

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.

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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### A New Spin on Tree Hugging

It was a beautiful spring day and I was sitting on the front porch of my house enjoying a conversation with a friend. As we chatted, we were blessed to witness a whole new spin on the concept of the 'tree hugger' (a slang, sometimes derogatory word for environmentalists).

Along the street came a neighbourhood local (I will call him John). He was visually gifted, using his white cane to help him navigate his joyful way along the sidewalks. I had seen John around the neighbourhood several times. Each and every time he would be talking to himself as he walked along, often singing a tune. Today was no exception.

As John walked past the house, we could hear his child-like dialogue with himself intermixed with his walking-on-sunshine melodies. With John's white cane swishing from side to side in front of him, along the street he continued.

A couple of houses down the street there is a property that has a very large tree on the front lawn. The tree is so large, and the root system is so expansive, that the roots encroach on the sidewalk, actually reducing the amount of sidewalk at this particular point. As John came up to this part of the sidewalk, swishing his white cane from side to side, his cane got jammed in the root system and the butt end of the cane was thrust into John's gut.

You could hear John explain... "Oh!...excuse me!" John thought he had bumped into a person. John collected himself and in order to get his bearings, he stood on the spot and proceeded to sweep his white cane from side to side in wide swaths to figure out how much room he had to deal with ahead of him.

We watched John feel his surroundings with his cane. We saw him sweep the edge of the sidewalk that dropped down to the street (so he knew the boundary on his left). We watched John then sweep his cane to the right and eventually bump back into the tree roots that were encroaching on the sidewalk. John kept sweeping back and forth for a few seconds to try and get oriented. He seemed a little confused each time he would hit the tree roots—things did not seem to be making sense to John.

So John put his cane down on the sidewalk and, with his hands, felt the ground to his right to see what was obstructing him. We heard John exclaim... "Oh my!" And then we watched John feel his way up the root system to the base of the tree. As John began to feel the enormity of the tree with his outstretched arms, he said outloud, "My!...you are a big one!". I laughed at John's joyous discovery.

John then proceeded to stumble his way over the root system, all the time holding on to the tree trunk, and then leaned into the tree and gave the tree a great big hug, all the time smiling. After giving the tree a big hug, John got himself back to the sidewalk, picked up his white cane, and continued his afternoon stroll. John stopped after a few steps, turned back

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in the direction of the tree and was heard saying "We'll likely bump into each other again!" Again, I laughed at John's sense of humor.

My how I wish we all could be so gracious, child-like, accepting and welcoming of life's daily events as John was. He turned a potentially maddening situation into one full of joy, love and gratitude.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

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

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.

True detachment is to use everything but to remain beyond their influence. Throughout the day I use a lot of resources from the outside world to make life easier. However, can I use these supports without becoming dependent on them? I can do this by understanding that they are available to me as a means of supporting my inner resources NOT replacing them. Today let me remind myself of my inner resources.

When you delay your transformation, others do the same. Because we are all so closely connected by a thread of consciousness, when one person holds back and refuses to change, the entire group is also held back. The same is true in larger communities. When I make effort to be peaceful and to consistently bring love and lightness to situations, it helps others change. Today let me accept and honor my responsibility for change.

When I look for sweetness in every situation I will find it. In order to look for sweetness I must overlook the bitterness that taints my view. Old hurts and resentments about life will taint my view of the present moment, making it difficult for me to find tenderness. When I discipline myself to see sweetness in interactions between people, in the simple acts of kindness throughout the day I begin to dissolve the old hurts. Today let me develop the habit of seeing gentleness.

Learning to love yourself frees you from hatred of others. When I can be unconditional in accepting myself I am able to accept others. To be unconditionally accepting of myself I must understand who the self is. Under all the layers of personality there is a pure and untouched part of me that is unaffected by any negativity. This part of me is my true self and is precious and easy to accept. Today let me accept myself.

Enthusiasm is an energy that breaks the gravity of negativity and shifts the type of 'mind-stickiness' that seems to trap people in a particular perspective or attitude. Today let me generate the energy of enthusiasm by believing in the goodness of life and in the goodness of others.

Words are effective only when matched with action. It is easy to see the mistakes of others and offer advice to help them improve. However only when my own actions reflect the advice I give will they be effective in helping others. Today let me lead by example.

Sense of identity is deeply connected to my relationships, my home environment, my work and my personality. However, what if all these things are an expression of my identity rather than defining me? Each day I bring my inner core qualities to the world and express them through my relationships and my community and I am known by my personality. When I remember that my core identity is internal I appreciate my generative capacity – my ability to create my world. Today let me honor my true inner identity as creator.

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To be content I must learn to mould myself to situations and people. When I am able to adjust myself, to go with the flow, I am able to maintain my contentment. I have certain character traits that make it difficult for me to adjust myself – stubbornness or impatience. To be content I must find a way to soften these habits. Today let me practice contentment.

When you are in the weeds you cannot see the rainbows. Only when I lift my consciousness above the current obstacles in life can I see my highest vision of myself and my world. With my vision in sight I regain a larger perspective and obstacles can be seen in context. Today let me lift my consciousness so I am not blinded by obstacles.

Pure love is not targeted at anyone in particular. We are all craving pure love, the kind that sees past our faults to the pure core of who we are. Pure love is all encompassing, not targeting favourite people. It is detached from a specific outcome or individual and is a complete expression of inclusion. Today let me express pure love and include everyone.

Create an inner timetable for your mind to keep it safe from negative and waste energy from the world. There is negativity and fear in the world expressed through the news, through conversations between people which are absorbed by my mind. To make sure my mind is not affected by negativity I can create a timetable – like a physical workout schedule - for my mind. Several times a day I can stop and reset my thoughts to something uplifting. Today let me refresh my mind and protect myself from negativity by establishing a simple timetable for inspirational thoughts.

If my self-respect is built on external things like; what I do, what I wear, what I drive or who I know, then these things will pull me further away from my inner being. When I try to find out who I am inside I become aware of the masks covering the inner core. These masks have been worn for protection, yet they also hide me from myself. When I dedicate myself to a self-respect built on inner qualities and not on outer masks, I come home to myself. Today let me see the real me.

Loss of power promotes a search for substitutes. When I have spiritual power I naturally experience my own qualities of love, peace and happiness. When I lose power spiritually I begin to search for substitutes outside of myself. These substitutes are never as good as the real thing but can make me experience temporary relief. This is how addictions are formed. When I understand that there is no substitute for my own internal qualities then I will turn inside to find them. Today let me experience my “real” qualities.

When I am in the awareness of my self-respect I free myself from the subtle traps of doubt and fear. Self-respect allows me to remain calm. When I remain calm, I am able to perceive people and situations more objectively. With an objective and slightly detached view, I am able to respond constructively. Today let me nurture an awareness of self-respect.

When I clarify an intention, my thoughts and energy focus in that direction and create a pathway towards my destination. At the same time I must make effort towards my goal. When I combine the practical energy of taking small practical steps on a daily basis with a powerful intention, my goal will be achieved. Today let me understand the secret of combining a powerful positive intention with practical efforts.

Remember the essential and forget the irrelevant. I remember many things in the course of a day; pleasant things, functional things, things that have given me sorrow... For a human being remembering is natural and automatic. However, it is important that I decide what is empowering for me to remember and what is not. Today let me remember things that give me power and happiness.

The greater the demands on me, the more I need to sustain my inner calm and stability. When everything around me is calm and peaceful this practice is easy. However, in today's world where there is often an atmosphere of turmoil, confusion and insecurity, it is very beneficial for me to have developed this capacity. Today let me take advantage of opportunities, provided by increasing demands, to strengthen my inner calm.

Are you covering stains or cleaning up? Rather than facing the truth and admitting honestly what part has been played in creating a difficult situation, much time and energy is spent on justifying or hiding from taking responsibility. When I examine myself do I have a tendency to cover up or clean up? Today let me face my responsibilities and clean up as needed to improve situations.

Uncontrolled, scattered thoughts are like a speeding car. Unless you brake, you'll crash. I can learn to put on the brakes of my mind in order to help it operate naturally. A natural mind is peaceful and a peaceful mind brings clarity. Today let me put the brakes on thinking too much.

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The road to self mastery is self taught. To become a master I can learn from others, gather principles and insights to help me on my journey but ultimately I must design and develop my own path. Otherwise I am a follower, not a master. To be a master of the self is to turn within and discover what is true and right for me. No one else can do this for me. Today let me enjoy the path of self mastery.

Whatever you fight you strengthen and whatever you resist persists. This simple understanding can free me from much wasted energy if I can remember it in moments of struggle. Unfortunately it is easy to forget this profound truth when deceived into believing that struggle will win the day. Spiritual power is always expressed with peace and dignity. Without spiritual power I struggle and the struggling only increases negative energy. Today let me strengthen my ability to remain peaceful, dissolving obstacles with spiritual power.

In the face of great turmoil it takes only one person to be an example of sensibility, decency or calm to influence many others. If I wish to be one who brings calmness to others in challenging times, I must practice it on a daily basis. Today let me remain easy and calm in the face of all situations and grow my ability to be an example of serenity in this world.

Spiritual effort is to tune my conscience to such a point that it is fully reliable all the time. Discrimination is the most important capacity of my conscience; it tells me whether something is real or unreal, true or false, important or unimportant, whether it is what it says it is or whether it is something else. When I lose this ability I begin to rely upon external guides to tell me what is true. Every time I do something or say something that is against my own personal principles my conscience loses functionality. Today let me tune my conscience.

If you do not position yourself the world will position you. Throughout the day people put me in positions according to their expectations of me or their history with me. However each day and each moment I can position myself in my own truth. When I do this I invite others to respond to me at my best. Today let me position myself in my own truth.

Renewing the spirit is done by cleansing the mind. When I clean away negative and impure thoughts, I also clean away habits that accompany such thoughts. Each soul was originally pure, beautiful and peaceful. However on my journey through life I have taken on stains through conditioning. As I clear away the negative thoughts and habits the renewal process can start by experiencing my original qualities. Today let me cleanse my spirit.

With cycles beginning and ending, great possibilities exist. In order to experience the newness offered by cyclical change it is important to move away from the old, in particular to let go of old hurts. If it is not possible to resolve directly with the particular person, then it is always possible to seek to heal these old hurts within myself. Coming into peace in my relationships with myself and others is the most fundamental aspect of spiritual life. Today let me welcome a new cycle by releasing old hurts.

When I rely only on what I can see with my physical eyes I limit my understanding of what is happening. To see what really matters I have to look with spiritual vision; seeing the subtle, the magical world of invisible divine qualities that extend outward from each person. The exchange of these qualities is what makes the world go around. Today let me believe in the power of the invisible and see more than what is going on in front of me.

We live in a world where surface appearances rule the day. To look beneath the surface and see the thriving exchange of energies of life is to see what is really happening. The exchange of love, kindness, generosity, patience and respect are the cornerstones of a civilization. Today let me see what is really keeping the world going.

Spiritual power manifests as enthusiasm, focus and determination. When I am lacking any of these qualities I know I need to empower myself. Spiritual empowerment begins with a simple decision to go inwards and touch the inner core of the self. Today let me empower myself by touching my core.

How does silence help me? By being frenetic all the time I am unable to see the subtle possibilities that exist around me. In silence—even a brief second of it—I can feel what is in people's hearts, I can understand the thoughts by noticing the subtle expressions on a face and I can catch my own heart's intentions. Today let me experiment with silence.

The mind is the thinker, the intellect is the boss and the memories are the library in my inner world. When the boss has not given the thinker something of value to think about, it will go into the library and take out almost any book of memories to guide its thinking. When the intellect plays a firm and loving role as a good boss, the mind stays on track and only the best books come out of the library. Today let me give my mind inspiring and enlightening thoughts to think about.

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

As a spiritual being, spiritual laws apply. When I apply physical laws to myself I discover they do not fully apply. Although a physical body will be destroyed by physical things, a spiritual entity cannot be destroyed by anything physical. Simply by knowing this I discover a deep sense of security. There is nothing physical that can harm me. Today let me value the deep security of the spiritual laws governing my existence.

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

## 3. Poem

### Anthem

The birds they sang  
at the break of day  
Start again  
I heard them say  
Don't dwell on what  
has passed away  
or what is yet to be.

Ah the wars they will  
be fought again  
The holy dove  
She will be caught again  
bought and sold  
and bought again  
the dove is never free.

Ring the bells that still can ring  
Forget your perfect offering  
There is a crack in everything  
That's how the light gets in.

We asked for signs  
the signs were sent:  
the birth betrayed  
the marriage spent  
Yeah the widowhood  
of every government—  
signs for all to see.

I can't run no more  
with that lawless crowd  
while the killers in high places  
say their prayers out loud.  
But they've summoned, they've summoned up



a thundercloud  
and they're going to hear from me.

Ring the bells that still can ring ...

You can add up the parts  
but you won't have the sum  
You can strike up the march,  
there is no drum  
Every heart, every heart  
to love will come  
but like a refugee.

Ring the bells that still can ring  
Forget your perfect offering  
There is a crack, a crack in everything  
That's how the light gets in.

Ring the bells that still can ring  
Forget your perfect offering  
There is a crack, a crack in everything  
That's how the light gets in.  
That's how the light gets in.  
That's how the light gets in.

Leonard Cohen

## 4. Quote or Question

"To complete the golden dream of peace, selflessly serve and unconditionally love." (Sri Chinmoy)

## 5. Stray Dog Saves Woman's Life

Okay, I'll admit it...I'm a certified dog lover. I've had a canine angel in my life since early childhood. So when I saw this story, I couldn't help but want to share it with others. The dog and animal lovers among you will no doubt be touched by the heroics of this animal. But I invite everyone to watch the video and watch how the woman's life is transformed from an act of grace and divine intervention. Follow this link to the video... <http://www.godvine.com/Stray-Dog-Drags-a-Severely-Injured-Woman-100-Feet-to-Get-Help-1913.html>.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

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

### 6. Richard Harvey – Look up and See that Everything is the Divine

Every now and again it is important to stop... and *look up*. Then you will see the looming mystery that lays over all things, some constant, some eternal, some evanescence. I call it the light of Truth. It is a divine glow.

When you experience the *Philosovo* – the call of the Divine – it is like a call from Truth itself. You drop everything. It is the most urgent command you have ever heard. It is like the cry of a small child you must save from a speeding automobile or the plea of a kitten being savaged by a ferocious dog. Or the story where the cop risks his life to save a suicide and remarks that he couldn't have lived for one more day if he hadn't tried to save him.

You drop everything and flee to the call of the *Philosovo*, because there is no time to waste, because time is merely relative and doesn't matter much beside the great resonance of eternity. But, more than that, you drop everything because you are compelled through passion, urgency and complete distraction to abandon everything and be only together with and as the divine. There are no words for this, no appendages or accompaniments, only truth, only reality.

Distraction is not something to resist. You have senses and thoughts and emotions. Therefore distraction and engagement are bound to occur toward something. The question is: will you direct it to something that is sustaining, satisfying and ultimately real or will you direct it to something superficial, transient and unreal?

In the world today it seems that people are interested in what is shallow, what is immediately apparently rewarding and ultimately unreal. When it is difficult, involving a struggle of some kind, loss or pain, they shy away from it and seek an easier option. But the easier option is not necessarily the best one. Knowing the Divine is not easy. You need to be involved. You need to go deeply into your innate wisdom, to practice and gain insights and eventually understanding. Familiarity with truth is no easy matter. To live in truth constantly and not just part-time takes application, consistency and discipline. These words are not in themselves necessarily attractive. The popular new paradigm is not to have to try too hard, not to have to necessarily question, perhaps not even to think. As for practice, well that may simply be asking too much; it may be too hard. But what else do you have you to do? If you are involved in truth, if you have heard the *Philosovo* and if you are filled with a divine longing, always, occasionally or intermittently, there is only one real response, one genuine reply.

That reply is *yes* with all you heart, soul, body and mind. All of your response must be gathered together in a single act of submission and surrender to the Divine and the act of submission of course is another unattractive notion to the modern mind. We have become a race of individuals. We humans have come to prize our individuality over all else. Our preferences, our opinions, likes and dislikes, prejudices, comfort, self-pride, aggrandizement, ego-feeding, relationships, personal ambitions and desires have displaced all other concerns, even the concern for the divine, real love, wisdom, compassion, selflessness, dignity, honor, reverence and peace... even happiness.

This realm in which we live and breathe and love is a realm of sadness, a realm of loss and heart-break. Everything is dying, everything is ultimately going, leaving, including ourselves and everything we hold dear, as well as everything we hate or are averse to, everything we notice or don't notice. Sometimes this awareness of the very transience of existence is enough to stimulate the *Philosovo*, the call to go beyond, the call of Truth. Look up now, just above your friend, your partner, your dog, a tree – anything in this manifest world. The looming light of the transcendent domain of Truth hovers brightly over all things and – here is the wonder! – this light connects all things and transcends all things and relates to the

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world of maya, samsara, of temporary arising forms as the Divine itself. This earth, the very heaven; this body, the sacrifice, these thoughts and emotions, the cloud of unknowing... just by looking up you see that everything is the Divine.

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](mailto:richard@therapyandspirituality.com), or via his website at [www.therapyandspirituality.com](http://www.therapyandspirituality.com).

## 7. Doug Henderson, Ph.D – We Use Them Until We No Longer Need Them – Final Installment

*This is the final installment in 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, let's just switch gears for a moment. Perhaps you have heard of tapping? Whether TFT – Thought Field Therapy/ Roger Callahan; EFT – Emotional Freedom Technique/ a re-marketing of TFT by Gary Craig; EMD – Eye Movement Desensitization and Reprocessing/ Francine Shapiro; TAT – Tapas Acupuncture Technique/ Tapas Fleming; WHEE – a Wholistic Hybrid of EFT and EMDR/ Daniel Benor ; Psyche K / Rob Williams; Healing codes/ Alexander Lloyd & Ben Johnson: all of these techniques work!

They work because they are using tapping techniques at the end points of acupuncture meridians and polarity reversal techniques to unblock the light blockages to love within the micro light tubules - because the information within those tubules is love!

Use the pendulum to determine what the blockages are for you and then use the technique of your choice to unblock them.

You see, our function is not to seek for love but to unblock the blockages to love – for love is always present – it all depends upon our ability to recognize it, which in turn is dependent upon our level of consciousness or awareness.

You will notice that each of these tapping techniques use NLP techniques to distract or balance the brain hemispheres – such as rolling the eyes and humming happy birthday. - while waiting for a response – much like what we need to do when we use the pendulum and have no expectations!

Now, to wrap up - there is one last ability I would like each of you to become aware of – and that is your own power – because many of us have bought into this idea of being a victim – that life - which we create and give meaning to, - is just too over powering.

Let's suppose someone cuts you off in traffic. They are reckless. They could have killed you, and your conditioned, unthinking, triggered response is to – flip them the bird. It is estimated by quantum physicists that the anger you expressed in that moment is experienced – 20 billion light years into the universe! That is beyond our known universe! So, let me ask you - how is it possible to be a victim when you have that much power? Or is it a case of simply denying our power because the responsibility that comes with it is too burdensome to consider?

If that is the case for anger or fear – the same is true for love! When you focus on love, frequencies of joy, harmony and peace resonate throughout the universe! When you focus on fear, frequencies of anger, depression, chaos and confusion are the messages the universe receives. So, consider what message it is you are sending to the collective consciousness and what message the collective consciousness is sending back to you both amplified and magnified in intensity. The good news is that as we become more aware of our power we will become more discerning and diligent in the response

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we choose. So, please –always choose love for yourself and all mankind. What you offer to one, you offer to all. When you choose Love, the universe will bow down to meet you and your pendulum will respond to you!

In the meantime, have no expectations when using your pendulum. Recognize that love is a constant giving and re-giving that is endless. The more often you give, the more often you are given. And to do so, you must go within. Each time you go within, you are learning to listen. When you listen - the interference becomes less and less and a clear channel becomes your natural state. ....

and when you think about it, aren't we mimicking the true function of the pendulum! And if you think about it some more – won't we continue to use it until we don't need to anymore?

Thank You. Namaste.

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](http://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](mailto:drdoug88@rogers.com), or via his website at [www.quantumru.com](http://www.quantumru.com).

## 8. Geoff Straw – In Stillness and Quiet Healing is Born

In stillness and quiet healing is born. Let the past in you dissolve in moments of peacefulness.

Serenity comes like a visitor who is overdue, not forceful, yet persistent.

It is all healed; it is erased as though it never happened at all. It is ended; it is over; it is done.

This step takes place before the new order - the hurtful past must dissolve. And then the new energy comes in.

The "new order" means a new way of perceiving yourself and the world around you. It is a re-birth, a new way of living. It means that you live in less fear and with more joy for the miracle that is your life.

Moving forward means accepting now, letting go of past errors and hurts, embracing each moment as it happens.

How can you do this if you are worried and fearful? You cannot, and so trust and faith play a big part. You must turn these over to GOD and let them go! They do not serve the One Purpose.

Let go! You may even say today: "I let go with joyful abandon!"

Repeat this affirmation to yourself several times throughout the day - and you will sense the letting go as it happens, a feeling of lightness, even of warmth spreading in you.

A SMILE!

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

## 9. Kathryn Kimmins – Why we get ILL

I like to promote Laughter Yoga as a cure for physical, psychological and spiritual ailments.

We have all been conditioned to believe that illness is inevitable and that it is only by maintaining a degree of physical fitness or taking prescribed drugs that we can fight infection or restore a breakdown in our biological functions. However, the basic principle of holistic health states that all physical symptoms are a manifestation of dis-ease in the emotional, mental or spiritual bodies and that we can eliminate illness, or at least limit its physical effects, by instilling our subconscious with positive life-affirming images.

That's where Laughter Yoga comes in. Dis-ease can't live in an oxygenated body. With child-like merriment and enthusiastic laughter exercises, deep yogic breathing and clapping we can boost our immune system, unclog our circulatory and lymphatic system, fill our lungs with good oxygen, eliminate pain and yes, look younger than our chronological years.....and it doesn't cost a cent.

### Why We Get ILL

In some cases a person may show the symptoms of dis-ease to substantiate their belief that they were for some reason destined to die from the same illness as other members of their family. Or they may create an imbalance in their body so that they do not have to face a difficult decision or situation. More commonly, illness can represent an inner conflict or a suppressed emotion which eats the healthy cells in the body like a parasite.

"For the newbie, the most difficult thing in Laughter Yoga is allowing yourself to let go. We are vulnerable when we laugh. That is why so many people tend to be afraid of laughter, joy and glee.

In an environment where everyone is gladly forcing a laugh, it's not so hard to peel the onionskin of our fears and swan dive into the womb of childlike merriment.

A participant from Concession on the Mountain Laughter Yoga Club exclaimed after a session at Sam Lawrence park,

*"The hour flew by. I never broke a sweat, but I heated up. No exercise was repeated and oxygen was the focus. Breathing is something that we all do well enough, but few are really good at it. Afterward, my lungs felt cleaner and larger. My head tingled with euphoria. A weight on my shoulders had lifted."*

At our next session she arrived with several of her friends, all anxiously awaiting the same results. Let our sessions fill you with peace, joy and health. Very good, very good, YEAH!

ABOUT THE SPIRITUAL GUIDE AND TEACHER: An enthusiastic and infectious positive speaker, Kathryn Kimmins energizes attendees and directs unforgettable laughter experiences. Kathryn's sessions dissipate stress while refocusing attendees. Cheeks get rosy; eyes clear and twinkle; impish grins are everywhere to be seen; the room rapidly fills with friendly smiles. Her educational and experiential classes serve to boost morale, improve retention, and encourage team-building and creativity. As a laughter specialist, Kathryn has appeared on CTS Network Television, CHCH Television, Hamilton Community News, Cable 14 News Hamilton and McMaster's radio station FM 93.3-CFMU. Kathryn can be reached by phone at 905-574-1765 or through her website at <http://www.laughyourselfhealthy.ca/>.

## 10. Regiena Heringa – Notes from the Light – September 2012

Many times upon your earth have there been gatherings of citizens who attempted to establish a planetary system of governance based on Love and divine Intelligence. At times these pursuits, noble in thought and action, would encourage

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the population, yet these same pursuits would then tumble and crumble. This is so, because of the strength of the darkness which prevails upon your planet.

This force of darkness has now passed its apex and once again humankind rejoices in the forming of new world government founded on the principle of Love. With the worldly increase of goodwill, prayer and gratitude, this obscurity, thrashing and destroying, begins to recede. Firmly the Light of the Great Christ, dwelling within every planetary citizen, becomes victorious. As the dark flails, the Light intensifies. All of this you are witnessing in the transformation of the physical body and the spiritualization of the mind. Your earth and its people are moving upwards and, in so doing, are creating a fine union with those inhabitants whose dwellings are situated in other planets, worlds, galaxies and dimensions. In living your status as a planetary family, you settle into the idea and into the action of founding a new world government. We state "new" because there is a world government that has existed upon your earth for a very long time which continually aims to control life through the might of shadow. Yet a new world is forming and with it, a new world government.

In all aspects of your earthly societies, be they political, economic, religious, scientific or other, there now resides a core of individuals and groupings who, rooted in the indestructible power of divine Light, are shattering the darkness and, wherever possible, transmuting this obscurity into sacred expression. This is being accomplished through both mental and physical action.

We ask you, thus, to consider the following.

How do you wish to use your free will?

Are you willing to acknowledge the darkness, no matter how subtle, within you and around you?

Are you then willing to face that darkness and through right mind, heart and action, extract it and nullify it by consciously reaffirming yourself in the Light of all goodness?

*Do you wish to be restored to your original creation—a being of Light, Love and sacred Power?*

Construct your answers truthfully. You now have the opportunity to become a participant in this new world government which is being shaped by your Earth residents in fellowship with those citizens from other spiritually and scientifically advanced worlds throughout your universe.

It is to be remembered that the nature of life is learning and progress and that the nature of the beloved Creator is Love and Unity.

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 [rheringa@bell.net](mailto:rheringa@bell.net).

## 11. Boris Glikman – The Unbearable Light-ness of Shadow

There once was a shellfish, living out its days, together with all the other coastal creatures, in the intertidal zone, between the ocean and the shore. Its world being a tiny circumference of wet sand that it could claim as its own, the shellfish did not have lofty goals and was resigned to its lot in life.

One morning the Sun was shining brightly and the mollusk prepared itself for another ordinary day in its ordinary existence, stuck on the beach and nowhere to go. It was directing its gaze downwards, for everything that was of importance happened on the ground. The only thing that bothered the shellfish, as usual, was its own shadow, for the

blackness obscured a clear view of the sand.

It was then that the mollusk noticed something that had never occurred to it before: the shape of its left shell combined with the left shell's shadow was the spitting image of a wing. Exactly the same was true for the right shell.

The shellfish thought: "Rather than being exasperated with my shadow as an ungainly encumbrance that always hinders my perspective, I could use it instead for my own advantage! For if I were to unite my body with it, I would then turn into a butterfly and soar up to the heavens, away from my grounded existence that has imprisoned me for so long and taste the mysteries of the sky for the very first time!"

And this is precisely what the mollusk-butterfly did, joining itself to its shadow, soaring up to the sky and beholding the world from an entirely new vantage point, in all of its glory and splendour. All that the other shellfish could do was look with envy and astonishment as the mollusk-butterfly flitted effortlessly, in ecstatic rapture, across the heavens.

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).

## 12. Jennifer Bernius – Perfect Trust

One evening recently, I was reading the text of *A Course in Miracles* (for you Course students, it was Ch. 10, III, paragraph 7, sentences 5-8), when I felt a familiar warmth in my heart and a sense of expansion. Tears welled up. Sometimes when reading the Course, I experience this as my loving connection with Jesus, whom I think of as Sananda. But this experience was different from others I'd had in the past. This time, ideas or impressions accompanied my exalted feelings, and I had the urge to write them down. They directly addressed my issues of self-doubt and of wanting to trust more.

*When you doubt yourself, you are doubting your oneness with God and with me. You believe in me – and yet you doubt yourself. How is that possible? Believe more faithfully in me, in my presence within you, and you will have greater faith in yourself. In time, you will realize our oneness. Your faith will grow until it is no longer faith, but knowledge. You are. We are. God is One, His Son One with Him.*

*Trust more in my presence within you. Ask for guidance often, and you will see your happiness grow; fears will fall away. Love will grow, like a tree in bloom.*

*If you do not trust fully in yourself, you can trust in me. I will lead you to perfect trust. This is deliverance from fear.*

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



## 13. Ann C. Johnson, Assoc MAPS: Psychologist – Loving Others

The illusion that human beings are separate from each other, not interconnected, is so pervasive that sometimes a friendly gesture or a request for on-the-spot help can be perceived by another as suspicious; as an affront; or an intrusion on their personal space or time. Some people are so busy being in a prime relationship; they are so busy taking care of their own family; that they forget to include their parents in their plans. Some people are under so much pressure to achieve work targets that they forget to relate to their customers in a cordial ways. Some people are so busy going about the usual tasks of their day; they are so self-centred and insular; that they forget to treat others in loving ways. Some people are so convinced that they have been mistreated by their parents that they forget to treat these folk in loving ways.

The central lesson here is for you to learn to look outwards each day. Whilst it *is* important to be able to look inwards: to be able to find that place within Self where dignity, integrity, serenity, generosity, empathy, sympathy, unconditional love, forgiveness, altruism, compassion, self-respect reside; it *is* important to take care of yourself and your own needs; it is also important to assist others when you can.

Loving others is essential if you want to attract love into your own life. Start by treating others with great respect; by rejoicing when others achieve; by attending as many family celebrations and special occasions as you can; by listening attentively to others; by offering to help those in present danger or obvious need. Even if the other person declines your offer (some people allow pride, shame, embarrassment to stand in the way of them accepting help from others) at least you know you've done all you can; if they change their mind, they know you'll help them if you can.

Make loving others the way you prefer to live your everyday life. Start by making a deliberate and conscious effort to greet everyone you meet; to smile at strangers, make eye contact and then say hello; to give heartfelt compliments; to stay in touch with family and friends; to repeatedly say the affirmation "I forgive" (in your mind, not out loud) whenever anyone makes a cutting remark, criticises you or lets you down you; to let go of hurts, disappointments and petty grudges; to visit relatives and friends in hospitals and nursing homes; to include grandparents in your plans; to treat others as you would like them to treat you; to keep your mouth shut if you can't say something assertive, useful or kind; to take others as you find them; to do random acts of kindness: things that will assist or cheer up others (for example sending cash anonymously to where you think it will do the most good; putting coins in someone else's parking meter; sending gratitude gifts to unsuspecting folk; donating money or goods to worthwhile charities; praying for all those in need: the sad, sick, lonely, disenfranchised and destitute will benefit from your efforts.

Qualities of the heart, also called spiritual virtues or good character qualities, (such as unconditional love, compassion, loyalty, hopefulness, positive expectation, warmth, forgiveness, tolerance, gratefulness, appreciation); and being 'present' and accountable in your relationships, are greatly enhanced with deliberate practice. When you love others, without the expectation or the hope that you will receive something in return, you will find that love comes back to you many times over.

Excerpted from ***Creating A Happy and Healthy Life For Yourself: A Practical Guide To Personal and Spiritual Development*** (Book 3) (Revised Edition). Copyright © 2010/2012 by Ann C. Johnson

**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Ann C. Johnson Assoc MAPS is a psychologist, healer and author. Ann works part time in private practice in Carrum Downs, Victoria, Australia. Ann provides counselling services to adolescents, adults and couples with an emphasis on personal and spiritual growth. In the past several years Ann has published 3 books on personal and spiritual development. Ann can be reached by telephone on +613 9782-4262; by mobile on +61 413 908 564; or by email at [annjohnson3@bigpond.com](mailto:annjohnson3@bigpond.com). To get a FREE copy of Ann's books (in Aust.) please send your details to: PO Box 1062 Seaford VIC 3198 plus \$20 to cover P. & H. costs. If you are overseas please send AUD \$30 to cover Airmail & H. costs.



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 14. Good News Of The Day

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

"It's a powerful perspective on work -- holding within it a value for collaboration, agency, creativity, and meaning. What if we all could see what we do in that way? What if our organizations supported us in holding that perspective, and to go one step further, how can we create institutions that release these core values? In his seminal 1970 essay 'The Servant as Leader,' Robert Greenleaf coined the term "servant leader" to describe someone who has that interest. For such a person, 'It begins with the natural feeling that one wants to serve, to serve first. Then conscious choice brings one to aspire to lead.'" An inspiring article on what it takes for leadership to serve people in coming alive. [{ read more }](#). **Be The Change:** Do an act of servant leadership today -- serve someone else in shining brightly.

"'I couldn't believe how beautiful the ocean was,' he commented. 'I've never seen an ocean before, and then to get to see palm trees in person, and to even touch them. It was just amazing.' He began thumbing through a series of photographs on his phone, each displaying an image of a palm tree." Though she'd seen many palm trees before, the writer describing this encounter realized in that moment that she'd always taken them for granted. So began her exploration of the wonder that often dwells just beneath the familiar landscape of our lives, and her idea of experimenting with a literal or metaphoric "camera-practice". [{ read more }](#). **Be The Change:** Do the "camera-practice" today. See if it helps you experience your world in a richer, deeper way.

"I've come to see that we have two parts to ourselves; it's almost like two muscles -- a consumer muscle and a citizen muscle. Our consumer muscle, which is fed and exercised constantly, has grown strong: So strong that "consumer" has become our primary identity, our reason for being. We're told so often that we're a nation of consumers that we don't blink when the media use "consumer" and "person" interchangeably." In this thought-provoking article and short video, Annie Leonard, the creator of "The Story of Stuff" shares the crux of her latest production -- "The Story of Change", on what it really takes to translate knowledge into meaningful action. [{ read more }](#). **Be The Change:** "A quiet revolution is settling from the inside out. From bottom to top. It is a global operation. A spiritual conspiracy." A short, inspiring passage. [{ more }](#).

"Albert Einstein was once asked what the difference was between him and the average person. He said that if you asked the average person to find a needle in the haystack, the person would stop when he or she found a needle. He, on the other hand, would tear through the entire haystack looking for all the possible needles. With creative thinking, one generates as many alternative approaches as one can. Creative thinking is inclusive thinking. You consider the least obvious as well as the most likely approaches, and you look for different ways to look at the problem. It is the willingness to explore all approaches that is important, even after one has found a promising one." Author Michael Michalko explores further. [{ read more }](#). **Be The Change:** Working on a problem? Explore options, make new connections, engage in inclusive thinking.

"I feel like I have experienced a truly blessed event. A member of my feral colony, usually one of the friendlier cats, got a plastic jar stuck on his head. His entire head enveloped in hard plastic, he was completely unable to eat or drink. I first saw him this way on a Saturday night. I spent hours trying to get him to trust me to get close enough so that I could remove the jar. But, completely vulnerable and positively panicked, the cat was far too skittish to permit me to get near." A real-world story of the rescue of a starving cat whose head had been trapped in a jar for 6 days. [{ read more }](#). **Be The Change:** Extend your circle of kindness to a non-human being this week.

"For millennia, humans have sought to make sense of time, to visualize it, to ride its arrow, to hack it, to understand biological connection to it. 'Time is the very foundation of conscious experience,' writes Dan Falk in 'In Search of Time: The History, Physics, and Philosophy of Time.' And yet that awareness has a long history of friction -- to mark and measure the passage of time has proven remarkably challenging. For instance, Falk traces the evolution of the calendar,

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our dominant system for collectively experiencing time." [{ read more }](#). **Be The Change:** A short passage on time-shifting, which "recognizes that every single moment has a particular rhythm to it, and that we have the capacity to expand or contract an individual moment as appropriate." [{ more }](#).

A father yells at his son who then hits his sister. A boss gets upset at a manager who then yells at their employees. In both obvious and subtle forms, people often do or say something to someone when it's really intended for someone else. In this honest self-reflection, leadership expert Peter Bregman looks more deeply at his own behaviour to discover freedom from habits and the choice of more thoughtful, productive responses. [{ read more }](#). *Submitted by: Pavi*  
**Be The Change:** Watch your speech to try to catch yourself before you say the wrong thing to the wrong person.

They're the bane of cyclists and motorists alike, but one urban gardener has grown a fondness for potholes after deciding to spruce up cities around Europe by filling them up with miniature flower arrangements. Australian Steve Wheen, 34, who lives in London, has been using flowers and small-scale objects to transform urban potholes for the last three years. The self-styled 'guerrilla gardener' has created mini gardens all around his home city but has now decided to bring joy to commuters across Europe with his unusual pothole creations. [{ read more }](#). *Submitted by: Deepa Krishnan.* **Be The Change:** Do something to surprise someone with an 'unexpected intrusion of beauty' today.

"I remember Silas telling us about meeting a Native American elder who talked about a dream he'd had, an important dream, one that he'd tried to ignore. But finally he understood that the dream had to be re-enacted. There would be a ride of Native Americans on horseback, over 300 miles across the Dakotas in the dead of winter, a healing ride to the place where 38 Native Americans had been hung during the presidency of Abraham Lincoln. This ride would have to be filmed the elder told Silas. That's what you'll do, he'd said. I remember feeling shocked by the story. I asked Silas, are you going to do it? He was. I didn't have to ask if there was any money involved. I knew there wasn't. And I remember being alarmed."... In this beautifully wrought interview Silas Hagerty shares the backstory of his extraordinary film Dakota 38 and the profound challenges and insights that accompanied its creation. [{ read more }](#). **Be The Change:** Try healing an old wound through an act of reconciliation. For inspiration, watch the moving trailer of Dakota 38 here. [{ more }](#).

He's a world record holding sprinter from South Africa who is known as "The Fastest Man on No Legs." She's a spunky little girl from Essex, England. In an inspiring series of images that have recently gone viral, the two strangers, united only by a stubborn refusal to let double amputations stop them, race each other in a friendly bionic foot race. The following article shares more about Olympian Oscar "Blade Runner" Pistorious and young Ellie May Challis whose joyful courage has touched people worldwide. [{ read more }](#). **Be The Change:** Do something today in the spirit of reaching beyond the limits of your possibility.

The human brain is a few pounds of pale pink jello inside the skull. It's also the wondrous source of consciousness and creativity, the place from which our emotions and insights emerge. The following books look at the mystery of the creative mind from many different angles. They investigate the quirks of human nature and the science of beauty, the importance of stories and the necessity of investing in the right kind of collaborative spaces, both online and offline. [{ read more }](#). **Be The Change:** Do something in the spirit of innovation today!

Before seeing the work of street artist Joshua Allen Harris, most people wouldn't have considered the artistic possibilities of subway exhaust. Fortunately, Harris had: using only tape and garbage bags, he creates giant inflatable creatures that become animated when fastened to a sidewalk grate. Check out this amazing short video of what can be done to brighten others' days with a little serendipitous, playful imagination. [{ read more }](#). **Be The Change:** Create a work of art to bring something ordinary and mundane to life.

Most of us want to be happy and stay that way, and research from positive psychology has shown that making a habit of certain day-to-day activities -- like expressing gratitude, exercising, or performing acts of kindness -- can help us get there. But few researchers have considered how to identify an activity that's best suited to your particular personality and lifestyle. Sonja Lyubomirsky, a professor of psychology at the University of California, Riverside, started to explore these questions ... [{ read more }](#). **Be The Change:** Learn more about the "hows" of happiness according to the Greater Good Science Center, here. [{ more }](#).

Every community needs a commons where people can gather as friends, neighbors and citizens. This can be a grand public square, a humble Main Street or a vacant lot with a few handmade benches where locals sit down for conversation. Or even a bridge, beach or bus station. Project for Public Spaces, a New York-based group compiled a comprehensive catalog of more than 600 of the best public spaces around the world. Here is a selection of some of the most inspiring,

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many of them very modest and in surprisingly humble locations. [{ read more }](#). **Be The Change:** What is your favorite "public space" in the world? Share your answer with other readers here. [{ more }](#).

The year was 1979 in Assam, India. Floods had washed a great number of snakes onto a barren sandbar. When Jadav "Molai" Payeng -- then only 16 -- found them, they had all died. "The snakes died in the heat, without any tree cover. I sat down and wept over their lifeless forms." Then he dried his tears and asked forest officials if they could plant trees in that area. When they told him nothing would grow there Payeng quietly began to plant seeds anyway. Thirty years later the 1,360 acre forest he created on the land where "nothing would grow" is home to birds, deer, apes, elephants and even tigers. [{ read more }](#). **Be The Change:** Plant a small seed of goodness today.

"Alarming data and warnings about climate change have been with us for twenty years. The issue has morphed into something like a low-level toothache. [...] If human nature is to evolve, a new set of assumptions would look something like the following: Human life isn't set apart from life on earth. We must live in balance with Nature. Consumerism isn't unlimited and doesn't lead to happiness. Toxic pollution harms life and cannot be justified. As a conscious species, humans must be stewards of the ecology. None of these are surprising ideas; they are common coin in the environmental movement. But to make them viable on a mass scale, the tide must turn. Will that happen? No one can tell, but it's important to see that the world "out there" has no chance of changing until there's real transformation 'in here.'" Deepak Chopra shares further. [{ read more }](#). **Be The Change:** In this short passage, Masanobu Fukuoka, shares his thoughts on aligning with nature through "Do Nothing Farming." [{ more }](#).

A gift. It is a simple gesture of care. Like an open palm, it is an invitation to connect ... But can it be more than that? Can gifts restructure our monetary system? In a recent interview, teacher and writer Charles Eisenstein shared insights from his own journey with a gift-economy. His unique journey includes the raising of three kids, the writing of three books, going broke, facing his fears around money, and learning the gifts of receiving. [{ read more }](#). **Be The Change:** This article offers up an exploration of the gift-economy. [{ more }](#)

Filmmaker Ian Watt had an epiphany: today's creatively-oriented young generation could make great things happen by linking artistic talent with change-making movements. This film tells the story of the organization he started to help youth serve the world with art. But it also shows Ian's first experiment in change-making, as he used his filmmaking skills to help bring attention to K.I. Nepal, an organization dedicated to ending human trafficking of young girls. [{ read more }](#). **Be The Change:** Call upon a creative talent to make at least one other person smile today.

"I was on my way to the post office. I hadn't found a parking place on my first pass up the street and was now making a left turn into a small parking lot in order to loop back towards the post office. It's a tight space and there's a mail box set up right inside the lot so people can pull in, roll down their window and reach out to stick a letter into the box without getting out of their cars." When the car ahead of the author stops in front of the mail box, a routine post-office errand turns unexpectedly into much more... [{ read more }](#). **Be The Change:** Go the extra mile for someone today.

"In the fifth century BC, long before science as we know it existed, Socrates, the very first philosopher, famously observed, 'I know one thing, that I know nothing.' Some 21 centuries later, while inventing calculus in 1687, Sir Isaac Newton likely knew all there was to know in science at the time -- a time when it was possible for a single human brain to hold all of mankind's scientific knowledge. Fast-forward 40 generations to today, and the average high school student has more scientific knowledge than Newton did at the end of his life. But somewhere along that superhighway of progress, we seem to have developed an indifference to the unknown knowable. Yet it's the latter -- the unanswered questions -- that makes science, and life, interesting." [{ read more }](#). **Be The Change:** Take a moment to examine some of the questions and mysteries in your own life.

"Both were high-flying professionals in Silicon Valley (Ragu a marketing whiz, Nisha a hardcore software engineer). They had their son Aum and promptly sold everything off and moved to rural Tamil Nadu. They wanted to farm, but had no experience in it. They jumped in with the intention of living and being in a way better aligned with their inner voices, and learning what they needed along the way. Many people talk about such a shift, very few actually do it. By my count, I only know these two." Social entrepreneur Neil Patel shares further. [{ read more }](#). **Be The Change:** Take steps in alignment with your inner calling today.

You know the type: coworkers who never have anything positive to say, whether at the weekly staff meeting or in the cafeteria line. They can suck the energy from a brainstorming session with a few choice comments. Their bad mood frequently puts others in one, too. Their negativity can contaminate even good news. "We engage in emotional

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contagion," says Sigal Barsade, a Wharton management professor who studies the influence of emotions on the workplace. "Emotions travel from person to person like a virus." [{read more}](#). **Be The Change:** Do something big or small to foster a culture of caring and positivity at your workplace.

"When you got out of high school, did you know everything you needed in order to survive in life, let alone succeed? If you were lucky, you knew how to read and had some basic history and math skills, and if you were even luckier, you had good study habits that would serve you well in college. But were you prepared for life? Most likely not, unless you had parents who did you that favor. In fact, many of us screwed up our early adult lives because we didn't know those skills -- and we're paying the consequences now. That's a part of life, you might say, learning these lessons. But it's also possible to prepare your child a bit before they go out on their own, and if we can't get the schools to teach these skills, then let's do it ourselves. What follows is a basic curriculum in life that a child should know before reaching adulthood." Leo Babauta shares further. [{read more}](#). **Be The Change:** This week, shares a skill with a child that you value now, which you didn't yourself have as a child.

Amid rampant gang violence in a Chicago South Side neighborhood, a grandmother has an open door policy. Diane Latiker, 54, started a nonprofit community with 10 kids in her living room in 2003. The program, Kids Off The Block, has grown to become a successful mentoring site and haven for Chicago's youth, serving 300 kids last year. [{read more}](#). **Be The Change:** Invite someone who is going through a difficult period to your home for coffee or a meal, and conversation.

"When I was 12, I attended a boarding school that was also a temple. My parents came to pick me up to for winter break. My mom was planning on staying at the temple for a retreat, but I pleaded her to come back since I would finally be home. My mom listened to me, and we began heading back to my house. Dusk was drawing near, and the rain was drizzling. For the first time since I had gone to boarding school, my parents and I were having a happy conversation in the car without any sign of arguing. I can't say I remember the exact moment it happened; I can't even say that I remember it happening at all. The next thing I can vaguely recall is waking up in a hospital bed, and for the next few days I drifted in and out of consciousness." A young woman shares poignant reflections on what her early experience with death taught her -- about life. [{read more}](#). **Be The Change:** Reflect today on what life's finiteness has taught you.

"Brandon Cook, from Wilton, New Hampshire, was visiting his grandmother in the hospital. Terribly ill with cancer, she complained to her grandson that she desperately wanted a bowl of soup, and that the hospital's soup was inedible (she used saltier language). If only she could get a bowl of her favorite clam chowder from Panera Bread! Trouble was, Panera only sells clam chowder on Friday. So Brandon called the nearby Panera and talked to store manager Suzanne Fortier. Not only did Sue make clam chowder specially for Brandon's grandmother, she included a box of cookies as a gift from the staff. It was a small act of kindness that would not normally make headlines. Except ... " In this thoughtful post, the co-founder of Fast Company magazine examines what happened next, and the powerful reminder it holds for modern-day businesses. [{read more}](#). **Be The Change:** A short passage called "Giving Somebody Your Heart" begins: "In every interaction you have with another human being -- doesn't matter who -- you always have two main choices." [{more}](#)

## 15. The Cosmology of Peace

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

The issue of interhuman tension is secondary to earth-human tensions. If humans will not become functional members of the earth community, how can humans establish functional relationships among themselves?

It is not exactly the question of whether the nations can survive each other, nor is it even the question of whether intelligent beings can survive the natural forces of the planet; it is whether the planet can survive the intelligence that it has itself brought forth.

My proposal is that the cosmology of peace is presently the basic issue. The human must be seen in its cosmological role just as the cosmos needs to be seen in its human manifestation. This cosmological context has never been more clear than it is now, when everything depends on a creative resolution of our present antagonisms.

I refer to a creative resolution of antagonisms rather than to peace in deference to the violent aspects of the cosmological process. Phenomenal existence itself seems to be a violent mode of being. Also, there is a general feeling of fullness bordering on decay that is easily associated with peace. Neither violence nor peace in this sense is in accord with the creative transformations through which the more splendid achievements of the universe have taken place.

As the distinguished anthropologist A.L. Kroeber once indicated: The ideal situation for any individual or any culture is not exactly "bovine placidity." It is, rather, "the highest state of tension that the organism can bear creatively."

-- Thomas Berry in "The Dream of the Earth"

## 16. Unattainable Goal of Peace

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

[Nobel Lecture, June 16, 2012]

The peace of our world is indivisible. As long as negative forces are getting the better of positive forces anywhere, we are all at risk. It may be questioned whether all negative forces could ever be removed. The simple answer is: 'No!' It is in human nature to contain both the positive and the negative. However, it is also within human capability to work to reinforce the positive and to minimize or neutralize the negative. Absolute peace in our world is an unattainable goal. But it is one towards which we must continue to journey, our eyes fixed on it as a traveler in a desert fixes his eyes on the one guiding star that will lead him to salvation. Even if we do not achieve perfect peace on earth, because perfect peace is not of this earth, common endeavors to gain peace will unite individuals and nations in trust and friendship and help to make our human community safer and kinder.

I used the word 'kinder' after careful deliberation; I might say the careful deliberation of many years. Of the sweets of adversity, and let me say that these are not numerous, I have found the sweetest, the most precious of all, is the lesson I learned on the value of kindness. Every kindness I received, small or big, convinced me that there could never be enough of it in our world. To be kind is to respond with sensitivity and human warmth to the hopes and needs of others. Even the briefest touch of kindness can lighten a heavy heart. Kindness can change the lives of people.

Ultimately our aim should be to create a world free from the displaced, the homeless and the hopeless, a world of which each and every corner is a true sanctuary where the inhabitants will have the freedom and the capacity to live in peace. Every thought, every word, and every action that adds to the positive and the wholesome is a contribution to peace. Each and every one of us is capable of making such a contribution. Let us join hands to try to create a peaceful world where we can sleep in security and wake in happiness.

--Aung San Suu Kyi, on receiving the [Nobel Peace Prize in 2012](#)

## 17. Renaissance

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

This morning, at sunrise, a new bud appeared on the tree. It was born around midnight. The bark, the skin of the tree, split open under the incessant movement of its sap to make room for another life. However, the tree was not listening, was not feeling those movements, that pain. All it did was listen attentively to the whispering of the flowers and grasses that surrounded it. The fragrance of the night was pure and wondrous. The tree had no idea of passing time, of birth and death. It was there, as present as the sky and the earth.



This morning, at dawn, I understand that this new day does not resemble any other, that this morning is unique. We often think that we store away certain mornings for later. But it is impossible. Each morning is special, unique. My friend, how do you find this morning? Is it here for the first time in our lives? Is it the repetition of a past morning? My friend, when we are not present, mornings repeat themselves. If we are present in front of life, each morning is a new space, a new time. The sun shines over different vistas, at different moments. Your full awareness is like the moon that bathes in the heart of hundreds of rivers: the river flows, the water sings, the moon travels under the immense dome of the blue sky. Look at that blue color, smile, and let your awareness spring up like the transparent, pure sunlight that caresses the branches and leaves in the early morning.

A morning is not a page that you cover with words and turn over at any moment. A book is a path where one can come and go. A morning is not a path, not even a path followed by a bird that flies away without leaving trace. A morning is a symphony; for it to be there or not depends on your presence.

The new bud on the tree is not even a year old. It is the bud of mindfulness and deep looking that, at each moment, in perpetual motion, opens up to life. If you see the new bud, you will be able to go beyond the limits of time, for true life is beyond months, beyond years.

Your eyes are the immense sky, the high mountain, the deep ocean. Your life does not know borders. All the delicious fruit and magnificent flowers belong to you. Accept them.

--Thich Nhat Hanh, in *Call Me By My True Names*

## 18. Meaning of Yin and Yang

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

Everything has a right to live. Everything wants to exist and we have to respect that. The weaker side in any relationship naturally demands things, because of the need for mutual balance. War, sickness, unhappiness is imbalance. You can get sick from either over-eating or under-nourishment; excess yin or excess yang. Peace, health, happiness, is balance. The same for justice. In this restaurant, for example, justice in business exists if the owner can make a living and if you also feel that the price is right. Both sides of the picture are satisfied and stabilized.

Many people don't understand that neither yin nor yang exists by itself. Yin and yang means communication. Communication breaks down in two ways. For example, if I communicate with someone by touching his arm, my hand moves, so it is yang, while his arm is motionless, or yin. If neither of us moves, or if both of us are in motion, no communication can occur.

It's the same thing as dancing. One partner usually leads, and the other follows. Both have the right to exist; the leading depends on the following and the following depends on the leading and both recognize that. That point of it, the communication, is the transfer of energy taking place between the two. The purpose is not superiority or inferiority of one or the other individual, but the flow between them. In a ballroom stance, for example, the woman's hand goes on the man's shoulder and the man's hand is on her back. For a different partner, his hand is higher or lower and the elbows are at different angles. If we don't understand the most suitable position for our partner-beings in life, war occurs.

We must learn the purpose the dance: not playing roles, such as leader and led, for their own sake, but to understand each other. In this kind of cooperation, the minimum effort gives maximum result. The basis of peace is not an abstract quality, but cooperation, seeing each other as human beings. We must recognize our wonderful differences, without discrimination or value judgements. Discrimination makes war. For me, the meaning of yin and yang is the power of that respect for everything's nature.

--Masahiro Oko

## 19. One February Morning in Vietnam

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

It was another morning in Chu Lai, Vietnam -- a large and ugly army base where I was. One February morning, as I avoided the mud puddles in my morning duty, I found myself standing on top of a drive-up ramp.

Looking through the mists toward distant purple mountains, I suddenly became aware that I WAS those mountains and they were me. The now perfect little mud puddles were as much me as my fingers. The olive drab trucks, the concertina wire, the things that had always possessed a negative connotation in my mind were simply ... man's folly!

Another GI, whom I barely knew, walked across the compound and I experienced a love beyond words for him, a realization that he was me wearing his own personal disguise. I was immersed in this joy that I had never even heard of -- no separation from anything or anyone, no judgment of the world around me. Later, when I attempted to explain what I'd experienced with words, the only word that came close was one-ness.

Less than 2 weeks later, I was at LZ Bronco and was looking through a meager dozen or so collection of books left by earlier tenants and I saw this curious title, "The Book ... on the Taboo Against Knowing Who You Are" by Alan Watts. When he began describing the experience I recently had, it triggered the experience again, only this time as I immediately tried to hold on to it, to keep it, it dissolved, like quick-silver through my fingers.

A few months later, as I prepared to return "to the world" -- America -- I thought, "Okay, I now know some important truths. Life will be easier, more simple." Instead, it has become more challenging than ever. But those experiences changed this Southern Baptist bred Okie for life. I am thankful every day for the grace that I received that February morning along with the realization that this beautiful state of being belongs to every single being of every color, culture or persuasion on earth.

Although I have pursued, even lusted after the Oneness experience I'd had, like a donkey chasing a carrot on a stick, I have slowly and painfully come to realize that only through knowing and then having the compassion to love myself just as I am and accepting completely this wonderfully terrible world just as it is, will I be able to open my heart to the state that is always there, that makes the pain and the fear of self-discovery so worth the journey I'm on.

--Eugene Hilderbrandt

## 20. Turning Grief into Giving

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

My friends decided that I needed to get out at least once a week and so we started going for coffee. Those friends helped me get through that terrible first year and still continue to help me.

We decided that we would try and help people when we could. So, we take a collection each week and then decide what to do with it. We have paid for breakfasts, helped an elderly man fill his oil tank, bought Christmas gifts for needy families, helped fire victims, and sometimes just sent flowers to someone who was feeling blue.

We usually do this in a way that no one knows and that makes it even better.

We also have a yearly tea at my house the first Saturday in December to start the Christmas season. We have been Secret Santa to three people and each year we try and do something special for someone.

I am thankful for my friends and we just want to pay it forward.



## 21. From A Flood to A Hug With Kindness

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

The late evening train from Glasgow was battling the worst of the winter weather and the driver was proceeding more on hope than anything. Weeks of rain had meant the line might or might not be flooded - and he wouldn't know until he got there!

Well, it was flooded. So he backed up to the nearest station where we sat and waited for about half an hour with no one knowing what was going on. I didn't mind. I wasn't going home to anyone, I had music to listen to and it wouldn't be the first night I had slept on a train. But not everyone would be in that position.

Then the lights went out.

Still there was no announcement. We sat another half an hour then the driver announced he was taking the train back to Glasgow and anyone who didn't want to come with it should get out now. So, a train load of people decanted onto a rain lashed platform. The station was closed, the only cover was a bus shelter and the little country town seemed closed for the night. I was maybe twenty miles from home, some folks had further to go.

Wandering outside the station I spotted a taxi. I was about to jump in and head off, but amongst the crowd I'd noticed a young woman with a baby that looked only weeks old. I asked her if she wanted to share the cab. She didn't have enough money she explained, but she could pay when she got home. No problem. No one else seemed keen to share the cab. Maybe they didn't like the look of me, which made it all the more remarkable that this young woman was okay with it.

In the silence of the journey I thought some more about the chance she was taking and how it was a measure of her need to get her baby home. I couldn't help but hope that if ever my wife and child were in a similar position someone would be decent enough to take care of them. Nearing home I asked the driver to stop. I could walk the mile from here. He should take the mother and baby straight home, and I gave him enough money to cover the full fare for both of us. He called me a gentleman and shook my hand.

A year later I was married and going to a dance with my wife. Guess which taxi driver turned up! Seems his name was Davie. He remembered that night and he spent the whole trip telling my wife what a righteous fellow I was. The next time I met Davie it was Christmas Day -- a busy time for taxi drivers and a time when they can charge double fare! I had some young family members who needed to get to the next town so I sent them off and gave them money for the fare. Davie saw them safely to their home - and didn't charge them a penny! Time and again he reduced or waived fares for us - to the point where we would almost fall out because of it. Almost, but not quite.

Some time later I was in Davie's cab and he seemed a little sombre. It turned out his mother had cancer and probably didn't have long to live. Well, I thought about it, and put it off, and thought about it, and put it off. What would folks think of me? Eventually I swallowed my embarrassment, gathered my courage and presented myself at the sheltered housing complex with a bunch of flowers. Putting up with the enquiring looks of friends and staff I was led to the room of a poor soul I had never met before.

I can only imagine what she must have thought of this strange man standing nervously in her bed room. I stammered out that I knew Davie, he'd mentioned she wasn't feeling too good and I wanted to bring her these flowers. Oh, and by the way, she'd raised a son to be proud of. If I'd put it off much longer I would have been too late. The lady passed away the next day.

Standing awkwardly (again) at the graveside I tried not to be too conspicuous amongst a bunch of folks I didn't know. Then Davie, a man I had known only through a few taxi journeys, walked through the crowd and wrapped me in a bear hug. He'd been to see his mum just before she died. And hadn't seen her so happy for a long time. She told him she'd

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spent her life raising her children, then, at the end of it all, a stranger came along and told her she'd done a good job. What more, she asked Davie, could a mother want?

And he cried. And I cried.

And the point of all this. Well, maybe it's that we west of Scotland men, just don't do all that hugging-and-crying-in-public stuff. We'd started off with a problem on that cold wet night far from anywhere. We could have stuck to the stereotype and gruffly complained, cursing the rain and the train and our football team for losing. But we didn't. We both added kindness into the mix.

And now we were hugging in public!

Kindness sounds soft, it sounds "sissy". But it's a powerful force. What else could take you from a flood to a hug?

## 22. A Young Boy's Groceries

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

I stopped at a grocery store the other day because I was about to go on a long drive and I wanted to buy my favorite beverage for the trip. It wasn't the store I normally go to, just one I passed along the way.

As I walked up to the entrance, I noticed a man and a boy who was about 10 or 12 years old standing at the front of the store. Customers walked past, as the man handed them half-sheets of white paper. I walked up to them with curiosity, wondering what cause they were representing. As I got closer, I saw that they had two carts starting to fill with groceries.

I said hello and the man greeted me and handed me one of the pieces of paper, explaining that they were collecting donations for the local food pantry. On the paper was a simple list of food items: peanut butter, noodles, pasta sauce, canned fruits and vegetables. It also included a short story about the boy and his efforts to collect food donations since the age of 8. I was really touched that someone so young would be so interested in helping others. I told him it was an awesome idea and that he should be proud of himself. He smiled.

Then, I went inside to get my drink. Unfortunately, the store didn't have it in stock. But, I wasn't upset, because by then I felt I had another mission. I went through the store, picking things from the list, then brought them back out to the boy and put them in the cart. I also gave the man the white sheet of paper back to reuse for another customer. They thanked me and offered me a treat (candy, I think) but I said to pass it on to someone else.

As I walked back to my car, the boy's well-intentioned spirit stuck with me. How inspiring to encounter a young boy with a resolve to do good deeds, and the courage to act on it.

It made my day!

## 23. A Warm Embrace and Presence

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

It was a usual day at the hospital.

I was running around doing what I needed to get done for my patients. Then I stopped in my tracks because I could feel my cell phone vibrating in my pocket. I almost always keep my phone on. In the event of an emergency my family and friends can that way get in touch with me.

It was an emergency.

There was a death in my family. I couldn't move. I couldn't think. I was excused early from work that day, but came home to an empty apartment and didn't know what to do next. I cried. I didn't know if I wanted to be alone or phone my close friend. I didn't know if I should have bothered my friend. Death is a sensitive subject for some people. Different people handle it in different ways.

What does one say? What does one do? After deliberating for a bit, I finally decided to just call my friend.

I was so glad I did. Without a second thought, my friend simply said, "I'll be right over."

I opened the door and just fell apart all over again. But just having my friend there, holding me in silence, meant the world to me. Being there, and being present, meant so much during that difficult time. A hug and the presence of a warm and caring heart. In that moment, it was all I needed.

I am so very grateful for that.

## 24. Getting Things Moving by Blocking the Way

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

I love my truck! I have a big old 99 Suburban Chevy model. One of the biggest they made. I love driving on the road with my Burby!

So there I was driving, singing, having a fabulous time when suddenly I saw ahead of me a congestion of traffic. A three car accident had slowed things right down. It seemed they were all okay and the police were handling it. Meanwhile, everyone was crawling along. I was watching and waiting for my opportunity to get past all of this congestion. What had been six lanes of flowing traffic was now only three, one lane going west, another east, and a single turning lane. It was horrible.

I slowly came closer to my chance to make a move. Looking around I could see an older woman in the turning lane, obviously upset. Horns were blaring behind her and she hadn't managed to make her turn to the mall. You could see she was scared with all the cars zipping around her way too close. The drivers behind her were honking their horns and she looked like she was about to cry.

It was my turn to pass through. But, instead of just passing her by, I used my big old truck to block the way of any other car who might have got in her way, and I motioned for her to turn into the mall. She kept shaking her head, no, and I kept motioning for her to go. The people behind me were not happy either!

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Finally after a few more waves she looked and saw I was blocking things for her. She took the chance and off she went into the mall. A few more cars followed her from the turning lane, then a woman motioned for me to go and off I went! Sometimes the best way to get things moving is to block something. And me and my big old truck are good at that!

## 25. Quiet Acts of Kindness in Her Hour of Sorrow

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

I work at a Care Center where most of the people are elderly. About a year and a half ago a 59 year-old lady came to us who had cancer. She had to have her right leg amputated and she didn't have a family to take care of her after the operation.

This lady was a quiet lady who mostly stayed to herself. But in the afternoons, when she was feeling well, she would go visit the other residents in the home. She would visit a lady who was blind and read to her. She would go into the room of a young girl with severe cerebral palsy and sing to her. In her quiet gentle way, she would go about the Care Center doing good.

She passed away last Wednesday and after her passing, stories are coming forward of her quiet acts of kindness in her own hour of sorrow.

We never know what impact we have upon others. She had every reason to be bitter, to be angry, or to be swallowed up in her own grief. But she wasn't. She didn't have a family and probably felt forgotten, but her small and quiet acts of service made an impact upon the entire Care Center.

Each of us are better people for having known her. We have pledged to be more aware of the service that we can offer to others.

## 26. Alternatives to Violence

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

When you hear the word "violence" what comes to your mind? Murder, fighting, war, injustice, prejudice, suffering...? How do you break down the barriers to communication and self awareness? To see yourself in the "other"? "When you treat people with respect, then trust evolves. And once trust evolves, barriers fall. If I let go of my identity, I'm left with my humanity." This video highlights the work of Alternatives to Violence Project in the U.S. prison system, whose programs reduce recidivism by over 40%. However, their programs are used to create peaceful solutions to potentially violent conflict in schools, corporate settings and communities in over 50 countries around the world. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3366>.

## 27. Bringing Joy to Everyday Moments

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

In this short TED talk audition, Kristin Pedemonti urges us to say, 'Yes!' to opportunities for joy. She suggests that seemingly small insignificant acts of sharing joy can be much bigger than we think. Don't forget - always carry bottles of

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bubbles and your "free hugs" sign with you wherever you go. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3368>.

## 28. Love is the Answer

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

Filmmaker Ian Watt had an epiphany: today's creatively-oriented young generation could make great things happen by linking artistic talent with change-making movements. This film tells the story of the organization he started to help youth serve the world with art. But it also shows Ian's first experiment in change-making, as he used his filmmaking skills to help bring attention to K.I. Nepal, an organization dedicated to ending human trafficking of young girls. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3386>.

## 29. The Billion Euro House

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

In January 2012, at the height of the economic crisis in Ireland and the rest of Europe, artist Frank Buckley was faced with the possibility of his home being repossessed. In a remarkable twist of fate, Frank set out to build himself a new home using shredded Euro banknotes and aptly named it "The Billion Euro House." Through The Billion Euro House, Frank seems to ask us "What is the true value of money?" Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3186>.

## 30. I Was Here

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

August 19 was World Humanitarian Day - a day to inspire people all over the world to do something good, no matter how big or small, for someone else. This year, the United Nations held an event with Beyonce to inspire people to leave their mark on the world..."I gave my all, did my best, brought someone some happiness, left this world a little better because... I was here..." Follow this link to the video... <http://www.karmatube.org/videos.php?id=3450>.

## 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.*

### 31. 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
- 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.

### 32. 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.

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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.

## 33. Spirituality Workshops



## Spiritual Guidance Presents

### “Exploring Spirituality”

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

### “The Laws of Spirit”

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

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

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

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



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

## “Forgiveness”

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

**To register your interest for any of the above workshops**, please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).

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

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

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

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

### 34. 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>). One of these discussion groups is a [Youth Spirituality Discussion Group](#) for spiritually-oriented youth aged 15-25.

### 35. 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>). One of the A Course in Miracles study groups is tailored to the needs of those persons working through the [12-Step Program](#) as part of their recovery from alcohol, narcotics, gambling, overeating, or any other form of substance abuse.

## 36. 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 [meagher@servinyourjourney.com](mailto:meagher@servinyourjourney.com).

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

Visit [www.servinyourjourney.com](http://www.servinyourjourney.com) for more information.

## 37. 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@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com).
2. Provide your loved-one's name (first name is all that is necessary) and their date of death (if they have died).

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

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

Shanti,  
Namaste,  
Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 38. Supporting Spiritual Guidance

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

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

To learn more about the above-mentioned services, refer to the Services page of our website ([www.servinyourjourney.com](http://www.servinyourjourney.com)).

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

The majority of the above services are offered from the heart, with participation based on in-kind donations and free will offerings. Some recipients of this e-newsletter and other services offered by Spiritual Guidance have expressed gratitude

for Spiritual Guidance's presence in their lives and have voluntarily offered donations to support Spiritual Guidance's ministry work. If you would like to support Spiritual Guidance by making a monetary donation:

1. Please go to the home page of our website ([www.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.

## 39. 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

## 40. 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/)

## 41. 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)

## 42. 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.

## 43. **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.

## 44. **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.



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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/)

## 45. 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)

## 46. 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.

## 47. Worldwide Holistic Day October 2, 2012

Therapy & Spirituality/Richard Harvey mailing about WORLDWIDE HOLISTIC DAY 02 OCTOBER 2012

# WORLDWIDE HOLISTIC DAY 02 OCTOBER 2012

<http://vimeo.com/19228246>

I will be offering a free talk entitled **Awareness, Compassion and Transcendence** to an international audience via a Skype conference call as my contribution to this wonderful initiative – the Worldwide Holistic Day (WHD). My talk will include a guided exercise – The Consciousness Practice – which can be used at any time, as a regular practice, in times of stress, illness, emergency, or as a lifetime practice for re-centering and connecting with the essential center of your being, the source of life and the divine love within.

Full details will be posted on my website, social media and newsletter. You may contact me if you would like to be added to my mailing or would like to participate on the day by sending a message to me at <http://www.therapyandspirituality.com/contact-us.php>

Lucrezia Pierro's inspired vow to develop a network of healers to teach, heal and ease suffering worldwide in response to "the cry for healing" shows just the kind of expanded vision – beyond the boundaries of partisanship, nationalism, and

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self-interest – that we need more of to expand and develop a worldwide consciousness and to usher in a spiritual revolution of heartfelt caring and spiritual awakening for humanity. I encourage you to support Lucrezia and WHD by offering a free event or participating in one on 02 Oct 2012 (see the WHD website: <http://lupierro.wordpress.com/>).

Let us join together as one family on the anniversary of Gandhi's birthday, 2 Oct 2012 and give and receive for the benefit of all beings, all life and collective awakening.

**Love and blessings**

**Richard**

WHD email: [worldwideholisticday@gmail.com](mailto:worldwideholisticday@gmail.com)

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

Therapy and Spirituality Facebook: [facebook.com/therapyandspirituality](https://www.facebook.com/therapyandspirituality)

<http://vimeo.com/19228246>

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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/)

## 48. Care and Share Bereavement Retreat



# Care and Share

## Bereavement Retreat

*Friends of Hospice Ottawa invites you to join us for our second annual  
Care and Share Bereavement Retreat.*

The day is open to anyone who is grieving the loss of a loved one and is a day of sharing, encouraging and nurturing. There will be an opportunity to learn strategies to cope and heal, as well as other activities to allow you to relax in a supportive and caring environment.

Lunch and refreshments will be served. Transportation is available from Bells Corners United Church to the retreat in Arnprior.



**Wednesday, September 26, 2012**

**Galilee Retreat Centre, Arnprior**

**9am-4pm**

Space is restricted to the first 30 registrations.  
All registrations are due by September 12, 2012

If you or someone you know could benefit from this day, please contact Kristina Voth-Childs  
613-591-6002 ext. 26  
office@friendsofhospiceottawa.ca



## 49. Fall Retreat – September 23-25, 2012

The T ASD Executive Board (Tyndale) is delighted to announce that Professor Wendy Miller from Eastern Mennonite Seminary has agreed to conduct a retreat:

- *Sustaining Rhythms for Spiritual Directors*
- Sunday, September 23 (9 a.m.) to Tues September 25, 2012 (lunch)
- at Queen of the Apostles Renewal Centre in Mississauga.

Register at <http://www.tyndale.ca/events/tasd-slc>

## 50. October Directed Retreat with Fr. Jim Casper, SCJ

Tues Oct 16 (4 p.m.) To Tues Oct 23, 2012 (1 p.m.)  
Providence Spirituality Centre in Kingston

Fr Jim Casper is a member of the Priests of the Sacred Heart. Theology, psychology and spirituality have been the focus of his education. His assignments have included teaching, parish ministry, formation for religious life and retreat work. He currently resides at Sacred Heart House in Toronto.

Cost: \$495 or \$75/day  
Register by Tues Oct 2 at 613-542-8826 or [info@psck.org](mailto:info@psck.org)

## 51. The Integral Life of Paradox – You Are More Than Your Personality!

A two-day workshop at 27 Dunham Crescent, Aurora, Ontario with Joan Mitchell:

Fri Sept 7<sup>th</sup> (9:00 am to 6:00 pm) \* *Note: time change* \*  
Sat Sept 8 (9:00 am to 6:00 pm)  
\*added\* optional session: Sun Sept 9 (9:00 am to 1 pm)

Cost: \$160 includes lunch Fri and Sat – register before Aug 10

Reflecting on a different and deeper perspective than personality, we will explore the rewarding life that lies beyond personality, the concepts of personality and Essence, the nine (enneagram) soul motivations of consciousness in relation to personality type, finding Self by 'unlearning,' and inclusivity vs exclusivity.

## 52. Weekend Centering Prayer Silent Retreat

at St John's Convent Guest House, Toronto

Fri Nov 9 (either 4:00 p.m. or 6:30 p.m.) to Sun 11, 2012

# Spiritual Guidance

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This silent retreat includes centering prayer periods, daily Eucharist, personal time for reading and reflection and the option of watching a DVD from Contemplative Outreach. You will enjoy delicious meals, beautiful grounds for quiet walks and access to their extensive library.

Eligibility: one year's regular practice of Centering Prayer

Cost: overnight \$230; commuter: \$130

***The retreat is a go!*** A few more spaces are open if you decide to join us over the summer.

Contact: Susan Garofolo at 905-580-7529 or [playtherapy1@gmail.com](mailto:playtherapy1@gmail.com).



## 53. Green Spirituality – September 21, 2012



**When:** Friday, September 21, 2012, 8:00 – 9:00pm

**Where:** Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa

**Who:** Anyone interested in how ancient and modern spiritual wisdom can help solve global environmental problems and world poverty.

**How:** RSVP Robert at 613-204-0299 or [rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com).

**Cost:** By donation, to defer facility rental costs.

**Green Spirituality** wants to alert people of this planet to the perils that face us all, and to show that, if we are prepared to heed the teachings of ancient and modern spiritual wisdom, we can still face the future positively. The presentation will be a combination of detailed information about global environmental problems and world poverty, along with solutions to those problems rooted in the spiritual teachings of different traditions.

Chris Philpott has been a Green Activist for more than twenty-eight years. He has campaigned on local and national green issues such as recycling and climate change, and has been involved in organizing community activities relating to whole food, recycling, gardening and conservation, local economic trading (LETS), meditation, Transition Towns, interfaith and green spirituality groups. Chris comes from a Christian and Buddhist background, and was affected deeply by the surge of interest in spirituality during the 1970s. He has always read widely, and maintains an interest in all the world's spiritual traditions. He has given talks on Green Spirituality at the U.K. Green Party National conferences, the Big Green Gathering, the Climate Camps, the Campaign against Climate Change Forums and the Birmingham Inter-faith group. He is also an experienced and enthusiastic performer, his skills including public speaking and clowning, as well as writing and performing Eco music with a band appropriately named 'The Eco Worriers'.



For more information about Green Spirituality and Chris Philpott, please visit [www.greenspirituality.org](http://www.greenspirituality.org).

**Please note:**

- Subud Centre does not have wheel-chair access.
- Seating will be limited to 50 people; so register early to reserve your spot.
- Parking is limited to street parking. Please arrive early to find parking and make your way to the venue.



# Spiritual Guidance

Serving your personal journey toward enlightenment...

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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

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Skype: robert.meagher.03171966