 / sherwood@hawk.igs.net / www.brunetsherwood.ca.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

16. Good News of the Day

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

"When he speaks, you can sense a depth of earnest care in his voice. When you hear his stories, you know you're in the presence of a sacred soul. And it sort of sneaks up on you that he's served in hospices and with the homeless, that he spends his days mentoring college students as UPenn's University Chaplain. From gentle stories about his daughters to lessons from his "knucklehead punk" youth days, and revolutionary New Year's resolutions, Rev. Charles Howard -- or Chaz, as he is lovingly known -- shared insights along the valleys and peaks of his service journey, and the inter-connections that stand woven underneath it all." Read more at <http://premiere.whatcounts.com/t?ctl=16AD2AA:12445D4F40F5539F4743C8C7AABDA0B2B4B847859706E37D&>. Be The Change: "Remember that you don't choose love. Love chooses you. All you can really do is accept it for all its

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mystery when it comes into your life." Read more at

<http://premiere.whatcounts.com/t?ctl=16AD2AB:12445D4F40F5539F4743C8C7AABDA0B2B4B847859706E37D&>.

Have you ever lost yourself in your work, so much so that you lost track of time? Being consumed by a task like that, while it can be rare for most people, is a state of being called Flow. In my experience, it's one of the keys to happiness at work, and a nice side benefit is that it not only reduces stress but increases your productivity. So how do you achieve this mystical state of being? Do you need to meditate or chant anything? No, you don't (although meditation can improve your ability to concentrate). And Flow is anything but mystical -- it's very practical, and achieving it isn't mysterious. It can take practice, but you'll get better at it. Here are the key steps to achieving and benefiting from Flow:" Leo Babauta shares further. Read more at

<http://premiere.whatcounts.com/t?ctl=16AD331:12445D4F40F5539FB00A72398581AD18B4B847859706E37D&>. Be The Change: The author of the seminal book, "Flow," summarizes his theory for optimal experience in this short passage.

Read more at

<http://premiere.whatcounts.com/t?ctl=16AD332:12445D4F40F5539FB00A72398581AD18B4B847859706E37D&>.

Voluntary simplicity gives voice to ways of living that are vital for building a workable and meaningful future. In the "garden of simplicity", as described in this classic article by Duane Elgin, there are many flowering expressions of the simple life, and he goes on to describe ten of them. According to Elgin, the great diversity of these expressions and their intertwined unity, are creating a resilient foundation for sustainable living and a future that nurtures harmony and community. Read more at <http://premiere.whatcounts.com/t?ctl=16AD577:12445D4F40F5539F1A985D342689F402B4B847859706E37D&>.

Be The Change: What does simplicity mean to you? Plant a seed to nurture your garden of simplicity.

A 12 year-old boy named Larry did something that he realized probably hurt his seventh-grade teacher. Over the decades he searched the internet in an attempt to locate that teacher -- and apologize. His efforts were in vain ... until a few months ago, 39 years after the original event, his search turned up an online article featuring the long lost teacher. Larry shot an immediate email to the newspaper. The poignant message was forwarded on to the journalist who wrote the article. "I found it buried in my in-box ... only by chance was I curious enough about the subject line -- "Customer Feedback" -- to open the email from a man named Larry Israelson." What follows is a profoundly moving story of the power of forgiveness. Read more at

<http://premiere.whatcounts.com/t?ctl=16AD686:12445D4F40F5539FA962BB3306FCAFE4B4B847859706E37D&>. Be

The Change: Is there an incident from your own life that merits asking for forgiveness? Reach out to express it today.

At the pinnacle of a dizzying career, Indo-American rapper Nimo was haunted by an unshakeable sense of emptiness. In his mid-twenties, he abandoned the limelight and found himself meditating in the foothills of the Himalayas. There an inner voice nudged him to radically simplify his life and find his purpose in service of others. He moved to the Gandhi Ashram in India and dedicated himself to the children in the surrounding slums. Fast-forward to April 2012: Nimo and a dance troupe of sixteen of "his kids" are touring the world with "Ekatva" -- a performance whose ultimate message is Oneness. Read more about Nimo's inspired journey and the transformation of a ragtag group of slum kids into global emissaries of unity who are bringing grown audiences to their feet in tears. Read more at

<http://premiere.whatcounts.com/t?ctl=16AD94A:12445D4F40F5539FFE6415AFF99FEB79B4B847859706E37D&>. Be

The Change: Meet the children of the Ekatva Tour through their stories, and get involved. Read more at

<http://premiere.whatcounts.com/t?ctl=16AD94B:12445D4F40F5539FFE6415AFF99FEB79B4B847859706E37D&>.

Albert Einstein's was estimated at 160, Madonna's is 140, and John F. Kennedy's was only 119, but as it turns out, IQ score aren't everything when it comes to predicting your success and professional achievement. IQ tests are used as an indicator of logical reasoning ability and technical intelligence. But by itself, a high IQ does not guarantee standing out. This article, originally appearing in Forbes magazine, discusses the value and importance of the other quotients that help determine success and fulfillment: EQ (Emotional Intelligence), MQ (Moral Intelligence), and BQ (Body Intelligence).

Read more at

<http://premiere.whatcounts.com/t?ctl=16ADBF1:12445D4F40F5539FE6A0B21A346708CBB4B847859706E37D&>. Be

The Change: Work on developing your other quotients this week: EQ (Emotional Intelligence), MQ (Moral Intelligence), and BQ (Body Intelligence).

"The lid came off, and the rotary movement of my body as I was rising from the bent over position created a mini-tsunami of green-brown liquid from the tops of my shoes, on to my papers -- covered desk, across the room to the credenza, the plants on top of it, the books in its lower shelves, up the wall and onto the ceiling -- where the fluid finally dissipated before completing the full circle and landing on my head! ... As I began to mop up the mess, I noticed that the area worst hit on my desk was a valued collection of some of my favorite notes and quotes that I had accumulated over the years. Of

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course, my attention was drawn to these wisdom sayings and I realized that I hadn't looked at most of the sayings for some time." Read more at <http://premiere.whatcounts.com/t?ctl=16ADCAC:12445D4F40F5539F7738FDE74C67652CB4B847859706E37D&>. **Be The Change:** Be open to the hidden gifts within even frustratingly ordinary moments.

On a plane flying cross-country, a CEO and management consultant tunes into a fellow passenger's sharp-edged interaction with her five-year old daughter, and finds himself unexpectedly in tears. The incident unleashes a series of insights on the importance of acknowledging the pain we encounter in ourselves and the world. "This act of diving deeply into the feelings we avoid, the feelings we don't necessarily even know we have, is, I have come to believe, our only hope of breaking our link in the chain of hurt, suffering, and ineffectiveness. That's a leadership issue. Because every leader is a human being. And when we avoid feeling the suffering we naturally experience as human beings, we perpetuate it and act against our best interests in our relationships with our colleagues and the people we manage, as well as with our families." Read more at <http://premiere.whatcounts.com/t?ctl=16ADD07:12445D4F40F5539F04B082D5D20C0A4CB4B847859706E37D&>. **Be The Change:** The next time you face a painful situation, make an effort to feel the pain -- without propagating the suffering.

When legendary theoretical physicist Stephen Hawking was setting out to release *A Brief History of Time*, one of the most influential science books in modern history, his publishers admonished him that every equation included would halve the book's sales. Undeterred, he dared include $E = mc^2$, even though cutting it out would have allegedly sold another 10 million copies. The anecdote captures the extent of our culture's distaste for, if not fear of, equations. And yet, as mathematician Ian Stewart argues in his book: *In Pursuit of the Unknown: 17 Equations That Changed the World*, equations have held remarkable power in facilitating humanity's progress and, as such, call for rudimentary understanding as a form of our most basic literacy. Read more at <http://premiere.whatcounts.com/t?ctl=16ADF34:12445D4F40F5539F34386DCC99E8EC71B4B847859706E37D&>. **Be The Change:** "The Earth is a very small stage in a vast cosmic arena." A short passage called "A Pale Blue Dot," by Carl Sagan. Read more at <http://premiere.whatcounts.com/t?ctl=16ADF35:12445D4F40F5539F34386DCC99E8EC71B4B847859706E37D&>.

"A yoga teacher of mine was describing a class he held for girls struggling with anorexia. He asked them to stand hip-width and was shocked when all of them were standing with their feet as wide as the yoga mat. Their physical bodies were much thinner than what their mental perceptions told them. It isn't something that just afflicts these girls -- all of us fall prey to believing labels that define our self-image. The problem isn't in the labels themselves, but in how conscious we are of them. Labels are just a mental shorthand for leveraging past experience, and preparing us for what lies in store. But when I am unconscious of these labels, I start believing them to be the full truth, when in reality they merely reflect my own conditioning. Then, instead of giving me a head start on gaining more information, labels collapse my experience and actually limit my opportunities to grow." On the neurobiology of labeling: [{ read more }](#). **Be The Change:** Today, observe your own tendency to label your experiences and even other people.

"We hold on to so many things that cause us a great deal of pain, stress and suffering -- and instead of letting them all go, instead of allowing ourselves to be stress free and happy -- we cling on to them. Not anymore. Starting today we will give up on all those things that no longer serve us, and we will embrace change. Ready? Here we go." Dana Sauvic, a student of the arts, economics and spirituality reflects on 15 commonplace impediments to joy that we often unwittingly carry around with us, and urges us to release them. [{ read more }](#). **Be The Change:** What can you give up in your own life that is keeping you from joy? Try removing it just for today.

Rushville, Illinois is a small town where sunflowers wave in the wind. One of its claims to fame is Dr. Russell Dohner. A man who has been looking after his neighbors for 55 years, charging them about what we pay for a fancy cup of coffee: five bucks a visit. "In a mercenary world," a waiting patient told me, "this place is an oasis." Dohner will go anywhere, at any time, to help those in need, often arriving before emergency crews. He once saved a small boy from smothering to death in a corncrib, once climbed down into a coal mine to help rescue four men. The only times he's ever closed his clinic was when he broke his back, and when he had a heart attack. More about this beloved doctor, who at 85 still continues to heal his community. [{ read more }](#). **Be The Change:** With Dr. Dohner as inspiration, make a special effort today to reach out to someone in your neighborhood with a caring gesture.

"An old-fashioned concept -- gleaning for the greater good by harvesting unwanted or leftover produce from farms or family gardens -- is making a comeback during these continued lean economic times. In cities, rural communities, and suburbs across the country, volunteer pickers join forces to collect bags and boxes of fruits and vegetables that find their

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way to homeless shelters, soup kitchens, and food pantries, as well as senior centers, low-income homes, and school lunch programs. Where some may see excess, others see opportunity -- the chance to make a difference, feed the hungry, and avoid waste. It's a win-win-win all round." This article shares more about how it all works. [{ read more }](#)

Be The Change: Consider what collective resources are around you, and see how you can leverage them for the greater good.

2012's Baccalaureate speaker at the University of Pennsylvania was an unconventional choice for an Ivy League school. To address their newly-minted graduates, aspiring to dazzling careers, they picked a man who has never in his adult life, applied for a job. A man who hasn't worked for pay in nearly a decade, and whose self-stated mission is simply "to bring smiles to the world and stillness to my heart". This off-the-radar speaker launched his address with a startling piece of advice, followed up with four key insights gleaned from a radical 1000 km walking pilgrimage through the villages of India. As he closed his one-of-a-kind Graduation Day speech, the sea of cap and gown students rose to their feet for a standing ovation. The full transcript follows: [{ read more }](#). **Be The Change:** In a world increasingly moving beyond the speed of thought, remember to travel today at the speed of thoughtfulness.

What does making coffee at Alcoholics Anonymous meetings have to do with staying sober? A whole lot, according to recent studies that show that the physical and psychological benefits of service also benefit those with addictions. Addicts who help others, even in small ways - such as calling other Alcoholics Anonymous members to remind them about meetings or making coffee - can significantly improve their chances of staying sober and avoiding relapse. The story of Victor M., as told in this article from the Greater Good Science Center, highlights one man's journey from addiction to sobriety through small and simple acts of kindness. And for Victor, the rewards extend beyond being sober for five years: "I get to watch guys get better - there's nothing better than that." [{ read more }](#). **Be The Change:** Reflect on your own addictions, minor or major; does increasing the level of service in your own life have a positive effect?

For decades, scientists have tried to test the power of prayer and positive thinking, with mixed results. Now some scientists are fording new -- and controversial -- territory. Gail Ironson an AIDS researcher from the University of Miami noticed that a number of patients with HIV inexplicably never got sick. In trying to understand why, she discovered something surprising. "If you ask people what's kept you going so long, what keeps you healthy, often people would say spirituality," she says. "It was something that just kept coming up in the interviews, and that's why I decided to look at it." Ironson began to zero in on a patient's relationship with God in an attempt to predict how fast the disease would progress. This NPR article shares more about her intriguing research and findings. [{ read more }](#) **Be The Change:** Practice witnessing your thoughts today, and consciously sending goodwill to others in your life. Notice if it has an impact on you.

"Do free bed nets in some countries lead to more cases of malaria? Could anti-parasite pills raise school attendance in one country and have no effect in another? How cheap does preventative care have to be for low-income families to see the doctor? There might not be a perfect way to answer these thorny questions on a country-by-country basis. But some leading scientists think the most rigorous answer comes from what they call "randomized controlled trials." Last year, Esther Duflo and Abhijit Banerjee, published a book called Poor Economics (...) it stakes a larger claim against 'grand universal answers' and 'sweeping conclusions' about poverty." A leading development economist speaks on the virtues and limitations of a data-driven approach to healing the world's most intractable problems. [{ read more }](#). **Be The Change:** "Finding non-zero sum solutions to our social problems requires all the imagination we can muster." A short passage by Alvin Toffler.

"Changing your life can seem an incredibly tough and complicated thing, especially if you've failed a great number of times (like I did), found it too hard, and resigned yourself to not changing. But I found a way to change. And I'm not any better than anyone else, not more disciplined, not more motivated. I just learned a few simple principles that changed my life. So what are the principles that changed my life, repeatedly? [...] If you read the brief stories above, you already know: 1. Start very small. 2. Do only one change at a time. 3. Be present and enjoy the activity (don't focus on results). 4. Be grateful for every step you take." Leo Babauta shares more. [{ read more }](#). **Be The Change:** Apply these tips to changes you want to make: start small with one step at a time, and be present to and grateful for each step.

"For years, I've wrestled with living the 'less-is-more' life in a world that seems to be busting at its seams -- in every way -- financially, physically, psychologically. There's a need, it seems, to acquire and expand. And it's not just in our personal and material lives. Startups want to scale -- that's the most critical stage for them. Nonprofits need to collect data for 'impact' reports, illustrating how their ideas are not only innovative, but scalable. Can we turn away? Can we build a new scale -- a smaller, more humble, dustier scale in touch with the roughness of the earth, with the struggles of our neighbors, within the limits of the tilled earth? Can we have dreams that look inward, deepening ourselves and our ties with each other, rather than scaling outward? Perhaps that means we need to rethink growth." [{ read more }](#)

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Be The Change: Instead of bigger, faster, and stronger, focus your efforts today on actions that are more appropriate, skillful and meaningful.

The recent explosion of scientific research reveals precisely how positive feelings like happiness are good for us. We know that they motivate us to pursue important goals and overcome obstacles, protect us from some effects of stress, connect us closely with other people, and even stave off physical and mental ailments. This has made happiness pretty trendy. The science of happiness made the covers of Time, Oprah, and even The Economist. But can feeling good ever be bad? New research says yes -- and points the way to a healthier, more balanced life. This article share four things to watch out for in the pursuit of happiness. [{ read more }](#). **Be The Change:** As you start the day today, orient yourself toward well-being more so than happiness.

Taylor Wilson always dreamed of creating a star. Now he's become one. "Taylor would transform the family's garage into a mysterious, glow-in-the-dark cache of rocks and metals and liquids with unimaginable powers ... he would conceive, in a series of unlikely epiphanies, new ways to use neutrons to confront some of the biggest challenges of our time: cancer and nuclear terrorism...he would build a reactor that could hurl atoms together in a 500-million-degree plasma core-- becoming, at 14, the youngest individual on Earth to achieve nuclear fusion." This article shares the remarkable journey of a boy who followed his dream against perilous odds. [{ read more }](#). **Be The Change:** What is your own "impossible" dream? Take a step towards it today.

I'd had tendinitis in my elbow for over a year. Even something as gentle as twisting a doorknob made me wince in pain. I went to see my brother, Bertie, who also happens to be my doctor. As Bertie examined my elbow, I reminded him of everything I had done to try to fix my problem. When it began to hurt, I used ibuprofen. When that didn't work, we tried two injections of cortisone, six months apart. Meanwhile, I did physical therapy, tried ultrasound, used a brace, performed daily exercises, applied ice, and went to acupuncture and massage...."Nothing has helped!" I complained. "I have an idea," Bertie said. "Something we haven't yet tried." "What?" I hoped it wouldn't be too time-consuming or expensive. "You just said it yourself," he replied. "Nothing." [{ read more }](#). **Be The Change:** A beautiful passage by the celebrated Japanese farmer, philosopher - whose "Do Nothing" approach to cultivating the land, and one's own life inspired millions. [{ more }](#).

"Seven years ago this week, David Foster Wallace argued that "learning how to think really means learning how to exercise some control over how and what you think." Yet in an age of ceaseless sensationalism, pseudoscience, and a relentless race for shortcuts, quick answers, and silver bullets, knowing what to think seems increasingly challenging. The art of thinking critically is a habit that requires careful and consistent cultivation. In his remarkable essay titled "The Burden of Skepticism," originally published in 1987 Carl Sagan -- always the articulate and passionate explainer -- captured the duality and osmotic balance of critical thinking beautifully"... [{ read more }](#). **Be The Change:** Experiment with balancing skepticism and openness in your own life.

"Matthew Sanford says he's never seen anyone live more deeply in their body -- in all its grace and all its flaws -- without becoming more compassionate toward all of life. He's a renowned teacher of yoga. And he's been paralyzed from the chest down since a car accident in 1978, when he was 13. He teaches yoga to the able-bodied. He also adapts yoga for people with ailments and disabilities, including military veterans. But Matthew Sanford has wisdom for us all on the strength and grace of our bodies, as we move through the ordinary span of our lives." [{ read more }](#). **Be The Change:** Experiment with being more fully and deeply present in mind and body today.

17. Response vs. Reaction

Reprinted from InnerNet Weekly via www.iJourney.org.

When I was 19 and 20, part of what drove my urge to awaken was that we were still in the midst of the Cold War, and it looked as though we might imminently drop bombs on each other. I saw the insanity and violence, and it occurred to me that we were all waiting for someone to solve this problem for us -- waiting for our politics to change, for our leaders to change, for some grand leader to inspire us. And somehow I just intuitively sensed that there must be a change of perspective, something much more radical inside. This mantra came to my mind, and it fed my awakening: "If not me, then who? If not now, then when?" And this brought all of the energy back to me.

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I started to see, from the standpoint of oneness, that when we look at the world around us and our leaders, it's important to see them as our own self. And that can be shocking. If it's all one, then the leaders we don't like are our own self, our shadow side, which society is denying. Instead of owning these forces of division and violence within ourselves, we project them onto somebody else. We get angry. It's sort of a noble anger, a noble hatred, a noble division, and it's easy to justify. "I am right because I'm a peace activist or an environmental activist." We miss that this anger, no matter how justified, is still inside the movement of division—and it's only contributing to division. If the cause is wholeness or the cause is peace, then the cause is good—but the ends do not justify the means. Hate is hate; it doesn't matter why we hate. Anger is anger; it doesn't really matter why you're dividing yourself against somebody. In the universe, it registers as division.

When we start to see that, we can see that we are not justified in our divisions. If we are harboring division, we are violent, and that violence will manifest sooner or later. It's sobering to see this, but when you do, it takes away the justification for being divided.

That's what I started to see at a young age. My concern drove me to a deeper place, this place that we're called to when we speak of spiritual awakening. Now from that place, we can have a very active response to the world rather than a reaction against it. A response is inherently positive; a reaction is inherently negative and divisive. A great thing about coming to our own wholeness is that it's not as though we just sit on our couch and see that everything is perfect. We do see that everything is perfect—but from that sense of perfection arise great love, great compassion, and a great response to the life around us. It's a response that is undivided. As a whole, as a world culture, if there is going to be a salvation, it's going to have to come from the human heart being undivided. And to get there, we all have to wake up.

--Adyashanti, in [Quiet Revolution](#)

18. Is the Universe Friendly?

Reprinted from InnerNet Weekly via www.iJourney.org.

I think the most important question facing humanity is, 'Is the universe a friendly place?' This is the first and most basic question all people must answer for themselves.

For if we decide that the universe is an unfriendly place, then we will use our technology, our scientific discoveries and our natural resources to achieve safety and power by creating bigger walls to keep out the unfriendliness and bigger weapons to destroy all that which is unfriendly and I believe that we are getting to a place where technology is powerful enough that we may either completely isolate or destroy ourselves as well in this process.

If we decide that the universe is neither friendly nor unfriendly and that God is essentially 'playing dice with the universe', then we are simply victims to the random toss of the dice and our lives have no real purpose or meaning.

But if we decide that the universe is a friendly place, then we will use our technology, our scientific discoveries and our natural resources to create tools and models for understanding that universe. Because power and safety will come through understanding its workings and its motives.

"God does not play dice with the universe,"

--Albert Einstein

19. Past and Future: Two Streams of the Soul

Reprinted from InnerNet Weekly via www.iJourney.org.

Thus there are two streams, one from the past and one from the future, which come together in the soul -- will anyone who observes himself deny that? -- and produce a kind of whirlpool, comparable to the confluence of two rivers. Closer observation shows that the impressions left on us by past experiences, and in which we have dealt with them, have made the soul what it is. We bear within ourselves the legacy of our doing, feeling, and thinking in the past. If we look back over these past experiences, especially those in which we played an active part, we shall very often be impelled to an assessment of ourselves....

We need only to remember the feelings of fear and anxiety that gnaw at our soul-life in face of the unknown future. Is there anything that can give the soul a sense of security in this situation? Yes, there is. It is what we may call a feeling of humbleness towards anything that may come toward the soul out of the darkness of the future. But this feeling will be effective only if it has the character of prayer. Let us avoid misunderstanding. We are not extolling something that might be called humbleness in one sense or another; we are describing a definite form of it—humbleness to whatever the future may bring. Anyone who looks anxiously and fearfully towards the future hinders his development, hampers the free unfolding of his soul-forces. Nothing, indeed, obstructs this development more than fear and anxiety in the face of the unknown future. But the results of submitting to the future can be judged only by experience. What does this humbleness mean?

Ideally, it would mean saying to oneself: Whatever the next hour or day may bring, I cannot change it by fear or anxiety, for it is not yet known. I will therefore wait for it with complete inward restfulness, perfect tranquility of mind. Anyone who can meet the future in this calm, relaxed way, without impairing his active strength and energy, will be able to develop the powers of soul freely and intensively. It is as if hindrance after hindrance falls away, as the soul comes to be more and more pervaded by this feeling of humbleness towards approaching events.

--Rudolf Steiner, from [*Metamorphosis of the Soul, Vol 2*](#)

20. Nature and Non-Violence

Reprinted from InnerNet Weekly via www.iJourney.org.

You don't discriminate between the seed and the plant. You see that they 'inter-are' with each other, that they are the same thing. Looking deeply at the young cornstalk, you can see the seed of corn, still alive, but with a new appearance. The plant is the continuation of the seed.

The practice of meditation helps us to see things other people can't see. We look deeply and we see that father and son, father and daughter, mother and son, mother and daughter, corn seed and cornstalk, have a very close relationship. That is why we should awaken to the fact, to the truth, that we inter-are. The suffering of one is the suffering of the other. When we see that we and all living beings are made of the same nature, how can there be division between us? How can there be lack of harmony? When we realize our 'interbeing nature', we'll stop blaming and exploiting and killing, because we know that we inter-are. That is the great awakening we must have in order for the Earth to be saved.

We human beings have always singled ourselves out from the rest of the natural world. We classify other animals and living beings as 'Nature', a thing apart from us, and act as if we're somehow separate from it. Then we ask, "How should we deal with Nature?" We should deal with Nature the same way we should deal with ourselves: nonviolently. Human beings and Nature are inseparable. Just as we should not harm ourselves, we should not harm Nature.

Causing harm to other human beings causes harm to ourselves. Accumulating wealth and owning excessive portions of the world's natural resources deprives fellow humans of the chance to live. Participating in oppressive and unjust social

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systems creates and deepens the gap between rich and poor, and aggravates the situation of social injustice. While the rest of the human family suffers and starves, the enjoyment of false security and wealth is a delusion.

It's clear that the fate of each individual is inextricably linked to the fate of the whole human race. We must let others live if we ourselves want to live. The only alternative to coexistence is co-nonexistence. A civilization in which we must kill and exploit others in order to live is not a healthy civilization. To bring about peace within the human family, we must work for harmonious co-existence. If we continue to shut ourselves off from the rest of the world, imprisoning ourselves in narrow concerns and immediate problems, we're not likely to make peace or to survive. The human race is part of Nature. We need to have this insight before we can have harmony between people.

--Thich Nhat Hanh in "Nature and Nonviolence"

21. For An Addict

Reprinted from InnerNet Weekly via www.iJourney.org.

On its way through the innocent night
the moth is ambushed by the light,
becomes glued to a window
where a candle burns
its whole self, its dreams of flight
and all desire
trapped in one glazed gaze.

Now nothing else can satisfy
but the deadly beauty of the flame.
When you lose the feel
for all other belonging
and what is truly near
becomes distant and ghostly,
you are visited and claimed
by a simplicity
sinister in its singularity.

No longer yourself,
your mind will be owned
and steered from elsewhere now.
You will sacrifice anything
to dance once more
to the haunted music
with your fatal beloved
who owns the eyes to your heart.

These words of blessings cannot reach,
even as echos, to the shore of where you are.
Yet, may they walk without you
to soften some slight line,
through to the white cave
where your soul is captive.

May some glimmer of outside light
reach your eyes
to help you recognize how you have fallen
for a vampire.

May you crash hard and soon
onto real ground again
where this fundamentalist shell
might start to crack
for you to hear again
your own echo.

That your lost lonesome heart
might learn to cry out
for the true intimacy of love
that waits to take you home
to where you are known and seen
and where your life is treasured
beyond every frontier
of despair you have crossed.

~~ John O'Donohue

22. Three Strings of Itzhak Perlman

Reprinted from www.HelpOthers.org.

Perlman, the violinist, came on stage to give a concert at Avery Fisher Hall at Lincoln Center in New York City. If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him. He was stricken with polio as a child, and so he has braces on both legs and walks with the aid of two crutches. To see him walk across the stage one step at a time, painfully and slowly, is an awesome sight.

He walks painfully, yet majestically, until he reaches his chair. Then he sits down, slowly, puts his crutches on the floor, undoes the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down and picks up the violin, puts it under his chin, nods to the conductor and proceeds to play.

By now, the audience is used to this ritual. They sit quietly while he makes his way across the stage to his chair. They remain reverently silent while he undoes the clasps on his legs. They wait until he is ready to play.

But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap - it went off like gunfire across the room. There was no mistaking what that sound meant. There was no mistaking what he had to do. We figured that he would have to get up, put on the clasps again, pick up the crutches and limp his way off stage - to either find another violin or else find another string for this one.

But he didn't. Instead, he waited a moment, closed his eyes and then signaled the conductor to begin again.

The orchestra began, and he played from where he had left off. And he played with such passion and such power and such purity as they had never heard before.

Of course, anyone knows that it is impossible to play a symphonic work with just three strings. I know that, and you know that, but that night Itzhak Perlman refused to know that.

You could see him modulating, changing, re-composing the piece in his head. At one point, it sounded like he was de-tuning the strings to get new sounds from them that they had never made before. When he finished, there was an awesome silence in the room. And then people rose and cheered. There was an extraordinary outburst of applause from every corner of the auditorium. We were all on our feet, screaming and cheering, doing everything we could to show how much we appreciated what he had done.

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He smiled, wiped the sweat from this brow, raised his bow to quiet us, and then he said - not boastfully, but in a quiet, pensive, reverent tone - "You know, sometimes it is the artist's task to find out how much music you can still make with what you have left."

What a powerful line that is. It has stayed in my mind ever since I heard it. And who knows?

Perhaps that is the definition of life - not just for artists but for all of us.

Here is a man who has prepared all his life to make music on a violin of four strings, who, all of a sudden, in the middle of a concert, finds himself with only three strings; so he makes music with three strings, and the music he made that night with just three strings was more beautiful, more sacred, more memorable, than any that he had ever made before, when he had four strings.

So, perhaps our task in this shaky, fast-changing, bewildering world in which we live is to make music ... at first with all that we have , and then, when that is no longer possible, to make music with what we have left.

23. Learning Kindness From My Father

Reprinted from www.HelpOthers.org.

I remember when I was growing up that my mom would tell me stories about the kind acts my dad would do. She told me that one time my dad met a close, long-time friend of his in the downtown area. They talked for a while and his friend mentioned that he didn't have money for fare back home. My dad gave him the only money he had, which was for his own fare, so he just walked home.

I observed these acts kindness in our home. Dad would let me and my two younger brothers eat first and he would eat after us. Whatever was left on the table he would consume. I remember the days when his older brother would come to our house and ask for money for his kid's allowance in school and my dad would give him some. And when it was our time to ask for allowance he would tell us that he had no more money and we should ask our mom.

Dad was a selfless man and even after his death, there were many people who told me kind stories that things my dad had done for them, like giving them food. He even promised to help someone fix their roof and another to buy them a water pump when he had the money.

In my entire life I never met a man like my dad. For me he was the kindest, most selfless man on earth. He would always give help when he could. And he gave it with a sincere heart.

24. A Cab Ride I'll Never Forget

Reprinted from www.HelpOthers.org.

Twenty years ago, I drove a cab for a living. One night I took a fare at 2:30 AM, when I arrived to collect, the building was dark except for a single light in a ground floor window. Under these circumstances, many drivers would just honk once.

But I had seen too many impoverished people who depended on taxis as their only means of transportation. Unless a situation smelled of danger, I always went to the door. This passenger might be someone who needs my assistance, I reasoned to myself.

So I walked to the door and knocked. 'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened.

A small woman in her 80's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie.

By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets.

There were no clocks on the walls, no knick-knacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag out to the car?" she said. I took the suitcase to the cab, then returned to assist the woman.

She took my arm and we walked slowly toward the curb.

She kept thanking me for my kindness. "It's nothing", I told her. "I just try to treat my passengers the way I would want my mother treated."

"Oh, you're such a good man," she said. When we got in the cab, she gave me an address, and then asked, "Could you drive through downtown?"

"It's not the shortest way," I answered quickly.

"Oh, I don't mind," she said "I'm in no hurry. I'm on my way to a hospice."

I looked in the rear-view mirror. Her eyes were glistening. "I don't have any family left," she continued. "The doctor says I don't have very long." I quietly reached over and shut off the meter.

"What route would you like me to take?" I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator.

We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse. "Nothing," I said.

"You have to make a living," she answered. "Oh, there are other passengers," I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly. Our hug ended with her remark, "You gave an old woman a little moment of joy." After a slight pause, she added, "Thank you."

I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life.

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I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away? On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware, beautifully wrapped in what others may consider a small one.

25. Going The Extra 200 Miles on Mother's Day

Reprinted from www.HelpOthers.org.

A man stopped at a flower shop to order his mother some flowers for Mother's Day. He was having the order wired to his mother, who lived two hundred miles away.

As he got out of his car he noticed a young girl sitting on the curb sobbing. He asked her what was wrong and she replied, "I wanted to buy a red rose for my mother. But I only have seventy-five cents, and a rose costs two dollars."

The man smiled and said, "Come on in with me. I'll buy you a rose." He bought the little girl her rose and ordered his own mother's flowers.

As they were leaving he offered the girl a ride home. She said, "Yes, please! You can take me to my mother." She directed him to a cemetery, where she placed the rose on a freshly dug grave.

The man returned to the flower shop, canceled the wire order, picked up a bouquet and drove the two hundred miles to his mother's house.

26. The Connection of Being Human

Reprinted from www.HelpOthers.org.

At an Asian grocery store on a busy evening, I was shopping for the items I needed for my volunteer work of cooking breakfast on Saturday at a homeless shelter in San Jose. I went to the store to buy tofu and fruit. As I was waiting in line to finish the purchase, the lady next to me approached me to find out how I was going to consume the big box of tofu I was buying. Enthusiastically, I replied that I was buying food for the homeless breakfast feed.

While I was getting ready to pay the bill, to my amazement, she offered to pay for everything. Despite multiple requests for her name, she responded that she felt good because I was doing the kind of community work her parents once received when they came to this country as refugees. Hence she wanted to take the opportunity to show her gratitude.

It was best reward I had ever received for my volunteer work, which began three years ago. In a strange way we all are connected and feel for each other. That's what I call being a "human."

27. Sunflower and A Frog

Reprinted from www.HelpOthers.org.

He took it out from around his neck and leaned down a bit, his eyes looking straight into mine. "Would you mind?" he asks. Looking at him through his eye glasses, I smile and say, "Of course not, Lee. It would be an honor." And with that, I was garlanded -- probably for the first time in my life -- with a simple necklace.

Lee is the epitome of a happy-go-lucky guy. He used to be a trucker, I think. If there were one word to describe him, it would be happy. Or joyous. And what a pure heart. In one of those fits of unadulterated compassion, he just felt like giving me something. So he takes off his own necklace and offers it to me.

It was far from an ordinary necklace. In a small town of Oregon, Lee met a Japanese-American fellow selling small hand-made, glass items. While conversing with him, he realized that the Japanese-American guy was an engineer. "Then, why are you blowing glass?" Lee asked him. "Well, my father is dying of Leukemia and there is no one to take care of him, so I gave up my career and moved here. And in this small town, there are no engineering jobs, so I learned how to blow glass." Touched by his sincerity, Lee picked up a round glass piece with a sunflower embedded inside and a fun, frog-like caricature transplanted on the front. Attached to a blueish-green string, this piece stayed around Lee's neck until our little encounter.

While we were talking, I told him a story of how I was once fed by a homeless man. "You see, Lee, I have this strange suspicion that no one is really poor. If you have kindness in your heart, if you offer whatever you have, you have won the world," I said. Something about the way that statement came out -- Lee just gave me the most precious thing he had in that moment. Just like that.

Generally, you might feel odd receiving a precious gift like that but this just felt natural. Both of us were elated with our encounter.

Lee is quite a guy. He'll buy basketballs for inner-city kids, he'll write cards to cheer people up, he'll give his neighbors honey from the bees that he nurtures in his basement (Lee loves bees!). He'll even go stay with the homeless. One time, when he was living in a ghetto for some time, someone stole his laundry basket at a local laundromat. So he goes and buys another one, but when that gets stolen too, he went out and bought a dozen of them and would leave one in the laundromat every day! After about a week, the baskets stopped getting stolen, people loosened their fears about guarding their laundry basket, and that little corner of the world was restored with trust.

That's the kind of guy Lee is. Unassuming, happy, giving, creative, and pure-hearted. When he garlands me with a necklace, it isn't a necklace anymore. It's a blessing.

Thank you, Lee!

28. Pre-School Acts of Kindness

Reprinted from www.HelpOthers.org.

Ethan is six and three quarters and Emily just turned seven, and they are best friends. Their pre-school teacher, Kathleen Albert, has been teaching them about kindness. So, for their graduation project, Ethan and Emily decided to raise money to help feed hungry people by collecting cans. When they were done, they had raised 5,304 dollars for the San Francisco Food Bank - enough money for 15,912 meals! Follow this link to view the video...

<http://www.helpothers.org/story.php?sid=31713>.

29. \$20 Miracle

Reprinted from www.HelpOthers.org.

A well-known speaker started off his seminar by holding up a \$20.00 bill. In the room of 200, he asked, "Who would like this \$20 bill?"

Hands started going up.

He said, "I am going to give this \$20 to one of you but first, let me do this.

He proceeded to crumple up the \$20 dollar bill. He then asked, "Who still wants it?"

Still the hands were up in the air.

Well, he replied, "What if I do this?"

And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty.

"Now, who still wants it?"

Still the hands went into the air.

"My friends, we have all learned a very valuable lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20."

"Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We feel as though we are worthless.

But no matter what has happened or what will happen, you will never lose your value.

Dirty or clean, crumpled or finely creased, you are still priceless to those who DO love you. The worth of our lives comes not in what we do or who we know, but by who we are."

30. World Peace and Other 4th-Grade Achievements

Reprinted from www.KarmaTube.org.

The World Peace Game, a brainchild of public school teacher John Hunter, pits teams of students against each other as leaders of countries in crises and conflict. The students scheme and negotiate, compete and cooperate, wage war and make peace. But the game is not won until all countries enjoy security and prosperity. Says one fourth grader, "One of the things I learned is that other people matter. In this game one person can't win, everyone has to win. That taught me a lot about cooperating with other people, being generous, and having an attitude that, if you work together, you can achieve anything." Follow this link to the video... <http://www.karmatube.org/videos.php?id=2863>.

31. Mothers Trees Connect the Forest

Reprinted from www.KarmaTube.org.

This Mother's Day, expand your notion of "mother." In this real-life model of forest resilience and regeneration, Professor Suzanne Simard shows that all trees in a forest ecosystem are interconnected, with the largest, oldest, "mother trees" serving as hubs. The underground exchange of nutrients increases the survival of younger trees linked into the network of old trees. Amazingly, we find that in a forest, 1+1 equals more than 2. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=2764>.

32. Seeing

Reprinted from www.KarmaTube.org.

"The ordinary... is the part of our world where beauty is interlaced in each detail... It's the part of our world that can knock our socks off... but so many of us walk by everyday, never knowing, never caring... But some see..." This lovely meditation on the blessing of vision -- both metaphorically and explicitly -- was shot on a budget of \$25 (for the prop sunglasses), using a digital SLR and an iPhone. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3155>.

33. Quiet Time

Reprinted from www.KarmaTube.org.

In the 2002-2003 school year, there were 41 murders in the neighborhood of Visitacion Valley Middle School. Young students were playing "cops and robbers" with real guns, and many suffered from post-traumatic stress disorder. In 2007, the principal instituted a program called "Quiet Time" to teach meditation to every student in the school, with dramatic results. Truancy rate fell by more than 7 percent (while the average for the State rose to 30 percent) and suspensions fell by more than 50 percent. Twelve minutes at the beginning and twelve minutes at the end of school day have given these children a coping mechanism to deal with the many stresses of poverty and violence in their lives. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3091>.

34. Messages We Give

Reprinted from www.KarmaTube.org.

"Homeless, hungry -- anything helps." These are the messages written on countless cardboard signs in the cityscape. Jame Panagoti wanted to see more inspiring messages on the streets, so he traded pizzas from his restaurant for a chance to display signs with messages of love and harmony. It was a social business model that seemed to work: feed the hungry, advertise your restaurant, and share positive messages. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3021>.

35. A Life Transformed Through Yoga

Reprinted from www.KarmaTube.org.

Rasham Nassar's life was turned upside down when she entered college. No longer the "best" or the "top" among her peers, she started drinking at age 18 and did not stop until she entered a rehabilitation facility at age 26. The yoga teacher at the center had a profound affect on Rasham, who realized that she too, could help people. By focusing her attention on her own heartbeat and breath, by turning inward, she was able to walk out of the prison she had built for herself. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2990>.

36. Occupy Love

Reprinted from www.KarmaTube.org.

Today, we live in a money economy where we don't depend on gifts; we buy everything. Therefore, we don't need anybody. We have lost what is really important to us - community, connection, intimacy, meaning. In this short film, directed by Ian MacKenzie, Charles Eisenstein explains why we cannot live lives of meaning or create community by joint consumption. Only joint creativity and gifts create intimacy and connection. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2769>.

37. Dharma Comics

Reprinted from www.KarmaTube.org.

Leah Pearlman loves to dance, loves to draw comics, and loves living in San Francisco. Leah started drawing comics when she ran out of words but still had something to say. When she started drawing comics, the only thing she could draw were stick figures, and that had to be enough. Now, these stick figures are quite nuanced, but Leah could never have gotten here, if she hadn't started with what she could do; honored that; and taken the next step. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3132>.

38. Peace Chain

Reprinted from www.KarmaTube.org.

April 23rd, a little after lunch. 1991. That was the moment Joe Murphy, also known as Joe Peace, decided that he would make something for peace - something connected - like a peace chain. The details weren't clear to him at the time, but he knew that he would make these things, that he would give them away, and that he would do this for the rest of his life. To date, Joe has made close to 500,000 ceramic pendants with the word "peace" in over 90 languages. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3191>.

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).

39. 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.

40. 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.

41. Spirituality Workshops



Spiritual Guidance Presents

“Exploring Spirituality”

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover: What is spirituality to/for me? What are the characteristics of spiritual living and spiritual people? What are the impediments to spiritual growth? What spiritual practice is possible and what works best for me? To add another interesting element to the workshop, you will have the opportunity to participate in meditation and guided imagery exercises to nurture and facilitate your experience. (\$165, 6 hours in duration)

“The Laws of Spirit”

We live our lives surrounded by the ‘laws of the land’. Many of these laws are intended as a basis for social order. However, these human-made laws pale in comparison to a higher order of laws that weave themselves into our daily existence and broader human fabric. This exploratory workshop will examine these higher orders of law—the laws of spirit—in three parts:

Part 1 will see you review some of the more prominent laws of spirit.

Part 2 will have you identify the laws that are most relevant to your life path.

Part 3 will give you an opportunity to work through exercises to help you more closely examine the laws identified in Part 2 and how to address your core issues, hopefully with greater ease.

All of the material in this workshop is based upon the ambitious work of Dan Millman in his book “The Life You Were Born to Live: A Guide to Finding Your Life Purpose”. (\$125, 5 hours in duration)

“Forgiveness”

Forgiveness offers us tremendous opportunities for inner peace, joy and love in our lives. From a spiritual perspective, forgiveness is essential for spiritual growth and unlocks a door—it is a key—to higher levels of consciousness. For those who recognize that their inability to forgive themselves and others is holding them back from the inner peace they seek, this workshop will be most beneficial. You will also benefit from attending if you want to develop tools to help others learn how to forgive. In this workshop we will explore what forgiveness is and, more importantly, how to forgive through a series of self-exploratory exercises. We will discuss some of the common reasons we choose not to forgive and examine some practical tools and approaches to forgiveness. (\$125, 5 hours in duration)

To register your interest for any of the above workshops, please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@servinyourjourney.com.

All workshops will skillfully blend personal reflective time with facilitated reflection circles to provide the opportunity for discussion with other participants.

Unless otherwise stated, all workshops will be held at the Subud Centre, 357 Wilmont Avenue, Ottawa (at Churchill Avenue, one block South of Scott Street). Please bring any food, snacks and/or refreshments you will need throughout the day. There are kitchen facilities available, with running water, and a fridge you can keep your food, snacks and refreshments in.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece, shawl or blanket. The sedentary nature of the day may result in you wanting to add layers to stay warm. Also consider bringing your favorite cushion or pillow for sitting on the floor.

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

42. Spirituality Discussion Groups

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

43. A Course in Miracles Study Groups

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

44. Serving Your Loved-Ones

Do you have a loved-one who is seriously ill, dying or who has recently died? If so, Spiritual Guidance extends a heartfelt offer to serve your loved ones. Many believe they are helpless in assisting their loved-ones during times of terminal

Serving your personal journey toward enlightenment...

illness and/or when they are dying. Many believe there is nothing that can be done to bring their loved-ones peace or to ease their suffering. Furthermore, many believe that after their loved-ones have died, there is nothing that can be done to continue guiding them to a peaceful passing and rebirth. This is not the case.

Spiritual Guidance is offering to extend the ancient Buddhist practice of 'Phowa' for your loved-ones to guide them to a peaceful passing and rebirth. If you are asking yourself, "If I or my loved-one is not Buddhist and/or does not believe in Buddhism or any form of God, is there any conflict?" The simple answer is 'no'. The Phowa practice invokes the 'truth' of compassion and love that crosses faith / spiritual traditions and beliefs.

If Spiritual Guidance can be of service to you in this way, please:

1. Email us a picture of your loved one (in a standard graphical format; for example: .jpeg, .gif, .pdf, etc.) to rmeagher@servinyourjourney.com.
2. Provide your loved-one's name (first name is all that is necessary) and their date of death (if they have died).

We will add your loved-one's picture to our 'Phowa' practice wall and pray for them daily.

If you have any questions, you are invited to follow up with us. Our contact information is at the very bottom of this e-newsletter.

Shanti,
Namaste,
Agape,

Rev. Robert Meagher
Spiritual Guidance

46. 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:

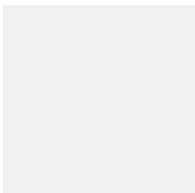
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.

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.

47. 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

48. 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.

49. 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/

50. 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.

51. 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

52. 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 Cutten 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

53. 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.

54. 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.

55. 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

56. The Priorities of Transcendence

The Center for Spiritual Teaching, Inner Wisdom and Human Awakening
present

The Priorities of Transcendence

· What is absolutely necessary for human awakening? ·

An Online Psycho-Spiritual Training Course

with **Richard Harvey**

For: Therapists, Counselors, Guides, Spiritual Teachers, Healing Practitioners, and Students who have made a serious commitment to their inner journey.

“Do not settle for less than everything – the transformation of the human heart and the courage to demand and bear the responsibility of leading a spiritual life in the world.”

‘My psycho-spiritual methodology is a therapy/mindfulness/meditation practice; it is “attending to soul” and soul mediates between mind and spirit; it is healing the personality, not as an end in itself, but as a prelude to the heart-filled life of the authentic self, the one you have always longed to live; finally, it is the primary source of personal and transpersonal development. It provides you with the opportunity to practice awareness, to reside in the Mystery, to be awed and baffled, clear and confused, and find a deep acceptance for it all. It encourages and guides you to not assume, to practice humility, to open and expand, to work with your boundaries and compassion, and practice being more than your small, egoistic self allows you to be. It places you in the stream of existence, constantly reminding you of the need for openness, acceptance, and surrender.’

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expand, to work with your boundaries and compassion, and practice being more than your small, egoistic self allows you to be. It places you in the stream of existence, constantly reminding you of the need for openness, acceptance, and surrender."

In this Course: The course aims to introduce you to a new paradigm of psycho-spiritual practice that connects the spiritual and transcendent realms to personality and character. If you are a practitioner and you would like to incorporate or extend spirituality into your practice or strengthen your understanding and ability to work from a psycho-spiritual perspective with your clients, or if you wish to deepen in your own inner journey, this online course may serve you.

If you are a practitioner working with others, your ability to facilitate or guide is wholly dependent on your having experienced the stages of human development we discuss in these lecture-seminars. Therefore there are three possible ways for you to approach the subject matter in this course: as a practitioner, to learn how to be more effective with your clients, as a seeker, to familiarize yourself with the inner realms and inform yourself about the inner journey, or as both a practitioner and a seeker embracing both.

Lecture-Seminar One: How We Awaken

The Mass Interest in Spirituality

Dilettantism

Three Levels of Spiritual Engagement

Beginning with Faith

Opening and Cracking

Discovering the Guide or Teacher

A New Model of Acceptance

Lecture-Seminar Two: How We Open Our Hearts

Many Roads to the Divine

Commitment, Energy and Resolve

Capacity and Destiny

Awareness-Acceptance-Change

Surrender and Grace

Wholeness

The Flowering of the Personality

Lecture-Seminar Two: How We Invite Transcendence

Death and Eternity

Being and Purpose

The Heart Center

The World of Two

Qualities of Compassion

The Ego in Service

The Priorities of Transcendence

Methods: Via Skype - Lectures, discussions and questions, one-to-one sessions, written assignments, experiential tasks and psycho-spiritual practices.

Format: Three small group lecture-seminars over Skype as a conference call, lasting a total of 4 ½ hours. Written assignments, experiential tasks and psycho-spiritual practices given by Richard to complete and implement between meetings. Two half-hour one-to-one Skype sessions with Richard.

The format for the lecture-seminars is:

15.30 Welcome, followed by a brief introduction to the lecture material and a minute of silent attunement together

15.35 Richard gives the lecture

16.00 Students' questions which lead to discussion and sharing, focusing on the lecture material

16.30 Students' questions, concerning their own inner work or healing practice

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16.55 Students will be asked for their last thoughts on the session, followed by a minute of silent attunement together

17.00 The session ends

After the lecture-seminar: Richard will send out written assignments, experiential tasks and psycho-spiritual practices to the group as a whole; possibly in individual cases specific encouragements and suggestions

Duration: Three online lecture-seminars, two personal consultations, plus email contact over 4 weeks.

Dates:

Lecture-Seminar One: 23 May

Lecture-Seminar Two: 6 June

Lecture-Seminar Three: 20 June

Times: 15.30-17.00 Central European Time Zone (CET)

One-to-one Skype sessions with Richard – dates to be arranged with individual students.

Price: 250 euros

Booking: Send a message via <http://www.therapyandspirituality.com/contact-us.php> stating your wish to enroll on this course. On being sent a confirmation email, please pay a non-refundable deposit of 50 % (125 euros) at <http://www.therapyandspirituality.com/pay-online.php>. Please scroll down to the bottom of the page, past 'Pay for Workshops, Courses and Retreats' and 'Pay for Counseling and Psychotherapy' to 'Other Payment' and fill in: 125 (for amount) and The Priorities of Transcendence (for brief description), and then proceed making your payment online.

PLEASE NOTE: You are respectfully reminded that this is not a “pop” psychology course, or a flimsy feel-good process, but rather a serious, radical and exceptionally challenging approach to real human development at the deepest levels. Although terms like spirituality, transformation, the inner journey and authenticity are commonly used in the mind-body-spirit (MBS) or New Age field, Richard uses them with a very specific meaning and intention. “My work of the last 35 years is culminating in the creation of the foundation for a Divine Psychology to serve in the crucial work of individual and collective human awakening.”

For a brief summary outline of Richard’s Three Stages of Human Awakening see

<http://www.therapyandspirituality.com/interview-stages-awakening.html>

and

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

For further reading see

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

It is advisable also to have read Richard’s books, particularly The Flight of Consciousness before taking this course. See

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

and

<http://www.amazon.com/-/e/B004WC4YQI>

FURTHER RESOURCES:

WEBSITE

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

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SOCIAL MEDIA

<http://es.linkedin.com/pub/richard-harvey/25/261/42>

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

<http://www.facebook.com/#!/profile.php?id=100002284631345>

Twitter: @RichardHarvey7

BIO

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

Also join Richard on the **Therapy & Spirituality** Facebook page at <http://www.facebook.com/pages/Therapy-and-Spirituality/138888839521420> for more photos, writings, workshops, courses, book details, articles, training, individual and couples sessions, supervision, retreats, upcoming radio shows, appearances, public talks, group events, poems, bio, booking details, music, questions & answers, travel details, free downloads, video talks, spiritual teaching and latest news...

... and via Richard Harvey/ Therapy & Spirituality Newsletter

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

"The sacred life must return to our world now and sacredness begins inside." [from the current newsletter]

Richard Harvey/ Therapy & Spirituality Newsletter

No 1 April 2012

To subscribe please send your email address to us at <http://www.therapyandspirituality.com/contact-us.php>

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Richard Harvey

Mob: Spain (0034) 680 741 108

Tel: Spain (0034) 958 953 033

www.therapyandspirituality.com/

57. The Moving Mandala

See poster on next page.

**Only
2 spaces
left!**

The Moving Mandala

June 21 to June 24, 2012

Thursday evening to Sunday evening



The Moving Mandala is a profound and powerful community building tool for people ready to transform together. The moving mandala reinforces personal and spiritual practice through raising your vibration and accompanies you to a new level of awareness. In its simplest form, the mandala may be symbolized as a circle with a centre point.

Within the Moving Mandala, you will receive seven initiations or energy transmissions, each corresponding to the chakras and their elements. This program is experiential with focus on opening to Spirit through the expression of shamanic journeying, sound, colour, movement and the arts. The roots of this practice are ancient and universal and can be applied in a contemporary setting.

During this four day intensive workshop, you will funnel through a rainbow of color within a 12 point mandala:

- Root/Earth = red
- Sacral/Water = blue
- Solar Plexus/Fire = yellow
- Heart/Air = green
- Throat/Sound/Space = turquoise blue
- Third Eye/Light = indigo
- Crown/Divine Mind = purple

On the final day of dance, drum and sounding we will celebrate from the archetypal realm, in the energetic, that is perceived as gold.

These gifts of dance, drum and sounding will be your personal tools that may be called upon to amplify all transmissions you receive during this workshop. They will accompany you at any time or place where individual or group healing is desired and to re-establish wholeness within your community. We hope you will join us in discovering oneness and maintaining connection with the sacred in all things.

To register or to learn more about the facilitators, Nancy Sherwood and Brenda Marita, please visit: <http://www.travellersjoy.ca/mandala.html> or email: sherwoodne@bellaliant.net or phone: 613-674-2189

Workshop Fee, \$475 • Vegetarian meals included.

Accommodations, Camping on-site recommended, to be closer to the Earth. Indoor sleeping arrangements also available.

Location, A beautiful country setting near St Eugene (halfway between Ottawa and Montreal).

Cancellation Policy, If you cancel before June 7, refund minus \$100. • If you cancel after June 7, no refund, unless you can find a replacement.

58. Richard Harvey Course Program Summer / Fall 2012

“Do not settle for less than everything – the transformation of the human heart and the courage to demand and bear the responsibility of leading a spiritual life in the world.”



Richard Harvey*

Therapy & Spirituality

· Online Psycho-Spiritual Training for Therapists, Counselors, Guides, Spiritual Teachers, Healing Practitioners, and serious students ·

Course Program Summer/Fall 2012

The Assemblage Meditation

· *Spiritual practice for the 21st century* ·
6 Jun, 20 Jun, 4 Jul 2012

Spirituality in Middle Years & Old Age

· *Later life as spiritual fulfillment* ·
18 Jul, 1 Aug, 15 Aug 2012

The Seven Stages of Forgiveness

· *Beyond blame, guilt and punishment* ·
12 Sep, 26 Sep, 10 Oct 2012

Methods: Lecture-seminars, discussions and questions, one-to-one tuition, written assignments, experiential tasks and psycho-spiritual practices.

Format: Three small group lecture-seminars over Skype as a conference call, lasting a total of 4 ½ hours. Written assignments, experiential tasks and psycho-spiritual practices given by Richard to complete and implement between meetings. Two half-hour one-to-one tuition sessions with Richard.

Times: 15.30-17.00 Central European Time Zone (CET). One-to-one tuition – dates to be arranged with individual students.

Price: 250 euros per course.

Booking: Send a message via <http://www.therapyandspirituality.com/contact-us.php> stating your wish to enroll on this course. On being sent a confirmation email, please pay a non-refundable deposit of 50 % (125 euros) at <http://www.therapyandspirituality.com/pay-online.php>. Please scroll down to the bottom of the page, past 'Pay for Workshops, Courses and Retreats' and 'Pay for Counseling and Psychotherapy' to 'Other Payment' and fill in: 125 (for amount) and the course title (for brief description), and then proceed making your payment online.

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* Richard Harvey/Therapy & Spirituality offers an innovative, radical psycho-spiritual approach to the human predicament in the 21st century. Richard's three-stage model of human awakening addresses the issues of individuals and collective humanity.

For a brief summary outline of Richard's Three Stages of Human Awakening see

<http://www.therapyandspirituality.com/interview-stages-awakening.html>

and

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

For further reading see

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

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

and

<http://www.amazon.com/-/e/B004WC4YQI>

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Richard Harvey

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Tel: Spain (0034) 958 953 033

www.therapyandspirituality.com/

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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