

Serving your personal journey toward enlightenment...

***Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy!***

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

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### An Angel with A Bouquet of Flowers

I am blessed and full of gratitude to live in a beautiful, residential community, just on the outskirts of the downtown core of Ottawa. The neighborhood is dominated by century-old homes with front porches and architecture that is imbued with character. Many of the homes, including ours, have small flower garden plots in the front. The neighborhood is also home to an eclectic potpourri of residents—including a transient community of drug addicts.

One day in late August I was in the kitchen making my lunch and the doorbell rang. The front door to the house has a large window in it so you can see who is standing on the front porch. As I approached the door, I could see there was a woman at the door; a woman I had not seen before. She looked bedraggled and was carrying a straggly clump of flowers.

Before I got to the door my egoic mind started to kick in. “Oh, who is this?! Please don’t be another drug addict who is going to tell me a yarn about some sad story so that she can try and get some money from me to support her drug habit.”

I opened the door and said, “Hello.”

“Hi” said the woman on the front porch. “I have no money to buy flowers. I would like to make a bouquet of flowers for my friend who is attending a funeral this afternoon and I was hoping I could have some flowers from your garden.”

Her eyes were sunken. Her face was drawn. She spoke with a slur. She was clearly someone whose life had presented her with hardships. Her body language was nervous and expectant; I sensed she was expecting me to tell her to go away.

As I took in her greeting, her story, her request, and her physical image, an energy started to build in the middle of my chest. This energy caused me to stand up straight and my heart to open. I could feel the energy course through my body. All of this was seemingly instantaneous.

“You can help yourself to any flowers you would like”, I said. She looked at me, her face started to tremble; her knees buckled and she collapsed to the porch floor, sobbing.

I knelt down, put my hand on her shoulder and said, “Wait here, I’m going to get some scissors so we can cut some flowers together.”

I raced to the kitchen, grabbed some scissors and bolted back to the front door. On my way to the front door, I grabbed a fresh bouquet of flowers sitting in a vase by the front door (my partner and I always keep a fresh bouquet of flowers on a table by the front door).

I walked out onto the front porch with the bouquet of flowers. “Here; these will get us started. Now let’s go into the garden and cut some more flowers for your bouquet.” Our guest had picked herself up off the porch floor and was drying her tears.

We walked down into the garden and I asked her to select some flowers she thought would be nice for her bouquet. We had Echinacea, Black-Eyed Susie’s, Lavender, Lilies, Daisies, and a medley of other flowers to choose from.

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As we were cutting flowers for her bouquet, I asked her who had died. She explained a friend who was a heroin addict "did not make it". She shared that she too was a heroin addict but that her recovery was going well. She went on to share that she was making the bouquet of flowers for her friend who was going to the funeral in a couple of hours. The family of the deceased would only allow immediate family to attend and that while her friend was not immediate family, she was planning to attend the funeral anyways because she had been by the bedside of the deceased for the last two weeks of his life, while his immediate family had disowned him.

We spent about 10 minutes cutting flowers and she shared some of her life story with me. I was taken by her gut-wrenching honesty and candidness.

After gathering a large bouquet of flowers I asked, "How does that look?", as I held up our marvelous bouquet and smiled.

"Great!" she said, with an equally big smile on her face. As she took her new bouquet of flowers in her left arm, she held out her right hand, and with a glorious air of confidence said, "My name is Grace."

"Grace, indeed", I said (smiling). I asked her if I could give her a hug. She teared up and embraced me. We held on to each other for a good 10-15 seconds—it felt like much longer.

"Off you go", I said smiling. "Your friend has a funeral to get to."

"Thanks", said Grace. She turned, and started walking away. I watched her walk down the street, wiping tears from her eyes, and holding her new bouquet of flowers in her arms.

When Grace rounded the corner at the end of the block, I walked back up the front steps. When I reached the top of the steps, I noticed a couple of flowers Grace had left behind from her original bouquet. They must have fallen to the porch deck when she collapsed in tears. My initial thought was "I must run after Grace to give her these flowers"...and then I thought, "No, I think I'll leave them here to remind me of the angel that just dropped by to pay me a visit."

Many of our faith traditions teach us that in giving we receive; equally, what we want to possess we must give away. Both these concepts may seem like paradoxes at best, and contradictory at worst. Yet, on this day, Grace was a divine teacher who gave me far more than I could ever hope to give her with a bouquet of flowers. Grace's spirit remains with me to this day.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

Simplify from the inside out. Many of us are trying to simplify our lives. It is a wonder how complicated this process can be, until I discover that my external situation is a reflection of my inner world. To truly simplify my circumstance I must begin by cleaning out the thoughts that clutter my inner world. Today let me sort, sift and pack away any thoughts that prevent me from simplifying.

We are not our reputations. Each of us is so much more than our reputation. When I meet another person our reputations bump into each other, however inside the reputation is a being with many experiences, thoughts and feelings. Today let me consider myself and everyone I meet as much more than a reputation.

True honesty means that what I am on the inside is the same as what I am on the outside. Honesty means I do things for the right reasons. It means I don't encourage any type of illusion or falsehood in my life. Today let me be honest by being genuine, authentic and real.

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Have a big heart. With a big heart the impossible becomes possible, solutions emerge from hidden places and cooperation comes from all directions. A big heart magnetizes help. A big heart is the consciousness of wanting everyone to benefit, not just my small circle of loved ones and friends. Today let me expand my heart by sacrificing the limited consciousness of "mine."

A smile on my face shows that my consciousness is light, open and elevated. When I allow my consciousness to sink into heaviness I lose my smile. Today let me maintain an inner and outer smile.

Consciousness is energy and as beings of consciousness we are therefore that 'energy'. However, like the sun, we tend to scatter the energy of our consciousness in many directions with little focus. We don't realize how powerful we can be until we focus that energy with a clear sense of 'purpose'. No purpose equals no focus, which means the full 'power' of our consciousness is not being realized. When we do focus our energy into power, exactly how we use that power will either be guided by our consciously chosen values and principles, or by our subconscious beliefs.

Self-responsibility is the foundation of self-mastery and being a powerful...being! The idea that we are the creators of all that we feel at every moment sounds both logical and easy but for most of us it is the hardest thing in the world, simply because we have all been deeply conditioned to believe, "It is not me it is them! It is them that's making me feel this way". This one belief almost runs the world today. Few realize that whenever we point outwards at someone or something as the cause of what we feel, we are disempowering and disabling our self.

Passion is often confused with desire and lust, or sometimes with anger. But true passion is the natural enthusiasm of the self when we are doing something that we are consciously and joyfully choosing to do. One way to get a sense of the level of your 'passion', i.e. your enthusiasm, is when you awaken in the morning. What tends to be your first thought, "I HAVE to get up and go out to work" OR "I WANT to get up and..." Anytime we say we 'have to' do anything it means we are living our life reluctantly.

Just as I pack carefully when I travel, selecting the right clothes for the destination and purpose of travel, in the same way do I select my thoughts carefully and accordingly? When I take care to pack the thoughts that are needed I leave behind those that would make my mind too heavy or clumsy to travel lightly. Today let me pack thoughts that will bring benefit and leave out waste thoughts.

Spiritual strength is revealed in gentleness. Unlike physical strength that demonstrates itself through force, dominance and manipulation; spiritual strength is expressed through consistent kindness and gentleness. Without spiritual strength a person is too soft and must protect that softness through force. When I have spiritual strength I have the power to sustain gentleness. Today let me strengthen my capacity to be gentle.

Over time extroversion - focusing outwards seeking pleasure and stimulation - leads to a feeling of inner emptiness. The only way to fill the emptiness is to turn within and nurture myself. To be alone, to be quiet, to listen to my inner voice, to have a conversation with myself are nurturing activities, filling the inner reservoir with light and power. Today let me practice introversion to enrich my life.

True respect is given without desire for return. If I give respect in order to get it back this is a business deal. However when I give respect independent of whether I get it back or not this is true respect. Today let me give respect without expecting it back.

It is a completely unique spiritual effort to maintain my self- respect. No matter what situation arises, my primary aim is to maintain my self- respect, to act with dignity and kindness in all situations. Self- respect is an expression of self- love. Today let me make effort to maintain my self - respect all day.

You can be sure that if you remain focused on truth, basing your daily decisions on it, your life will become a reflection of this truth. When we choose to live our life according to our own highest truth we will be challenged. Sometimes obstacles come in the form of external opposition and unexpected difficulties or as internal emotional upsets and upheavals. However, decisions, made to weather these storms, when based on truth, always result in success. Today let me live my life according to my own highest purpose.

How many images are there of me in a room? There are my own images of myself, past present and future. Then there are the images that others have of me. In reality I walk through my day surrounded by a gallery of images. How is it

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possible to have meaningful communication between people with so many images? When I strip away the outer images of body, reputation and history I am able to have a meaningful connection with the spiritual being inside the body. Today let me connect with others beyond images.

You are a spiritual being having a human experience. As a spiritual being, this human body and human realm is a playground for experiences. When I maintain the awareness that I am the spiritual - conscious - being within the material costume, I re-establish a healthy relationship with my body and the world around me. Today let me enjoy being a spiritual master in the physical world.

Attachment is when the thread of my intellect gets sewn into the story of others. When I am attached to people, situations or ideas I lose the clarity of my own inner experience. This outward focus links my thinking so closely to others that I am no longer aware of the respectful space between myself and everything around me. Today let me create respectful space in my life.

Behind the masks and beneath the fears you see the beauty within every heart. To see the beauty of every being is to create beauty in the world. It requires a discerning "eye" or intellect to see behind the masks that everyone wears. When I come out from behind my own mask, I can more easily see behind the masks of others. Today let me see the virtues and the nobleness behind the masks.

Humility means being free from the arrogance of my body, position, possessions, intelligence, personality etc. Where there is humility there is newness in everything I do because it is not stuck in old patterns. Today let me use humility to fill my thoughts with respect, my words with significance and my actions with accuracy.

Preferences exhaust the mind. When I have preferences for what I eat, what I do, who I spend time with, I spend a great deal of energy making sure I get to experience those. However when I am sick or circumstances remove the choice of who I am with, what I eat and what I do, I discover very quickly how much freer I become. I also notice how much energy was lost trying to fulfill preferences. Today let me rest my mind by taking a break from wanting and having preferences and go with the flow of what life offers to me and enjoy a rest.

Is the world getting older or newer? Some say that advances in technology show that the world is becoming newer. Others say that simply with the passing of time the world is older. What is new and what is old? Human systems, the natural and material world are getting older, running out of energy and beginning to decline. Human consciousness, on the other hand, is renewing itself by seeking new ways to be happy and content beyond materialism. Today let me align myself with renewal.

You are unique--it is the one thing we ALL have in common!-- and it is impossible to look or be the same as anyone else. Many of us do not know what makes us unique. Sometimes we think of our unique talents or skills, but what makes each of us unique is a special blend of virtues expressed in a unique way. When I realize that my uniqueness exists at the subtle level of virtues, I can be open and observant to notice them as they reveal themselves in action. Today let me appreciate my own uniqueness.

Ego is made of the false identities I carry and protect, thinking they are the real me. They are not me, they are identities I have created based on my qualities, my possessions or a position I have. When these images are challenged I become defensive, thinking the real me has been attacked. There is great relief when we recognize the false identities and stop defending them. Today let me treasure the real me, free from ego.

The ability to use knowledge is power. Until I use knowledge it is only information. I may know a lot about many things, including spiritual knowledge, but it is only when I understand something and begin to practice it that I experience its power. Today let me apply what I know and benefit from the power of knowledge.

Silence calms your heart. It is a balm that heals the wounds of the soul. It strengthens the spirit and takes me to a world without sound where peace reigns. When I create silence within myself, even for a few seconds, I feel soothed and healed. Today let me use silence to heal.

When something is missing in a situation; add it. It is up to me to notice what is missing in situations; perhaps love, kindness, respect, understanding, and then to offer these qualities. It is that simple. Rather than complaining about its

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absence I can gently, and decidedly just add the missing ingredient to complete the situation. Today let me add what is missing.

Challenges come to help me upgrade my skills, my attitude and my capacity to respond in the face of fear, hopelessness or helplessness. Challenges get bigger as I get stronger. When I see challenges for what they really are I can be grateful to them for the training they offer. With this attitude solutions are more easily found. Today let me conquer challenges.

Many of us have a relationship with time as an enemy or fearful foe, afraid there is not enough of it, or it won't wait for me to arrive at my destination. To relate to time in this way is to feed a relationship of fear. Instead I can see time as a friend and cultivate its cooperation. When I remain peaceful rather than rushed, time slows down to accommodate me. Today let me talk to time as a dear friend.

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

## 3. Poem

### **Wings of humanity**

We are here for you. For everyone.  
We do not distinguish between race, age, religion.  
Nor between language, country, nation.  
We can tell any story,  
From the glorious legends of great heroes  
To the small individual conquests, thoughts, ideas  
Of those people who thought that their lives were not important.  
For us, the story of Ulysses, the works of Kant, or the passions of Cleopatra, are just as important  
As the life of Anne Frank, a kitchen manual, or the letter of a woman in love.  
We are the ones who take you to other worlds.  
Secret worlds, real or imaginary,  
Totally personal, but to be shared.  
Experiences, lives, feelings of others.  
Because life, so passion filled,  
So infinite,  
And yet so finite,  
Smiles with too many experiences  
For them to be one's own in just one short lifetime.  
That is why we want to help you.  
We would like to share the flowers and the storms of life.  
The laughs of children, the tastes of old people.  
The dreams dreamt by those who almost did not know how to dream.  
For small children we will only be marks, sounds, without sense.  
But, what joy! – the day we give meaning to those young souls.  
Although we are the servants of good  
We can also be used for bad.  
That depends on you,  
On your choice.  
But for good or for bad  
Embrace us. Glide through knowledge.  
Our intention is humble:  
To give human beings a road  
To grow as people,  
To develop,

To lead lives full of meaning,  
Lives dignified to be remembered.  
We are words. Read us.

Xanthe Harvey

## 4. Quote or Question

The only way love can last a lifetime is if it's unconditional. The truth is this: love is not determined by the one being loved but rather by the one choosing to love. (Stephen Kendrick)

## 5. This Month's Heart and Soul Picks

Each month I am blessed and honored to co-create this spirit-filled e-newsletter with and for a growing community of heart-centred people around the world. I am grateful to receive a cornucopia of content for this e-newsletter, and I read all of it. Sometimes, there are a few e-newsletter items that, on any given month, speak to me more than others and that I invite you to take a moment to explore for yourself. Below are this month's 'Heart and Soul Picks'.

16. The following 'Good News Of The Day' stories...

It all began with gratitude...And maybe some sneakers and paint. He goes by the name Peace Artist, and he spent the past year running 6,000 miles from Seattle, Washington to Savannah, Georgia. He ran until given shelter and fasted until given food. He carried no money with him, only art supplies, with which to create original works of art that he gifted along the way. He never asked for anything on the road, and yet received so much. In the following interview he shares stories and insights from his unique journey. [{ read more }](#) **Be The Change:** For Peace Artist it all began with gratitude. Experiment with living in a space of gratefulness today for all that comes your way.

Rick Van Beek used to smoke two packs of cigarettes and chew a tin of tobacco a day, and the only exercise he got was playing in a Monday night softball league. But two years ago, Van Beek quit smoking, lost weight, whipped himself into shape and started running. It turned out that all Van Beek needed was a little inspiration to get off the couch. "If you want to be a runner, you have to have something to run for," Van Beek said. "For me, it is for Maddy." [{ read more }](#) **Be The Change:** Take a moment to give gratitude to those in your life who inspire you to be your best self.

"Where does this fear of uncertainty and the future come from? It might seem like a silly question, but if you think about it, there's nothing inherently scary about the future, even if you don't know what's going to happen. It's not more likely to be painful or disastrous than the present already is -- it just seems that way. If we become comfortable with change, it's not scary. We can then embrace it, find joy in it. So how do we get good at change? Some suggestions that are working for me (I'm still learning)." Leo Babauta shares more. [{ read more }](#) **Be The Change:** Consider your own relationship to uncertainty. What changes might you make in your life to embrace it more fully?



# Spiritual Guidance

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- 17. Living From The Heart
- 19. Gaining Mental Power
- 26. 21 Ways to Celebrate Life
- 29. A Lifetime of Favors
- 31. Fantastic Fungi
- 33. One Hat, One Heart

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

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

### 6. Richard Harvey – Releasing Yourself from Playing Roles

Who are you really? When everything that's attached is stripped away, what remains? Who or what is it that you truly are?

We can start this classical, timeless enquiry by answering, "I am not what I do." (Later "I am not what I have" and "I am not what I appear to be" may join).

What we *do* casts us into the area of roles. So, let's look at them. For this you will need a notebook and pen or pencil to hand (I was born in the twentieth century, before keyboards were dominant).

Roles are important in our life. Sometimes so important that we cling to them, as if to a life raft to stop us from drowning. Some years ago in a workshop I met a man called Alan. In the initial sharing that precedes most of my workshop processes, Alan started with, "I am an architect..." Inner work attracted Alan and after a number of workshop sharings, all begun with, "I am an architect..." I felt the time was right to lift the mask off. So, following the group sharing I looked him straight in the eyes and said, "*You are not* an architect." He looked at me quizzically and then, deepening, insightfully, then, deeper still, excitedly... "... and you know you're not an architect," I added.

Alan looked at me surprised and grateful, as layer upon layer of conditioning, conformity, expectation, parental wishes and others' aspirations rolled off him in waves of cathartic energy, crying and trembling. Sorrow and frustration pooled before him and cleared the way for his inner journey to self-knowledge and self-awareness. It was great for him – the "I'm not an architect"-insight. And it was great for me, for it reinforced my confidence and trust – as a therapist, an agent of transformation, you must gauge when it's the right time to be confrontative and act!

This anecdote illustrates the importance of transcending your roles and not identifying with what you do, because *who* you are is different to *what* you do and you fulfill a tremendous variety of roles in your life.

I want you to write down a whole bunch of these roles... let me show you. This is me – well, my roles anyway: father, psychotherapist, retreat organizer and leader, writer, author, cook, domestic cleaner, dog-walker, administrator, hole-digger, driver, shopper, lover, friend, husband, musician...

Now, I didn't think about this list. I just wrote it down and that's the way I encourage you to do it... [Pause for you to write your own list]...

Now, draw three circles, one in the middle of the page, one around that one and a third encircling the second circle. You now have something resembling a sombrero or a cone with three elevations or levels seen from the top! Re-write your list, this time evaluating each entry, so that the roles you are most attached to, the ones that are most important to you and central in your life (inner life?) are written in the middle circle, the ones you are slightly less attached to are in the second or middle circle and the roles you are least attached to and are least central in your life are in the third or outer circle... [Pause while you complete this]...

Next, either in the three circle diagram, alongside it or on a separate piece of paper, if there's insufficient space, I want you to write in some qualities, some associations with each of your roles. For example, father – duty, material joy, restrictions; psychotherapist – meditation, status, healing role...

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Finally, I want you to contemplate the work you have done. First, you have delineated your roles, which are the labels you ascribe to your acts of doing, your enterprise, your achievement-oriented self (or selves). Second, you have graded your roles into three areas of importance and attachment. Third, you have described what each of your roles means to you, which may in time reveal how you are attached to them.

Once you have seen how and why you are attached to your roles you may be able to work at releasing yourself over time, freeing yourself to be yourself and paradoxically you will be even better at what you do. As I often advise people who are looking for a therapist, "Find one who's not attached to being a therapist (because they will also be attached to your remaining a client)!"

The complement of this work on roles is to sit quietly with yourself. You are a miracle, an individual, an unrepeatable event, existing at a particular point in time, living in a particular location in space. Breathe. Recognize your uniqueness, your glowing individuality, your precious qualities, abilities, talents and essential humanness. There is something beyond roles and appearances, beyond even the individual separate heart. Let it glow and move and experience within you, deeply and totally. Let us not call it spirit. Let us not call it soul or love or bliss or inspiration or peace or truth or contentment, wholeness or unity consciousness, awareness or understanding or insight. Because it is all of these and more.

It is indescribable. It is *you*.

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 – A Thought Creating Universe

When I say I love you  
I am sending a prayer to all that is  
Ever was or ever will be from the past  
An offering to the Mind of God in the present  
The awakening of the holographic image  
Within the Mind of God to its True Source  
To all that is, is all that is a luminous reflector of the One  
We pay lip service to but can not comprehend  
Love is what our fractal being re-members  
When I say I love you I am saying that I love the ethereal image  
It's "Oneness" is creating in the Image of the One  
The I am is as God is creating, eternal and free  
Holy Continuity is breathing upon the hologram  
And as the hologram awakens the realization  
Reverberates and entrains to all it penetrates  
Love is what I am and always have been  
Spirit without limitation where a single thought  
Ascends twenty billion light years and  
Love corrects all past perversions

When I say I am sorry  
I am sending a prayer to all that is  
Ever was or ever will be from the past  
An offering to the Mind of God in the present  
The awakening of the holographic image  
Within the Mind of God to its True Source  
All that is, is all that is a luminous reflector of the One  
We pay lip service to but can not comprehend  
Sorrow is what our fractal being experiences  
Sorrow for having forgotten the meaning of Love  
Sorrow for creating the ego figment of imagination  
Sorrow for attempting to substitute our plan for God's  
A nanosecond of lunacy created this perceived insanity  
A meaningless whirlwind of timelessness that perpetuates  
Reverberates and entrains to all it penetrates within  
The confines of this form of thick muck my Spirit slept  
It seems sorrow is what I am and always have been  
Inebriated with the lust of self-made mis-creation  
Dumbed to the true function of this holographic game.

When I say please forgive me  
I am sending a prayer to all that is  
Ever was or ever will be from the past  
An offering to the Mind of God in the present  
The awakening of the holographic image  
Within the Mind of God to its True Source  
All that is, is all that is a luminous reflector of the One  
We pay lip service to but can not comprehend  
Forgiveness is the function our fractal being yearns for  
Forgiveness for the attack thoughts we inflict upon our Holy Field  
Forgiveness for all grievances of lack and idols that never were  
Forgiveness for consciousness with which we conquer all life-kind  
Forgiveness for the thought, we could be undone from your vibrant presence  
These are mistakes of mis-creation and we believed them because we created them  
Authorship is its' own meaningless vanity  
Within the timeless vortex that was then and this is Now!  
Now Oneness trickles upon the awakening hologram the realization  
Of the Light of the world ascending beyond all time and dimension  
All is light and God is light and the light of God out shines all thought of separation

When I say Thank You!  
I am sending a prayer to all that is  
Ever was or ever will be from the past  
An offering to the Mind of God in the present  
The awakening of the holographic image  
Within the Mind of God to its True Source  
To all that is, is all that is a luminous reflector of the One  
We pay lip service to but can not comprehend  
Thank You is the glue our fractal being connects to  
When I say Thank You I am saying Thank You for all that is  
It's "Oneness" is creating in the Image of the One  
The I am is as God is creating forever eternal and free  
This is the Holy continuity the One is breathing upon the hologram  
Its' willingness reverberates and entrains to all it penetrates  
Love is what I am now and forever, Eternal Spirit without limitation

Basking in the Love and light of Glorious Present Source  
Content to Dream, without desire to ever leave this blissful state of Oneness  
Thank You! Thank You! Thank You!

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 – Today I Dwell With You, Oh God

Today I dwell with you, oh God.

This simple statement reminds you of your true home, that which is with the formless GOD who gave you birth: you are one with all creation. It also protects you from needless worries and fears and negativities which are common here on earth while living a human existence. It affirms your eternal connection with Spirit, for you are never alone—we walk with you always.

Therefore, accept the challenge given to you and go boldly forth. There is no possible reason to do otherwise, as GOD is always with you –you are never alone.

“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.

“I receive your healing energy today, oh GOD.”

Much healing comes to you through the Spirit throughout your days, often unseen or unnoticed by you. The healing can be felt in a quiet moment when you pause and breathe and settle the mind for a while. It is like a subtle and gentle breeze that is felt on your face, or like a moment of sunshine felt as a lovely warmth, a caress from Spirit. You are continually receiving such a bounty, a loving and nurturing Presence from unseen forces that serve you.

It is enough to pause, notice, and give thanks for this blessing from Spirit, who will gladly bring more joy to you. We want to remind you that you are free!

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 – 10 Good Reasons to Laugh for no Reason

### 1. Laughter is a stress buster

- It reduces the levels of stress hormones epinephrine and cortisol.

### 2. Laughter strengthens the immune system

The immune system is important in maintaining good health by keeping infections, allergies and cancers at bay:

- Recent research into the effects of laughter by Dr. Lee S. Berk, Professor at Loma Linda University, California, USA, demonstrates that laughter will increase the count of natural killer cells (NK cells-a type of white cell) and antibody levels.
- Laughter therapy helps to increase antibodies (immunoglobulin A) in the mucous of the nose and respiratory passages.

### 3. Laughter is anti-aging

- It tones facial muscles and expressions.
- Laughter causes an increase in blood supply to the face, which is why some people look flushed. This nourishes the skin and makes it glow.
- People look younger and have more fun when they laugh!

### 4. Laughter is an aerobic exercise

- Laughter stimulates heart and blood circulation and is equivalent to any other standard aerobic exercise.
- Dr. William Fry, Stanford University, USA claims one minute of laughter is equal to 10 minutes on the rowing machine.
- The singular benefit almost everybody talks about is a sense of well-being because more oxygen is taken in during laughter.
- It is an exercise regime suitable for all, including people confined to a bed or a wheelchair.

### 5. Laughter is internal jogging

- Laughter massages internal organs by enhancing the blood supply and increasing their efficiency. This is especially good for proper bowel movement.
- Laughter exercises the abdominal muscles and helps to improve muscle tone.

Live ~ life ~ laughing!

Live ~ love ~ laugh!

### 6. Laughter is a Natural Pain Killer

- Laughter increases the levels of endorphins - the body's natural pain killers. Norman Cousins, an American journalist who was suffering from an incurable disease of the spine, benefited from laughter therapy in a situation when all painkillers were ineffective.
- Endorphins released as a result of laughter may help in reducing the intensity of pain in those suffering from arthritis, spondylitis and muscular spasms of the body.

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## 7. Laughter can control high blood pressure

- Experiments have demonstrated that a 10 minute laughter session leads to a reduction of 10-20 mm in blood pressure. This however does not mean that patients taking 2-3 tablets for blood pressure every day will be completely cured.

## 8. Laughter can help dump depression and anxiety

- The stress and strain of modern life takes a heavy toll on the human mind and body.
- Better sleep.
- Reduced depression. Some people claim they can manage without prescribed anti-depressant pills and tranquilizers.

## 9. Laughter Alleviates Bronchitis and Asthma

- Laughter improves lung capacity and oxygen levels in the blood.
- Laughter Club members report a marked reduction in the frequency of asthma attacks.

## 10. Laughter just makes you feel good

- Laugh and the world laughs with you. How you react to life is up to you. Live life laughing!

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 November 2012

If you look into your sky, you may see clouds: some long and delicate, others wide and curved, other white and grey: beautiful water-bearing sculptures useful and at times threatening.

When can a graceful cloud become dangerous? When it is in an unstable environment?

Your Earth and many of its inhabitants are asked to foster greater equilibrium. Although you presently observe the beauty of your planet and the genius and wonderment of its people, there lies within certain groupings uncertainty as their balance between heart and mind dissipates.

Kindly understand that we speak of "many" of the earth's inhabitants. We do not speak of "all" of your citizens.

As unlikely as it may seem to you, there is presently a great movement afoot to bring forth balance upon your planet. The settling of harmony in your entire dimension can be brought forth by the physical reestablishment and renewal of your Earth. Let us explain.

You are reminded that in your material world, a change in consciousness results in a modification of molecular structure. We present this example.

If you gaze upon your favorite cloud with intense joy, this cloud, being charged with your emotion of goodness, is elevated to a higher "beingness" of itself. Why? Because you have invited the molecular structure of this cloud to resonate

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to your joy and, as a result, you have transformed it. To your observation the cloud may seem unchanged. Yet, in truth, being charged with goodness, this cloud subsequently follows the law of harmony and influences its surrounding and distant environment in an affirmative manner.

Increasing, inhabitants of this fine planet are consciously and actively living the principles of harmony and balance. These laws, in your material world, impart that the more noble your thought *and the appropriate accompanying emotional state* the more noble the person, situation, environment and object become. Hence, the deeper you love, the more harmonious the material world. The more stable the loving action, the greater the manifestation of balance.

As you bring your planet into equilibrium through this loving thought and action, you ensure the transformation and upliftment of the molecular structure in your physical environment including the material bodies of your citizens who experience various levels of growth. This change also flows beyond the materiality of your dimension and favorably affects other less physical worlds presently not fully understood by your people.

In truth, by reestablishing balance upon your earth, you initiate the creation of a new spiritual and physical world.

We ask that you reflect upon the tremendous divine power within you and how you can best employ this force of spiritual love for the transformation and upliftment of your physical planet and your people.

It is to be remembered that all life everywhere is held in the cherished arms of the Creator. Gratitude abounds.

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 Shadow of The Great Nebula of Orion

One day, the nebula in the constellation of Orion, already the brightest nebula in the night sky, started to shine even more intensely, emitting a piercing blue-green light. Its luminosity was now so brilliant that it cast shadows during the daylight hours too, something that had always been the sole prerogative of the Sun.

This caused great excitement, for never before had such a bright celestial body been observed in the day sky. Everybody rushed outside to see this new heavenly wonder and to gawk at their double shadows, the old familiar one and the new one created by the Orion nebula.

It was then that the world was hit by a very unpleasant surprise, for there was something quite peculiar about the shadows cast by the nebula. Instead of being mute, inert outlines of a person's physical form, they revealed the shadow of a person's character. Everyone's inner anxieties, delusions and insecurities were now exposed for all to see.

No one could be found who did not possess a nebula shadow. Even newborns had a shadow accompanying them, thus, coincidentally, vindicating some psychological theories and theological dogmas, while demolishing others.

Naturally, the consequences of this new phenomenon were immense in their scope. Many lives were wrecked, relationships destroyed and careers ruined, as a person's innermost complexes were revealed to their spouses, family, friends, work colleagues and complete strangers. The very structure of society was threatened, for its smooth running depended so much upon one's true feelings and nature being suppressed and hidden, even from oneself.

The world was in a dilemma on how to cope with this situation. It certainly couldn't dim or extinguish the nebula's brightness. It could try to adapt to a nocturnal existence, when the shadows would be less distinct, but surely that was too radical a solution. Yet who could risk the shame and the burden of walking around with all their flaws showing?



Inevitably, cults arose that chose to embrace this new state of affairs. For them the Orion nebula was The Bearer of Truth, The Great Enlightener of Mankind. Just as the Sun brought outer illumination, so the Orion nebula was deemed to bring inner illumination to the world. The adherents of these sects took pride in letting others see their most intimate neuroses, and experienced catharsis in coming face to face with their fears and insecurities for the very first time. Having accepted their shadows, they felt more fulfilled and whole than they ever did before.

And then, just as suddenly as it flared up, the Orion nebula dimmed to its usual luminosity. It didn't take long for people to re-adjust to having only one shadow again. Relationships and careers wrecked by the Orion nebula were quickly rebuilt and almost everyone resumed living their old lives, maintaining total silence about that awkward period when their failings were exposed, the way a faux pas is ignored in polite company.

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 2 of 2

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

So I took my doubts to a metaphysical source of knowledge and wisdom – the Transcendents. They are a grouping of some 40,000 entities who speak as one voice through the sleeping form of Rik Thurston<sup>1</sup>, a trance

1. Sadly, Rik passed away in 2011. You'll find information about him on his website, [www.rikthurston.com](http://www.rikthurston.com). channel from Belleville, ON, whose readings have provided invaluable assistance to thousands of people – much like those of Edgar Cayce. I asked the Ts (as I call them) for their insight into the strange appearance of the gold chain.

The Ts confirmed that the chain was given to me through an intermediary under the auspices and intuitive direction of Ganesh. They said it holds a vibration of strength and vitality and the ability to project these into life. "It's like a true spiritual mentor passing on a tool that allows you to augment your reality and give you the vitality to create what is desirable for you."

They said that the script on the medallion is an ancient form of Arabic, close to Sanskrit. "A loose translation is: 'sun in hand, moon in perception.' It's like the energies of the heavens and balances of yin/yang."

"So it was actually made for *me*?" I asked.

"Indeed," they confirmed. "Under an auspicious influence."

"It's like an amulet?"

"Very much like such," they answered.

Soon the chain was no longer hanging around Ganesh, but around my own neck. I've worn it every day and never removed it, and the comments of the Ts have proven true.

Since Ganesh has come to me, I've felt more exuberant and alive than I've ever been. Sometimes, when I feel playful, I pick him up, hum a tune and dance with him around my apartment. I like to tickle his belly or to stick him in my shirt pocket just for fun. And when I'm sad, the tears seem to pass more quickly; I rebound with the strength of an elephant and the

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sun shines brightly once again. When I teach and interact with others, I have greater conviction in what I know and more ease and joy in projecting these to others.

Every morning, I light incense beside the place where Ganesh stands and pray to grow in all the qualities that he embodies: strength, love, wisdom, joy, faith, abundance . . . I've seen that the form of Ganesh is symbolic of *our* true nature and the divine qualities that lie deep within us. As I gaze at his statue, I look into my own true Self, my divinity. That must be why he's so special to humanity. By interacting with him, we enliven the best in us – those so-called 'ideal' qualities that are what we truly are.

But let me tell you more about my amazing experiences with Ganesh. One time, as I sat down to meditate and glanced at his statue, I began to laugh for no special reason. I knew he was tickling my funny-bone, because that's what he does. He likes us to have fun and see the humour in things. I laughed until tears filled my eyes.

A few days later, my friend visited again and channeled Ganesh. He said that he was dressed in his finery and doing an exquisite dance to glorify the Lord. He cavorted about and laughed so deeply that tears rolled down his face. He said that life is about laughter and enjoyment.

"See what a happy fellow I am?" he asked. "You be happy like me!"

Another time, when I wasn't so happy, my elephant friend gave me a helping hand. One evening, I sat down to phone my sister on the West Coast. As always at these times, I felt a churning in my stomach: our relationship had had its ups and downs, and I braced myself for the conversation. This time, I prayed deeply to Ganesh to help me overcome my affliction of anxiety.

I placed the statue in front of me and dialed the number. My sister answered, and wonder of wonders, we talked for an hour. We laughed over certain incidents and had our longest, most positive conversation in years. When it was over, I could only shake my head and say 'thank you.'

Later, of course, this doubting Thomas had to seek confirmation for that experience. Was it divinely influenced? Had Ganesh really intervened? He said through channeling that my questions amused him and that I underestimate myself. In truth, I was really asking: am I worthy of getting your help? He assured me that he's there for me, giving me strength, and that he never goes away. It's a great pleasure, he said, to interact with us, and unusual for him to have so close a connection far from "home" (India).

"You are part of me and I am part of you. You are my beloved and I am your beloved. Beloved together," said the elephant god.

That experience taught me about faith – that it's not only about asking for help, but expecting it, knowing that those to whom we pray are with us, loving us and wanting us to succeed. As my friend always said, we live in a magical universe, and everything is magically interconnected. A cry for help never goes unanswered, and no one is ever really left alone.

"As we grow," said my friend, "there are fewer ripples or turbulence in our heart and mind because we understand Truth. Understanding in its purest form is faith. That means that we gain unqualified understanding."

Now I'll close with one more extraordinary experience that was, no doubt, the doing of the great Ganesh. It was my turn to celebrate my birthday, and I was sitting alone eating my lunch. I looked forward to sharing a meal later that evening with my son, but for now, I felt alone and sad. "I feel lonely, Ganeshi," I said to the statue, which I'd placed on the table in front of me.

Then as I was about to take another forkful of salad, I looked down to my plate and saw something that wasn't there a moment earlier. A large black spider-like insect the likes of which I've never seen was walking along the rim of my plate.

I gasped and ran for a paper-towel, then escorted the bug out to my balcony. When I returned, what could I do but laugh?

**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

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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 – Being Compassionate**

Daily life offers us limitless chances to practice the virtues of love and compassion. It is important to loving and compassionate; to comfort and support others when you can, but never at your own expense. Kind, compassionate, caring people have a tendency to jump into action when they see someone struggling to cope. Instead of saying “no” to a request for immediate help (and offering some alternatives); instead of stepping back and waiting to see if the other person wants or needs their help; they shove their own plans aside and create unnecessary stress for themselves.

Being compassionate doesn't mean that you have to be available 24/7; that you have to allow others to use you as a sounding board in order to get immediate relief from their current emotional state; that you have to “fix” others, rescue others or take away their pain; that you have help others to find quick-fix solutions to their most recent emergencies or dramas; that you have foster helplessness, narcissism, co-dependency and reactivity in others; that you have to put your own health and safety at risk by exceeding your limits; that have to put your own plans aside and put your family's needs on the backburner. What it does mean is that you are able to feel deeply, empathise and sympathise with others anxiety, distress, heartache, hardship and pain; that you are able to help others (by phoning 000) when there's a life-threatening or time-critical emergency; that you are able to drive others to see a doctor when there's a medical emergency (or the shops when there's a need to get household supplies) and they can't drive themselves; that you are able to respond to others needs when you can, without neglecting self or your own family's needs.

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

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

## 14. **Dr. Nancy Cleaves – Belief and Betrayal: Two Sides of the Same Coin**

“Scratch a fundamentalist and you will find violence.” Einstein

Fundamentalism – “a militant piety.” Karen Armstrong

“The significant problems we face cannot be solved at the same level of thinking we were at when we made them.” Einstein

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Fundamentalism focuses on belief; it is necessary to believe in a specific prophet, promised land, Saviour, creed, or mode of conduct. All those who don't share the same beliefs are then, non-believers, infidels, sinners and the like. It is clearly – us and them, a dualistic perception of life. The goal is to get those non-believers 'saved' by believing the same way.

History is riddled with people of faith committing violent acts, and this continues today. The Shiites and Sunnis killing each other, Israelis and Palestinians, invasion and the continuing war in Iraq commissioned by Christian George Bush, are just a few examples. I am still moved by the story of one student from Iraq who missed class for a number of days. I kept calling her with no answer. After two weeks, she came into my classroom absolutely sobbing. Her son, living in Iraq, and who was just finishing med school, went out shopping on a sunny Saturday with his wife and two year old son. They went over a road bomb, killing the little boy and his father, and the mother's legs were blown off. Not just these deaths, but how many people would have been helped and healed by this physician? This is **one** story that is being lived, or shall I say 'bringing death' over and over every second. How is it that people claiming to believe in a loving God that says do no harm, betray that very call by bringing death?

Every myth, archetype, or hero, tells our common story: from oppression to freedom, overcoming evil with good etc. I would like to look at Jesus as an archetype for humanity. He rode into Jerusalem on a donkey, and was hailed as King. I am sure the place was buzzing with the stories of healing, and love. The whole town *believed* in Him. Three short days later, "Nay, Kill him." How quickly **belief** turned to **betrayal**. It is easy to believe; it doesn't cost us anything. We all have stories of betrayal: family, friends, lovers, trusted employers, governments, and so on – people who believed in us lovingly one day and turned their back on us the next!

This mini-series of several articles is an invitation for people of all faiths to examine our history, and fine-tune how our heart beliefs can truly be evidenced in our theology and conduct. It is a strong conviction of mine that, even if we don't push the trigger, or throw the bomb, violent seeds in our thinking – bring death. Unconditional Love is calling all of us as never before to embrace compassion, harmony and beauty – for all and in every moment of this treasured experience of Life. May we live as one, with all species, Earth, and human community.

(Next we will look at why it is easy to betray, and what inner courage enables us to love and show mercy in the face of betrayal. Next, there were two who didn't betray – archetypes of the Divine Feminine and the mystical lover.)

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's e-book is on sale until Christmas for only US\$2.99.** 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).

## 15. Robert Schwartz – Do We Plan Our Life Challenges Before We're Born?

When difficult or traumatic experiences occur in our lives, we naturally wonder, "Why did this happen? What does it mean?" Often, such experiences may appear not to have any particular meaning; they may seem to be nothing more than purposeless suffering. Yet, in my years as a spiritual author and teacher, I have found that not only are our greatest challenges rich with meaning and purpose, but also that very often *we ourselves planned those experiences before we were born*. I explored this premise in detail in my first book, *Your Soul's Plan*, and I do so again in my new book, *Your Soul's Gift: The Healing Power of the Life You Planned Before You Were Born*. In this article I would like to share with you some of the healing and empowering insights in my new book.

First, a word about my methodology. In both books I interviewed people who had experienced common life challenges like physical illness, the death of a loved one, addiction, or mental illness. Those individuals then had sessions with gifted

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mediums and channels in which I asked Spirit, "Was this experience planned before birth, and if so, why?" In my books I present all the wisdom that then came forward. My intentions are to help people see the deeper meaning of their life challenges and, in so doing, heal from them. It's important to understand here that painful experiences can catalyze profound healing for our souls if we, the incarnate personalities, respond to those challenges with love (including self-love) and an open heart, and if we learn the lessons offered by these experiences.

Let's take an example. In the Suicide chapter in *Your Soul's Gift*, I share the story of Carolyn, whose only child Cameron suicided shortly after he graduated from high school. Carolyn and I had a channeling session in which we spoke with Jeshua (Jesus). Jeshua began by telling us that suicide is never planned prior to birth as a certainty, but it is often planned as a possibility and sometimes as a high probability, as was the case with Cameron. In other words, Cameron knew that he was taking on so much in this lifetime that a suicide was likely.

Since Carolyn has no memory of her pre-birth plan (just as most of us don't), she quite naturally felt that she had failed Cameron. She was filled with guilt and self-blame, wondering what she could have done. It was then that Jeshua shared with us one of the most important, startling, and powerful pieces of information I've come across in my research. He told us, "Every suicide preventable *by outside forces* was indeed prevented." What he meant is that if the suicidal person has the slightest openness to changing their mind, the Universe will stage an intervention. It could be something as simple as a bird flying by and distracting the person, or something as dramatic as an angel assuming human form and physically interceding. If you have lost a loved one to suicide, know this: There was literally nothing you could or should have done to save them. You are not to blame. You are not at fault. You did not fail them.

In another chapter I explore the pre-birth planning of miscarriage and abortion. Here, I share the story of Rebecca, who was devastated by a miscarriage. Rebecca felt she had killed her unborn child, Calvin, by doing some heavy lifting that led to the miscarriage. In a channeling session, Rebecca spoke with Calvin. We learned that in their last past life together, Rebecca had been male and the commanding officer of an army fort in the old West. Calvin was a subordinate officer and also a close friend. When the fort was attacked, Rebecca (as the commanding officer) sent all the soldiers, including Calvin, out to defend it. The soldiers were massacred. Rebecca blamed herself for her friend's death and was never able to forgive herself.

After that lifetime was over, Rebecca decided she wanted to work on the lesson of self-forgiveness. She therefore planned before she was born to experience a miscarriage, knowing that she would blame herself and thus have the opportunity to do what she could not do before – forgive herself. Having set that plan, she then asked Calvin if he would be the soul whose energy was associated with her unborn child. In service to and out of love for her, he agreed.

For a very long time, Rebecca was unable to heal from the miscarriage. She was sad and defeated, filled with doubt and self-loathing. Yet, when she learned that she had planned the miscarriage, that realization "changed my life," she said. "It brought me home to myself. That's a journey I could not have made on my own." Such deep healing often occurs when someone comes into an understanding of their pre-birth plan.

*Your Soul's Gift* also looks at the pre-birth planning we do with our beloved animal companions. In the Pets chapter, I share the poignant story of Marcia, who plans before she's born to be a dwarf. Today, as a grown woman, she stands four feet six inches tall. Marcia knew that dwarfism would be a tremendous challenge, particularly during childhood, when her peers at school would tease and ostracize her. With that in mind, she planned to have many unconditionally loving animals in her childhood and throughout her life – dogs, cats, horses, even a rooster named Crooked Beak. She also planned to have the ability to communicate with them telepathically.

As a child, when she came home from school in tears, Marcia's dog Dusty would say to her, "It's okay. To me you're perfect." And her palomino, Cheetah, would tell her, "It doesn't matter what they [kids at school] say. Look what you and I can do together! Come on! Let's go!" Choosing to receive unconditional love from animals was a wise decision in Marci's pre-birth planning session.

Too, I explore some of the most traumatic experiences a person can have while in body. There are chapters specifically about the planning of both incest and rape. I agonized for a long time about whether to include such subjects in my book, as I most certainly did not want to re-traumatize anyone or cause those who have had experienced incest or rape to feel that they are to blame. *No one who has had such experiences is to blame for them.* Ultimately, I felt that the wisdom in these chapters would offer healing, and I decided to share what I had found.

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Why would anyone plan before birth to experience incest or rape? A fundamental spiritual truth is that *there is no unexpressed consciousness*. In other words, whatever is within you, whether at the conscious or subconscious level, will be expressed in the outer world. The outer mirrors the inner. Almost all of us have had past lives in which we came to believe things about ourselves that our souls know to be untrue. Two of the most common false beliefs are that we are worthless and that we are powerless. If you are someone who has one or both of these false beliefs within your consciousness, they will outpicture in the world around you, sometimes in the form of traumatic experiences like incest or rape.

The purpose of this outpicturing is *not* to punish you. On the contrary, the purpose is to bring your false beliefs to the light of conscious awareness, where they may then be healed. This is a particularly difficult type of life plan, but within it is the potential for profound healing.

We can, if we like, deny that the Earth is round, but that will not make it flat. It will still be round. Similarly, we can deny that souls sometimes (though certainly not always) plan before birth to experience trauma like incest and rape, but that will not mean that such planning doesn't occur. It does. For millennia humanity has learned through suffering. If we want to move beyond the learning-through-suffering paradigm, then we need to take a courageous, unflinching look at what lays within our consciousness.

And then heal.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: Robert Schwartz is a counselor and certified hypnotherapist who helps people heal by understanding what they planned before they were born and why. He offers Spiritual Guidance Sessions (usually focused on the life plan), Past Life Soul Regressions, and Between Lives Soul Regressions. He is the author of two best-selling books, *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born* and *Your Soul's Gift: The Healing Power of the Life You Planned Before You Were Born*. *Your Soul's Plan* explores the pre-birth planning of physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, the death of a loved one, and accidents. *Your Soul's Gift* discusses the pre-birth planning of spiritual awakening, miscarriage, abortion, caregiving, having pets, abusive relationships, sexuality, incest, adoption, poverty, suicide, rape, and mental illness. For more information please visit Robert online at [www.yoursoulsplan.com](http://www.yoursoulsplan.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 16. Good News Of The Day

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

"After watching a documentary about the annual slaughter of dolphins that takes place in Taiji, Japan, Filipino artist and environmental activist AG Sano was so overcome with emotion that he quit his job and dedicated himself to giving life back to these dolphins, one painted wall at a time... Twenty months later, a spontaneous reaction fuelled by one man's anger and sadness has evolved into an awareness campaign involving over 35,000 dolphins painted on more than 200 walls -- from schools to houses to public buildings, and involving more than 25,000 volunteers. [{read more}](#) **Be The Change:** Participate in a cause that moves you.

"The biggest reason people fail at creating and sticking to new habits is that they don't keep doing it. That seems obvious: if you don't keep doing a habit, it won't really become a habit. So what's the solution to this obvious problem? Find a way to keep doing it. When you look at it this way, the key to forming a habit is not how much you do of the habit each day (exercise for 30 minutes, write 1,000 words, etc.), but whether you do it at all. So the key is just getting started. Let me emphasize that: the key to forming a habit is starting each day." [{read more}](#) **Be The Change:** Start something today that you have been intending to do for a while.

How amazing would it be to start the first day of school receiving random acts of kindness from your fellow students? Last year, a hundred students at Kansas State huddled early in the morning to see just how they could pool their time, money and creativity to surprise (and perhaps shock!) their fellow students with unexpected generosity. From a welcome applause to paying for meals to wowing a driver with parallel park assistance, this warm video shares many uplifting moments. [{read more}](#) **Be The Change:** Think of five ways in which you can provide support for the people immediately around you. Give your time, items, ideas, kind words, or even a smile. Simple actions can have big effects!

"Eighty-four percent of Americans claim to be happy, a statistic that Wake Forest University English professor Eric G. Wilson finds "strange at best, troubling at worst." With a litany of self-help books, pills and plastic surgery to feed an addiction to happiness, he says, "It's now easier than ever before to live a trouble-free life, to smooth out the rough edges, to hide the darkness." In his recent book *Against Happiness: In Praise of Melancholy*, Wilson --a non-recovering melancholic by choice --praises sorrow as the muse of many writers and songwriters, warning that to rid life of it is to rid life of a vital source of creativity." [{read more}](#) **Be The Change:** Instead of pushing it away, experiment with embracing natural sadness as it arises in your own life.

"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. He is treated very badly by other kids and even by the teachers. 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." What follows is a heart-warming real-life story of a young girl's compassion and the difference a kind gesture can make [{read more}](#) **Be The Change:** Next time you notice someone in need, try finding a small, meaningful way to serve them.

"Ask a centenarian the secret ingredients to a long and healthy life and you aren't likely to hear "doctors, drugs, and fad diets." We all know that there's more to our overall well-being than treating symptoms or the occasional replacement of a part. The good news is that scientists in various fields are discovering ever more ways we can keep ourselves healthy without expensive medication and complicated workout regimens. Here are nine simple, scientifically proven-- and sometimes surprising--ways to empower yourself to make the right choices for your body and health." [{read more}](#) **Be The Change:** Try implementing three or more of the steps from the above article in your own life.

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"I've been curious to understand why so many of us are so awful at taking breaks. What is it about our cultural conditioning as adults that prevent us from stepping away from our seemingly-important tasks in order to briefly recharge? Certainly, we're presented with adequate opportunities to pause when we don't want to: red lights, traffic jams, lines at the grocery store and at the bank. For many of us, however, when given an opportunity to take a break at a time when a break would improve our energy level and our concentration, we don't do it. It becomes just too compelling to continue doing what we're doing. Maybe it also feels too difficult to change our momentum in order to pause." [{ read more }](#) **Be The Change:** This fun poster offers up 50 different ways to take a break. [{ more }](#)

"A few weeks ago, I found myself in one of my favorite cities: Seattle, Washington. Within minutes of my arrival to Pike Place Market, I felt an overwhelming sensation that I was meant to be in that spot, at that moment, with my two children. As we meandered around the colorful and lively market, I witnessed six connections...These moments, later comprised one remarkable collection that illuminated the beauty and importance of living life with open eyes, open hands, and an open heart." [{ read more }](#) **Be The Change:** Try tuning in to the beauty and richness of each moment today.

On Christmas Eve of 1983, a personal loss changed the course of Nancy Rivard's life. In its wake she purposely got herself demoted from the management track at American Airlines and began traveling the world as a flight attendant. While her travels took her to many interesting places and brought her into contact with inspiring individuals, she was continually looking for a way to use her job to serve the world. What began with a paid-forward bar of soap has now blossomed into an organization that delivers close to \$10 million in goods with 4000 volunteers and less than 5% overhead. In this article, Nancy speaks about her outer and inner journey that illustrate the power of one. [{ read more }](#) **Be The Change:** In Nancy's words, "Stop looking outside for teachers and answers. Look within, find yourselves in service and discover the love that is already within you."

"Daniel teaches me that all rules are arbitrary, answers are illusory, future visions are incomplete. He teaches me about the psychic wounds I carry into my parenting, and my only choice is to heal myself. He teaches me to be more patient, more accepting, more tolerant not just of him but of other kids. I see a nine year old hyper boy out in public these days, and I don't get irritated with him; instead, I feel empathy and wonder how his parents are doing." A mother reflects on raising Daniel. [{ read more }](#) **Be The Change:** Reflect upon how love has led you into mystery. What sorts of things did you learn along the way?

"According to Juan Carlos Mendez-Garcia, one of the best models for making sense of a non-linear world is the S-curve, the model we have used to understand the diffusion of disruptive innovations, and which he and I speculate can be used to understand personal disruption -- the necessary pivots in our own career paths. [...] Our hypothesis is that those who can successfully navigate, even harness, the successive cycles of learning and maxing out that resemble the S-curve will thrive in this era of personal disruption." Harvard Business Review Blogger Whitney Johnson shares an interesting model for continuous career learning. [{ read more }](#) **Be The Change:** "Your job is a manifestation of your spirit in the physical world. You can pretend that this is not the case, basically ignore it, or you can consciously claim it." A short passage contrasting our jobs versus our work. [{ more }](#)

It all began with gratitude...And maybe some sneakers and paint. He goes by the name Peace Artist, and he spent the past year running 6,000 miles from Seattle, Washington to Savannah, Georgia. He ran until given shelter and fasted until given food. He carried no money with him, only art supplies, with which to create original works of art that he gifted along the way. He never asked for anything on the road, and yet received so much. In the following interview he shares stories and insights from his unique journey. [{ read more }](#) **Be The Change:** For Peace Artist it all began with gratitude. Experiment with living in a space of gratefulness today for all that comes your way.

Pam Hiller's weaving teacher, Aziz, taught her not to fix mistakes, but to stop and notice -- and then work with them. "It wasn't just paying attention with the mind; it was also listening with the body," says Hiller. "When someone is learning to weave they literally tie the strings in knots. There's a reason I think that we refer to ourselves as getting knotted up in our emotions because that's the interior experience. For example, one thing Aziz would do if I was getting very tense and compulsive about a weaving, he would insist that we stop for a cup of tea." [{ read more }](#) **Be The Change:** Instead of immediately trying to erase or fix one of our mistakes, take a chance and just stop. See if it's possible to relax and take in whatever is going on. It might lead to some new understandings.

In 1939 Nicholas Winton and a friend, Martin Blake, were supposed to take a skiing vacation. Instead, Blake, who worked with refugees, told Winton, at the time a 29-year-old stockbroker, that he should visit him in Prague and help with the refugees fleeing Hitler's advancing armies. Nicholas Winton did go to Prague and he was deeply affected by what he saw.



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Fueled by compassion, the young stockbroker worked day and night to literally save the lives of 699 young children. For decades he kept it all a secret -- even from his wife, until one day... [{read more}](#) **Be The Change:** Seek out an opportunity to join someone who is trying to do some good.

Rick Van Beek used to smoke two packs of cigarettes and chew a tin of tobacco a day, and the only exercise he got was playing in a Monday night softball league. But two years ago, Van Beek quit smoking, lost weight, whipped himself into shape and started running. It turned out that all Van Beek needed was a little inspiration to get off the couch. "If you want to be a runner, you have to have something to run for," Van Beek said. "For me, it is for Maddy." [{read more}](#) **Be The Change:** Take a moment to give gratitude to those in your life who inspire you to be your best self.

"Where does this fear of uncertainty and the future come from? It might seem like a silly question, but if you think about it, there's nothing inherently scary about the future, even if you don't know what's going to happen. It's not more likely to be painful or disastrous than the present already is -- it just seems that way. If we become comfortable with change, it's not scary. We can then embrace it, find joy in it. So how do we get good at change? Some suggestions that are working for me (I'm still learning)." Leo Babauta shares more. [{read more}](#) **Be The Change:** Consider your own relationship to uncertainty. What changes might you make in your life to embrace it more fully?

"This simple phrase, "follow your passion," turns out to be surprisingly pernicious...The verb "follow" implies that you start by identifying a passion and then match this preexisting calling to a job. Because the passion precedes the job, it stands to reason that you should love your work from the very first day. It's this final implication that causes damage. When I studied people who love what they do for a living, I found that in most cases their passion developed slowly, often over unexpected and complicated paths." Cal Newport shares more in this thought-provoking article. [{read more}](#) **Be The Change:** This inspirational short passage titled "Plan of Life" was written by a 20-year old who went on to make an incredible global contribution. [{more}](#)

"People around the world are finding rejuvenation in groups, from book clubs that meet in living rooms to the mass street protests that have swept the Arab world. This coming together may well be a response to the breakdown of social networks caused by everything from the changing nature of the family to the ongoing economic squeeze. And in some cases, these face-to-face meetings are facilitated by the same digital technologies thought to be supplanting them. What they have in common though, according to Henry Hemming, author of the book Together: How Small Groups Achieve Big Things, is the power of giving -- a collective effort that harnesses the gifts of individuals to achieve something greater than the sum of its parts." [{read more}](#) **Be The Change:** Reflect on a small step you can take this week to strengthen or foster the sense of community in your life.

In a former life Scott Neeson was a high-powered Hollywood exec responsible for the global success of box-office hits like Titanic and Braveheart. But eight years ago, after a poignant experience at a Cambodian garbage dump, he quit his job, sold his mansion and traded in all the trappings of success to dedicate his life to underserved children in one of the poorest countries of the world. Today his organization has transformed the lives of thousands. Among a host of services it operates after-school programs, vocational training centers, daycares, and also runs a bakery that equips youth with vocational training while making food for the undernourished. For Neeson there's been no looking back. [{read more}](#) **Be The Change:** Learn more about the work of the Cambodian Children's Fund.

"Sometimes the best life lessons can be learned from kids. Kids like Miss Vivienne Harr of Fairfax, California. Vivie, as she likes to be called, is a personality-full-cup-runneth-over, 8-year-old philanthropy phenom who set up a lemonade stand -- or what I like to call Lemonade Stand 2.0. Vivie was inspired to take a stand against slavery after seeing an installation on slavery by Lisa Kristine, a photographer who captured authentic, haunting, gut-wrenching snapshots of modern-day slaves around the world." Watch and see how in less than 2 months this compassionate young entrepreneur raised over \$50,000 for the cause of freedom. [{read more}](#) **Be The Change:** "Creativity is about our capacity to experience the core of our being and the full range of our humanness." Nina Wise shares a brief passage on the Daily Life of Art. [{more}](#)

How do you work with someone you don't like? The old adage, "grin and bear it", is almost impossible to do. In this article Peter Bregman describes an alternative strategy that is centred on self-reflection, self-awareness, and compassion... ultimately transforming dislike to like. [{read more}](#) **Be The Change:** In your next encounter working with someone you have challenges with, pause and consider experimenting with the exercise outlined in the article.

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"As human beings, we will inevitably encounter suffering at some point in our lives. However, we also have evolved very specific social mechanisms to relieve that pain: altruism and compassion. It is not just receiving compassion that relieves our pain...The act of experiencing compassion and helping others actually leads to tremendous mental and physical well-being for us as well. It is our ability to stand together as a group, to support each other, to help each other, to communicate for mutual understanding, and to cooperate, that has taken our species this far." Dr. James R. Doty, the Director of the Center for Compassion and Altruism Research and Education at Stanford University, describes the scientific underpinnings of compassion in this piece. [{ read more }](#) **Be The Change:** As Dr. Doty writes, "Compassion is the recognition of another's suffering and a desire to alleviate that suffering." Recognize somebody's sadness, isolation, or suffering and try to connect with them. [{ more }](#)

"What happens when the Motor City transforms itself into the capital of grow-your-own food? There are more than 1,200 community gardens in Detroit--more per square mile and more per capita than in any other American city. The number of community gardens is just a fraction of the number of kitchen gardens that families grow in yards and side lots. Locals are learning more about nutrition and feeling the health effects of eating the food they grow. 'I started the gardening work,' says Dinah Brundidge. 'It was like a healing process with me, a connection with the earth. The gardening motive gave me a purpose in life.'" [{ read more }](#) **Be The Change:** Transform a seemingly barren area in your life into a flourishing garden of hope and healing.

"I don't think we always give questions the time and attention they deserve, often mistaking them as being mere stepping stones to an answer (...) When used properly, questions have the potential to connect us to the world of another. A heartfelt "How are you?" or "How was your day?" can become the bridge that keeps us in relationship to the lives of those we love. Sometimes, too, questions create a bridge within ourselves, allowing us to hear what's going on at a deeper level. We know when we've encountered a question that has this potential because it stays with us -- maybe for the day, maybe for our whole lives. It taps us on the shoulder to wake us up, or it wiggles its way in more deeply, opening us up to seeing things in a new way." The following article dives deep into the beauty of questions. [{ read more }](#) **Be The Change:** "As your questions become broader and deeper than before, so does your experience of life. There is no telling where a powerful question might lead you." A short reflection on "Questioning our Questions:" [{ more }](#)

## 17. Living From The Heart

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

When we are envious of somebody, it is because they are mirroring a place in us that does not feel abundant. After all, if you feel abundant, if you are overflowing, the symptom of abundance is that anybody's success makes you joyous. If anybody's success makes you feel anything less than joyous, that is a symptom of scarcity. So if we can resist being angry and focusing on the external and really look within ourselves, we may get very valuable information about what we need to be doing to make us feel better about ourselves.

Now, I want to be very clear here. The energy of the heart center has to do with giving and receiving. That means, it has to do with supporting others and receiving support from others. Supporting another person does not mean that you support their stupidity. It does not even mean that you support their behavior. If your kid comes to you and asks you for money to buy drugs, you do not support that behavior. But you can challenge that behavior without withdrawing your love and this is absolutely crucial. The heart center unites, the mind divides. You may not like what someone is doing. You may even be in a position where you have to reprimand, punish or condemn someone for what they are doing. But that is very different from withdrawing your love energy from them, withdrawing your compassion from them.

I heard a story that really touched me a while back. The Dalai Lama was performing the Kalachakra initiation, a great Tibetan Buddhist ceremony of empowerment in Dharamsala, in India. In the middle of this very formal ritual, some Tibetan monks came running into the room, screaming, crying that the Chinese had just murdered hundreds of Tibetan monks. The whole ceremony was disrupted. Everybody looked at the Dalai Lama. The Dalai Lama stopped the ceremony and said to the people, "Now, we are all going to pray for the Chinese."

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This may sound idealistic to you, this may sound impossible to do to you, but I invite you to think about it from the philosophical perspective of interdependency. From the philosophical perspective of karma that if you hurt somebody, you will be hurt. You need to be prayed for.

If a 4-year old or a 3-year old comes up to you and hits you, you don't get angry. Because you have expanded beyond that level of consciousness. This is what we are trying to achieve in the heart center. To have the compassion, to have the breadth, not to react, but to respond from a different level. And this will have everything to do with your prosperity in the world.

-- by Rick Jarow, in "The Ultimate Anti-Career Guide"

## 18. The Way of the Farmer

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

Extravagance of desire is the fundamental cause which has led the world into its present predicament.

Fast rather than slow, more rather than less -- this flashy "development" is linked directly to society's impending collapse. It has only served to separate man from nature. Humanity must stop indulging the desire for material possessions and personal gain and move instead towards spiritual awareness.

Agriculture must change from large mechanical operations to small farms attached only to life itself. Material life and diet should be given a simple place. If this is done, work becomes pleasant, and spiritual breathing space becomes plentiful.

The more the farmer increases the scale of his operation, the more his body and spirit are dissipated and the further he falls away from a spiritually satisfying life. A life of small-scale farming may appear to be primitive, but in living such a life, it becomes possible to contemplate the Great Way. I believe if one fathoms deeply one's own neighborhood and the everyday world in which he lives, the greatest of worlds will be revealed.

Lao Tzu, the Taoist sage, says that a whole and decent life can be lived in a small village. Bodhidharma, the founder of Zen, spent nine years living in a cave without bustling about.

To be worried about making money, expanding, developing, growing cash crops and shipping them out is not the way of a farmer. To be here, caring for a small field, in full possession of the freedom and plentitude of each day, every day- this must have been the original way of Agriculture.

To break experience in half and call one side physical and the other spiritual is narrowing and confusing. People do not live dependent on food. Ultimately, we cannot know what food is. It would be better if people stopped even thinking about food. Similarly, it would be well if people stopped troubling themselves about discovering the "true meaning of life"; we can never know the answers to great spiritual questions, but *it's all right not to understand*. We have been born and are living on earth to face directly the reality of living.

Living is no more than the result of being born. Whatever it is that people eat to live, whatever people think they must eat to live, is nothing more than something they have thought up. The world exists in such a way that if people will set aside their human will, and be guided instead by nature there is no reason to expect to starve.

Just to live here and now- this is the true basis of human life. When a naive scientific knowledge becomes the basis of living, people come to live as if they are dependent only on starch, fats and proteins, and plants on nitrogen, phosphorous, and potash.

And the scientists, no matter how much they investigate nature, no matter how far they research, they only come to realize in the end how perfect and mysterious nature really is. To believe that by research and invention humanity can create something better than nature is an illusion. I think that people are struggling for no other reason than to come to

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know what you might call the vast incomprehensibility of nature.

So for the farmer in his work: serve nature and all is well.

--Masanobu Fukuoka

## 19. Gaining Mental Power

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

Uncontrolled thoughts are the roots of all evils. Each thought by itself is extremely weak, because the mind is generally distracted by countless and ever-varying thoughts.

The more the thoughts are restrained, the more is the mind concentrated, and consequently the more does it gain in strength and power.

It demands patient work to destroy mean and base thoughts; but the entertainment of sublime thoughts is the easiest and most rapid method of destroying base thoughts. Ignorant of the laws of thoughts, the worldly-minded individual falls a prey to all sorts of thoughts - thoughts of hatred, anger, revenge, lust - and grows weak-willed, deficient in the powers of discernment, and slave of the adverse subtle workings of the mind.

The best method of gaining mental power is by entertaining sublime, noble and good thoughts and through their aid controlling the dissipative, distractive, diversifying, worldly and base thoughts.

When all evil thought harasses the mind, the best method of conquering it is by ignoring it. How can we ignore an evil thought? By forgetting it. How can we forget? By not indulging in it again, and also by not brooding over it.

How can we prevent the mind from indulging in it again or brooding over it? By thinking of something very interesting, something sublime and inspiring. Ignore, forget, think of something inspiring; these three constitute the great Sadhana for establishing mastery over evil thoughts.

-- Swami Sivananda in "Thought Power"

## 20. Sunrise in Laos

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

I am a mountain girl, and my first love in Asia are the monasteries tucked between the snow-covered razor ridges of the high Himalayas. But I've been drawn south into these humid lowlands by the reported kindness of the Laotian people and the early morning ritual that is about to begin.

A rooster crows. A peacock screams. And then the bells of the monasteries begin to have their morning conversation.

When the monks come pouring down the stone steps of the prayer halls, they appear first as a river of color, a ribbon of saffron silk, shockingly vibrant against the chalky streets, the dusty footpath, the gray -- almost mercuried -- sky. All over Asia, monks wear robes the color of spices: curry, cumin, paprika. In Luang Prabang, every robe is brightest saffron, the cloth wrapped complicatedly around their torsos and hanging to their ankles, tied at the waist with a bright yellow sash.

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As they approach it becomes possible to distinguish one monk from another, hands clasped in front of the belly, echoing the shape of the wooden begging bowl they hold.

Like the Mekong they live beside, this river of men never stops moving; they pass in a quiet, contemplative gait that is two parts walking, one part floating. One by one they drift past the woman, who also keeps a kind of time with her motions: one large scoop of steaming rice into each hand-carved bowl, refill, release, refill again. Every monk bows to her deeply and moves on.

Every few streets the same thing is happening: different woman, different monks; same bright, graceful river passing in front of her. And again a few streets over, an unmistakable flash of color, and again, a few streets beyond that. This is what happens here every morning, 365 days, year in, year out.

The women up early, cooking in the dark, carrying their little tables in the milky first light. Then the monks, a small fire in the gray light, lightening their rice cookers, lightening their burdens.

The sun strengthens slightly. In an hour, the fog will lift and the heat will begin to press down. There is a flick of fire, a swirl of a saffron sleeve as a monk moves around the corner, back up the stairs and into the dormitory, like a magic trick of compassion, of generosity, of prayers offered and received.

--Pam Houston

## 21. Encounter at A Trash Bin

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

My 25 year old daughter had just purchased a home in San Diego, near San Diego State University, and I wasn't too fond of the neighborhood at night.

We pulled into a gas station near her home around 8 PM. I was sitting in the passenger seat of her SUV, and noticed an old guy with a white beard taking trash out of the cans on the gas island. He picked out a smoothie container, half full, held it up to the light, and took a swig. He shuddered, and then put the lid on it and popped it in his bag. He repeated the procedure with a bottle of Sprite.

I looked away, embarrassed for him that he didn't care who was watching (although he couldn't see me through the window) and so sad for him and for all of us, that we could let this happen in such an affluent society. I wanted to give him money, but he hadn't asked and I was afraid it would insult him.

Just then, my daughter poked her head in the car and said, "Mom, can I borrow some money? I'll pay you back".

I knew why.

I handed her a \$20 (all I had in my wallet) and she handed it to him. He looked at her and said thanks, then looked down at the bill and tried to hand it back, thinking she'd given the 20 by mistake.

When she refused it, he looked in pleadingly at me, and with tears in my throat I said, " No, it's for you. Bless you," feeling heartbroken that I couldn't do more for him, and ashamed for all of us that this beautiful, dignified, 80-something bearded man was reduced to eating from a gas station trash bin.

I hope the money was a blessing for him. His blessing to my daughter and me-- the opportunity to give from our hearts and to be grateful for all we have-- was without price.

## 22. A Small Gesture Makes A Big Impact

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

I feel so fortunate as I write this. I signed up to this website last week after my Grandmother died. I'm hoping to make a difference like my Grandma did.

I've been thinking about things to do for others and I've been reading all of these wonderful stories from all of you- and it is truly inspiring.

I took my daughter school shopping the other day. She was on a budget and didn't want to spend all her money in one place so she was being careful of what she was picking out and how much it cost.

We were in the (long) line waiting to pay, and we were adding up everything she had bought. The lady in front of us must have heard us because she turned around and handed us a 40% off coupon and said we could use it if we liked as she already had one. My daughter and I both thanked her – she had saved us a great deal of money and this did not escape the notice of my ten year old daughter.

I know some may think it was a small gesture, but it has really stuck with me. It has given me a greater gift than just saving money on a purchase.

That incident, along with this website, makes my heart feel and believe that we can change the world, and make it a kinder place, one gesture at a time.

My sincere thanks to all of you for being who you are...

## 23. My Airport Angel

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

I might have titled this story, "I was an airport angel - and wasn't all that happy about it!"

I was going on vacation to meet up with family for a week of fun in Canada. I got to the airport in Denver ready to leave my work behind for a few days. Don't get me wrong, I enjoy my job of helping families with children who experience disabilities navigate the special education system in our state, but this was my vacation!

I was comfortably awaiting my flight with a good book to read, when an elderly lady was wheeled to our waiting area. I couldn't help but notice the trouble she was having trying to open a packet of nuts with her arthritic hands. I sighed. No one else was willing to meet her gaze so I offered to help.

She was very grateful. It turned out these nuts were her entire breakfast. We sat and chatted. When the time came to board the plane the attendants were nowhere to be seen. The lady could walk but needed some assistance, so I volunteered to help her on the plane and carry her bag.

As I helped her get settled I noticed her "seat mate," a businessman, looked a bit horrified that at having to make the flight with her. He offered to change seats with me - and I agreed.

We had a long chat (no reading for me!) As we were entering another country we needed to fill out forms. I offered to fill her's out because of her arthritic hands.

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We landed and I needed to change planes, but I help her disembark first. The wheelchair she ordered was nowhere to be seen so we slowly walked to customs where her daughter was waiting.

We only exchanged first names, and she was so grateful to have my assistance. I had to run to catch my connection but, as I thought about the experience, I saw her as my airport angel; a chance for me to hope that in the future when I'm in my 80's and traveling, someone will take the time to connect with me. Pay it forward.

## 24. A 5K Run Becomes An Exercise in Compassion

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

Sometimes the people who are noticed the least can do the most to lift us up...

On Thanksgiving morning I got up early to run in the local 5K run. I figured it might give me the motivation to get back into running. It was nearly freezing that morning so everyone getting ready to run was hopping around trying to stay warm.

On the side of the road, sitting in the grass, was a man wrapped in a blanket. It was pretty obvious he was homeless and as usual, most people pretended not to see him. I went over and talked with him for a few minutes before the race. In the midst of the idle chit-chat, he told me that he was a veteran and had hoped he might be able to earn a few dollars that morning to be able to go buy a Thanksgiving dinner. He had a glimmer of happy memories in his eyes when he talked about hot turkey and stuffing. With only a brief moment to sit with him, I had to start the race but I told him I'd talk to him more when I had finished. He said he would be there watching "the parade" that he hadn't expected that morning, and would watch to see me cross the finish line.

I thought about this man during most of the race. I'm in the military and it always hurts me to see someone who served going through such a rough time. He hadn't asked me for anything, but I wanted to do something for him. But what? I only had a couple dollars, certainly not enough for a thanksgiving dinner for the man.

After the race I went back over and sat in the grass next to him, that got me more than a few odd looks from other runners. During our conversation I gave him the cash I had. He didn't want to accept it, but I told him I wanted him to have it and that it may get him a little something extra during the day. He then said, "This has been so nice. Thank you. I haven't really talked to anybody in a real long time."

"Wow", I thought. This man is thanking me for just talking to him? I'm nobody special."

After I said good bye, I went up to a couple of other people who were involved with the race. I asked them if they had a couple of dollars for a homeless veteran who just wanted to buy a hot Thanksgiving dinner. I think he ended up getting enough for a good dinner that night.

I went to the run to try to do something for myself, but he did more for me than I could ever have gotten out of just running. He showed me how to smile through the rough times and reminded me not to take for granted the many blessings I have.

## 25. Love Messages in Unexpected Places

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

I was traveling to visit my sister who lives a few states away. It was about a six hour drive and I stopped at quite a few gas stations along the way. One stop was in a small town that looked just like countless others I had passed on my way, but it turned out to be very different.

When I entered the gas station the two girls working at the register smiled and said hello. They had a very friendly, welcoming energy and I smiled and greeted them back. Then I made my way to the restroom. I was surprised to see that there were positive messages written all over the stalls!

Now, I'm not advocating graffiti here, but this experience did inspire me to leave positive messages in bathroom stalls on post-its, along with pens & blank post-its for others to add, during my next road trip!

I took a picture of the messages with the camera on my phone because I wanted to remember them. So often bathroom stalls are filled with pretty negative things so this one really stood out! I guess it's the last place I expected to find messages like these, and it was a welcome surprise in the midst of a long trip.

The messages were written in all different handwriting styles, sizes, and ink colors, probably a reflection of the diversity of the women who left them. There were notes from all different states and comments about road trips, adventures, support and encouragement. It was fun reading them and definitely made me smile.

Here's a sample of a few of the more uplifting ones -

"No matter what don't give up."

"Smile"

"God loves you"

"We all go through something, let your something make you beautiful, let your something make you strong."

"Love God with ALL your heart."

"I dream so big for you, you have to grow into them."

"Be who you are and say what you feel."

"You're BEAUTIFUL don't ever forget that!"

"You can keep going - even when you think you can't!"

As I left, I said goodbye to the girls behind the counter who had knowing smiles on their faces. I left feeling a little lighter and inspired, with a smile on my own. Since then I have actually passed some of these messages on to others hoping they will uplift someone else as well.

I guess this experience taught me that you never know where you'll find the goodness of the world, where you'll find inspiration, where messages of love are going to pop up and surprise you. They might even be found in the most unexpected of places, like a bathroom stall in Wenona, IL.

## 26. 21 Ways to Celebrate Life

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

After Nancy Rothstein's son, Josh, passed away unexpectedly, she was seeking a way to offer a tribute for family and friends to honor his birthday. With each passing birthday, she adds one more item to the list.

Last April 16 would've been Josh's 21st birthday, and true to her tradition, Nancy shared these 21 ways to celebrate life:



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- Smile. Smiling makes you and those around you feel good. If you don't feel good, a smile can trick your brain into feeling better.
- Eat ice cream.
- Run on the beach. If you can't physically do this, use your imagination.
- Call someone who is ill or lonely. Listen to their story. Take the time. Tell them your story, if they ask.
- Listen to music that touches your heart and soul.
- Sing in the shower, or out loud if you are comfortable.
- Visit the grave of a loved one and celebrate your continued BREATH. And tell your loved one what's on your mind.
- Play with a dog.
- Thank yourself for putting up with all the things about yourself that drive you nuts! Activate your sense of humor!
- Apologize to someone you have wronged in any way.
- Take a day, or even a few hours, "off" to do something you always want to do but never take the time to do.
- Eat something you never indulge in (unless allergic!) and savor every bite....slowly. No guilt permitted!
- Re-watch your favorite funny or happy movie in your most comfortable clothes.
- Make plans with 2 friends that you are crazy about but never see...near or far away.
- Go outdoors to a natural setting. Sit. Close your eyes. Listen to the world. It's all an extension of you! Your breath connects you intrinsically to the world.
- Laugh. Do something fun or silly that evokes laughter. It has been said that laughter is God's sunshine.
- Place this list in an envelope and revisit it periodically to see how you are celebrating YOURSELF! If you are good to yourself, you can be much better to those around you.
- Go to your heart and make all your decisions from there; and all will be well.
- Follow the path that matters.
- Believe and feel the change you want to see and you will BE the change you envision.
- ....Yet you must know that in the end, it is LOVE's garden you must tend.

If you had to add one more to this list, what would it be?

## 27. A Quiet Lesson from Steve

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

A few weeks ago, our dog, who we've had for more than a decade, had to be put down.

First, a tumour on her pancreas exploded, and she had to have emergency surgery. Then, the arthritis in her back got so bad that sometimes she would lie down in the middle of a walk and refuse to take another step.

When I first found out, I was devastated. She was more like a sister to me than a pet. But if I'm honest, I was also angry at my stepfather, Steve, who informed us that she had been put down a week after it happened. He waited because he didn't want to worry us, and he didn't want me to get distracted and fail my exams. We thought she was still being treated at the veterinarian.

I think you can imagine all the thoughts that went through my head:

- *She's my dog too!*
- *Why didn't he tell us earlier?*
- *I didn't even get to say goodbye.*
- *And so on and so forth.*

People in my family have a habit of keeping things from me to protect me, such as only telling me that my Aunty had cancer after she had already had her operation and signs of improved health.

I could think was: *Not again!*

I turned to my Mum, who said, "I know, I'm angry too."

I opened my mouth to let forth a huge rant-- and then she added, "I'm so angry with Steve, that he had to go through all that on his own."

I shut my mouth.

I had been so focused on myself, I hadn't stopped to think about what Steve was going through. That dog was his baby, he'd had her for longer than he'd had us--and he had to make the decision to end her life, then mourn in silence for an entire week. All my anger melted away, and all I felt was remorse.

It made me think--how often do we focus so much on ourselves, that we ignore the pain of others?

In that moment, my mum's perspective was an incredible gift that I'll never forget.

## 28. Students Stepping up the Kindness

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

How amazing would it be to start the first day of school receiving random acts of kindness from your fellow students? Last year, a hundred students at Kansas State huddled early in the morning to see just how they could pool their time, money and creativity to surprise (and perhaps shock!) their fellow students with unexpected generosity. From a welcome

applause to paying for meals to wowing a driver with parallel park assistance, this is a video that'll make you smile. Follow this link to the video... <http://www.karmatube.org/videos.php?id=1906>.

## 29. A Lifetime of Favors

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

Woody Davis was the kind of neighbor every community wishes they had. Throughout his lifetime in the small town of Corbett, Oregon, Woody used his jack-of-all-trades skills doing favors for people -- "thousands of good deeds." He took care of their needs on his own initiative, without ever asking anything for himself. Diagnosed with ALS, Woody faced what he bravely called "dying slowly". But the townsfolk of Corbett would not let him go without showing their appreciation for the gifts he had given them and the magic his generosity brought to their community. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3447>.

## 30. What Tomorrow Brings

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

There has never been a school for girls in the village of Deh Subz, Afghanistan. Afghan-American Razia Jan set out to change that. In 2009, despite pressure to educate boys and threats to ruin the school, the Zabuli Education Center opened a school to educate 200 girls. Razia's hope is to make life a little easier, even for a few hours a day, for the girls who have to work so hard at such a young age. "Once you learn something, nobody can take that away from you." October 11, 2012 marks the inaugural commemoration of the International Day of the Girl Child - a new global observance to highlight the importance of empowering girls and ensuring their human rights. Educating girls provides them a foundation for a better life. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3542>.

## 31. Fantastic Fungi

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

Nature is a force of good. And good is not only a concept, it is a spirit. So says mycologist Paul Stamets. Along with mushrooms, all life has a language and an intelligence that we ignore at our peril. This film excerpt explores the crucial need to understand the interaction and communications of all of life's organisms and processes that may be the key to our survival. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3298>.

## 32. 22 Random Acts of Kindness

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

How I spent my 22nd birthday: 1. Wrote personalized letters to policemen appreciating all they do for us; 2. Bought ice cream for all the guards sitting in the heat; 3. Got water bottles for CDA gardeners and traffic policemen... Watch the rest of this video to find out how else Syed Muzamil Hasan Zaidi spent his big day. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3526>.

## 33. One Hat, One Heart

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

Seeds of Light is the humanitarian service arm of CoreLight, an international non-profit organization practicing "love-in-action." One Hat One Heart is a project that provides handmade, warm winter hats to orphans and vulnerable children in Mpumalanga, South Africa. These hats are the medium through which joy and open-heartedness are being expressed. This is a small example of what's possible through love. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=2203>.

## 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.*

### 34. 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.

### 35. Spiritual Exploration and Soul Coaching

Spiritual Guidance can work with you to serve your individual needs, whether to receive spiritual guidance, engage in dialogue about your life, or explore and develop your spiritual practice. Spiritual Guidance works collaboratively with aspirants to guide them through an exploration of their life to realize inner peace, joy, love, gratitude, compassion and forgiveness.

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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.

## 36. Spirituality Workshops



## Spiritual Guidance Presents

### “Exploring Spirituality”

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

### “The Laws of Spirit”

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

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

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

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

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

## “Forgiveness”

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

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

## 37. Spirituality Discussion Groups

Spiritual Guidance leads [discussion groups](#) on spirituality in Ottawa, Canada. If you or someone you know is interested in participating in these discussion groups, please contact us at [rmeagher@servingyourjourney.com](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.

## 38. 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.

## 39. 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.



## 40. 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

## 41. 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

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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.

## 42. 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.

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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

## 43. Good Grief! Befriending Loss in Ourselves And Others

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

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

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

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

## 44. 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)

## 45. 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).

## 46. 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)

## 47. 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)

## 48. 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  
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.

## 49. 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.

Serving your personal journey toward enlightenment...

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)

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)

## 50. Introduction to the Enneagram: A Tool for Transformation

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

Sat. Nov 24, 2012 from 9:30 a.m. to 4:00 p.m.

Cost: \$90 includes lunch; \$80 each if you bring a friend - register by Nov 5th.

Come enjoy a day of interaction as we explore the nine personal motivation types including each one's strengths and limitations. As a result, you will begin to identify the value of the enneagram in your daily life and relationships. To register: contact Miriam Frey [mfrey@sentex.ca](mailto:mfrey@sentex.ca) or check [www.sacredlisteningministries.com](http://www.sacredlisteningministries.com).

## 51. Seeking your Truth through God's Forgotten Language

Led by Diana McKendree at Mt. Carmel Spiritual Centre in Niagara Falls.

Fri Jan 25 (7 pm) to Sun Jan 27, 2013 (after lunch)

Cost \$385 includes tuition, meals and accommodation; Haden graduates: \$325.

Learn how to work with your own and your directees dreams with this interactive workshop. For details and to register online visit [www.carmelniagara.com](http://www.carmelniagara.com).

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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