

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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## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	3
1. Personal Story of Spiritual Lessons	3
2. Contemplative Thoughts*	4
3. Poem	7
4. Quote or Question	7
5. Sharings from the Charter of Compassion	7
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	8
6. Richard Harvey – Gurdjieff and A Spiritual Path in the World	8
7. Doug Henderson, Ph.D – Change Your Mind About Your World and Your World Will Change	9
8. Geoff Straw – Heal My Mind, That I May Be Free	10
9. Kathryn Kimmins – Laughter, My Best Buddy!	11
10. Regiena Heringa – Notes from the Light – October 2012	12
11. Boris Glikman – The Day Death Died	13
12. Jennifer Bernius – Don't Put A Cloud Upon the Sun! – Part 1 of 2	15
13. Ann C. Johnson, Assoc MAPS: Psychologist – Observing Others	17
14. Dr. Nancy Cleaves – Cosmic Compassionate Awareness: It's Here!	17
OTHER GIFTS AND E-NEUWSWORTHY ITEMS:	19
15. Good News Of The Day	19
16. What Astrology Teaches Us	22
17. Merry Go Round	23
18. The Rich Experience of A Quiet Mind	23
19. The Spirit of Karma Yoga	24
20. Customer Services Smiles	25
21. Sharing A Laughter Break	25
22. Cost Of A Miracle	26
23. A Schoolbag Full of Love Makes A Difference	27
24. Kindness at the Pharmacy	28
25. Hands Like Sandpaper	29
26. Quiet Time	30
27. Ripple Effect of A Small Act	30
28. The Secret Powers of Time	31
29. Interfaith Amigos	31
30. Dakota 38	31
HEART AND SOUL ADVERTISEMENTS:	32
31. Spiritual Resources	32
32. Spiritual Exploration and Soul Coaching	32
33. Spirituality Workshops	33
34. Spirituality Discussion Groups	34
35. A Course in Miracles Study Groups	34

Serving your personal journey toward enlightenment...

36.	Interfaith Conversation Series.....	35
37.	Serving Your Loved-Ones.....	36
38.	Supporting Spiritual Guidance.....	36
39.	Unify Earth.....	37
40.	The Wisdom of Enneagram: Moving Beyond Personality.....	38
41.	Developing Resilience For Times of Transition And Change.....	38
42.	Good Grief! Befriending Loss in Ourselves And Others.....	38
43.	A Heart's Journey.....	39
44.	Befriending Our Bodies.....	39
45.	Worldwide Holistic Day October 2, 2012.....	39
46.	October Directed Retreat with Fr. Jim Casper, SCJ.....	40
47.	Weekend Centering Prayer Silent Retreat.....	41
48.	The Inner Journey – A 2-Weekend Course with Richard Harvey.....	41
49.	When Mind and Soul Meet: A Dialogue Between Mental Health and Spiritual Care.....	43
50.	The Gift of Listening: Becoming A Listening Presence.....	43
51.	Together, Sharing the Journey Retreat – Group Spiritual Direction Training.....	43
52.	The Feeling Practice of Awareness.....	44
53.	Harmony in Action: Compassion and Reconciliation Conference.....	46
54.	Galilee Centre Welcomes Delores Hall.....	46
55.	SpirITual Direction: Exploring New Ways of Connecting with Directees.....	46
56.	Hebrew Multifaith Golden Rule Poster Now Available Free Online.....	47

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### What's in A 'Thank You'

We sometimes lose sight of the meaning of the words and phrases we speak. One such phrase is "thank you".

My chaplaincy work invites me into places that most people hope they never have to visit, let alone a place they end up calling home: senior citizen homes; nursing homes; half-way houses; and mental health institutions. I am continuously reminded that, sometimes, a simple touch, gesture, or kind, heart-felt word can mean the world to a person; especially to someone who has been institutionalized and thinks the world has forgotten about them, their grief and their plight.

On a recent visit to a nursing home, I was walking through a corridor enroute to the wing where I was planning to visit some residents on this day. I passed a man sitting in a wheel chair, stretching and grasping for a chair that was positioned in front of a computer. As I passed by this man I sensed he could use some help to do whatever it was he was trying to do.

I was not more than a few feet past the man and it was as if the hand of God stopped my gate—I felt a heavy blockage in my chest; in my heart. I turned around and could see the man still pawing at the chair.

I walked over to the man and asked, "Can I help you?" "Yes", he responded. Not knowing what it was he wanted help with, I asked "Are you wanting to use the computer?" "Yes", he responded. I moved the chair out from the workstation and rolled the man and his wheelchair into position so that we could reach the computer keyboard. His right leg and foot hit the floor-standing central processing unit (CPU) as I was moving him into position. "Sorry 'bout that", I said. I heard him grunt. "There, are you okay?", I asked. "Yes", he responded. I was beginning to think "Yes" was the only word this resident could speak.

I patted him on the shoulder, said "Enjoy your day", and started to turn and walk away to continue my visitations, when I heard the man utter... "Thank you." I froze on the spot and tears started to well up in my eyes. I turned around and saw the man trying to turn his head towards me. I moved to his side and leaned over so I could see his face. He was trying, with all his energy, to curl the muscles in his face upward so that he could smile, as pools of water started to gather in his eyes.

I smiled, with tears in my eyes, leaned over and gave the man a hug, and said, "Thank you for making my day. Please, enjoy your day." He tried to smile again. I walked away and went on my way to visit with other residents.

The Huna tradition (i.e., ancient spiritual tradition of the Polynesian peoples of Hawaii) has a word for 'thank you', and that word is "Mahalo". 'Mahalo' is not just any 'thank you', however. Mahalo is 'thank you imbued with blessings and gratitude'. Mahalo is not used lightly. It is a heart-felt sharing of one's appreciation for something someone has done for you.

On my visit to the nursing home on the day described above, I had lost sight of what it meant to say "Thank you". That blessed man reminded me of 'Mahalo' and how we are sometimes not aware of the meaning we give to the words we speak.

What is in the meaning of the words you speak? What is in your “thank you”?

Mahalo...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

The greatest resource will be inner spiritual empowerment as we face the ever-changing scenes of drama. As the world situations intensify and difficult situations arise, my greatest resource will be my ability to rely on my own inner spiritual strength to keep me stable. When I discover that I cannot control what happens around me I focus my attention on controlling my own reactions. Today let me value my great resource of inner spiritual empowerment.

The energy of complaining creates pollution in the atmosphere. Conversations based on shared complaints ultimately bring each person down. Finding a way to share honestly without complaining and finding a way to uplift the atmosphere rather than bringing it down will make everyone happier. Today let me create an inspiring and a radiant atmosphere.

Physical arms can embrace one or two people at a time. Caring thoughts can embrace the planet, nature, a country, a family or a community. The power of a caring thought is able to create the feeling of inclusivity. Today, with the family of humanity going through difficulties, let me give the planet a big hug.

Law cannot work without love. In the world law is often imposed without love. This creates resistance, rebellion or subtle forms of noncooperation. When there is love in every law there is cooperation. Today let me put love into the laws I make for myself and others.

Learn to read the organic impulse. How do you know the difference between a desire and an organic impulse? A desire is usually noisy and driven, compelling me to fulfill it, even if it means losing my dignity in some way. An organic impulse is usually a deep inner calling to move towards the light of purity, peace and power. Today let me discern organic impulses in me.

When I see myself at my highest level it creates an insistence inside the soul to practically express this greatness. I experience this as an urge, pull and urgency to rise to my highest. Today let me activate the energy of pure expression by seeing myself in my highest state.

Trust yourself. When I experience lack of trust in relationships it is often because I have lost trust in myself. I have made mistakes in the past, compromising my dignity and truth and losing trust in myself. I carry memories of these and they are triggered from time to time. I do not want to lose my dignity again and I say I cannot trust others. However in reality it is myself I must trust again. Today let me restore trust in myself by identifying what I can trust within myself – at all times, in all situations, no matter how difficult.

When I am forced to rest because of an illness, I am able to observe my mind more. Noticing that the mind jumps from one thing to another I can begin to track it and see the patterns of thought that pull my mind. Often the patterns are attachment to people and my thinking goes constantly to others. Or I may be attached to doing and discover my mind is trapped in constant planning. To give my mind a rest I must see underneath these patterns of thought to the observer, who is noticing. When I connect with the observer I connect with the true me underneath the busy mind. Today let me give my mind a rest by being the observer.

To think about, expand and explain your problems is actually a type of problem in itself. I draw others into my problem by explaining and expanding about it. Whilst explaining problems, many start blaming others. Blaming others does not

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provide a solution but increases the problem more. Today let me find ways to share my experience in an essence-ful way without blame.

Cooperation comes to those who have pure intentions. When I am focused on bringing benefit to others, the energy of this pure intention magnetizes others and we work in harmony. If my energy is selfish I will not experience cooperation. Today let me foster cooperation by clarifying pure intentions.

What am I running away from when I get busy? It is said that busy-ness is a form of laziness, that when a person is unwilling to face something they get busy as a distraction. Busy-ness gives me a false sense of accomplishment that hides my sense of emptiness in another area.

Would you rather be a powerful soul in a weak position or a weak soul in a powerful position? For many people a worldly position defines them. To have a position of power – a director or manager title - does not define the personal power of an individual. Real power comes from an unshakeable faith in the self and from pure intention to bring goodness and truth in life. When I have these qualities I can be a powerful soul no matter what my position is.

The new paradigm for change is to connect with my higher purpose and then barriers will diminish and I will see a clear path to my goal more clearly. When I can see my purpose so clearly, I am more easily able to create it. In this way, simply by changing my viewpoint I begin to change my world. Today let me stay focused on my higher purpose.

Because I am a spiritual being, a being of consciousness inside this human body, it is natural for me to feel light, easy and unencumbered. If I do not feel this way, then I am trapped in something unnatural. This may be because I am blocked by something like anger, attachment, ego or greed. When I choose to remember my natural state of lightness, I am empowered and go beyond the negative energies. Today let me be light and natural.

What gives me a sense of security? For many of us it is money in the bank, a well-kept home or a job with the possibility of promotion. For some of us the simple routines of living, orchestrated under the careful directions of me, the conductor, make us feel secure. When things change or for some reason I am not able to control the routines of daily living I feel anxious and out of control. All of these things provide a sense of security that is temporary and therefore false. Ultimately my security lies in the inner stability I experience when I think of myself as an eternal being. Situations, circumstances, fortunes and failures come and go and I remain. Today let me connect with the permanent security of my own eternal nature.

When we are no longer able to change a situation -- we are challenged to change ourselves. It has become a habit to look outside ourselves to change our external world; our partners, work places or countries. Increasingly as the world becomes more complex this is difficult to do. At this time I can look within and discover what needs to be changed within myself ensuring that I bring my best to each situation. Today let me delight in inner improvements.

Spirituality is a word increasingly used these days, but what does it mean? And how can I honour its true meaning in my life? Spirituality is the experience and understanding of the human spirit. As a spiritual being, spirituality describes who I am and explores the dimensions of the soul. To understand my true nature as that of a non-material being of consciousness is to be in touch with spirituality. Today let me honour my own spirituality.

Be more, do less. Most of us are doing more and being less. As human beings we are built to BE. However by doing so much we forget to nurture the being. Just as a plant will not survive if only its leaves are watered, in the same way I will not survive if I water only my actions and not the source of actions. I, the soul, need to be nurtured with silence and time to BE. Today let me nurture myself by making it a priority to just BE.

Listen to the voice of your inner wisdom and you will never be confused. As much as I listen to others for advice I will lose contact with my inner voice. It is that silent calm voice that reassures me and points me in the right direction in life. Today let me listen carefully in silence to my own inner voice for directions.

When I experience difficulties in my life it makes me more compassionate for others. Without difficulties I would not know compassion. Today let me appreciate how the storms in my life have helped me develop compassion for myself and others.

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Greatness can be found in moments of collaboration, cooperation, kindness and generosity. So often we think of greatness connected with amazing deeds. However these great deeds are usually a result of smaller acts consistently performed over time or called upon in one moment of great need. When I think of greatness being inside the small acts of kindness around me, I can begin to see the potential greatness in every person. Today let me celebrate human greatness.

The world today is torn apart by greed, anger, jealousy and materialism. To operate in a different way is to provide an alternative; turning the tide on the energy fragmenting humanity. Each small action when filled with pure intention and dignity becomes a sample of an alternative way to be. Today let even my simplest actions be elevated and filled with pure intention.

To be humble is to know quietly and with confidence what is special and unique about me without having to announce it or brag. To be humble means I do not need to take time or attention from others to prove my worth, I know my worth and I can quietly listen to others and support them without needing approval. Today let me enjoy the experience of humility.

If I look at problems from an internal problematic state of mind then I will not easily find solutions. However when I look at problems from an internally calm state of mind, the same problems do not appear so big. In this state of mind, solutions are easily found. If I have the habit of making problems bigger, solutions are more difficult to find. Today let me create an inner state of calm before looking at problems.

To be powerful you must work out the equation of counterproductive forces inside yourself. Each of us has positive and negative patterns within ourselves. Some habits support us to bring our best to life. Other habits work against our best intentions, sabotaging us when we least expect it. When I understand these forces within me and manage them wisely I will experience the power of self-progress. Today let me work wisely with the many forces within me.

The intellect loses its power when it wanders in too many directions. My intellect is my inner capacity to discern right from wrong, to choose accurately what to do in any situation. When my intellect wanders in too many directions I become confused. When I concentrate my intellect by focusing it on one thing, it develops power. This concentration power allows me to discern and make wise decisions. Today let me focus my intellect when it begins to wander.

You define your circumstance; your circumstances do not define you. When I live my life as if my circumstances define me I will be limited, boxed in and frustrated, looking for freedom. When I live life knowing that I define my circumstances, then I begin to give meaning and care to every circumstance I am in, thereby transforming them. Today let me define my circumstances.

The method to chase away all restlessness of the mind is the power of silence. Silence is nectar to an overactive mind. Silence is a powerful energy that can be found when I sit still, turn inwards and focus on creating it. By touching it for even a moment the mind becomes refreshed. Today let me experiment with the power of silence.

Getting caught up in each scene of the drama can be exhilarating and exhausting. Although these highs and lows are exhilarating, they can make for a very tumultuous ride and I can lose my sense of myself. When I remember that I am the observer, not the dancer, I can enjoy life a bit more. Today let me enjoy the drama of life without losing myself by getting too wrapped up in it.

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

## 3. Poem

### In Gratitude to You

My whole being pulsates  
with the fire of desire  
for our everlasting union.

My very breath is but Yours.  
My heart is a limitless beacon  
of Your Love.

My Spirit, being Yours, is the light of the world.  
My eyes but radiate and reflect  
our Perfect Love.

My very essence vibrates with You as the  
harmony of music not yet heard.

My vision is but Your Love  
flowing through me,  
seeing only its own reflection.

My only fulfillment is following Your  
Directions and Guidance.

My voice, being Yours, can only bless.  
My prayer is but an eternal song of gratitude,  
That you are in me, and I am in You,  
And that I live in Your Grace forever.

Gerald G. Jampolsky

## 4. Quote or Question

The most important thing in this world is to learn to give out love, and let it come in. (Morrie Schwartz)

## 5. Sharings from the Charter of Compassion

The Charter of Compassion (<http://charterforcompassion.org/>) is a wonderful organization whose mission is to nurture world peace. Their most recent newsletter shared the following wonderful news items you may wish to explore:

- [Relying on the Kindness of Strangers](#)
- [International Day of Peace, September 21, 2012](#)



## 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 – Gurdjieff and A Spiritual Path in the World

Early last century Gurdjieff expounded his approach to personal and spiritual development – the Fourth Way. He explained that spiritual practice has been followed traditionally in one of three ways. The physical way: to struggle with the body and develop the will by practicing physical exercises to develop attention. The emotional way: to struggle with affection through working with feelings, developing faith and unity, and exercising the will over emotions. The mental way: to struggle with mental habits and capabilities, developing knowledge and the intellect. Gurdjieff called these three ways the way of the fakir, the way of the monk and the way of the yogi. The goal of each way is to ‘master attention’, which is synonymous with realizing the True Self.

Today the way of the fakir is followed in the Alexander technique, hatha yoga or Tai Chi; the way of the monk in meditation, spiritual renunciation and monastic life and the way of the yogi in psychoanalysis, spiritual study groups and Advaita Vedanta (in which the mind is used to transcend itself). Each of these approaches has been incorporated into the transpersonal work or mystical approaches of modern times.

But Gurdjieff considered each approach incomplete, because developing the body neglects the emotions and the mind; developing the emotions neglects the mind and the body and developing the mind neglects the body and the emotions. According to Gurdjieff, spiritual attainment through any of these ways leaves aspects of our humanness undeveloped. So how do we fulfill ourselves spiritually without discarding any aspects of our humanness?

Gurdjieff proposes that we can pursue our spiritual path outside of the traditional ways by taking responsibility for our spiritual development, organizing our practice and finding our own way. Rather than accepting spiritual truths, we have to find them for ourselves. We must live our own lives and become our own inner authority.

The Fourth Way was prophetic. Today more people than ever experience a call to follow a spiritual path in the world, rather than outside it. For many the spiritual journey is no longer formally prescribed by an outward authority or pursued in an institutionalized setting; each individual discovers it for his or her self. It is an expression of the emerging intimacy between our humanity and our divinity. We accept responsibility for how we lead our life by choosing the path to our psycho-spiritual unfolding. But, although the contemporary spiritual journey may not conform to a prescribed definition and is practiced outside of established religious tradition, we can still draw on mystical traditions and spiritual wisdom for help, clarification and deepening.

Since much of our understanding of spirituality has come to us via the East, confusion has grown in our minds about adopting the trappings of Eastern religion. While this may be useful and appropriate for some, the reality is that the Eastern mind is very different from the Western mind. This is reflected in the increasing number of individuals seeking liberation through a self-directed path. In spite of our attraction to personal surrender and guru worship, the Western mind is insistent that our spiritual path is our own.

This is more than ever true when you consider the maturation of spirituality today. Western spirituality has been retrieved from its other-worldly associations; the fantastical, magical high of its counter-cultural associations, its love affair with altered states and escape from reality, when Nirvana became confused with Shangri-La. Spirituality has begun to mature in the Western mind and is now understood as an essentially inner process producing individual and collective effects.

Leading a spiritual journey in the world means that we don't have to withdraw and ‘die to the world’. It may be difficult to have a job and a family, and be part of a worldly community and deal with the profound questions of human and divine



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nature, time and eternity, love and fear. Traditionally people who wanted to lead a spiritual life retreated to monasteries, convents or ashrams to practice within a prescribed structure of discipline. Since the divine call comes individually, people seek an individual, self-directed path of the spirit. Today the predominant way to practice spirituality is through individual integration, personal wholeness and inner renunciation *in* the world, rather than retreat and withdrawal *from* the world. The heart has become the new temple.

**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 – Change Your Mind About Your World and Your World Will Change

If you want to change your mind about the world, change your mind about your life and how you perceive the world will change. When you choose to change your mind about your life, you have decided for creation rather than mis-creation. If life and creation are God, you have chosen God and in that moment of choice there was surrender and peace. There was the realization that we did not create ourselves but we have mis-created our potential.

How we perceive and interpret the world is proven to be totally in-correct. The ego would say we are correct but what does it know. It does not love us. It manufactures our demise through conflict, attack, blame and guilt and yet we love it. This is the perverse nature for our need for un-fulfillment. Rather than being co-creators of magnificence we have chosen to be victims of darkness. As a victim we can point to something outside of our self that created our circumstance. Remorsefulness seems so much easier than the recognition of our holy nature. Holiness implies “connectedness” to all that is which implies responsibility and we have “shrugged” responsibility because we do not want to be accountable for neither our actions nor our thoughts. It seems safer to come from lack because we do not know what love is. We think we do but that has simply proven to be an avoidance and denial mechanism that feeds our guilt and shame.

We are confused because our perception of the world is confused. We are confused by prior mis-perceptions and mis-interpretations of prior (past) influences that we have not forgiven that we project onto what we call, “the future.” We are powerful both in perception and mis-perception. Everything is energy and information. It has both vibration and influence upon our etheric or human energy field. Although energy may have a positive or negative charge, it does not have meaning. It is impartial. We as participants or experiencers of our universe give meaning to all that is. Unfortunately, we have allowed our past mis-interpretations to influence what it is we create in the future. This is how we mis-create an “unforgiven world.” This is how we created how we see the world. But vision involves more than seeing and perception. The world changes only when our perception of the world changes. Only when we are ready and willing will we have the desire to change our perception of the world. When we do, the magnetic nature of our improved thoughts will change everything. It is the magnetic nature of our thoughts that cause us to align or mis-align, to entrain or distort from Source vibration. When we align, we know it. When we distort or interfere with a natural vibration, we also know it. We simply deny that we know it. Until then, we will continue to be run by scattered meaningless thoughts that we have given meaning to and in doing so, we give power, charge and mis-creation to what we consider “undesired outcomes.” Yet, these very same “undesired outcomes” is what we are continually giving our attention to. By dwelling upon them, we give them a charge and create exactly what we didn’t want.

We created what we did not want simply because we refused to know what it is we do want. When we mis-create we take ownership of it and will defend it from any and all perceived attack. We defend this belief in mis-creation because it provides a mis-perceived and perverted idea of control and self-creation. We have not created ourselves but we have mis-perceived and mis-created our true potential. If we chose to focus on what it is we do want, we would be a different world. We inhabit a powerful electrical world of dense and subtle energies, of yin and yang, of magnetism and attraction and it

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works perfectly. There are many grades of matter-vibration and we are a compilation of these energies; denser, solid vibrations, liquid vibrations, gaseous vibrations and etheric subtle vibrations. All are spiritual or imbued with the breath of a Divine Presence. Each layer of vibration becomes more and more subtle but our sensory perception is limited to only the lower vibratory states. We do not know who we are because we have chosen to deny our more subtle states. When we deny our subtle states of energy, we deny our “connectedness” to all that is. In doing so, we deny our holiness and our “connectedness” to the Mind of Source/God.

Our thoughts are subtle information vibration without limit. They are the most powerful force in the universe but because we do not know who we are we do not recognize our power. Because we do not recognize our power, we do not respect it. Our tragedy is that we have never recognized the power of our thoughts or learned how to control them consequently, we are run by meaningless thoughts that we have empowered to mis-create and self destruct. Our thoughts are a true reflection of how we perceive the world. Our thoughts are a true model of how we either create or mis-create perfectly.

We created what we didn't want because of the guilt and shame that surrounds what it is we do want. What we really want is love! It is the love of Self and Source that we desire but there is this guilty and shameful thought that eons ago, we chose to separate from Source so that we might experience an aspect of IT. Now we feel like a prodigal child that left home and our possible return may manifest the wrath of an outraged parent. Once again, we have forgotten and mis-perceived who and what we are. This refusal to know who we are has created a world not to our liking. We are the creation of Source Oneness and no amount of insane or perverse thinking can attack or disturb the loving, all-embracing nature of Divine Oneness. It takes a “willingness” to change to a higher vibratory state and envision our perfection before we can truly magnetize to create and in that moment that we recognize this, we heal and our world heals. We heal because Spirit/Source moves Life when we are willing and God is Life. This is the cycle of Oneness that pervades all that is.

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 – Heal My Mind, That I May Be Free

This request acknowledges the simple truth that you wish to be free of unnecessary burdens and to rejoice in the Spirit of abundance and prosperity.

Freedom comes to those who can shake off the heavy yoke of the past and see clearly who they are.

When the mind is cleared, you are free.

Spirit can accomplish this for you, if you allow it.

Freedom is always your goal. We speak of an inner psychological and spiritual freedom.

Free from your thinking mind, you then create joyfully.

You then become like a child again, who feels safe in the arms of his loving parent.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Geoff Straw is a counsellor with private practice in St. Catharines, Ontario. Geoff can be reached at 289-241-4805 or by e mail at [gwstraw@sympatico.ca](mailto:gwstraw@sympatico.ca).

## 9. Kathryn Kimmins – Laughter, My Best Buddy!

Laughter has been my best buddy as far back as I can remember. I grew up with a father who loved to make people laugh. He was always smiling and laughing.

As a young child I was very sensitive – I mean super sensitive. If you looked at me, I thought you were either talking about me or laughing at me. I wish Laughter Yoga had been part of my life back then. I might not have been so self conscious and unsure of myself.

Many times I found myself alone and crying. My best friend at the time was my dog, Perky. He listened to me, showed compassion and empathy, without judging me. Though I was insecure, fortunately I was also unbelievably resilient.

So many times we're told when we're young, "Be quiet, stop talking, this isn't the time or place to laugh." So when is?

One day while visiting friends of my parents, I came running to my dad crying that their children were ignoring me . BOO HOO! He sat me down and told me that if I could make them laugh, they would want to play with me. Everyone loves to laugh.

It turned out that I was a natural laughter catalyst. All I needed was permission to laugh and my father's encouragement. Laughter was my way of releasing the everyday hurts of being a child and teenager. (You remember how tough it was to fit in.) I learned very young if I wanted to feel better all I had to do was laugh. No use crying over spilt milk.

You've heard the expressions, Laughter is the best medicine, or laugh it off, well even when I was young I knew how important it was to let go. I never forgot these expressions and lived by them through the tough times and the good ones. So instead of crying, I laughed and regained my perspective on life in a positive way.

In 2002 I started my journey to becoming a Holistic Practitioner delivering through spiritual guidance, 'Hands on Healing' encompassing Reiki, CranioSacral Therapy and Touch for Health. I was aware that I needed another technique to add to my personal "healing tool box", but was not sure what that might be until 2010. It was then I heard about Laughter Yoga, and started attending weekly sessions for the fun of it. There, I realized again how laughter could release pain, stress, frustration and loneliness. My missing "tool" had been found!

Laughter Yoga gave me the opportunity to be silly, tap into my child-like spirit, be around others who love to laugh and to share this unique concept with those who had forgotten how to laugh.

In March, 2010 I became a Certified Laughter Yoga Leader, accredited by Dr. Madan Kataria's School of Laughter Yoga. In the past two years I founded and continue to facilitate Concession on the Mountain Laughter Yoga Club in Hamilton, Ontario, and Living Healthier Lifestyle Seminars through Laughter Yoga.

I volunteer my time to run and lead Laughter Yoga sessions every second and fourth Tuesday night. I lead my classes outside at Sam Lawrence Park while the weather is nice and when the temperature starts to drop, we meet indoors. Club members can tap into their child-like playfulness, release stress, dump depression, boost their immune system and feel part of a positive community.

I have met many wonderful people who are motivating, encouraging, supportive, inspiring and happy. I love tapping into my happy inner child on a daily basis because miracles start to happen. Dreams come true.

In November 2011, I introduced Laughter Yoga on the MSC Poesia cruise ship. In Key West, Florida I helped thousands of people laugh for no reason. (Well, I did have this corny chicken hat on my head.)

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I've always encouraged people to laugh, be happier, but on a smaller scale. Now I'm able to motivate, inspire and transform thousands of people, young and old, through my Laughter Yoga classes and seminars in both Canada and the USA.

Helping people to bring more laughter and joy into their everyday lives so they can live a healthier lifestyle has become my joy, my passion, my love.

Since I became a certified leader I have facilitated Laughter Yoga presentations in the Hamilton area as well as the greater Toronto area, the Haldimand District and the Niagara Peninsula at corporate events, public schools, day cares, colleges, universities, retirement homes, financial institutions, recreation centres, church functions, Alzheimer's support groups, brain injury/cancer clinics, health and wellness events, retreats, hospitals, hospices, women auxiliary groups and Hamilton's Sexual Assault Centre's, "Take Back the Night" at City Hall.

In addition, I hope to follow Dr. Kataria's example, and bring Laughter Yoga sessions to those in detention centres and prisons.

In the Hamilton, ON, area, I have appeared on CTS Network television, CHCH, Hamilton Community News and Cable 14 News Hamilton where they interviewed me about the concept of Laughter Yoga and asked fellow laughers about the benefits they have been receiving.

Courtney Corbeil from McMaster's radio station CFMU – FM 93.3 invited me twice to be a guest speaker on her show talking about Laughter Yoga and its many benefits, along with Jill Robinson from Blog Talk Radio. I have also had introductory articles about Laughter Yoga published in two different health magazines, and am planning to submit follow-ups shortly.

My next step is to take my teacher training in the fall of 2012 with Laura Gentry, an ordained minister in Iowa. Laura is an outstanding American teacher trainer who has established a rewarding and fun-filled, part-time career in Laughter Yoga. I'd love to follow in her footsteps and those of Dr. Kataria and take my Living Healthier Lifestyle Seminars around the world.

Now that's a dream come true!

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 – October 2012

There are two major ways upon your planet you may choose to live spiritually: *being* within the Christ Love centre and *becoming* this Christ Love centre. Both are valid and of great help to all.

What then is the difference?

Let us consider happiness.

Being happy is a state of mind and heart which indicates that you have explored this way of being and that you have decided to live it. Becoming happiness on the other hand, goes beyond the idea of a state or condition. It asks that you

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surrender the human mind and heart to the sacred vibration of the Creator and to dwell within the very centre of this Source.

When individuals, with the full realization that they belong to the Creator, let go of personal control, they then consciously move into becoming a part of this Source.

In becoming happiness you are happy.

We speak upon this subject today because your planet and its people are becoming whole.

What do we mean by this?

In all earthly life, there is a rhythm of birth, growth, fulfillment and a transition which you term as "death."

However, many individuals upon your earth are now becoming aware that this entire cycle of life does not necessarily hold true for the human being. Understanding now being presented to you from higher vibrational realms reveals that the physical body can be transformed and that "death" is not final.

*Kindly remember that the initial and true destiny of your Earth is not to terminate life, but to celebrate it.*

As a result, your planet and its inhabitants are asked to move from the idea of being in a heightened state of loving awareness to becoming that very state.

Being in the state of freedom is noble indeed. Becoming that freedom is of even greater benefit to all.

As your people of this fine earth begin to integrate and become the spiritual qualities that are found within their divine core, they begin to actively take on leadership and "example-ship." Consequently, you and your societies become the celebration of Life.

We ask you to ponder the following.

When you feel Love, open yourselves to become flooded with this Love. When you feel compassion, generosity, creative genius and goodness, let these fine and noble qualities fill you up so that you become them.

All your great leaders, spiritual masters and divine teachers inspire you. Why? Because they have become fully the fine qualities of Christ Light. This is your destiny also.

Acknowledging your sacred and elegant nature is celebrating your life. Become this God-nature. It is easily done. Simply allow a space to be created within your human mind and heart and invite a greater mind and a more expansive heart to enter and teach you the loving ways of the Universe.

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 Day Death Died

It was widely known that Death had been ill for some time. Its poor health made it rather slipshod in the execution of its duties. Whole generations were being taken away in the flower of their youth, while other people were living for an extraordinarily long time, over 400 years in certain cases.

For a while Death hovered in a half-alive condition, with one foot in the grave, and mankind held its breath, fearing that it would rally and make a complete recovery.

And then the day came when Death breathed its last and nobody could believe their good fortune. It was hard to grasp that Death no longer dwelled in the world, and that one's life would never again be burdened with the ever-present spectre of extinction hovering nearby. No one would have to grapple any more with the problem of incorporating one's own demise into their lives.

The most eminent pathologists of the land were assigned the task of performing autopsy on Death. Their unanimous conclusion was that it died of natural causes. What nobody had suspected was that Death possessed a finite life span. Everyone always assumed that it would live forever, yet it too carried within itself the lethal seeds of mortality.

The next most pressing issue on the agenda was the burial of Death. Issues that never have been considered before needed to be addressed urgently, for the world wanted to be sure that Death really was dead and would not rise again. Where should the funeral ceremony be held? According to which religion's rites should the memorial service be conducted? Who should give the eulogy? Where to entomb it?

The matter of whom to invite for the service proved to be the most intractable issue of all. It was nearly impossible to determine who was genuinely grief-stricken by Death's passing and who only wanted to attend the ceremony so as to be a part of a historic occasion.

Eventually, all of these matters were resolved, although not to everyone's satisfaction, and the world gave Death the sending off that it deserved. Straight after the funeral, the world kicked up its heels and started to celebrate.

After the wave of joy at being liberated from its tyrannical rule had abated, people sobered up and started to remember the ways that Death had helped out in the past.

They recalled with fondness Death's unique ability to resolve every inextricable problem of existence; its unmatched faculty of erasing all pain, shame and misery; how it provided an honourable solution to hopeless situations and readily offered its helping hand to anyone that would ask for it; the way that it brought equality to the world and granted everlasting rest to the weary.

Religions could no longer survive without Death, for their appeal and authority derived from the promise of ideal existence in the next world. New religions arose which prophesied that one day mortality would return to Earth and that the virtuous would be rewarded with Eternal Death.

Mankind recognised how fundamentally it depended upon Death's existence for the maintenance of social order and peaceful international relations. Given that capital punishment and armed conflicts ceased holding any threat to a person's life, nothing stood in the way of lawlessness and immorality in human affairs, and countries went to war on the slightest pretext.

Life soon lost its meaning, for Death had been needed to provide the contrast that distinguished being from non-being. Without it, existence seemed tedious, no longer worth enduring.

Each human being was forced to find the strength to face a baffling future in which the saving grace of demise was no longer present. Only then was it realised how Death had woven its fateful thread into every aspect of man's existence and how much had been irremediably lost the day Death died.

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 – Don't Put A Cloud Upon the Sun! – Part 1 of 2

*This is the first installment in a 2-part article by Jennifer.*

This is a story of how magic came into my life, along with a small wooden statue and an unseen helping hand.

Last summer, as I was standing at the checkout counter of a new age bookstore, I glanced at the assorted bric-a-brac placed strategically near the cash register. There were sparkly crystal light-catchers and ornaments, shiny bits of jewelry and bright stones that might bring you good luck. Those were the kinds of items that were always found on that counter. But that day, something unusual was also standing there: a small wooden statue of the elephant god, Ganesh.

Automatically, I picked it up, turned it over and noted the price tag underneath. "Hmm, only 12 bucks," I thought. "I'll take this, too," I said to the woman at the cash.

At home, I removed the statue from its paper bag and placed it on the TV set in the centre of my living-room where I could keep my eye on it. He's an endearing fellow, who stands about 6 inches tall. He's intricately carved of a light-coloured wood (not sweet-smelling sandalwood as I supposed) and grasps in one of his two pairs of hands tightly-rolled scrolls. (Ganesh is said to have inspired the writing of the great Vedic poem, the *Bhagavad-Gita*, the scripture of yoga or divine union.) The right hand of his other pair faces outward, while his left hand rests on his left knee facing upward. A crown adorns his youthful elephant head (symbol of *atman*, the soul, and of wisdom) which is encircled by the detailed swirls of a beautiful halo. He's dressed in his finery, a robe that gathers in folds around his plump human feet. Across his large belly is a sacred thread, worn in India by many yogis. Tucked in next to his left thigh is the figure of a mouse, a symbol to show that no life form is too humble for the loving attention of great Ganesh.

His trunk, representative of *OM*, is proportional to the rest of him and curls at the tip. His ears are large and fan-like. His tusks are tiny – perhaps he is a baby elephant, although his human lower half is that of an adult. The more I gaze at him, the more his many facets are revealed to me – his playful youthfulness and maturity, his strength and tender lovingness . . . His eyes appear to be laughing.

That evening when I meditated, I placed the statue next to a print of Sananda (Jesus) on the footstool in front of me, and have meditated with them both every day ever since.

I took a shine to Ganesh at once; within a few days, he became part of my life as if I'd known him forever. Soon after, a friend came to visit, and just for fun, I put the statue on the table in front of the place where he sat for dinner.

"Why don't you channel him?" I asked.

My friend, who's an advanced yogi, lifted him up to his forehead, his *kutastha* or third eye, the place of universal communication, and began to speak.

"He says that he bows to your feet," my friend began. "He's very happy to be part of your life and loves you very much."

Ganesh said that he had come into my life at this time to help me fulfill my destiny and become successful. He assists humanity in creating abundance and prosperity, an area where I still have limiting beliefs. I'd be wise to expand my beliefs, he added, to realize the immensity of the universe. He also advised that I enjoy life more.

Around this time, my friend was about to celebrate his birthday, and we discussed his wish that I give him a 24-carat gold chain. I shopped at several stores before selecting one that I loved. In the meantime, another surprising incident occurred. One evening, a meditation student came to my apartment for her private class. During our conversation, she mentioned that following her previous class, she'd found a woman's gold chain and medallion in the parking lot of my building. She'd forgotten it at home, but would bring it next time.

Well, next time she did bring it, a delicate – yes, 24-karat – gold chain with a finely wrought medallion on each side of which was script that appeared to be Arabic. The chain was wrapped in pink tissue paper. Assuming that someone had



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lost it, I posted a notice in the lobby. No one claimed it. For awhile, I thought nothing more about it, casually leaving it aside on a table for several days.

Meanwhile, my friend arrived again to celebrate his birthday. I was jubilant at the thought of presenting him with the beautiful gold chain I'd bought. I placed it in its little red silk pouch under Ganesh's statue at the spot where my friend would sit for dinner. He was thrilled with my gift. Soon he began to channel again – this time, words from our guides, who said they were celebrating a birthday for *me*! They were joyful that I'd bought the chain as a gift of love despite my initial reservations over its cost. By giving it with a pure heart, I'd understood the nature of abundance and overcome my limitations. Because the chain is gold, it never tarnishes. Its purity is symbolic of the sun and of our divine nature.

"The message is: don't put a cloud upon the sun!" said my friend.

As I was trying to digest that piece of wisdom, Ganesh pushed his way through to the front of the group and presented himself. He said that because I had taken to him so well and shown him respect, I was now his daughter.

"You mean she's *like* a daughter?" asked my friend. "No," said Ganesh. "She *is* my daughter!"

The elephant god said to remind me that he is a symbol of wealth and prosperity. As we turn on the tap and allow prosperity to flow through our hands, he added, it flows out. But it also flows in.

The gold chain in the parking lot was a precursor to turning on the tap, said Ganesh. He had presented it to me to help me break down my barriers and show me that abundance exists at all times.

"You mean that chain was meant for *me*?" I asked in disbelief.

"When gifts appear, take them as they come," Ganesh replied. "I have shown you abundance and manifestation clearly."

His parting words were: "Live richly!"

At the end of that remarkable evening, my friend picked up the chain given by Ganesh and draped it artfully around the statue. "We honour you by presenting this to you," he said. For some time, Ganesh wore the chain and stood on a green silk scarf that I'd set out for him as a sign of respect. As I move about the apartment, he goes with me – to the TV set, my desk, my bedside and dining-room tables.

I'll close this section of my wondrous story by relating another incident. I understood now that the chain in the parking lot was meant for me. Yet my skeptical mind still wondered: How could a chain manifest out of nowhere – and for *me*?

*Tune in to next month's newsletter for part 2 of Jennifer's article.*

**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 – Observing Others

Human beings are unique, yet in many aspects they are the same. Although most people look different on the outside: different in height, width, skin colour, physical features etc. (though there *are* physical resemblances within families) on the inside they are predominantly the same. If you watch carefully you'll see that most people cry when they're sad; they laugh when they're happy; they get irritable when they're hungry or tired; they cheer when their favourite person or sporting team wins; they celebrate when they achieve their goals or fulfil their hopes and dreams.

Humans are complex creatures. Their moods can swing and their behaviour can alter in an instant. If you carefully observe others, taking into account social cues such as eye and facial expression; body language such as hand gestures and arm signals; tone of voice and volume; you can usually read their emotional states and work out whether to approach them, approach them with caution, or simply keep away. Observing people, small groups of people, and crowds in very public places; in confined spaces, shared spaces and shared accommodation places; will allow you to see how certain people act and interact in certain situations. It will allow you to figure out how certain people may be thinking and feeling; to see how others may be coping with everyday life compared to you. Discretely observing others in social, professional, work and family settings will teach you a lot about human nature. It may shock, amaze or surprise you; hopefully it will educate and help you; to see in others behaviour a mirror image your own behaviour staring back to you.

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

## 14. Dr. Nancy Cleaves – Cosmic Compassionate Awareness: It's Here!

"Insanity is doing the same thing over and over and expecting different results." Einstein

"The significant problems we face cannot be solved at the same level of thinking we were at when we created them."  
Einstein

By Einstein's definition, we humans must be a crazy lot, for the most part! We continue to shoot and shop, pollute and mock, consume and stock, while having the austere, dire consequences of those actions in our faces every single day. It is nothing less than manufactured programming we all get from the assembly line of modern life. I remember a conversation with a few Chinese women when the Dalai Lama was visiting Canada some years ago. They were all so angry that we were listening to an 'evil' man. As the conversation developed, Mao Tse Tung was a hero to them! That is what they were taught in school and thus, that was the consensus. We humans can quite easily become products of propaganda when we lead busy lives and don't take the time to listen to the call of Truth within.

On the other hand, there are a growing number of people all around the globe that no longer 'buy' into modern, self-centred, consumer mentality. (To consume means to destroy – eat up!) They – we – are tuning into the cosmic Voice of Compassion, our true calling to our divine essence.

Scientists can measure the cosmos a milli-second after the Big Bang or Flaring Forth, but not the moment before it. I say it was a Tear – The Dream, and the Tear was kissed. From hydrogen and helium, electromagnetic waves, stardust and the gift of gravity, here we are approaching our 14 billion year story. Thomas Berry, pioneer of the Universe Story says, "The Universe is a community of subjects, not a collection of objects." In Truth, we are all one essence with trees, animals, water, and earth. The same DNA code of ATCG is encoded in all life, just in a different order. We are one in One

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Essence. Our home is the natural world and we are gardeners of this miracle paradise – a paradise that is being destroyed and killed.

Around four billion years ago was the first living cell. These cells, bacteria, found a way of getting energy from the sun, but in so doing, released oxygen, a corrosive gas at the time. All of life was threatened. It took two billion years for oxygen-loving 'grandchildren' to be born. What amazing Wisdom! This same Wisdom, Cosmic Wisdom is rising up in all who will listen. There is NO lack of creativity, master mindedness, or ingenuity in this miraculous cosmos. The invitation to flow in wisdom, compassion, creativity, higher consciousness is Here! We are creating a new Earth community that values Love, Harmony and Beauty for all and with all. It is what Jesus called 'malkutah' – Heaven here and now.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Dr. Nancy Farishta Nuri Cleaves: Through storytelling, poetry, workshops, retreats and spiritual teaching, Nancy invites others to awaken more fully to their true essence as divine cosmic beings of compassion, beauty and wisdom. Participants have been filled with awe and wonder. Through her healing work, many have been released from long standing fears. Her book 'A Story to Live By' is our story of 14 billion years of adventure from the Tear to creativity. Nancy is a woman of great depth and passion, and she has a sincere longing to bring forth Malkutah - Heaven Here and Now for all of Earth and all inhabitants. Nancy can be reached through her website ([www.malkutah-heaven.com](http://www.malkutah-heaven.com)) or via email at [malkutah.heaven@hotmail.com](mailto:malkutah.heaven@hotmail.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 15. Good News Of The Day

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

After the sudden death of his father, the poet Kevin Young looked for a collection of poems that might speak to his sense of loss. To his surprise, he couldn't find such a collection, so he went to work compiling one. "The Art of Losing: Poems of Grief and Healing". Young speaking on NPR shares, "[Poetry] is able to capture a moment, a feeling, perhaps a fleeting feeling, and even make .... music out of it." This piece includes samples of the timeless poems from his collection. [{ read more }](#) **Be The Change:** Reflect on the poems or passages that have comforted you in times of grief and loss.

Interviewer: "At the age of ten you were seen as a dummy. By the age of 12, you were seen as one of the brightest kids in the class. What happened in those two years?" Dr. Ben Carson: "The key thing in those two years is my mother prayed to God and asked for wisdom and came up with the idea of turning off the TV. Should I say this on a TV show? (Laughter) we were allowed to watch only two or three television programs during the week, and with all that spare time, we had to read two books apiece from the Detroit Public Library...and submit to her written book reports, which she couldn't read, but we didn't know that. So she had pulled a fast one on us, but after a while, something happened..." The renowned "Gifted Hands" surgeon Ben Carson shares more about his unique journey in this powerful interview. [{ read more }](#) **Be The Change:** Don't let labels define you.

"Typically, when people fail, we blame them. Or teach them. Or try to make them feel better. But the learning -- the avoidance of future failures -- only comes once they feel okay about themselves after failing. And that feeling comes from empathy." In this article, a business advisor describes an interaction between a nine-year-old and her grandmother -- and the unexpected lesson in leadership and compassion he gleaned from it. [{ read more }](#) **Be The Change:** Simply listen and reflect back the next time you or somebody you know experiences a failure.

"I was two years shy of becoming a mother when I learned my greatest lesson about parenting. This information was not gleaned from a New York Times bestseller, a renowned pediatrician, or an experienced parent. It came from a 10-year-old boy born to a drug-addicted mother, with an Individualized Education Plan thicker than an encyclopedia -- a boy with permanent scars along the side of his left arm from a beating when he was three. Kyle taught me the one and only thing I really needed to know about loving a child through the challenges of life..." [{ read more }](#) **Be The Change:** Deepen your commitment to loving someone in a challenging situation.

Felix Finkbeiner's stringbean physique is complemented by a pair of wire-rimmed glasses and a pudding-bowl haircut. At 13, he is an environmental superstar at the helm of a global network of child activists whose aim is to mitigate climate change by reforesting the planet. Behind his apparently unprepossessing facade, Felix is really an action hero. His organisation, Plant for the Planet, recently achieved its target of planting one million trees in Germany; now, Felix is spreading his message around the world. Plant for the Planet is up and running in 131 countries. [{ read more }](#) **Be The Change:** Plant a seed of goodness today.

William Rosenzweig is a strong voice in the field of ethical business. Much of his inspiration in the corporate world comes from a seemingly unlikely place -- the garden. "A gardener sees the world as a system of interdependent parts - where healthy, sustaining relationships are essential to the vitality of the whole. In business this has translated for me into the importance of developing agreements and partnerships where vision and values, purpose and intent are explicitly articulated, considered and aligned among all stakeholders of an enterprise - customers, employees, suppliers, shareholders, and the broader community and natural environment." Read more excerpts from the acceptance speech of this "quiet gardener" for the Oslo Business for Peace Award. [{ read more }](#) **Be The Change:** Take a moment to observe or engage in the natural world today. What lessons can be extended to your areas of work?

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"Let's take a look at my life before contentedness: I was addicted to junk food and fast food, and overweight and unhealthy. I bought too many things on impulse, owned too much clutter, and was deeply in debt and struggling to make it to the next payday. I was unhappy with who I was, wanted desperately to change, tried a thousand different programs and books. I was always changing the way I did things, because it seemed everyone else had a better system or tools. I strove to meet goals, because they would get me to a better life. And as I learned to be content, here was what changed..." Leo Babauta of Zen Habits shares more. [{ read more }](#) **Be The Change:** Experiment with some of Babauta's steps towards contentment in your own life.

"Find a bright spot and clone it. That's the first step to fixing everything from addiction to corporate malaise to malnutrition. A problem may look hopelessly complex. But there's a game plan that can yield movement on even the toughest issues. And it starts with locating a bright spot -- a ray of hope." So begins this excerpt in Fast Company from the best-seller "Switch: How to Change When Change is Hard". [{ read more }](#) **Be The Change:** Look for the bright spot today.

We all have had our moments of impatience, rage and frustration...but how do these moments affect our lives? Get curious about anger, and you just might discover an untapped well of vital energy that improves your life circumstances and wakes you up to the whole of life. This article offers 10 powerful perspectives on anger. [{ read more }](#) **Be The Change:** Reflect on a few of these perspectives the next time you catch yourself on the verge of impatience or anger.

Mildred Howard sees things differently. Over 20 years ago, she created "Rene di Rosa", a house made out of glass bottles. That was her first of several bottle houses that have each made powerful, beautiful political and social statements. As an artist, community organizer, and leader, Mildred's colourful life embodies radical change. In this interview with Works & Conversations, Mildred speaks about her current work with the Edible Schoolyard and how "this larger thing in the world" is building a strong foundation for both inner and outer transformation. [{ read more }](#) **Be The Change:** Take a closer look at the objects and space around you. How can they be used differently to change things for the better?

From the dawn of history, and in cultures throughout the world, humans have been prone to imbue Earth's life-giving rivers with qualities of life itself -- a fitting tribute, no doubt, to the wellsprings upon which our past (and present) civilizations so heavily rely. But while modern thought has come to regard these essential waterways more clinically over the centuries, that might all be changing once again. Meet the Whanganui. You might call it a river, but in the eyes of the law, it has the standings of a person. [{ read more }](#) **Be The Change:** Look at the natural world around you today, and tune in to our relationship with it.

Last year on September 15, people at over 60 locations worldwide handed out their own money to complete strangers. Participants committed to give two small coins or banknotes to strangers, asking these strangers to pass one of them on to someone else -- as a symbolic gesture, not a donation. Quirky? Yes. Likely to elicit questions and dialogue? They hoped so. The idea was for this simple exercise to act as an interruption to our trained response to the prospect of 'free money'. Free Money Day 2012 will again take place on September 15 all around the world. This article explores the intriguing philosophies and events that inspired this unusual experiment in unconditional giving. [{ read more }](#) **Be The Change:** Learn more about Free Money Day. Consider doing your own experiment in no-strings giving today, monetary or otherwise. [{ more }](#)

"In recent years, we have started to better understand the neural bases of states like happiness, gratitude, resilience, love, compassion, and so forth. And better understanding them means we can skillfully stimulate the neural substrates of those states -- which, in turn, means we can strengthen them." In this article, Rick Hanson describes how to skillfully use the mind to amplify positive connections in the brain. [{ read more }](#) **Be The Change:** Pay attention to a positive experience today, and use Hansen's three steps for taking in the good.

A child's success can't be measured in IQ scores, standardized tests or vocabulary quizzes, says author Paul Tough. Success, he argues, is about how young people build character. Tough explores this idea in his new book, 'How Children Succeed: Grit, Curiosity and the Hidden Power of Character.' This NPR piece shares more. [{ read more }](#) **Be The Change:** "Most successful people begin with two beliefs: the future can be better than the present, and I have the power to make it so." The New York Times' David Brooks shares a short reflection. [{ more }](#)

"There are really three medicines that you should put in your medicine bundle every day, which are the power of genuine acknowledgment and gratitude, genuine apology, and the spirit of laughter and joy." So begins a heartwarming interview with Angeles Arrien, a teacher, author, and cultural anthropologist, who is affectionately called the "Gratitude Lady". Here, Arrien speaks to Sounds True about how opening our hearts to innate gratitude naturally blossoms into generosity, with

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practical advice on cultivating a practice of thankfulness everyday. [{ read more }](#) **Be The Change:** Reflect on what you are thankful for and express your inherent generosity in an authentic way.

"By now we are all extremely familiar with the litany of challenges we face as a global species... We know there will be no easy fixes, no panaceas, but nevertheless as we try to set priorities and search for the most promising ways to approach these problems, many of us find ourselves looking to different cultures and to earlier eras for inspiration. In this regard, the Edo period of Japan has a lot to teach us." Artist and designer Azby Brown offers simple lessons in sustainability from this unique period. [{ read more }](#) **Be The Change:** "Sustainability happens when species learn to feed each other instead of fight each other." A thoughtful, short reflection from author Elizabeth Sahtouris. [{ more }](#)

"Rousseau once wrote that "cities are the sink of the human race." But as my experiences in New York and Rangoon made clear, no two cities are the same. Places, like individuals, have their own personalities. In what cities is a needy stranger more likely to receive help? What sort of community teaches a citizen to withhold compassion toward strangers? As a grown-up social psychologist, I have spent much of the past two decades systematically exploring these questions." [{ read more }](#) **Be The Change:** Make time today to make your city a kinder place through one small act.

We live in a world in which some of the people we are closest to are often not near us at all. When we document our day-to-day existence in photographs and Instagrams, these people are absent. Their presence in our lives is missing from our digital memories. Photographer John Clang's series Being Together seeks to correct this. Using Skype and projectors, he captures families visually as they are virtually. "In these images," Clang says, "I am enabling families to remember these strange moments of togetherness with the technology presently available." This article shares striking examples of his work and its impact. [{ read more }](#) **Be The Change:** Connect with family or friends that are not in close physical proximity.

John Unger just wanted a friend to take a nice photo of him and his 19-year-old arthritic dog, Schoep, before it was too late. He got that photo -- and world validation, too. When Unger's friend, professional photographer Hannah Stonehouse Hudson, posted the unusual photo -- of Unger holding his sleeping dog in the waters of Lake Superior -- on her Facebook page it went viral. A week later, the photo had been shared 156,911 times, prompted 28,695 comments and received more than a quarter million "likes". Now, Unger shares how the photo -- and his dog -- have both been turning points in his life: [{ read more }](#) **Be The Change:** Do something to honor a living friend, whether animal or human, who has touched your life with unconditional love.

"In the summer of 2005, things weren't looking very good for me. A broken relationship, a deadlock at work, a growing dependence on alcohol and tobacco all made for a downward spiral that I experienced every moment but couldn't snap out of. I was almost at breaking point when my mother decided to pay me a visit... On the first evening of her visit she tried to get me talking about where I was at in life, what was working and what wasn't. I resisted, was evasive in my responses and tried every trick in the book to keep the facade up. I thought I had succeeded ..." In this moving real-life story, a young father looks back on a touching and pivotal experience centered around his mother's unconditional love and a set of six cane chairs. [{ read more }](#) **Be The Change:** Practice expressing unconditional love in your closest relationships this week.

Recent research reveals that people are more capable of mental novelty when thinking on behalf of others than for themselves. This has far-reaching practical implications at every level of business. Dan Pink shares more in this thought-provoking piece. [{ read more }](#) **Be The Change:** Experiment with some of the suggestions from the above article in your own work.

"What is it?" Sabrina asked. One glance inside and my suspicion was confirmed. Lying inside were 2 tupperware containers. I could not see their contents from my bird's eye view but I could see a fresh mango and a bag of chocolates peeking from the corner of the bag. And the incredible aroma had already permeated the front office area. 'Someone has tagged me with an anonymous act of kindness!' I replied with a smile and a shake of my head. The joy and gratitude that I was feeling must have been the same feeling that went through the people that we fed on Saturday's Hear the Homeless event. It was the exact same thing. I was quietly going about my day when someone stopped me and made an offering to me, an offering from the heart." Katy Turse shares her real world story of receiving an unexpected act of kindness. [{ read more }](#) **Be The Change:** "The whole process of life is a giving. It is a transaction. In every giving there is a taking." A thoughtful reflection follows. [{ more }](#)



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"I had written a memoir three years earlier and couldn't find a publisher...I was burnt out. At 29, I contemplated retirement. I wasn't only disappointing myself. My dad, Lawrence J. Epstein, has always been my mentor and biggest cheerleader. A retired English professor who has published ten books on subjects ranging from comedy teams to folk singers to Jewish affairs, he and I often spent hours talking shop. Though I'd had some success with newspaper and magazine publishing, a book contract for me was our shared goal. Five days into my soul-searching trip, my mother-in-law called my hotel room-- at 3am -- to say that my then 64-year-old, previously healthy father had suffered a heart attack and needed emergency sextuple bypass surgery." [{ read more }](#) **Be The Change:** Give someone an opportunity to feel needed today.

Steve McCurry is an American photojournalist best known for "Afghan Girl" a haunting photograph of his that first appeared in National Geographic. Of his work he says, "Most of my images are grounded in people. I look for the unguarded moment, the essential soul peeking out, experience etched on a person's face. I try to convey what it is like to be that person, a person caught in a broader landscape, that you could call the human condition." This luminous collection of quotes and photographs from around the world by McCurry is centered around living in joy. [{ read more }](#) **Be The Change:** Practice living in joy today. Even if by just making an effort to smile at everyone who crosses your path.

While covering poverty and social welfare for the Washington Post in 1993, Katherine Boo was commissioned to write a magazine profile of the new vice president. For most reporters, such an assignment would signal entry into the big leagues. Social issues are regarded as a beat journalists cover until they are deemed important enough to interview politicians, bureaucrats, people of power. "In journalism, if you get to be really hot stuff, that's where you get to go -- to the White House!" Boo told The Guardian. "And that's too bad," she added, "social issues are kind of worthy things that people graduate from." Following three years of research in an Indian slum, the Pulitzer Prize -winning journalist discusses what language can't express, her view that nobody is representative, and the ethical dilemmas of writing about the poor. [{ read more }](#) **Be The Change:** Make time to listen deeply to someone's story this week.

## 16. What Astrology Teaches Us

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

Astrology is not meant to be a primarily predictive science. It is meant to be for understanding ourselves and also for understanding other people. I've had a number of interviews recently where I was amazed that people thought it was fatalistic. It's not -- absolutely not. There is nothing in a horoscope, that blue-print, that pattern, that you cannot change if you want to. I've seen this over the years. It's the stories of the cycles and rhythms you are going through, and what you have brought over from the past to work out. It shows your character. You can read it the day a child is born; you can tell what they have brought over as a blessing and what they have brought over as a challenge that they have to change. But that is only the personality pattern. Behind the personality lies your real self, and you center yourself in that essential thing.

A great while ago, an Eastern teacher taught me something and I've watched it work over the years. We are vibrationally connected to everything that happens to us. There is only one way we can change what we do in this life, and that is by changing our attitude toward it; this changes our consciousness. This is a cosmic law that few people know. By changing your attitude, one of two things has to happen. Either person or the problem will be completely removed without any harm to anyone, or that person or problem will change so much that you will be able to live with it very easily. Now, in over thirty years, I've never seen it proved wrong in a person who changed their attitude, their consciousness.

This world of appearance is not the creative world; this is the world of manifestation that always changes. We create our conditions inside us and if we want to change what is manifesting in the world of appearance, we must change ourselves and our consciousness. That's how we change what happens. I've seen this verified over and over. Never saw it wrong.

When we change our attitude, we start blessing that which we are fighting against.

--Isabel Hickey



## 17. Merry Go Round

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

Welcome! Welcome to the fair! I can see, you're already sitting on the merry-go-round! It's great how you are driving! You have a sleek car, with an accelerator and a brake. But most of all, you have a steering wheel, which you can spin around, and that's just what you are doing; though strangely, as much as you steer it, or put your foot down on the throttle, or jam on the brakes, the car keeps travelling in the same direction.

This is how your 'I' (the so-called 'ego') works. It steers to the left, it steers to the right, and is never fully content with the result. It thinks, "I'll take a look at the others. How are they driving? How is that guy doing over there? That one is definitely shifting his weight more in the curve. I think I'll try that too." But nothing changes. The car keeps on going round and round.

Every now and then the merry-go-round stops. Short break. The Tibetans call this 'bardo'. Then you look for another vehicle. "Let's try the horse. I'll ride for a while. Maybe that's my destiny!" Very smart on your part! Or perhaps to be truly wise, you take the small scooter because all this driving has tired you out and left you full of humility.

During all this steering your ego ripens tremendously. And if by chance you were aiming in the same direction as the merry-go-round, then you can triumph: "Wow, I did that really well! Now, I think I've got it!" Now you've discovered how all this works. "I have complete control. Look here!" You are in harmony with the cosmos, in harmony with creation. An ego which is so coherent, steers in the same direction as the merry-go-round is moving. "Look, how I can steer! The entire merry-go-round moves because I am steering this way! Here, look at me!"

If you have mastered the art in this incomparable way, then you can even tell others how they should drive. "This is the way you have to do it, like me!"

Now you are a fully-awakened driver. "Follow him!" exclaim a few others enthusiastically. The best thing would be if you just take over the entire bus: "Get on board here, everyone, and sit behind me! I am one with the merry-go-round!" Then you are a guru.

If you want to be active more quietly, you can of course take on other important jobs such as driving the fire engine, or the ambulance. Or you may just follow the ambulance, to be on the safe side!

## 18. The Rich Experience of A Quiet Mind

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

Entertainments, in whatever form one cares to take them, are necessary and indeed vital to happiness in the ordinary sense of the word. Both the body and the mind need rest and the batteries have to be recharged in some way. But the conventional methods for reviving ourselves in the midst of life's conflicts only partially do the job. They fall short of showing us the true nature of reality. [...]

Where, then, do we go from here? For me the answer to that question lies in my knowledge gained from the rich experience of knowing a quiet mind. I have been helped in the attainment of this knowledge by listening to and understanding the many wise men I have been lucky enough to meet, and by watching them and learning from their example.

I know now that it is not necessary to travel the world in search of a leader or a system; for the answers are all within us.

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In fact such a search is in itself a distraction and only serves to delay the moment of vision. It was only when my search ended that peace followed.

The key is in suffering and conflict; it is necessary to regard the suffering of others with compassion and our own with tolerance and equanimity. We must be aware of it, but silently, without trying to invite this silence by conscious effort. And this silent awareness must be allowed to come about in its own time; anything we do to hasten it merely adds further conflict.

One must be aware of the moment without any attempt to change it; it will change itself. One must be attentive to an extreme degree, as often as possible. Even to be attentive that one is not attentive is a form of attentiveness. To know reality one cannot stand outside of it and intellectualize about it, one must enter into it, become it and experience it. Then the mind becomes quiet, at peace with itself.

The beauty of living and the beauty of the earth unfolds and one's actions are no longer self-centered and destructive. Every action becomes creative. The fire of discontent changes from a destructive force consuming our lives into a bright luminous light that fills our lives with peace and joy.

-- John Coleman, in "The Quiet Mind"

## 19. The Spirit of Karma Yoga

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

### **What is Karma Yoga?**

Karma Yoga is a selfless act. Any work which does not directly fulfill your ego is Karma Yoga. If someone's tire is punctured and you stop to help, that is spiritual work. If you remove a nail from the road because you think someone may step on it, that is Karma Yoga. How you perform an act makes it Karma Yoga -- and not what you do. The spirit of Karma Yoga is an internal thing. No one on the outside can tell if someone is doing Karma Yoga or selfish action.

### **Suppose your aim is good but a situation still makes you angry?**

Selfishness. Somewhere there is selfishness.

### **How does one avoid attachment to one's own duty?**

It's very hard to avoid attachment when we have strong desire for the world. Attachment gives reality to desires. You desire ice cream but if you have no attachment to ice cream, that desire will be forgotten very quickly.

The question is, how to remove attachment? You do something and the first thing that comes into mind is, "It's for me; I am the owner of it." If we start seeing our actions as for the world and what we are doing as part of the world, then gradually the mind becomes nonattached. It will not affect your activities in the world. Only the mind's relationship toward action is changed. One should make an attitude of selfless service in all actions and thoughts.

### **What is non-attachment?**

The term "attachment" is a little hard to understand. When we say "nonattachment" it sounds like not caring or not feeling any responsibility. For example, a farmer and his laborer plow a field and sow seeds. After working hard together all day, the laborer leaves. At night it rains so hard that the field floods and the seed is destroyed. How does this affect the farmer and how does it affect the laborer? The laborer worked harder than the farmer but he isn't affected by the destruction of the seed. His attachment is limited to his duty. These are two separate things: 1) attachment to duty 2) attachment to doership and ownership.

To do your job thoroughly and do your duty well it would seem that you would have to think about the fruit of your labor.

The "duty" term includes working with complete concentration, cheerfulness and thoroughness. You have a duty to your family. You think, plan and create a livelihood; that is important. The attachment that develops is the cause of pain, anger and fear. But your mind cannot separate from expectation of the fruit. We must realize that the fruit is not in our hands.

**You mentioned performing one's duty perfectly. What does that mean?**

It means not to leave the work half done, not to be trapped in dualities or your physical comfort. Keep your enthusiasm up.

--Baba Hari Dass, a silent monastic at Mt. Madonna, in "Selfless Service: The Spirit of Karma Yoga"

## 20. Customer Services Smiles

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

I work as a contractor at a senior center and absolutely love it. My days are spent coordinating rides for seniors from volunteer drivers.

Today, a lady called saying she was unable to get her medication from the pharmacy. Usually, our center requires a three-day advance notice for local rides. We also require folks to fill out an application and a waiver.

With these things in mind, I decided that this was my opportunity to go above and beyond the call of duty.

I filled out the application and told her I would come pick her up.

"You will?" she asked, slightly shocked.

"Yup."

I sent an email to my manager and off I went.

It was a nice day to be out. We had a pleasant ride, and along the way, I found out she has cancer. Despite the illness, she still embraces life with a lot of faith. After arriving back at her home, I gave her a small pamphlet with inspirational writings.

"Thank you," she said with a smile, "This is going on my refrigerator!"

In taking the time to give her a ride, I received the gift of her spirit and life's simple joys.

## 21. Sharing A Laughter Break

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

It was a rainy day and I noticed that the lady coming into the senior center had holes in both shoes. Her toes were sticking through the shoes!

It wasn't really time for a break but I decided to take one so I could chat with this lady.

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She told me that she does have other shoes but they are not as comfortable as the old ones. She also told me she was going blind and could barely see, and that she has a friend who took her in and helps care for her. Her children live in other states and can't afford to visit.

She started sharing some jokes and we both laughed. Laughter is good for the soul!

When it was time for lunch, she said, "Thank You for taking the time to sit with me and listen to my jokes!" We all need someone, sometimes, to just sit and listen and let us know we are important.

That was the best break I have taken in a long time!

## 22. Cost Of A Miracle

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

A little girl went to her bedroom and pulled a glass jelly jar from its hiding place in the closet.

She poured the change out on the floor and counted it carefully. Three times, even.. The total had to be exactly perfect.. No chance here for mistakes.

Carefully placing the coins back in the jar and twisting on the cap, she slipped out the back door and made her way 6 blocks to Rexall's Drug Store with the big red Indian Chief sign above the door.

She waited patiently for the pharmacist to give her some attention, but he was too busy at this moment.

Tess twisted her feet to make a scuffing noise. Nothing. She cleared her throat with the most disgusting sound she could muster. No good. Finally she took a quarter from her jar and banged it on the glass counter. That did it!

'And what do you want?' the pharmacist asked in an annoyed tone of voice.. I'm talking to my brother from Chicago whom I haven't seen in ages,' he said without waiting for a reply to his question..

'Well, I want to talk to you about my brother,' Tess answered back in the same annoyed tone. 'He's really, really sick....and I want to buy a miracle.'

'I beg your pardon?' said the pharmacist.

'His name is Andrew and he has something bad growing inside his head and my Daddy says only a miracle can save him now. So how much does a miracle cost?'

'We don't sell miracles here, little girl. I'm sorry but I can't help you,' the pharmacist said, softening a little.

'Listen, I have the money to pay for it. If it isn't enough, I will get the rest. Just tell me how much it costs.'

The pharmacist's brother was a well dressed man. He stooped down and asked the little girl, 'What kind of a miracle does your brother need?'

'I don't know,' Tess replied with her eyes welling up I just know he's really sick and Mommy says he needs an operation. But my Daddy can't pay for it, so I want to use my money..'

'How much do you have?' asked the man from Chicago .

'One dollar and eleven cents,' Tess answered barely audible.

'And it's all the money I have, but I can get some more if I need to.'

'Well, what a coincidence,' smiled the man. 'A dollar and eleven cents-the exact price of a miracle for little brothers.'

He took her money in one hand and with the other hand he grasped her mitten and said 'Take me to where you live. I want to see your brother and meet your parents. Let's see if I have the miracle you need.'

That well-dressed man was Dr. Carlton Armstrong, a surgeon, specializing in neuro-surgery.

The operation was completed free of charge and it wasn't long until Andrew was home again and doing well.

Mom and Dad were happily talking about the chain of events that had led them to this place.

'That surgery,' her Mom whispered. 'was a real miracle. I wonder how much it would have cost?'

Tess smiled. She knew exactly how much a miracle cost.....one dollar and eleven cents...plus the faith of a little child.

In our lives, we never know how many miracles we will need.. A miracle is not the suspension of natural law, but the operation of a higher law.

## 23. A Schoolbag Full of Love Makes A Difference

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

I must share a heart warming experience I enjoyed this week, both as a parent and a human being.

My daughter, Emma (in 7th grade), started back to school last week. There is a young boy in her class (call him Jake) who is quite overweight. As you might expect he is the butt of many jokes and is treated very badly by other kids (and even by the teachers). Jake gives the impression that he's not a nice guy, mostly because of the fact that he's constantly picked on.

For several nights this week Emma came home from school upset about the fact that Jake gets picked on so much. She also mentioned that he had no school supplies as his family could not afford them. He was constantly asking to borrow paper, which just gives kids even more reason to pick on him.

One night Emma was extremely upset about this situation, not only because Jake was picked on but that he also had no supplies. We sat together that evening and discussed the situation in great detail. We devised a plan for Emma to engage Jake in a conversation and for her to ask Jake what he needed for supplies.

The next day Emma spent some time with Jake and really came to realize that this young man had a heart of gold, but rarely was able to show it because he was always on the defensive. Emma asked Jake if he needed supplies and if he could make a list for her for she would bring in extra supplies that she had at home for him. He put together a small list, 3 ring binders, paper, pens, pencils and a pencil sharpener. Emma told him she would help and he was most appreciative.

That evening Emma and I made a pilgrimage to the store where we bought everything on his list and then some! Emma mentioned that he needed a new pencil box for the one he had got destroyed when one of his pens exploded - so we added that to the list. When we got home, we put all the supplies into a brand new grey back pack - because Jake did not have a back pack either.

The next day, I brought the bag to the school principal and explained the situation. I asked the principal to give the bag to Jake discreetly so that he did not have to feel embarrassed.

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Later that day I picked Emma after school and she was all smiles. The principal had called Jake down to his office and gave him the bag. Jake read the little note that Emma had put inside hoping that he had everything that he needed and to enjoy the supplies. As Jake walked into the classroom - he winked at Emma and later thanked her very much for all the stuff. He loved it all!

Emma said that it was so cute to see him take out his new pencil box and to start arranging his pencils and pens. He seemed very happy.

This was a great experience for my daughter but I can't tell you the joy it brought to me to see a young kid acting upon something that was truly bothersome to her. Blossoming kindness and the willingness to take action are wonderful things to see.

I encourage all the youth of this world to keep your hearts open and never be afraid to show random acts of kindness to those in need. No matter what your friends say. Act upon what's in your heart, you never know it may create a ripple effect for others to do the same!

As for Jake ... I saw him walking home yesterday with his new back pack. It was a good feeling to know we had made a difference in his life!

## 24. Kindness at the Pharmacy

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

Today is a difficult one. It is my Dad's birthday. He passed away last July from cancer. I so dreaded this day.

My husband and I picked up my Dad's sister, who was also just diagnosed with cancer. We took her out to breakfast.

She told us that earlier in the week, she had tried to get a prescription filled before starting chemotherapy. She couldn't afford to pay for it, so we decided to stop at a drug store and ask if there was a generic form of the medication that was less expensive.

I went inside and began talking to the pharmacist. I was alone at the counter when a woman walked up and interrupted:

"Excuse me," she said, "I would like to pay for that."

She asked how much it was, and placed the money on the counter. I couldn't believe it. She just appeared out of nowhere!

I hugged the woman, and thanked her for her kindness. It meant so much. Then I noticed that on her shirt read the name of the town where my father had grown up.

I started to cry. The pharmacist began to cry and hugged me from across the counter.

"I've never seen anyone do that," she said.

This day that I had dreaded so much has turned into quite a blessing. I will never forget it!

## 25. Hands Like Sandpaper

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

On an overcast morning a couple of days ago, I was walking through the city center of my home town in central Germany. The gray sky didn't bother me because trees were finally putting on their green spring dress, and flowers strew gentle touches of color here and there. I was on my way to catch a bus, walking quickly, and easily outpaced a man whose stumbling gait had already caught my eye.

While passing him by, I cast a glance towards him, and saw that his head was hanging so low, his chin touched his chest. He was holding a bottle of beer in his left hand. The cap was on, but the bottle was already missing a third of its content. He looked like he could fall over any minute, and hurt himself. I stopped a couple of yards ahead of him, wanting to offer him my help to a nearby bench, but then, I hesitated. Everyone knows the kind of thoughts that raced through my head then: Nah, he's okay... I don't want to meddle/offend/get rejected/involved with a stranger who's probably drunk... I'm going to miss my bus... And listening to them, on I went. For three or four steps. Then I stopped dead in my tracks, told myself: Damn it! Your heart is telling you go, so go.

I turned on my heels and went to stand next to him, gently cupping my hand beneath his elbow to let him know I was there – his head hung so low, he probably could only see my shoes, if he was paying any attention at all.

"Hi," I said, "Can I help you? Maybe to one of the benches in the park?" We were just passing it by, but as the lawn had been newly sown, crossing 15 feet over to the nearest bench wasn't an option. And I didn't know if that's where he wanted to go, it was just my idea, after all.

He barely lifted his head, and mumbled, "Why? 'Cause you think I'm going to fall over?"

His voice didn't sound aggressive, just a bit mocking.

"Yes," I replied, feeling a strange little twinge in the chest. "I saw the way you walk, and I was worried you'd fall and hurt yourself."

There was a bit of silence during which I slowly walked alongside of him, still cupping his elbow, providing gentle support but ready to pull back at any moment should he show signs of not wanting my help.

"Well dang!" he finally replied, mildly surprised.

We got chatting a bit, with frequent pauses in the conversation whenever he concentrated on walking or, maybe, thinking: About the park, and that obviously people had already stepped onto the freshly sown lawn. He asked what I had been doing in town, and where I was going. I forgot about my bus. Finally, we reached a bench on one of the central town squares. It had taken us about 5 to 10 minutes to walk the distance, which was maybe 40 yards.

There, he sat, and I sat by his side.

I had forgotten any idea of helping him, of catching my bus, of having to prepare a study group meeting for that evening. His hands were very chapped, with deep splits in the skin on the side of his hands. I touched them, hesitatingly taking one in mine, looking at his nails (cut short and clean but with terrible cuticles, which, he suddenly said, had never been really good, even earlier in life) and at the places where obviously the splits had become infected.

"Does that hurt?" I wanted to know, not really expecting an answer.

"Not anymore," he said, raising his head. He looked straight at me with slightly veiled, blue eyes, "Only in the beginning, when it was cold..."



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Suddenly, he turned the hand that I was holding. Now, he was the one holding my hand, and used his other one to explore my skin, even pushing up my sleeve to touch my forearm. For a split-instant, I was scared, but then I realized he was just curious, and indeed:

"Mine's like sandpaper," he grumbled, releasing my arm.

We looked at each other, and though my heart hurt, I stretched out both my hands towards him and said, "Well then, one peeling, please!"

I think he didn't even smile. I was so sad and happy at the same time, my heart full of love and pain and compassion. I felt like crying, but all I could think of was that little joke.

We sat there for a few more minutes, maybe fifteen, talking: About money, about what he wanted out of life:

"I'm not going to accomplish anything great anymore, not like you - *Right* - I just want to be able to do the things I set out for myself in the morning, go through with them so I have a sense of achievement, and be able to do the things I enjoy doing."

*Geez, that's exactly what I'm struggling to do,* I thought.

Sometimes, I had to go into a huddle with him, to understand him when his head was hanging down again. You should have seen the looks some well-dressed passers-by gave me: a mixture between wonder and disgust, like I was doing something wrong.

After a while, I bade him goodbye. It was hard, walking away thinking I really hadn't done anything tangible at all to help him. Once I had rounded the corner, I finally let the tears flow.

But it wasn't all sadness. I was grateful that I'd been able to let myself be so deeply touched by this meeting. I was grateful that the man had answered some of my long held questions about how homeless people live.

And I was grateful for the love I'd felt for him.

## 26. Quiet Time

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

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

## 27. Ripple Effect of A Small Act

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

When Hilde Back sponsored a young, rural Kenyan student, she thought nothing of it. She certainly never expected to hear from him, but years later she does. Now a Harvard graduate and a Human Rights Lawyer for the United Nations,

Serving your personal journey toward enlightenment...

Chris Mburu decides to find the stranger that changed his life. Inspired by her generosity, he starts a scholarship program of his own and names it for his former benefactor. Using a strong narrative, the film interweaves seemingly separate lives into a cohesive whole. With clarity and grace, A SMALL ACT, bears witness to the ripple effect a single action can create. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2179>.

## 28. The Secret Powers of Time

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

Time just passes by, regardless of how we feel about it... right? Not according to Philip Zimbardo. He's been studying how people think of time for decades and has some amazing findings. Here's an animated look at how our time-orientation shapes our families, careers, and happiness. Follow this link to the video... <http://www.karmatube.org/videos.php?id=1989>.

## 29. Interfaith Amigos

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

No one owns the universal." On this International Day of Peace and Global Day of Non-violence, the Interfaith Amigos - Rabbi Ted Falcon, Pastor Don Mackenzie, and Imam Jamal Rahman - teach us, using humor and compassion, to bridge the gaps between understanding and the common points of all faiths. Though no laughing matter, these religious healers embrace inter-faith collaboration, and show it to be one of our great moral hopes. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3393>.

## 30. Dakota 38

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

"To be Dakota means to walk in peace and harmony with every living thing. That is our way." On December 26, 1862, 38 Dakota leaders of the U.S.-Dakota War of 1862, were hung in the largest mass execution in U.S. history. In May 2005, Jim Miller, a Dakota spiritual leader, had a dream of riding across the great South Dakota plains to Minnesota and watching 38 of his ancestors being hanged. In December 2008, Silas Hagerty and members of Smooth Feather Productions filmed this 330 mile ride of healing and reconciliation from Lower Brule, South Dakota to arrive at Mankato, Minnesota on the anniversary of the execution. Everyone, throughout the 6 years of the making of this 1 hour, 18 minute documentary film, provided their services as a gift to the project. The screening and distribution of "Dakota 38" is offered as a gift to everyone. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3554>.

## 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. 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)

## 41. 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.

## 42. 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.

## 43. 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)

## 44. 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.

## 45. 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>

Serving your personal journey toward enlightenment...

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 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/)

## 46. **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)

## 47. 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

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).

## 48. The Inner Journey – A 2-Weekend Course with Richard Harvey

### THE INNER JOURNEY

Holistic Awareness Practices for Psycho-Spiritual Practitioners  
and Students of Personal and Spiritual Development

A Two-Weekend Course with Richard Harvey in Andalucia, Spain

#### Nothing is Greater than the Human Heart

The Inner Journey is a course for practitioners and people who wish to develop the tools for exploring the inner world. Beyond the conditioned behavior and emotional patterns of our personality lies our authentic self. To live from this authenticity we must be psychologically whole. We must meet ourselves on all the levels – emotional, mental, physical, spiritual and soulful. Through confronting the dark and powerful, dazzling and profound aspects of ourselves, our personal struggle and suffering comes into clear perspective and we can attain the wisdom and inner peace that are inherent in the full flowering of a human life and live our full potential.

**“I am touched, moved and inspired by your motivating, life-transforming writing and work. A deep bow of appreciation from my heart and soul to you and your life changing work.” – Guruji Aruneshvar, Spiritual Master of the Param Shiva Adi Nath Sect, Blue Light Foundation for Shiva, Mumbai, India**

**In This Course:** We ask: how do we identify with the character which we created to defend ourselves from the world? How do we attract repetitive life experiences which “justify” these defenses and patterns? How do we resist being who we are and submit to a contracted existence? This course is a synthesis of experiential and teaching experience which consolidates and supports the process of deep understanding and insight.

**“I recommend for you too; to allow yourself time to discover the spiritual education wisdom understandings that Richard is being inspired to share with mankind....” – Jansenius T. Lange Jnr., modern philosopher, author/writer, keynote public speaker, Founder/President of Self-Development Wisdom Institutes**

**Methods:** The course weekends are themed to meet the needs of the individuals in the group. Methods may include bodywork, group sharing, guided imagery, breath and energy work, meditation (moving and still), dialoging, drawing, dreamwork and mythwork, dyad work, ritual, awareness practice, primal integration, character exploration, gestalt and individual work within the group.

Serving your personal journey toward enlightenment...

**“Richard has been sharing his therapeutic philosophy with me since 1996 and during this time I have witnessed his work bring about the most dramatic, profound and miraculous changes in people.” – Susan Quick, Director of Enabling Radio**

**Format:** Each weekend follows this general format: Saturday is for group process time and individual work; Sunday includes an informal talk followed by a seminar and experiential work on the theme and further process if time allows.

**Dates:** 13-14 October and 10-11 November 2012

**Price:** 400 Euros (some places are available at a reduced price)

**The Venue:** Cortijo Llano de Manzano Personal and Spiritual Growth Center, Canar, nr. Orgiva, Spain. See information at <http://www.therapyandspirituality.com/location-alpujarras-spain.html>.

**Times:** Saturdays: 10am to 6pm Sundays: 10am to 4pm

**Booking:** Click on <http://www.therapyandspirituality.com/bookings.php> to make a booking.

You will need to pay a deposit of 50% of the course price with your booking—this deposit is not refundable if you cancel for any reason.

**Food and Refreshments:** Tea, coffee, herb teas and biscuits are provided. Please bring your own light lunch.

**Getting There:** Please see <http://www.therapyandspirituality.com/travel-information-alpujarras.html> on how to get to the area and to Cortijo Llano de Manzano itself.

**Accommodation:** All courses are non-residential. If you are traveling to attend and need help finding accommodation please go to <http://www.therapyandspirituality.com/travel-information-alpujarras.html#accommodation>.

**Full details at** <http://www.therapyandspirituality.com/courses.html#innjourney>

Interview about group therapy: Richard Harvey answers questions about group work and group therapy on workshops and courses at <http://www.therapyandspirituality.com/interview-group-work-2.html>

## FURTHER RESOURCES:

### **WEBSITE**

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

### **SOCIAL MEDIA**

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

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

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

Twitter: @RichardHarvey7

### **ARTICLES**

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

### **BOOKS**

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

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

### **WORKSHOPS/COURSES**

<http://www.therapyandspirituality.com/calendar-workshops-courses.html>

### **BIO**

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

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



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Richard Harvey

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Tel: Spain (0034) 958 953 033

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

## 49. When Mind and Soul Meet: A Dialogue Between Mental Health and Spiritual Care

North York General Hospital is presenting its inaugural symposium on Tuesday Oct. 30th from 1 to 4:15 p.m. We have invited a number of speakers to present and discuss the interface between mental health and spiritual care. Each participant will speak and then we will have a panel discussion. We are very excited to present this opportunity to you, so we hope you'll save the date and come join us. Don't forget to register as space is limited and registration is free.

Rev. Joan Silcox-Smith

Director: Spiritual and Religious Care, North York General Hospital

416-756-6311 or [Joan.Silcox-Smith@nygh.on.ca](mailto:Joan.Silcox-Smith@nygh.on.ca)

## 50. The Gift of Listening: Becoming A Listening Presence

Led by Miriam Frey at a farmhouse, beside Stonehouse Gallery outside New Hamburg – 3171 Bleams Road.

Sat Nov 3, 2012 from 9:30 a.m. to 4:00 p.m.

Cost: \$90 includes lunch; \$80 if you bring a friend

Listening deeply is a gift we offer one another. Designed for those interested in paying attention to and improving their listening skills both in their professional and personal lives. To register: contact Miriam Frey [mfrey@sentex.ca](mailto:mfrey@sentex.ca) or check [www.sacredlisteningministries.com](http://www.sacredlisteningministries.com)

## 51. Together, Sharing the Journey Retreat – Group Spiritual Direction Training

Feb 28 to March 2, 2013

Save the date! Location and other details to follow.

For those new to, currently engaged in or offering group spiritual direction and want to enhance their practice as facilitators or participants. This retreat gives participants the opportunity to explore the theory and practice of Group Spiritual Direction through experiential learning, reflection, presentations, small group gatherings and prayerful silence. Facilitated by Maureen McDonnell, Professor at Regis College, Toronto in conjunction with Stepping Stones Ministries. For further inquiries, contact: [steppingstoneministries@rogers.com](mailto:steppingstoneministries@rogers.com)

## 52. The Feeling Practice of Awareness

**RICHARD HARVEY**

*presents*

### **THE FEELING PRACTICE OF AWARENESS\***

**· Sacred Practices for the 21<sup>st</sup> Century ·**

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

**17 & 24 Oct 2012**

*“As you practice inner work (in whatever discipline) you soon realize that the most powerful tool you have is awareness. Becoming aware of yourself leads to an overwhelming acceptance of the parts of you which you like and the parts of you which you don't like. You begin to embrace not only your out-going personality (the person you pretend to be), but also the darker, shadow aspects of yourself, which crave but never receive acceptance. But you need to approach your practice with enthusiasm and engagement. It needs to be a practice you want and feel to do, which brings you fulfillment in the moment, satisfies the heart and brings you joy. With this feeling attitude, this way of engaging with the practice of awareness, you will have profoundly positive results. Passing through guilt and shame, grief and anguish, you will emerge as a whole human being.”*

The most powerful tool you have is awareness. The simple practice of becoming aware of yourself leads to an overwhelming acceptance of the parts of you which you like and the parts of you which you don't like. You begin to embrace not only your out-going personality (the person you pretend to be) but also the darker, shadow aspects of yourself, which crave but never receive acceptance. The meeting of your outward personality with your inward shadow comprises you in your wholeness. Passing through guilt and shame, grief and anguish, you emerge as a whole human being. The most powerful tool you have is awareness. The simple practice of becoming aware of yourself leads to an overwhelming acceptance of the parts of you which you like and the parts of you which you don't like. You begin to embrace not only your out-going personality (the person you pretend to be) but also the darker, shadow aspects of yourself, which crave but never receive acceptance. The meeting of your outward personality with your inward shadow comprises you in your wholeness. Passing through guilt and shame, grief and anguish, you emerge as a whole human being. The most powerful tool you have is awareness. The simple practice of becoming aware of yourself leads to an overwhelming acceptance of the parts of you which you like and the parts of you which you don't like. You begin to embrace not only your out-going personality (the person you pretend to be) but also the darker, shadow aspects of yourself, which crave but never receive acceptance. The meeting of your outward personality with your inward shadow comprises you in your wholeness. Passing through guilt and shame, grief and anguish, you emerge as a whole human being.

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

Serving your personal journey toward enlightenment...

Format: Two small group lecture-seminars over Skype as a conference call, lasting a total of 3 hours. Written assignments, experiential tasks and psycho-spiritual practices given by Richard to complete and implement between meetings.

Times: 15.30-17.00 Central European Time Zone (CEST).

Price: 160 Euros. (*N.B.* Two places are made available at a reduced cost to students who are unable to afford the full fee.)

Booking: Send a message via <http://www.therapyandspirituality.com/contact-us.php> stating your wish to enroll on this course. On receipt of a confirmation email, please pay a non-refundable deposit of 50 % (80 Euros) at <http://www.therapyandspirituality.com/pay-online.php>. Please select "course", the course title and 80 (for amount, unless you have agreed a lesser amount) and proceed making your payment online.

- This course may be taken as a complete course in itself or as the first in a series of online training courses comprising an introduction to Sacred Attention Training (SAT).
- 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>

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

For further reading see

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

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

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

contact

<http://www.therapyandspirituality.com/contact-us.php>

to participate

\* the company of an assembly of persons who listen to, talk about, and assimilate the truthWEBSITE

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

SOCIAL MEDIA

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

Twitter: @RichardHarvey7

Also join me on my personal Facebook page at <http://www.facebook.com/richard.harvey.735> for inspirational photos, writings, workshops, courses, book details, articles, psycho-spiritual training, individual and couples sessions, practitioners' supervision, residential retreats, upcoming radio show appearances, public talks, group events, poems, bio, booking details, music, questions & answers, travel details, free downloads, video talks, spiritual teaching and latest news...

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## 53. Harmony in Action: Compassion and Reconciliation Conference

October 3-4th, 2012

89 Chestnut Conference Center of University of Toronto

For the first time on record, the first nations will join the major faiths in defining Canada's pluralistic identity.

Featuring **Hanne Strong, Dave Courchene, Nio Acharya, Bishop Linda Nicholls, Rajiv Malhotra, Dr. T.S. Rukmani, Avrum Rosensweig, Imam Abdullah Antepli and Ramandeep Kaur Grewal...**

Organized by the Hon. Paul Hellyer, Dr. John Joseph Mastandrea, Fr. Damian MacPherson, Chander Khanna, M. Fatih Yegul, Zul Kassamali and Annabel Hoyt with Rev. John Hill, Fredelle Brief, Sarah Harrington & Michael Skaljin

Museum of Asian Art TAIC Family Life Foundation

For tickets and more information — [www.HarmonyInActionConference.Eventbrite.ca](http://www.HarmonyInActionConference.Eventbrite.ca)

## 54. Galilee Centre Welcomes Delores Hall

**Dolores** is presently employed at the Spirituality Retreat Centre, Providence Centre, Kingston, Ontario. She is an experienced spiritual director, supervisor and group facilitator, she does retreats, workshops, days of reflection, and on-going spiritual direction.

On **Tuesday, October 2<sup>nd</sup>, 2012 from 10 am to 3 pm** Delores will be coming to Galilee Retreat Centre to talk to Directors about Spiritual Direction.

The **Cost** for the day which includes lunch is **\$25.00**.

If you have any questions or haven't confirmed your place yet please contact me at the address below. We hope to see you there.

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Ken Mansfield-Operations Manager  
Galilee Centre, 398 John St. North  
Arnprior, Ontario K7S 2P6  
613-623-4242 ext.29  
[kmansfield@galileecentre.com](mailto:kmansfield@galileecentre.com)

## 55. SpirITual Direction: Exploring New Ways of Connecting with Directees

**When:** Tuesday, November 6th, 2012  
7.00 p.m. – 9.30 p.m.

**Where:** Centretown United Church

Serving your personal journey toward enlightenment...

507 Bank Street Ottawa, corner of Bank and Argyle

Parking at rear of church off Argyle, and on surrounding side streets.

Enter building off of parking lot at rear, or through Bank Street south doors.

**What:** *"Spiritual Direction: Exploring New Ways of Connecting with Directees"*

*How is information technology (IT) and social media opening and expanding opportunities to reach out to directees and allow directees to reach out to us? How might IT be used in our spiritual direction practices to enable, cultivate and nurture loving, compassionate and caring relationships with those we may wish to serve from afar? What options are available to invite, embrace and celebrate IT as a tool for spiritual direction? Join us for this enlightening evening to examine, explore and discuss how IT and social media may serve us, and our directees, on our mutual journeys of discovery and healing.*

**Who:** *Rev. Robert Meagher is an Interfaith Minister who leads an interfaith ministry initiative called Spiritual Guidance in Ottawa. Before accepting his call to ministry, Robert spent almost 25 years in the information management / information technology industries, in various capacities, in the education, arts, financial, healthcare, not-for-profit, and government sectors. As part of his ministry work, Robert offers spiritual exploration and soul coaching services (i.e. spiritual direction) in person and via an international Skype practice. In addition, Robert leverages various social media tools like Linked In and Twitter to expand his reach locally and globally. Robert is honoured and grateful to be leading this evening's discussions and share in a dialogue about the use of IT in our respective spiritual direction practices.*

**Mr. Michael Anderson** *is a full-time Professor at Algonquin College, a long time student of theology, and a perennial Seeker. He delights in challenging his audiences to examine and question the assumptions & messages put forth by our society, particularly as they apply to matters of importance, purpose, and meaning. Michael is a passionate speaker; he enjoys engaging people and strives for a sense of deep personal connection.*

**Why:** *Learning, reflection, sharing, fellowship*

**Registration:** *To Karen Fee ([jandk.fee@sypatico.ca](mailto:jandk.fee@sypatico.ca)) or telephone 613-234-2432 by October 31*

**Fee:** *Free-will donations gratefully accepted to cover costs for Ottawa Spiritual Directors continuing education events and reflection days.*

## 56. Hebrew Multifaith Golden Rule Poster Now Available Free Online

Dear interfaith colleagues around the world:

[The Interreligious Coordinating Council in Israel](#) and [The Scarboro Missions Interfaith Department](#) (Toronto, Canada) are pleased to announce the publication of a Hebrew-language poster featuring texts of the Golden Rule in 13 religions.

This striking multifaith poster has been produced in a number of languages around the world and has made a profound impact as an educational and interfaith resource.

Individuals and organizations are permitted and encouraged to reproduce the poster in print and electronic form for educational purposes. Please feel free to post the poster on your website. To view or download free of charge, click link below.

Please feel free to forward this announcement and link through your communities and networks for use in newsletters, bulletin boards, websites, mailing lists, list-serves, blogs, Facebook pages, twitter, etc.

[https://www.scarboromissions.ca/Golden\\_rule/docs/hebrew\\_poster.pdf](https://www.scarboromissions.ca/Golden_rule/docs/hebrew_poster.pdf)

# Spiritual Guidance

Serving your personal journey toward enlightenment...

Peace

Paul McKenna

Scarboro Missions Interfaith Dept.

2685 Kingston Rd.

Toronto, Ontario

Canada M1M 1M4

tel. 416-261-7135 ext. 296

[www.scarboromissions.ca](http://www.scarboromissions.ca)

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

**Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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Ottawa, ON K1R 5J3

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Skype: robert.meagher.03171966