

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:	2
1. Personal Story of Spiritual Lessons	2
2. Contemplative Thoughts*	3
3. Poem	5
4. Quote or Question	6
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	6
5. Richard Harvey – Psycho-Spiritual Psychotherapy and Spiritual Teaching: A Fragment of A Letter to A Spiritual Seeker Poised on the Edge of A Breakthrough.	6
6. Doug Henderson, Ph.D – We Use Them Until We No Longer Need Them – Part 9 of 11	7
7. Kathryn Kimmins – Unfolding Infinite Possibilities	8
8. Regiena Heringa – Notes from the Light – July 2012	9
9. Boris Glikman - The Inner Morality – Part 2 of 3	10
10. David Paul – Music from the Expanded Balance	11
11. Ann C. Johnson, Assoc MAPS: Psychologist – Respecting Yourself	12
OTHER GIFTS AND E-NEOSWORTHY ITEMS:	13
12. Good News Of The Day	13
13. On Perfection and Priority	16
14. A Whole New Dimension of Love	17
15. The Spirit of Gift	17
16. Looking with Head, Heart and Hands	18
17. The Traffic Warden's Toes	19
18. More Than Lunch And A Bowl of Soup	19
19. A Phone Call, To A Letter...To A Life Changing Friendship	20
20. Peach's Neet Feet	21
21. Fred Rogers Lifetime Achievement Emmy Award	21
22. The Threshold Choir	21
23. Food People Power	22
HEART AND SOUL ADVERTISEMENTS:	22
24. Spiritual Resources	22
25. Spiritual Exploration and Soul Coaching	23
26. Spirituality Workshops	23
27. Spirituality Discussion Groups	25
28. A Course in Miracles Study Groups	25
29. Interfaith Conversation Series	25
30. Serving Your Loved-Ones	26
31. Supporting Spiritual Guidance	27

Serving your personal journey toward enlightenment...

32. Unify Earth.....	28
33. 4 th Canadian Contemplative Outreach Conference	28
34. Annual Ontario Multi-Faith Council Educational Conference.....	29
35. NAINConnect 2012 Annual Conference	29
36. The Wisdom of Enneagram: Moving Beyond Personality	29
37. Developing Resilience For Times of Transition And Change	30
38. Good Grief! Befriending Loss in Ourselves And Others	30
39. Richard Harvey Course Program Summer / Fall 2012	30
40. A Heart's Journey.....	32
41. Befriending Our Bodies	32
42. How to Lead A Spiritual Life in the World	33

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



I have come to learn that every action we take (or do not) and every word we speak (or do not), in every moment, teaches love.

I once worked at a corporation that was owned, operated and led by its founder. By the end of my 9-year term of employment with this firm, I came to, at times, dislike this founder. The founder taught me many things. In many cases, I perceived these things I was taught were bad things. At times, I even became angry at the founder for the way I perceived the founder treated the people who worked for the corporation. And I remained angry at this founder even after I left the firm.

As I worked through my anger in the months following my departure from this company, I got to a point of resolving myself to the knowledge that the negative things the founder had taught me were blessings. However, I did not like having to see all the things this founder taught me were negative. I did not want to carry that 'weight' around.

Then one day it dawned on me. I realized that the founder—even 'this' founder—taught me why it was so important to love. In releasing myself of all the karma associated with the myriad of incidences that I perceived were negative, I peeled the layers of onion away until there were no more layers to peel away. At the core of all these perceptions and learnings was the knowledge that I was being taught how to love. Yes, I may have been experiencing how to love through someone who did not themselves consciously set out to teach me how to love. And my perception of this founder's actions at the time may not have even closely resembled teachings of love. However, I can now look back and realize that this is in fact what I learned—why it is so important to love.

It does not matter how I learned to love. Sometimes we are taught life's most valuable lessons (e.g., how to love) in the most unexpected places. Fortunately, I can now perceive this founder did teach me why it is so important to love. I am truly blessed and grateful for the totality of that lesson. It often felt painful. And it certainly did not feel like I was being taught about love—not in a setting like Corporate Canada from what many around me saw as a stereotypical leader who was perceived by most as ruthless and dictatorial. But that founder did, in every sense of the word, teach me why it is so important to love.

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The experience related above has weaved itself into my every-day life to help me realize that every action I take (or do not) and every word I speak (or do not), in every moment, teaches love to those around me. While this is liberating, it also comes with great responsibility. I would prefer to teach love by showing love; not by showing the lack of it. I would prefer to teach love by acts of kindness, compassion, caring, empathy and service (to name a few); not by showing the lack of these acts. I would like to teach love by 'being' love. I cannot fail to teach love; that is comforting. How I choose to teach love is pause for careful contemplation.

And so it is the purpose of our time here in this place, to learn and to love. To learn how to love is the ultimate, divine union of our soul contracts.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

If there are teachings, instructions or corrections to be given, always give them with a lot of love, and no trace of anger.

Each one of us has inside a memory of our highest potential, the most beautiful way of being, that we can reclaim.

When you build a house, every brick counts. When you build a character, every thought counts.

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

When you start the day with a moment of solitude and contemplation, even the most crowded schedule runs more smoothly.

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

Live in such a way that love informs every action.

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

Success comes when you are content with yourself, when your activities bring contentment, and when everyone else is content with you.

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

As you do, so you become. Every action that I perform is recorded in me, the soul. These imprints ultimately mold my character and destiny. When I understand this principle, I will pay more attention to bringing my best to everything I do. Today let me mold my character and my destiny with awareness.

Spirituality is not to isolate oneself but to use spiritual energy to come into life and be in harmony with others. The greatest indicator of spirituality is a graceful ease with others. Knowing myself well, being content with myself, allows me to be content around others, creating natural rhythms of harmony. Today let me express true spirituality by being graceful in my life.

Anger is an acid that does more harm to the vessel in which it is stored rather than to the person on whom it is poured. Everything I express affects me first and longest. For this reason it is important to ensure that each action is filled with the energy of kindness, consideration and power. To take sorrow is as damaging to the self as to give sorrow. Today let me ensure that I keep my vessel clean and filled with powerful refined energy.

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Do I solve all problems that come in front of me or do I watch carefully to see if they will solve themselves first? Sometimes a problem will settle itself if I get out of the way. The habit of jumping in to solve situations is a product of the ego's desire to be in control. With a little practice I can stop just long enough to discern if this problem needs my intervention. Today let me stop and observe and let problems solve themselves.

Sometimes we seek to escape ourselves by being with others. However, I cannot escape from what I see and feel within myself. I cannot 'hide' in the others. It may work for a while but it is likely that eventually all will be revealed! Today let me be happy within myself before seeking to be with others.

There are only 8 notes in the musical scale. Music is made when you know how to put them in order. In life there are a few simple principles that relate in all situations; respect, kindness, love, honesty and peace. When I put these in order best suited to each situation, my life becomes a musical. To move to the music of virtues is to have a noble life. Today let me put in order the musical notes of virtue.

Anger can never solve problems. Anger is an expression of frustration or helplessness. Any trace of vice within me will explode as anger. When I check what makes me angry I can discern the subtle weakness within myself that, when triggered, explodes as anger. To discover the weakness allows me to recognize it when it is about to explode, giving me a chance to transform my response. Today let me discover and transform any weakness in me that leads to anger.

Learn how to nurture talent without being suppressed by it. When others show their talent or excellence, how do I respond? Ideally I would appreciate this talent and find ways to support its expression without ever feeling my own talents suppressed. I feel suppressed when I consider myself and my talents to be less than others. Today let me practice nurturing the talents of others.

Expansion is fascinating but essence is breathtaking. It is easy to get caught up in the colorful expansion of the details of life's situations. When I hold the expansion of situations in my mind I lose my ability to be essence-full, like a seed. Essence is the breathtaking experience of understanding the whole picture whilst seeing the "heart" of a situation. Today, although colorful situations of expansion attract me, let me put a full-stop to expansive thoughts and experience the essence.

The call of time is to send thoughts of peace and power to the world. Thoughts travel, moving at a great speed and with considerable impact. When I understand this I can choose to hold a thought of peace, allowing it to sit in my mind until I experience it, knowing that the vibrations from my thoughts will radiate out and touch another person, another place. Today let me use the power of my thoughts to serve a world in need.

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

3. Poem

I AM

I am the Will of God.

I am the purity of love, joy, and peace united as one.

I am the essence of giving and of joining.

I am the state of mind

where there is total absence of fear, guilt,

anger and hate,

pain and sickness,

and of judgment and separation of any kind.

I am the reflection of God's Love,

and hence, I am everywhere;

I have no boundaries and no form.

I am the light of the world,

and hence, I am a reflection of all that is beautiful.

I am a reflection of the simplicity of

the flowers, the sand on the beach,

the singing of the birds,

the sound of the waves on the shore,

and the stillness of the lake.

I am a reflection of all that

is gentle, kind, tender, compassionate, and

of all that is trusting and honest.

I am that state of mind

where there is only eternal life,

and there is no death; and

where there is only happiness.

I am the essence of Spirit,

and it is my spiritual being that is my identity.

I am whole and united with all life.

I am invisible and immeasurable.

I am God's Holy Child of Love;

I am God's Creation; God is my Cause, and

I am God's Effect.

I am co-creator of Love with God.

God's Will and my will are one.

If ever I accept anything else as my well,

I deny what I am.

I am a reflection of the Will of God.

Gerald G. Jampolsky

4. Quote or Question

It is better to see one time than to hear one hundred times. (Mongolian Proverb)

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).

5. Richard Harvey – Psycho-Spiritual Psychotherapy and Spiritual Teaching: A Fragment of A Letter to A Spiritual Seeker Poised on the Edge of A Breakthrough.

The psycho-spiritual therapist is a spiritual guide and healer. Is the therapist working *for* you? No, he is definitely not working for you. He is working *with* you. This is a joint practice, a sharing, a meeting. He is not the expert, you are the expert. He is not authoritative, although he may speak with authority. He does not ever tell you what you *must* do (although you may hear it that way), but he may give encouragements, guidance, direction. And yes, at times he will tell you when behavior – yours or another's – is not alright, is unacceptable, or inappropriate.

Here is a difficult one too. This sharing, this relationship is unequal. As your guide, the therapist necessarily knows more than you. He has traversed the terrain, felt the inside of the dragon's mouth, crawled over the cut-glass. He has been there. He will hold and contain you; he will provide the presence and the essential emptiness in which you are received... recognized... acknowledged and "seen" at last. You will feel amazing relief from this contact, from this connection, but you will struggle and fight against it. Sometimes you and he are polarized, sometimes it is easy between you, sometimes it's casual, at other times formal. You experience the therapist-guide as distant and close, but you go on regardless. Faith and trust triumph. You will get there, never doubt it.

According to your tendency, the therapist-guide may be a temporary relationship for you. That's alright. Remember though that if you have a tendency toward serial relationships or if you have a tendency toward single-minded monogamy and loyalty this will be reflected in the therapeutic relationship, because everything is reflected in it. This relationship is like no other; it is the mirror of your soul. And it will end.

When it ends you will feel overwhelming gratitude and respect, honor and reverence. You will look back on it as the way, the path, the means by which you have arrived at the authentic human existence and you will wonder why everyone doesn't do it! Be accepting of everyone in their limitations, in their ignorance. While you don't want to become a boring evangelist, you will want to find a way to express, to give back, to represent what you have discovered and to bring the sacred treasure of illumination into the community of souls you number among your friends, family and wider network. Surrender to the artistic impulse to express through your life, in your creative expressions, in your home, your relationship, work and family. Bring it in, be proud of it and yourself, and share it generously.

You find yourself now on the peaks of wisdom, on the precipice of intuition, on the mountain-tops of compassion. Knowledge and cleverness mean less to you – much less – than wisdom and direct, inner knowing. Quoting, referring to others' wisdom, scholarship and knowledge per se mean less to you now. Poised on the edge of a breakthrough now I am

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sure you feel scared... underneath you are terrified. You want to hold on and want to let go. You want to argue and you want to accept. You want to fight and you want to surrender. Trust. All will be well.

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.

6. Doug Henderson, Ph.D – We Use Them Until We No Longer Need Them – Part 9 of 11

This is part 9 of an 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.

Now, here is another statement we pay lip service to; I am not a human being having a spiritual experience, I am a spiritual being having a human experience! Although this is true, we do not believe it. If we believed it, we would know that we are so much more than a body and we wouldn't be fixated on the body and on form and birth and death! We would see our self as an etheric, formless being! As Spirit itself!

How many of you are familiar with Jill Bolte Taylor and her book – *My Stroke of Insight*? Isn't this what Jill experienced when she experienced a stroke at the age of 37! While experiencing the stroke and in her right brain, Jill could not distinguish her arm from the energy around her arm. in other words, her senses were highly exaggerated! For years, I have been advising clients that if our sense of sight were more efficient we would not be able to distinguish between our arm and the energy around the arm. This is exactly what Jill experienced.

So, the ability is there, we have just chosen to suppress it. It's a coping mechanism for the space that exists around us and in every atom. it is said of the atom that the distance from the nucleus to the first electron is equivalent to; 47 times the distance of the earth to the sun. it is also said that if we were to remove that space, our universe would fit into something the size of 2 sugar cubes! All the scientific research that is being done currently concerning this space and the interest in harnessing it, is called, zero point field.

Am I making myself clear on how limited the perception is that we choose to believe in?

it is the body that we believe in and that we have bought into and it is how we choose to limit our self and it is why we refuse to control our thoughts and it is why we war with each other. This is our current experience. But it is changing, one person at a time but your participation, willingness and commitment can accelerate the process.

When we insist on thinking in terms of littleness, it is our own thoughts that imprison us. Here is a possible correction; Walter Russell made the point that man does not think, he senses. So, what we may be doing is choosing to tune into a lower collective attractor field.

Here is an example that may just hit home! The statements we use prior to dowsing. Can I? May I? Should I? Both can I and should I are questions that we use to limit our experience right from the get go! If we believe in – Oneness –and we don't simply pay lips service to it – then what relevance do these questions have at all except to think and respond in a limited/ littleness fashion – which is an egoic response that is being sought and not truth at all! The only real question is May I, because it is asking a source greater than our perceived self if we can have permission to access all knowledge. Some might call this higher self, Christians might call it Holy Spirit or Christ Consciousness. And what are we accessing/ some might call it the Akashic Records. Ervin Laszlo in his book; - *Science and the Akashic field*, calls it the - "a-field."

Now, to get back to this question of our being light beings and what moves the pendulum?

The acupuncture meridians that course through the body are micro light tubules that contain light. Within these light tubules is both dna and as recently discovered by a north korean scientist – information within the light! This is exactly what Walter Russell was saying many years before in his book – The Secret of Light.

When we have a lower attractor thought or emotional experience – which the heart math institute says we have 97% of the time – we are sucking the juice from our own true nature – we are stopping the flow of energy or current. if we are the battery and the light that flows through us is the current – when we have a lower attractor thought – we are turning of the switch. This is very important because we are electrical, light beings and the flow of energy or current through us is what determines wellness. When we turn off the switch we create a blockage to love within the acupuncture meridian system. If we continue to hold these lower attractors in mind, we create a poisoning at a cellular level and subsequently disease.

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.

7. Kathryn Kimmins – Unfolding Infinite Possibilities

"I am enough of an artist to draw freely upon my imagination. Imagination is more important than Knowledge. Knowledge is limited. Imagination encircles the world."~~~~Albert Einstein

One can never possess what one has not imagined first. Albert Einstein's most essential mode of discovery was what he called Gedanken – imagination games and thought experiments. He spent time every day dreaming.

One day he imagined riding on a sunbeam into the universe. He mentally traveled into eternity and discovered himself returning to the place from which he began.

He concluded that if he traveled forever in one direction and returned to the place he began, the universe must be "curved." And so was born his theory of relativity.

Subject: Unfolding Infinite Potential through Laughter Yoga

The human brain has a left and a right hemisphere. The left side of the brain is analytical, logical, and concerned with learning skills. The capacity of the left side is LIMITED. The right side of the brain is concerned with intuition, imagination, inventions, music, art, creativity, meditation and healing. The power of the right side of the brain is UNLIMITED. One of the easiest ways to stimulate the right side of the brain is by playfulness. By being playful, it will unfold the unlimited potential of your being.

Creative geniuses are child-like (not child-ish - there's a difference). Children are open to life; they accept miracles as a natural part of life. Children honor their dreams instead of squelching them, are naturally curious, follow their interests, go wherever their hearts lead them without asking why. They play for the sheer fun of it with no outcome in mind. They don't worry about "looking silly" or "being right."

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Children give themselves permission to play, believing anything is possible and having few self-doubts. They paint elephants pink and grass blue; they color outside the lines; their pictures, as their lives, have no limits, no boundaries, no barriers.

“Children’s laughter, like their play, springs from their whole bodies.”

~~~Richard Lewis

The essence of the **Laughter Yoga** system is to cultivate childlike playfulness. This playfulness stimulates the right brain activity which is the seat of creativity. This helps to generate new ideas and new insights about workplace issues and problems.

We’ve all heard the cliché “Laughter is the best medicine”. Well, I am here to tell you that it is not just a cliché. Science has stepped up to prove the health benefits of laughter that humans have suspected for millennia. It raises your endorphins and serotonin levels, lowers stress hormones and blood pressure and boosts the immune system. Laughter is also a great way to increase **‘productivity and creativity’**.

Psychologist Alice M. Isen and colleagues conducted a study with a group of college students to determine how laughter affects creativity. Each student was given a box of matches, a box of tacks, and a candle. They were asked how they would affix the candle to a corkboard so that when the candle was lit the wax would not drip onto the corkboard. Before attempting to solve the problem, one group of students watched a comedy film of television bloopers. The other group of students watched “Area Under a Curve”, a math film. The researchers found that 75% of the students watching the funny bloopers solved the problem correctly, whereas only 20% of students who watched the math film got it correct.

Fun, humor, laughter and playfulness all help our creative spirits. We can suddenly see the world in a different way and seeing things differently helps break old patterns, develop unique ideas and innovative ways of doing things. The good news is that you don’t need comedy or jokes to laugh! Here’s where **Laughter Yoga** comes in. The science has shown that simulated laughter produces the same physiological effects. So we can simply choose to laugh! Or fake it until you make it! The more you do this the easier it becomes. Eventually, there is no faking. The memory of your body and brain kick in and you are able to laugh genuinely more often with less effort and the effects on your creativity will be evident!

***Did you know that most people are serious by default. There’s a child inside you struggling to come out. Leave your adult self at home and experience the playfulness and joy you felt when you were a child. Laughter is a natural high and stress reliever. Experience unbridled joy, have fun, be silly, and bring the child within out to play.***

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/>.

## 8. Regiena Heringa – Notes from the Light – July 2012

There is only one Light and that Light is of celestial origin, found in your loving eye and in the radiance of your spiritual body. This Light is the Christ Light and It floods all physicality. In truth, *this Light creates physicality*.

The physical light in your world is critical for human survival. It is also a reminder of a greater Light that all beings upon your earth could easily recognize if they would but open their minds and hearts.

We do not deny the importance of material existence for it is invaluable to humans in learning how to follow the Creator’s way. However, in all cases, the human form transforms. Most frequently in your world you observe the human form

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dissolving at the moment of transition which you interpret as death. Here, the celestial, spiritual Light which inhabits the body, leaves it and continues elsewhere. Yet, it is also known that certain human bodies contain great Light and therefore, at the moment of transition, do not dissolve. Rather, these bodies are refined and become an integral part of the Light. This is the fusing of matter and true Light—matter becomes imbued with Light and is raised. In a manner of speaking, there is a transference from physical light—that which is needed to support material existence—to the celestial Light of Spirit—that which transports physical life to a higher degree of expression.

Your earth, including its citizens, holds both physical light and spiritual Light. In compliance with universal law, all life continually moves into a higher expression of itself, no matter the environment, sphere or dimension. Hence, your planet and all life upon it and within it, continue to voyage to a higher plane wherein spiritual Light replaces physical light.

In your future, dear peoples of this revolving and evolving earth, you will witness greater numbers of your inhabitants moving into the Light of Spirit with their physical bodies transformed. In essence, all life upon and within your planet is moving towards this unity which can be viewed as cosmic Light—the universally understood common language.

We ask you, therefore, to remain vigilant in how you express yourselves in mind, heart and action. The great Light is nourished by kind thought and loving deed. In appreciating the physical light which warms your bodies and gives you life, we ask that you remember your true origin—celestial Light—which guides you to more expansive worlds of sacred union. We state this, for your earth continues to play an important role within an extensive spiritual family which spans far beyond your Milky Way and touches other less material dimensions of your universe. These communities fully understand the transition from physical light to spiritual Light and are eager to assist those in your world who are wish to participate.

Hence, kindly remember you are not alone. You are cherished and, if you so wish it, you may be guided into a more refined and noble expression of life through the joyful recognition and reception of the Christ Light, Creator of matter. You need only knock and the door will open for you, gracious people.

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](http://www.nextagemission.com) or write Regiena at [heringa@bell.net](mailto:heringa@bell.net).

## 9. Boris Glikman - The Inner Morality – Part 2 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*

*This is part 2 of a 3-part series on Inner Morality by Boris. The third and final installment in this series will appear in the August issue of the Spiritual Guidance monthly e-newsletter.*

Just imagine for a moment if someone were to suddenly attack you viciously, without any reason or provocation and to continue doing so day after day. You would never stand for it and you would certainly have the backing of the society in your defense. Yet it is perfectly acceptable for your own mind to treat you this way.

So we can clearly see that there are no standards of behaviour as applied to our relationship with ourselves. We have no reference point with which to guide our inner behaviour towards ourselves, we cannot tell what the limits are, where the boundaries lie because there are no outer laws which deal with the inner realm.

Also not only do we have outer laws that prescribe our conduct in the outer world, but also an inner sense of conscience which guides us in our interactions with other people and lets us know whether the way that we are treating others is morally right or wrong.

But do we have just as strongly developed inner sense which tells us what is right and what is wrong in our interactions with ourselves? Do we ever feel pangs of guilt, stings of shame after we hurt or abuse ourselves? Does our conscience ever punish us for our self-abuse or does it too, just like the outer society, not care about the inner attacks?

Whereas in the outer world we are born into a sophisticated and highly developed philosophical and legal system which has taken millennia to develop and which provides for our rights within the community and maintains law and order in our society, in the inner world we are entirely on our own and have to develop from scratch a defense system against the attacks of the mind.

Whereas in the outer world you can get help from community and the law if you are attacked (indeed an attack upon you is seen as an attack against the whole orderly working of society and that's why in Criminal Law, it is The People vs. The Defendant as a crime against one person is deemed to be a crime against all of the society ), in the inner world you are entirely on your own and it is wholly up to you and you alone to develop and set up your defense systems, to find ways to protect yourself against the mind's attacks and to maintain some sort of order in your inner world.

Also, with the inner world, we can never see how others are treating themselves inwardly and how others deal with inner self-abuse and so consequently, as children, we can never learn by example, by observing our role models, as to how to deal with one's mind.

*Tune in to next month's newsletter for the final installment 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](mailto:bozlich@yahoo.com.au).

## 10. David Paul – Music from the Expanded Balance

Many people are unaware that the original Tai' Chi Gung master, Boganathar, known in China as the great philosopher Lao Tzu, is also a profound Hatha, Pranayama, and Kundalini Yoga Master.

The concept of the Tao and the aspects of Yin and Yang he introduced come together in a unique way in the original teachings about physical health. When the right and left side of the body are balanced within, when the masculine and feminine energies are balanced within, when the expansion and contraction are balanced... these give rise to a third energy. This third energy has immense regenerative power. It is from this third energy that profound health, transformation, and longevity are possible.

The music of Tai' Chi Gung will help people achieve this expanded balance. It is composed and performed from this state. It can act as a mirror to remind listeners what their peaceful, centered, balanced state is like. It can help them achieve it and sustain it.

Over the past 27 years of training daily with Tai' Chi Gung, David Paul has learned how to draw the Chi of the elements of nature and project them through his music to an audience. The power and presence of his playing is not accidental. It is a result of applying the principles of Tai' Chi Gung shared with him by his Master Rasaji. He is happy to train others to do this also. (more information at [www.musicbydavidpaul.com](http://www.musicbydavidpaul.com))

In his concerts, with the help of nature photography, stories and dialogue with the audience, David helps people achieve the balanced state described by Boganathar, simply by being there and listening. His music will uplift your spirit, calm your mind, and bring peace to your body. You can listen to a sample of this music at [www.musicbydavidpaul.com](http://www.musicbydavidpaul.com)

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ABOUT THE SPIRITUAL GUIDE AND TEACHER: David Paul is a Tai' Chi Gung adept and current student of Master Lama Rasaji ([www.rasaji.com](http://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](mailto:davidpaul888690@gmail.com), or through his website at [www.musicbydavidpaul.com](http://www.musicbydavidpaul.com).

## 11. **Ann C. Johnson, Assoc MAPS: Psychologist – Respecting Yourself**

Self is a resource that needs to be loved and respected. It's a resource that needs to be nurtured and protected. Some people haven't learnt to love, respect, nurture, and protect themselves. They haven't learnt to live their lives with dignity and integrity, with truth and honesty, and with a sense of their inherent uniqueness and worth.

Some people haven't learnt to stand up and speak up for themselves: to ask for what they want and need from others; to stand their ground with critics and bullies; to say "no" to unreasonable requests or undue demands on their time. They haven't learnt to return unsatisfactory goods to the point of purchase; to complain to managers about lousy service; to refuse to pay for shoddy work.

They haven't learnt to look after themselves properly; to respect their time; to manage their anger and stress. They haven't learn to steer clear of bossy people: people who tell others what they "should" and "shouldn't" do; to stay away from "toxic" people: this includes people who pretend not to know people they actually do; people who are never satisfied with what others do; and people who think it's okay to dump their frustration onto others.

It all starts and stops you. You can search for ways to love and respect yourself on a continual basis. You can search for ways to protect yourself from harm's way. You can search for ways to nurture yourself each day. As the old saying goes: "As ye sow, sow shall ye reap"; in other words: "What goes around comes around". The sooner you can learn to respect yourself; the sooner you can learn to treat others as you'd like them to treat you; the sooner the people around you will learn to respect you.

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](mailto:annjohnson3@bigpond.com). Ann's books are available (in Australia) by sending your details to PO Box 1062 Seaford Vic. 3198 plus \$40 to cover costs.

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 12. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

"What do coffee growers in Ethiopia, hardware store owners in America, and Basque entrepreneurs have in common? For one thing, many of them belong to cooperatives. By pooling their money and resources, and voting democratically on how those resources will be used, they can compete in business and reinvest the benefits in their communities. The United Nations has named 2012 as the International Year of Cooperatives, and indeed, co-ops seem poised to become a dominant business model around the world. Today, nearly one billion people worldwide are cooperative member-owners. That's one in five adults over 15 -- and it could soon be you." [{ read more }](#). **Be The Change:** Try learning more about some of the co-op initiatives in your own region this week.

"When I first encountered Pascal's words, I felt like they were telling me, in a poetic way, to sit down and shut up, and that just felt, well... sort of rude. It also felt a bit insulting, in suggesting that for myself or for others, we bring a chunk of our suffering onto ourselves because we're too cowardly to sit quietly and face our thoughts and our feelings. Over time, however, the quote grew on me. I began to see its truth based on my own experience and from many years of listening to clients describe the pain that comes from not feeling connected to themselves. Finding time to sit quietly in a room is no easy task for any of us. I know for myself, even before having kids, it was hard to find time for such non-activity." This thoughtful article describes the insights one woman discovered about stillness amidst a circle of her children's toy dinosaurs. [{ read more }](#). **Be The Change:** Take a moment to be still and quiet amidst "the dinosaurs" in your own day.

"Something in the sunlight caught my eye. A moving something. A small moving something. Could it really be? A butterfly had landed on the floormat inside the house. Beating its wings ever so slowly, trying to catch its breath. I crept closer, just wanting to capture its beauty in my hands. To just admire its simplicity and intricate design. She sensed my presence, and we locked energies. Slowly, slowly, I inhaled and she beat up, I exhaled, she beat down. me: Inhaling, exhaling her:beating up, beating down...She had a story, I could tell." In this article an ordinary day turns magical when a young woman leans in to listen to a butterfly. [{ read more }](#). **Be The Change:** Try observing something in nature closely, a flower, a bird, a blade of grass or a cloud -- and see what the experience surfaces for you.

"Alternative medicine is increasingly accepted as part of palliative care and some studies show music is one method to ease pain and stress at the end of life. One of these methods includes live harp music, played at the bedside by a certified music practitioner. Carol Joy Loeb, a former opera singer, is a certified music practitioner and registered nurse. When she arrives at a patient's bedside, she's prepared to alleviate misery." "I use the music to bring a calmness to them," Loeb says. "It helps with pain and agitation. And in the case of those who are actively dying, it helps them to go peacefully." [{ read more }](#). **Be The Change:** Try noticing the subtler effects that different kinds of music have on your state of mind and sense of well-being.

Every once in a while, we all get burned out. Sometimes, charred. And while a healthy dose of cynicism and skepticism may help us get by, it's in those times that we need nothing more than to embrace life's promise of positivity with open arms. Here are seven wonderful books that help do just that with an arsenal ranging from the light visceral stimulation of optimistic design to the serious neuroscience findings about our proclivity for the positive. [{ read more }](#). **Be The Change:** A short passage on balancing optimism with realism: "Perhaps the wisdom in blinking is that it keeps us in the middle, keeps us from drowning in the dark and from burning up from the light." [{ more }](#).

"The only way to get to this island village is by boat. The current in these parts is treacherously strong and the sun beats down in sheets of heat. About 2000 people live in this village. 125 died in the tsunami. Twenty-six of them were children. There is no bridge connecting the village to the mainland, only a jetty that wanders partway into the water and stops. When some of the children saw the water rushing in they'd run to the far end of the island towards the backwaters and

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onto the wooden jetty in terror, hoping perhaps to make it to the safety of the other shore. When the second wave struck it took them all with it... almost all..." In the wake of the devastating 2004 tsunami in South East Asia a young journalist visited a string of affected villages seeking beyond the statistics, to be present with and listen to the deeply human stories of those who survived. [{read more}](#). **Be The Change:** Take time to listen to someone's story today.

"Death is an important ally for appreciating life. I am not referring to a morbid preoccupation with death. Rather, I mean the felt awareness of our finitude as physical beings -- an honest recognition of the short time we have to love and to learn on this earth. The knowledge that our bodies will inevitably die burns through our attachments to the dignified madness of our socially constructed existence...An awareness of death forces us to confront the purpose and meaning of our existence, here and now." In this thoughtful article author and educator Duane Elgin shares more. [{read more}](#). **Be The Change:** Does your own perspective and understanding of death enrich the way you live your life?

Imagine a 7 acre plot of land in a large American city, with hundreds of different kinds of edibles: walnut and chestnut trees; blueberry and raspberry bushes; fruit trees, including apples and pears; exotics like pineapple, yuzu citrus, guava, persimmons, honeyberries, and lingonberries; herbs; and more. The best part? All will be available for public plucking to anyone who wanders into Seattle's first food forest -- in fact, America's first food forest. Says lead landscape architect Margaret Harrison: "This is totally innovative, and has never been done before in a public park." [{read more}](#). **Be The Change:** Create your own public food forest -- share some produce (homegrown or otherwise) with neighbors.

"The Josephine beauty parlor in northern Paris is celebrating its first birthday Thursday. Some 1,200 disadvantaged women -- abuse victims, former convicts or addicts, disabled women, single unemployed mothers -- have come here for a professional haircut and makeup, or to borrow clothes for a job interview, since it opened on International Women's Day a year ago. Thanks to volunteer workers and private sponsors, it's just \$3.95 for a haircut including highlights, less than the cost of a cafe au lait in a Parisian bistro. But the salon's real attraction is the boost to morale, confidence and even job prospects that it provides." [{read more}](#). **Be The Change:** Help someone discover their inner beauty.

"There is an old Zen story about a man riding a horse, galloping frantically down a path. His friend, who is sitting by the side of the road, calls out 'Where are you going?' The man replies: 'I don't know. Ask the horse!' When we build our tools, we often depend on metrics to guide our development. We keep graphs of unique visitors and pageviews and watch them closely. This keeps us honest. It's hard to convince anybody that we're building a useful tool if our metrics show that nobody is using it. But we must take care when we use metrics. Metrics can be like the horse in the old Zen story. Once we decide on them, they have a habit of setting the agenda. As the old adage goes, what gets measured gets managed." MIT Media Lab Professor Sep Kamvar shares a thoughtful reflection on mission and measures. [{read more}](#). **Be The Change:** Reflect on and question how you measure things in your own life, personal and professional.

"Wherever I go and ask people what is missing from their lives, the most common answer (if they are not impoverished or seriously ill) is "community." What happened to community, and why don't we have it any more? There are many reasons -- the layout of suburbia, the disappearance of public space, the automobile and the television -- and, if you trace the "why's" a few levels down, they all implicate the money system. More directly posed: community is nearly impossible in a highly monetized society like our own. That is because community is woven from gifts..." [{read more}](#). **Be The Change:** Consider the different ways in which you can increase the giving of gifts and gratitude in your own life.

Joyal Abedin still remembers the rainy and windy night when he saw his father die because there was no medical treatment. His village in a northern district of Bangladesh did not have any medical facility at the time, and the nearest hospital was about 12 miles away. The death of his father, about 30 years ago, changed the life of Abedin, a rickshaw puller. He vowed to establish a basic medical centre in his village to save the impoverished from untimely deaths. [{read more}](#). **Be The Change:** Do a small act of service today with a full heart.

Amy Stokes uses the internet to connect South African teens affected by HIV/AIDS and poverty with volunteer mentors from around the world. She is the founder of Infinite Family an effort in South Africa -- where nearly two million children have been orphaned by AIDS. A diverse and growing team of Infinite Family's mentors have stepped forward "to fill the void of adults -- to teach, discuss, encourage, challenge, befriend, and love." [{read more}](#). **Be The Change:** Learn more about Stoke's efforts and how to get involved through the Infinite Family website. [{more}](#).

"It had been three weeks since my throat started to feel sore, and it wasn't getting better. The pain was most acute when I spoke. So I decided to spend a few days speaking as little as possible. Every time I had the urge to say something, I paused for a moment to question whether it was worth irritating my throat. This made me acutely aware of when and how

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I use my voice. Which led me to a surprising discovery: I spend considerable energy working against my own best interests. And if my experience listening to others is any indication, so do you." [{read more}](#). **Be The Change:** As you speak today, consider whether what you are saying is true, kind, and necessary.

"In November of 1990 I was invited to spend a day with a friend of mine who was dying of HIV Aids. He was comatose, but very agitated...I sat down by his bedside and didn't know what to do. I waited and waited. All I knew to do, to calm myself, was to sing. So I sang one song and I sang it for two hours. I sang it over and over again. I watched his breathing slow, and he got much calmer. And I got much calmer...So as I got comfortable, he got comfortable and at the end of the experience I felt like I'd touched something very deep in myself and given a gift that was unique to me to give." In this powerful interview Kate Munger, founder of the Threshold Choir, discusses her life's passion. [{read more}](#). **Be The Change:** A short video that shows the Threshold Choir in action. [{more}](#).

Pico Iyer -- essayist, author, travel writer and thinker -- has a unique perspective on many things. His physical domain ranges from California (where he lived as a child) and England (where he studied) to Cuba, North Korea and Ethiopia (which he visited) and Japan (where he resides). His mental domain knows no limiting boundaries. In this interview with Knowledge@Wharton, Iyer spoke on an unusual topic -- the value of silence and stillness amid the rush of business. If we spend too much time in the MTV rhythm, says Iyer, we won't be able to cultivate the parts of us that need more slowness. [{read more}](#). **Be The Change:** "Go placidly amid the noise and the haste, and remember what peace there may be in silence." A beautiful, short passage by Max Ehrmann. [{more}](#).

Community is not just for extroverts. For thousands of years, our ancestors lived in barrios, hamlets, neighborhoods, and villages. Yet in the time since our parents and grandparents were young, privacy has become so valued that many neighborhoods are not much more than houses in proximity...And when the links among neighbors are weak, security relies on locks, gates, and guns, rather than a closely knit web of connections. Building a community from scratch is daunting. But the good news is that vibrant communities can grow over time from existing neighborhoods. This article offers 10 ways to start. [{read more}](#). **Be The Change:** Take a step to build and support community today.

A few years ago, Ari Davalos started an art project called Stranger Dinner -- invite six strangers to dinner at her house. In a world separated by Internet connections, she aimed to reclaim the serendipity in her life. "Instead of going to the library and researching on the internet, I want to stroll through the stacks, smell the pages of old books, pick a random book off the shelf, and let some serendipity into my life." Here, Ari shares the open letter she sends to strangers, her insightful reflections after having hosted many such dinners in multiple cities, and some tips for hosting your own Stranger Dinner. [{read more}](#). **Be The Change:** Submit (or read) a story of how sharing had a positive effect in your life, in Shareable's Share or Die contest. [{more}](#).

There are plenty of politicians who genuinely desire to serve their communities and nations with humility and integrity, dedicating their lives to the cultivation of a wisdom that will benefit society at large; sadly, they are a minority. Politics has become a degraded profession. In this thought provoking piece, James O'dea, who has spent decades of his life in cultivating peace through channels of politics, posits three new qualifications for the modern day politician: empathy, dialogue and allegiance to the whole. [{read more}](#). **Be The Change:** Host a dialogue with your friends around the role of empathy in politics.

"In his writing the mystic poet John O'Donohue encourages all of us to rediscover our power to bless one another. I've become enchanted with this invitation, regardless of whether we define a blessing as being a wish or a prayer, whether we conceive it as coming from us or through us or whether we offer blessings through what we say, write, or think. In any of these forms, the act of blessing another contains several irresistible qualities." This thoughtful piece explores the often forgotten power that is folded into our capacity to wish each other well. [{read more}](#). **Be The Change:** Make a conscious effort to share your blessings today -- with some who are known and others who are unknown.

"My husband is an Indian citizen, and since we met in 2001, I've been watching the landscape of his country transform as its economy grows. Some of the change is staggeringly obvious, like the skyscraping luxury condominiums with stirring views of other skyscraping luxury condominiums. But I couldn't quite make out what had and hadn't changed in historically poor communities. I generally find issues of poverty, opportunity, and global development to be over-theorized and under-reported. And it seemed to me that in India, as in the U.S., some of the experts most ready to describe how lower-income people are faring weren't spending much time with those people." Pulitzer Prize winner Katherine Boo spent two years in a Mumbai slum seeking to understand the gritty realities and moral complexity of the urban poor. In this interview she

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describes the experience and what it revealed for her. [{read more}](#). **Be The Change:** Seek to understand more about someone who lives in a context dramatically different from your own.

"I glance down at my GPS to make sure this is where we want to be and in doing so I almost pass my destination. There it is tucked away to the left, sandwiched between two homes: Worth our Weight (W.O.W). The whimsical name brings to mind a weight-loss program or some sort of preemptive apologetic reassurance for long lines. This restaurant has neither. The front is clean, simple and inviting, with large colorful posters on the front window explaining the mission of W.O.W." So begins one couple's encounter with an intriguing restaurant. One where there are no prices on the menu, and where much more than food is being served. [{read more}](#). **Be The Change:** This short film offers a glimpse into the workings of another inspiring "pay-it-forward" restaurant. [{more}](#).

"Somewhere in West Tennessee, not far from Graceland, nine women -- or "The 9 Nanas," as they prefer to be called -- gather in the darkness of night. At 4am they begin their daily routine -- a ritual that no one, not even their husbands, knew about for 30 years. Over the next three hours, The 9 Nanas (who all consider themselves sisters, despite what some of their birth certificates say) will whip up hundreds of pound cakes, as part of a grand scheme to help those in need. They have one mission and one mission only: to create happiness." [{read more}](#). **Be The Change:** Spread a little happiness today.

"As I was planting my seasonal crop of tomatoes last month, a good friend (and my personal gardening guru) informed me that they liked their leaves rubbed, "like petting a pet's ears," which I received with equal parts astonishment, amusement, and mild concern for my friend. But, as Tel Aviv University biologist Daniel Chamovitz reveals in *What a Plant Knows: A Field Guide to the Senses* (public library), that might not be such a crazy idea after all. Plants, it turns out, possess a sensory vocabulary far wider than our perception of them as static, near-inanimate objects might suggest: They can smell their own fruits' ripeness, distinguish between different touches, tell up from down, and retain information about past events." This fascinating article shares more. [{read more}](#). **Be The Change:** Pay attention to the intelligence of other forms of life around you.

## 13. On Perfection and Priority

Reprinted from *InnerNet Weekly* via [www.iJourney.org](http://www.iJourney.org).

Determination seems to underlie all the perfections [of the mind]. There are four aspects to determination. You use your *discernment* to decide what you want to accomplish, to see how it best might be accomplished, and then you stick with it. To stick with it requires *truthfulness*, which doesn't mean just telling the truth; it means that once you've made up your mind, you really stick with what you've decided to do. You're true to yourself. You're not a traitor to yourself. That's what'll see you through.

This is going to involve some *renunciation* and require that you develop a sense of *calm* within the renunciation, because there are many possible pleasures in this life. If you try to gather up all of them, you go crazy. Once a year I head up to the Bay Area, where there are still traces of the human potential movement. There's a strong sense up there that you can and should actualize your full potential as a human being by striving for excellence in all areas of your life: becoming physically strong and healthy, mentally sharp, artistically creative, socially enlightened, sexually active, politically active, spiritually advanced. People rarely stop to consider that excellence in one area might actually cancel out or preclude excellence in another. In the back of their minds, there's always the thought, "Well, if I'm not happy, it's because I'm not trying hard enough in every possible direction." That's crazy-making. You've got to focus on what's really worthwhile in life, which means resisting a lot of the currents in our culture, because our culture seems to be all about distraction in all directions — or as someone once put it, "discursive noise." [...]

Priority. That's one of the possible meanings of the word *parami*, which is usually translated as "perfection." *Parami* is one of those words that nobody really knows why it was chosen or what it means. It doesn't appear in any of the Buddha's own teachings, but was a later development in the tradition. One of the possible meanings of *parami* is related to *parama*, which means to be foremost. And the idea of "foremost" can be understood in two ways: One is that you try to become



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really excellent and foremost in these particular qualities of the mind; and, two, you want to give them top priority, make them foremost in your life. [...]

So remember as you meditate, it's not just a matter of following a technique. You have to apply yourself fully. You have to give your whole heart to this. And as you give your whole heart, your heart gains wholeness. When you give questions of the wise heart top priority, the heart does become excellent.

--Thanissaro Bhikkhu

## 14. A Whole New Dimension of Love

*Reprinted from InnerNet Weekly via [www.iJourney.org](http://www.iJourney.org).*

Everything is flowing. And this flow isn't made up only of external things. It includes relationships, too. Some relationships last for a long time, and some don't—that's the way of things. Some people stay here for some time; some people leave very quickly. It's the way of things.

Every year millions and millions of people are born and die. In the West, our lack of acceptance is quite amazing. We deny that anyone we love could ever be lost to us. So often we are unable to say to someone who is dying, "We're so happy to have had you with us. But now, please have a very happy and safe journey onwards." It's this denial which brings us grief.

Impermanence is not just of philosophical interest. It's very personal. Until we accept and deeply understand in our very being that things change from moment to moment, and never stop even for one instant, only then can we let go. And when we really let go inside, the relief is enormous. Ironically this gives release to a whole new dimension of love. People think that if someone is unattached, they are cold. But this isn't true. Anyone who has met very great spiritual masters who are really unattached is immediately struck by their warmth to all beings, not just to the ones they happen to like or are related to. Non-attachment releases something very profound inside us, because it releases that level of fear. We all have so much fear: fear of losing, fear of change, an inability to just accept.

It's like a dance. And we have to give each being space to dance their dance. Everything is dancing; even the molecules inside the cells are dancing. But we make our lives so heavy. We have these incredibly heavy burdens we carry with us like rocks in a big rucksack. We think that carrying this big heavy rucksack is our security; we think it grounds us. We don't realize the freedom, the lightness of just dropping it off, letting it go. That doesn't mean giving up relationships; it doesn't mean giving up one's profession, or one's family, or one's home. It has nothing to do with that; it's not an external change. It's an internal change. It's a change from holding on tightly to holding very lightly.

--Tenzin Palmo, in an extract from *"Into the Heart of Life"*

## 15. The Spirit of Gift

*Reprinted from InnerNet Weekly via [www.iJourney.org](http://www.iJourney.org).*

We have learned much from the native Americans, the Australian Aboriginals, the indigenous people of India (adivasis) and the Bushmen of Africa. We have been guided by Jesus Christ, the Buddha, Mohammed and Mahavir. We have been inspired by Valmiki, Shakespeare, Tolstoy, Jane Austen and many other writers. We have benefited from the lives of Mahatma Gandhi, Mother Teresa and Martin Luther King.

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They were not motivated by fame, fortune or power. Buddha claimed no copyright on his teachings, and Shakespeare received no royalty cheques. We have been enchanted by music, paintings, architecture and crafts of many cultures, from time immemorial. We have received a treasure house of traditions as a free gift. In return we offer our work, our creativity, our arts and crafts, our agriculture and architecture as gifts to society to present and future generations.

When we are motivated by this spirit then work is not a burden. It is not a duty. It is not a responsibility. We are not even the doers of our work. Work flows through us and not from us. We do not own our intellect, our creativity, or our skills. We have received them as a gift and grace. We pass them on as a gift and grace; it is like a river which keeps flowing. All the tributaries make the river great. We are the tributaries adding to the great river of time and culture; the river of humanity.

If tributaries stop flowing into the river, if they become individualistic and egotistical, if they put terms and conditions before they join the rivers, they will dry and the rivers will dry too. To keep the rivers flowing, all tributaries have to join in with joy and without conditions. In the same way, all individual arts, crafts and other creative activities make up the river of humanity. We need not hold back, we need not block the flow. This is unconditional union. This is the great principle of 'dana' (offering). This is how society and civilizations are replenished.

When we write a poem we make a gift. When we paint a picture or build a beautiful house we make a gift. When we grow flowers and cook food we make a gift. When all these activities are performed as sacred acts, they nourish society. When we are unselfconscious, unacquisitive, and act without desire for recognition or reward, when our work emerges from a pure heart like that of a child, our actions become a gift.

--Satish Kumar, in *You Are, Therefore I am*

## 16. Looking with Head, Heart and Hands

*Reprinted from InnerNet Weekly via [www.iJourney.org](http://www.iJourney.org).*

When I speak of seeing, I feel that the mind is open and in a relationship to the hands working, which opens a feeling of being more fully alive. That is what I call seeing.

More than one part of you needs to see. You can't see with your head alone. You can't see with your heart alone, because it's very partial. You can't see with your body alone because, basically, I don't want to put down the cigarette or the cake.

One day I heard the dogs barking in the living room. Not a bark like, "Someone is here," which is an announcement. Not a bark like, "Get away from my stuff." That's a territorial thing. Not a bark of fear like, "Oh, my God there's a bobcat on the deck!" It was a bark I wasn't used to, a kind of "What are you doing?"

I walked into the living room and there was the raven underneath the chair at the dining room table. I looked at this big raven with huge claws and this huge Roman beak. The raven somehow had walked into the house before we had become friends and had gotten stuck underneath the chair. I believe it was a mom and she was coming in looking for food.

I looked at the raven and the raven looked at me. She had these beautiful eyes and she blinked at me. It was clear she said to me, "I'm stuck. I don't know how I got under this chair. I can't get out, and you've got two pretty big dogs. I'm in a situation here."

So I looked at the raven and said, "Okay. Here's the deal. You're big. You have sharp claws and this beak. You could hurt me. I'm going to pet your back and if you don't try to peck me or claw me, I will get you out from under the chair. If you try to peck me or claw me, you're on your own."

She looked at me, cocking her head like she was thinking about it. It wasn't like she understood my words or I understood hers. There was something in my tone that was explaining to her that I was about to make a move. So I pet the back of

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the raven and not only does she not claw me, she pulls her claws into her belly and tucks her beak into her chest. I pick her up and I hold her like this [cradled in her arms] and she is perfectly still. I put her out on the picnic table figuring she would make a beeline out of there. She turned around, she looked at me, and she nodded.

--Jane Rosen, from "[Looking With your Whole Body](#)"

## 17. The Traffic Warden's Toes

Reprinted from [www.HelpOthers.org](http://www.HelpOthers.org).

I was recently on a working trip to Mumbai. One evening I took an autorickshaw home from work. It was around 6 p.m. and there was heavy rush hour traffic. Because of this the rickshaw was traveling at a snail's pace.

I was lost in my own thoughts, thinking about the day's events, when a Mumbai police traffic warden materialized as if from nowhere. He ran alongside the rickshaw and slapped the driver three times, quite violently, across his face.

I was shocked by this sudden turn of events! I asked the driver to take the rickshaw to one side of the street and stop. I asked if he was hurt and he said his eyes were sore because of the slap. Other than that, he said, he was fine.

I asked what had happened. He said that, by mistake, he had run over the traffic warden's shoes. I told him he should have stopped and apologized. But, at the same time, I knew that the driver did not deserve getting beaten up like that!

So, I asked the driver to accompany me to the spot where the traffic warden was directing the traffic.

Then I called the traffic warden to one side and in a gentle voice told him that the rickshaw driver accepted his mistake and wanted to apologize for it. The warden, who was all set to react again when he saw the driver, calmed down on hearing my words and the tone of my voice. The driver accepted his mistake but started complaining loudly that he did not deserve to get beaten up.

The heated discussion began to attract a crowd. Some of them were other rickshaw drivers who were taking the side of their fellow worker. Sensing that matters might quickly spin out of control I calmly told the traffic warden to accept the apology of the rickshaw driver and let bygones be bygones.

Fortunately good sense prevailed and the traffic warden accepted the apology of the rickshaw driver. Then the voice within said, "Please bring about a true reconciliation between them."

I listened to the inner voice and persuaded both of them to shake hands, which they did and they parted as friends.

We went back to the rickshaw and proceeded to my destination. As I finished paying the fare he said in a soft voice, "Sahib, thank you for what you have done."

Hearing those words I knew I had made a difference in somebody's life. I thanked God for the support He gave me!

## 18. More Than Lunch And A Bowl of Soup

Reprinted from [www.HelpOthers.org](http://www.HelpOthers.org).

Last year I bought lunch for a guy who had scraped his pennies together for a cup of tea. He rewarded me by telling me a little about his life, how he had lost the battle with drink but how faith had turned his life around. Now, when most men his

age would be enjoying their retirement, he lived in a hostel and spent his time distributing religious tracts to shops, offices and strangers in the street.

Well, yesterday Julie and I were back in the same coffee shop. Julie looked over my shoulder and saw the same man, sitting there with a solitary cup of tea, dressed as he had been the time before despite the fact that the outside temperature was sub-zero.

We finished our bowls of piping hot soup with crusty bread then I got up and walked over. Knowing he would not remember me I sat down beside him and asked, "How's God's work going?"

He didn't remember who I was but my question had told him what I was.

"God's work is going as God's work goes," he said. "Wonderfully."

"And how about you?"

He pursed his lips. "That doesn't matter."

(As I write this I remember that he had told me the previous year he had some form of cancer.)

"Well, it does," I dared to suggest. "You need to be well to keep on doing the good work."

He shrugged.

"Like today," I said. "It's freezing out there. And it takes a lot of energy to keep going on a day like this. I tell you what. My wife and I just had some of the soup and it was delicious. Really. It was so nice. Let me get you some so you can try it."

He raised a hand of protest, but I ... well, I ignored him. A moment later I sat a hot bowl of soup, a bread roll, and butter in front of him.

"Enjoy!" I said, and walked back to my table before he had a chance to reply.

Julie and I finished our drinks and got our stuff together. As we walked past his table I patted the man's shoulder and said, "Just know you are loved."

He started to say something, changed his mind and instead said, "I do know."

And we went on with our shopping. But this isn't a story about how kind I was. The bowl of soup was the very least of it. It's a reminder (as it was for me) that, even in these days there are people out there, living alongside society, doing God's work and being totally dependent on God for provision.

And for a brief time yesterday we got to be a small part of God's provision for one of them!

## 19. A Phone Call, To A Letter...To A Life Changing Friendship

Reprinted from [www.HelpOthers.org](http://www.HelpOthers.org).

My first full time job after high school was selling vacation packages via telephone for a well known company. One day, the dialer connected me to a man that answered the phone and sounded a bit out of breath. I started with my normal pitch, and expecting to hear the normal, "I don't want any," and be hung up on.

Instead he spoke in a faint, weak voice and began to tell me how he wished he could take a vacation like the one I was offering, but couldn't because he was dying of emphysema. He explained how he was on oxygen, and it took almost all

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his energy just to get to the phone to answer the call. I apologized, and my heart fell into my stomach. He asked me if I smoked, which I did, and then begged me to stop. He told me smoking is what was killing him, and how horrible it was. He told me to spend every day with my loved ones, and tell them all the time how much I love them. At this point, I was in tears, and couldn't control myself, and he could tell. We ended the call, and I put my phone on hold to prevent another call from coming in so I could collect myself.

After a few moments, I decided to write down his name and address, and just send him a card telling him that I appreciated his advice and that I would pray for him and his family. Shortly after, I received a nice letter back from Frank, along with a picture of him and his wife. We continued to write back and forth over the next few months or so, and became very fond of each other. He was old enough to be my grandfather, and in many ways, I felt as if he was.

It was about a year later I received a letter from his wife, and when I started to read it, my eyes filled with tears. She told me how Frank's battle with the disease had finally come to an end, and he passed shortly before Christmas. She wanted to thank me for the letters I had written to Frank, and then explained how Frank touched many lives over the years. At his funeral, to show just that, they read the 1st letter I had written to Frank to show how he affected a 19 year old he had never even met.

I will never forget how much that meant to me.

## 20. Peach's Neet Feet

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

Shoes + Art + Love = Happiness. Watch this emotional, inspiring and beautiful story of Madison "Peach" Steiner's service through shoe art for children with critical health issues. Madison's slogan, painted on her own shoes: "From my heART to your sole" says it all. She is changing one child's world with every pair of shoes she sends out. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3054>.

## 21. Fred Rogers Lifetime Achievement Emmy Award

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

For 33 years, Fred Rogers -- known to one-and-all as Mister Rogers -- invited children into his television "neighborhood" to teach them inquisitiveness, ethics, and self-belief. When honored with an Emmy Award for lifetime achievement, Mister Rogers delivered a thank-you speech very much in keeping with his role as educator and role model -- using ten very special seconds of silence. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3113>.

## 22. The Threshold Choir

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

After singing to a friend who laid in a coma with AIDS in 1990, Kate Munger realized this would be her life's work. Then in August 1997, while driving back home from Montana, she committed herself to sing for any animals she encountered who'd been killed on the road. Based on the inspiration of those two events, Munger started the Threshold Choir--a small, volunteer-run choir that sings to terminally ill and dying people. "The most touching response was when a woman

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mouthed the word, 'WON-DER-FUL.' That was the last time she communicated with her family," Munger says. Follow this link to the video... <http://www.karmatube.org/videos.php?id=117>.

## 23. Food People Power

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

For many years, people living in West Oakland had accepted eating unhealthy food as a way of life. That is, until a small group of people decided to change their community through Mandela MarketPlace, a non-profit that partners with local residents and rural, minority farmers to bring fresh agricultural produce to their local corner stores. Mandela MarketPlace now represents the difference that youth can make by challenging prevailing paradigms - you CAN select what you put in your body. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2476>.

## 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](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

## 24. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page ([www.servingyourjourney.com](http://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

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- 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.

## 25. 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.

## 26. 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](mailto: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.



## 27. Spirituality Discussion Groups

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

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

## 29. Interfaith Conversation Series



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

**Presents**

**“Interfaith Conversation”**  
Every 2<sup>nd</sup> Wednesday, 5:30 – 8:30pm

**New Edinburgh Square Retirement Residence**  
420 MacKay Street, Ottawa

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

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

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

**Registration:** Please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).

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

## 30. 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 heart-felt offer to serve your loved ones. Many believe they are helpless in assisting their loved-ones during times of terminal 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@servingyourjourney.com](mailto:rmeagher@servingyourjourney.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

## 31. 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](http://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](http://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](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.

## 32. 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

## 33. 4<sup>th</sup> Canadian Contemplative Outreach Conference

**4<sup>th</sup> 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.

## 34. 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/](http://www.omc.ca/)

## 35. 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](http://interfaithci.org) if you prefer to pay online.

## 36. 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](http://www.spiritualdirectionandcoaching.com)

## 37. 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](http://www.annesimmonds.ca) or call Anne at 647-524-8377.

## 38. 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](http://www.annesimmonds.ca) or call Anne at 647-524-8377.

## 39. 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 21<sup>st</sup> 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.

\* Richard Harvey/Therapy & Spirituality offers an innovative, radical psycho-spiritual approach to the human predicament in the 21<sup>st</sup> 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

Mob: Spain (0034) 680 741 108

Tel: Spain (0034) 958 953 033

[www.therapyandspirituality.com/](http://www.therapyandspirituality.com/)

## 40. A Heart's Journey

...by Hilary Musgrave and Monica Brown

Thurs Nov 1 (7-9 p.m.)

Fri Nov 2 (9:30 a.m. to 8:30 p.m.)

Sat Nov 3 (9:30 a.m. to 3 p.m.)

A weekend of Scripture-based imagery, story, ritual and music that speaks of our own heart's journey. Using music from Monica's adult collections, particularly *Holy Ground* and *A Heart's Journey*, together with Sacred Clowning, Monica and Hilary will draw participants into a reflective and intimate experience of the sacred.

Cost: \$135 includes meals

Accommodation and Thurs supper add \$100

Pre-register with deposit ASAP; full payment due Oct 5th.

Contact Providence Spirituality Centre in Kingston: 613-542-8826 or [info@psck.org](mailto:info@psck.org)

## 41. Befriending Our Bodies

...with Anne Simmonds in downtown Toronto.

Sat Oct 13 to Sun Oct 14, 2012 – 9:15 a.m. to 4:30 p.m.

(second session) Mon Nov 5 to Tues Nov 6, 2012 – 9:15 a.m. to 4:30 p.m.

Supports optimum physical, emotional and spiritual health – designed for women who want to feel at home in their own skin and learn to access and trust this powerful source of inner guidance and wisdom. Limited to 12 participants.

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

Register online at [www.annesimmonds.ca](http://www.annesimmonds.ca) or call Anne at 647-524-8377.



## 42. How to Lead A Spiritual Life in the World

· Sacred practice for the 21<sup>st</sup> century ·

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

4, 11 & 18 Jul 2012

**with Richard Harvey**

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. (N.B. Two places are made available at a reduced cost to students who are unable to afford the full fee.)

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 select "course", the course title and 125 (for amount, unless you have agreed a lesser amount) and proceed making your payment online.

\* Richard Harvey/Therapy & Spirituality offers an innovative, radical psycho-spiritual approach to the human predicament in the 21<sup>st</sup> 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>

# Spiritual Guidance

Serving your personal journey toward enlightenment...

July 2012 e-Newsletter

Page | 34

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

679 Cooper Street

Ottawa, ON K1R 5J3

CANADA

613-204-0299

[newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com)

[www.servinyourjourney.com](http://www.servinyourjourney.com)

Skype: robert.meagher.03171966