

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



#### **We Are More than our Bodies**

*One's source is within oneself. Give yourself up to it. That means that you should seek the source and merge in it.*

*Ramana Maharshi*

On an intellectually level I have accepted for quite some time that we are more than our bodies. Only recently, however, have I come to know this through experience.

At the beginning of September my beloved partner, Sherwin, was rushed to the hospital to undergo emergency surgery to repair a strangulated bowel. As Sherwin's eight-day hospital odyssey came to a close, he asked me one day how much sleep I had over the previous days. I had not thought much about such things. When your loved ones are fighting for their lives, our own personal needs have a tendency to sink into the background.

I had been journaling extensively during my stay with Sherwin in the hospital and I was able to trace back over the previous days to answer Sherwin's question. Much to my amazement, over one 96-hour stretch (4 days), I got a total of eight hours sleep—broken up into 30-minute or one-or-two-hour naps. In addition, during that 96-hour period, I had nothing to eat for a 24-hour stretch.

Under normal circumstances, I would have collapsed from physical exhaustion. To go with so little sleep over a four-day period, and with so little food during one 24-hour period during that time, was something I had never experienced before in my life.

I am used to being in bed by 10pm each night and up between 5:30 – 6:00am each morning. I can only remember two nights in the previous five years where I reluctantly stayed up past midnight (and both occasions were to ring in the New Year with Sherwin and other friends). I am quasi-hypoglycemic and eat at regular intervals throughout the day. My Maritime routes have bred a healthy appetite in me.

Somehow, some way, during Sherwin's hospitalization I was able to go with very little sleep and, in some cases, very little food. And what was even more surprising, to me, was that as I was going through the experience I was aware I had very little sleep and food. Even though I was tired, I felt full of energy; and I did not feel hungry. I knew I was not up for one of my usual workouts at the pool, gym or yoga studio, but I was full of whatever energy I needed to caregive for Sherwin.

Much of the literature on such experiences suggests that after the traumatic period is over (however long that may be), the caregiver often 'crashes' for several days as a means to recoup or regain their strength and vitality. I had no such experience. On the Friday night Sherwin returned home, I was in bed at my usual time, had a great night sleep, rose the next morning and in the ensuing days slowly got back into my daily routine, including ministry efforts, spiritual self-care, and physical self-care regime (which includes swimming, weight/resistance training, long-distance walking and yoga).

The experience made me realize we are more than our bodies. Science cannot fully explain how I was able to do what I did over that 96-hour period. Adrenalin? Perhaps; but that's not the whole story.

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Of the cornucopia of spiritual practice I invite into my life, I am a devout student of A Course in Miracles (ACIM). I turned to ACIM in asking... "What is it that keeps us going, that gives us the energy/life we need in times of crisis?" The ACIM Workbook for Students lesson 50 gave me my answer...

*I am sustained by the Love of God. Here is the answer to every problem that will confront you, today and tomorrow and throughout time. In this world, you believe you are sustained by everything but God. Your faith is placed in the most trivial and insane symbols; pills, money, "protective" clothing, influence, prestige, being liked, knowing the "right" people, and an endless list of forms of nothingness that you endow with magical powers.*

*All these things are your replacements for the Love of God. All these things are cherished to ensure a body identification. They are songs of praise to the ego. Do not put your faith in the worthless. It will not sustain you.*

*Only the Love of God will protect you in all circumstances. It will lift you out of every trial, and raise you high above all the perceived dangers of this world into a climate of perfect peace and safety. It will transport you into a state of mind that nothing can threaten, nothing can disturb, and where nothing can intrude upon the eternal calm of the Son of God.*

*Put not your faith in illusions. They will fail you. Put all your faith in the Love of God within you; eternal, changeless and forever unailing. This is the answer to whatever confronts you today. Through the Love of God within you, you can resolve all seeming difficulties without effort and in sure confidence. Tell yourself this often today. It is a declaration of release from the belief in idols. It is your acknowledgement of the truth about yourself.*

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

Keep your intellect clean and clear. When I hold onto issues in my mind it blocks my catching power. Catching power is the subtle ability of the intellect to catch a vibration or insight revealing an understanding needed in the moment. When I keep my intellect free to catch these insights I become free from confusion. Today let me have a clean, clear intellect.

To share an equitable sustainable future for all I must uphold the values required to safeguard my higher self and nurture the world. Soft power is the power of values, integrity and honesty. Soft power is greatly needed in a world where power has become physical might. Today let me tap into the power of values.

When I become fully myself I can help others become themselves as well. Only when I find my own feet and know where I stand can I help others find their own place. The tendency to copy and compare prevents me from being myself. Who am I? And what am I here to offer the world? Today let me focus on being truly me.

Create a new world by becoming new. When I apply my natural creative tendency to renewing myself, I begin to see my world change. By turning old habits into new ones and creating new personality traits I begin to enjoy the process of creation and how it affects my world. Today let me create newness in me and transform my world.

Have pure feelings. Pure feelings are generated in the mind, transmitted through my attitude and are reflected through my eyes and smile. Untainted feelings for others are like spreading an ointment that heals wounds. They harmonize friendships and relationships. Today let me be aware of my pure feelings.

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Kind and inspirational words create a high spirited world. To make consistent effort to offer kindness even when someone is unkind to me, is a true spiritual effort. No matter what comes at me, I can choose a considerate and respectful response. Today let me focus my spiritual effort on being consistently kind.

What does it mean to be spiritual? Does it mean to be filled with happiness and joy at all times? Or to be experiencing the depths of all human emotions, including the painful ones? OR does it mean to be aware of myself as a spiritual being, a non-physical entity of consciousness? When I discover my true self, I realize that my first and most important duty is to nurture this non-physical being to bring its best to the world. Today let me fulfill my responsibility to the spiritual being I am.

The spiritual purpose of this life is to discover and experience my true self. To find my own feet, I must stand in the awareness of my own values, qualities, pure intentions and elevated vision of myself. When I find my own feet I will walk my unique beautiful path. Today let me find my feet.

What always happens can change when I change my thoughts. When I think "it always happens like this" then it will continue to happen that way. When I bring change into my own thoughts, I create a newness and a freshness in my life. Today let me change my thinking and watch fresh and new things happen in my life.

Create open space between yourself and others. It is a habit to create webs of attachment in relationships. Subtle threads of dependency are considered healthy, translated as love, but they become chains that stop me from feeling free in life. Each relationship is my creation. Today let me create clean, clear, open space of love and respect between myself and others.

Compassion looks for the good in things, for at its heart is the conviction that good is somewhere there in everything. When I see the good around me it also grows in me. Today let me see the world through compassion.

Breathe deeply. In today's world it is possible to move so quickly from activity to activity that I do not stop to breathe. The body needs deep breath to sustain the internal organs. In the same way when I stop for a moment of silence, it is like taking a deep breath for the soul. Many people are experiencing a form of spiritual asphyxiation as they do not have the breath of silence in their lives. Today let me breathe deeply, both physically and spiritually.

Too many thoughts create a thought-fire in the mind. Thoughts rub together like dry sticks, creating a thought-fire in the mind. When there is fire in the mind, there is no ability to see clearly, judgment is then obscured and I become hot tempered. To cool the mind I can immerse it in a deep pool of peace and stillness, holding focus and concentration for some time. This reduces irritation and restores judgment power. Today let me cool my mind.

The most powerful anchor on our potential to soar high in life is the past. Like a filing cabinet, the past is a resource of information for learning, but it is not a place to live. How often do I live in the past? Today let me be alive to the possibilities of 'the moment', while fully aware that what I think, say and do right now, creates my tomorrow.

Most qualities and talents are developed through use, but are also in some way diluted and changed. Inside of me are qualities that make me unique, because they have never changed. Touching these qualities is like hitting a spring of water inside, a sudden break out from the dryness of my normal reactions as I begin to express from within, rather than responding to what I see outside. Today let me discover my unique inner qualities that are untouched by time.

When we grasp at something we attach ourselves to the object in our grasp. We become trapped in the object and lose ourselves. The object can be anything external (things/people/places) or internal (ideas/beliefs/memories). It has become a habit to lose myself in the objects to which I have become attached. Today let me sustain my relationship with everything in my world free from grasping.

It is possible to be known in two ways: by my position or by my virtues and actions. If my name is known for my position it will create an impression for a temporary period. However if I am known because of my qualities and deeds the impression will be left in people's hearts for all time. Today let me be known for my qualities and actions.

Happiness is never then, it is always now. If I make my happiness dependent on achievement or outcomes, I will always be delaying my happiness to a future time. It is good to have aims and goals but not to make happiness dependent on their outcomes. Today let me be happy now by detaching from expectations of future outcomes.

The state of bliss cannot be experienced by a wandering mind seeking sensuous pleasures. Bliss is the silent inner experience of happiness without a cause. Experiencing this simple internal state is like having a constant inner smile. Although I may enjoy the happiness that comes from a cup of tea or a comfortable chair, I know I can also experience happiness when there is no external cause immediately available. Today let me experience the inner experience of happiness without cause.

A spider's web is beautiful, as long as you're not caught in it. We weave webs of attachment as we move through life, and then discover we are trapped in intense feelings of loss and sadness when these are removed from us. When I enjoy the web of creation from a slightly detached perspective, then I am free from entanglement whilst still enjoying involvement. Today let me balance involvement without entanglement.

Are you aware of the value of happiness? When there is any sadness I need to make a strong effort to be free of it quickly, otherwise it grows like a vine in the rainy season: by midday I will be confused; by evening a whole jungle of weak, wasteful and negative attitudes will have taken deep roots in my mind. The more I allow myself to experience sorrow, the less time I have available to be happy and contented. Today let me cherish the extremely rare commodity of happiness.

A racing mind that reacts sensitively to little things indicates thinking that has lost its spiritual strength. My thoughts move me to actions; rapid thoughts produce rapid reactions. When I observe my thoughts, they slow down and I begin to restore inner power to my world. This is known as self mastery. Today let me restore spiritual power by slowing my thoughts.

Spirituality creates the kind of deep self-respect that does not need praise or special attention. When I seek praise or attention it is because the ego has taken over. When I am in the awareness of my True Self I am completely content, needing nothing from anyone, but ready to give to everyone. Today let me feed my self respect by freeing myself of the need for attention.

True peace can be experienced only when we stop giving and taking sorrow. In order not to give sorrow we need a clear heart that has no ill feelings towards others. In order not to take sorrow we need a big heart that can tolerate discomfort and help other souls to get over their weaknesses. Today let me commit to neither taking nor giving sorrow.

As I change the world changes. The state of the world is a direct expression of humanity's state of consciousness. As human beings move faster, time speeds up. As we increase our need for consumption we deplete more of our planet's resources. When I am aware of the direct relationship between my own consciousness and the state of my world I see the importance of staying focused on my effort to be at my best by uplifting my own consciousness. Today let me maintain a focus on my spiritual endeavour as the basis of construction of a new world.

Life is all about choices. When you cut away all the junk, every situation is a choice. I can choose how I react to situations. I can also choose how people affect my mood. I can choose to be in a good mood or a bad mood. Today let me choose wisely how I would like to live my life.

I have to earn in order to spend. This is true financially as well as spiritually. If I am earning I will have something to spend when needed. To earn a spiritual income I increase my spiritual power through reflection, contemplation, silence and meditation. Then I will have spiritual power when needed in life. Without earning, I am drawing from an empty account and wonder why I don't seem to have the inner resources required to face the challenges of life. Today let me focus on increasing my spiritual power by earning a spiritual income.

Ego is any false image I hold of myself. To consider myself to be a body is the oldest, deepest ego. When the body breaks down I am faced with thinking I am no longer competent, capable or able. However, when I remember that the body is the vehicle for the soul, I can conquer this subtle ego and remain capable and competent independent of the state of the body. Today let me conquer the false image of myself as a body.

It is a great fortune to never allow the self to stop moving along on the spiritual path or to allow the self to be stopped by others. When I stop progressing, it is because of a reason or excuse. To give into an excuse is to allow myself to become lazy or careless and then stop progressing. When I see excuses as temporary tests on my journey, I will see through them and choose to continue. Today let me see through excuses and continue moving forward.



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When we ask how we can serve others around us we discover that by making our lives inspirational and interacting with wisdom we bring benefit to others. When I think of others who inspire me, it is often because of their qualities not their accomplishments. To live a life filled with virtue is to inspire. Today let me live a life full of virtues so that it inspires and brings benefit to others.

As spiritual beings, the greatest illusion we must face and dispel is the illusion that we are bodies. I live in a body but I am the thinking being who makes the body move according to my wishes. When I am in any kind of pain, emotional, mental or physical, it is because I have attached myself to something physical. To discern this is to become free from pain. Today let me rise above pain of all kinds by seeing through "body" consciousness and having the awareness of myself as a spiritual being.

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

## 3. Poem

### Commitment

To be peaceful and joyful, there is but  
one commitment to make.

It is to live life, one second at a time,  
as if it is an eternal moment.

It is to make the decision,  
regardless of the behavior we observe,  
no matter where we are,  
nor whom we are with,

To be a vehicle of God's Perfect Love,  
To be totally accepting and defenseless,  
To give all of ourselves away in Love,  
To give total, maximal, and unconditional Love  
to everyone, excluding no one.

It is to make the commitment  
with every thought,  
with every breath,  
with every heartbeat,

To be helpful to those in need,  
who are crying out for help and  
are suffering because of lack of love.

It is to make the decision  
to have the fire of compassion in our hearts,  
to love the universe and all that is in it  
with tender loving care.

It is to make the decision to trust and  
accept God's boundless Love for ourselves,  
and thereby, become a messenger of God's Love.

It is to demonstrate and teach only Love,  
for that is what we are.

Gerald G. Jampolsky

## 4. Quote or Question

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

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

Each month I am blessed and honored to co-create this spirit-filled e-newsletter 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'.

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

Renowned writer and philosopher, Jacob Needleman, talks about his life: "I began to feel, without knowing how to say it, that when I was looking at a grasshopper or a frog, I was looking at a great idea. The ideas were like living beings! And the living beings were ideas! And so I wanted to go into this field. I wanted to be a philosopher." Further on in this interview, he says, "No matter how many explanations you make of how things work mechanically, there's no explanation, really, about why? And there's no explanation, really, about how? I'm just not impressed by the belief that the brilliance of science means we can conclude that there's no higher intelligence in the universe." [{ read more }](#) **Be The Change:** See if you can remember a moment when it seemed like another intelligence was at work in you.

"Six-year-old Nico Castro from California isn't letting his battle with brain cancer affect his spirit of giving this Halloween. After his doctor gave him the green light to go trick-or-treating thanks to a break in his chemotherapy, he was jumping for jack-o'-lanterns, what a treat! But here's where it gets tricky. "Even though he's worse off than some of these other kids in the hospital, he's worried about them and thinking --oh they can't go trick-or-treating and oh they can't get candy," said Nico's mother, Marlene Castro." What follows is a beautiful story of how one brave little boy's compassion led to a tidal wave of generosity this Halloween. [{ read more }](#) **Be The Change:** Do something to bring a smile to someone going through a difficult time today.

"Time is money in the West. Workers are paid by the hour, lawyers charge by the minute, and advertising is sold by the second (\$117,000 per second at this year's Super Bowl). Think about this: The civilized mind has reduced time, the most obscure and amorphous of all intangibles, to the most objective of all quantities -- money. With time and things on the same value scale, I can tell you how many of my working hours equal the price of the computer I am typing on. Can I really?" Robert Levine shares more in this thought-provoking piece. [{ read more }](#) **Be The Change:** "It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing." A poem by Oriah Mountain Dreamer: [{ more }](#)

"The adage, "Don't worry, be happy," suddenly has a lot more weight behind it, thanks to the latest medical research. In the first-ever systematic review of happiness and heart health, researchers at the Harvard School of Public Health in Boston have found that a positive outlook on life can actually protect your heart from cardiovascular disease." [{ read more }](#) **Be The Change:** "If you change your perception, you change the experience of your body and your world." In this short passage titled, "The Science of the Heart", Doc Childe shares more. [{ more }](#)



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"Recognizing the positive intentions in others, we feel safer, more supported, and happier. And when others feel that you get their good intentions, they feel seen, appreciated, and more inclined to treat you well. But it can be hard to recognize the goodwill in others. We're busy and distracted and stressed. Positive aims are often buried beneath negative behaviors. The brain's innate negativity bias is continually scanning for bad news, bad intentions. The brain also reacts to novelty, so it tends to ignore the many positive intentions that pervade most daily life while spotlighting the occasional negative ones. So you have to actively look for good intentions." [{ read more }](#) **Be The Change:** Try noticing the good intentions of those around you today.

- 16. A Servant Leader
- 17. Planetary Birth
- 18. Frying the Seeds of Anger
- 21. At A Bus Stop with Popcorn
- 28. Hanging in the Balance: The Future of a Forest
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- 31. Danger of the Single Story
- 32. You Are Not Your Body

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 – The In-Visible Nature of Inner Work

Some of us can remember being absorbed in the in-visible world as children. In spite of the pressures of conformity from the adult world we may retain our connection through the years of growing up and resist the spell of disenchantment. We see the in-visible things that others have become cynical about or deny, and consider them precious. A client recalls her childhood:

*As a child, I felt a nameless mystery and sensed a presence behind the world of appearances. At night I would lie in bed in the thunderous silence with my eyes closed and see the indescribable shapes of existence. I could feel a stillness and a presence behind the tangled lines of thoughts, words, feelings and experience. I had no words for who I was, no reference points for what I experienced but I considered my inner experience more real than outward reality. Gradually I closed off, withdrew and concealed my inner reality from other people.*

The inner world connects us to our spirit. This is the meaning of inspiration, the immediate influence of a god breathing into us. What mysteries do in-tuition, in-spiration and in-stinct reveal? Joanna, a therapy student, recalls this experience of the inner world surfacing in her life:

*In my early twenties I read Plato's Republic and it was an explosive and revelatory experience. As I read, I felt as if flames were being lit inside me. The book spoke of some deep inner knowledge: it was a spiritual homecoming. The poetic depictions of the human condition – of love and delusion – were things I already knew, it was as if wisdom was ignited in me. I felt as if I had discovered a missing part of myself.*

I have had this kind of experience many times. It is the experience of aha! – a tangible insight, an unmistakable surge of exhilaration, a blinding flash of inspiration. It occurs reading books, in searching conversations, listening to lectures, watching movies, seeing plays, taking in spiritual teachings or digesting philosophy. When a hundred people watch the same film, they see a hundred different movies. Your Plato's *Republic* can never be the same as mine. We may both be illuminated through art and literature, but our illuminations are distinctive and unique. Yet at the same time the universal reaches beyond yours and mine and we each receive and manifest it through our individual forms.

Great works of art and literature catalyze our deeper wisdom and ignite inner flames by reflecting back something universal that is deep within us all. The spiritual psychologist Karlfried Graf Durckheim wrote:

*Every human being is an individual manifestation of Life, which animates us all. In his own time, in his own place, in what he really is and in the stage he has reached, every human being is a specific element within the whole of Divine being, which is manifesting itself. In every one of us, Life appears in a unique form and a specific consciousness.*

No miracles of outward phenomena of color, form, time, space, sound or vision in the outer world can match the awesome potential for creativity in the inner life of a human being. In *This Sunrise of Wonder* Michael Mayne writes:

*... the number of ways of connecting the hundred million synapses in the human brain is greater than the number of atoms in the universe. 'There is a higher level of organization and richness in a human being',*

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*said Professor Ian Barbour of Carlton College, Minnesota... 'than in a thousand lifeless galaxies. It is human beings, after all, who reach out to understand the cosmic immensity.'*

The myriad possibilities of connecting synapses in our brains provides a neurological explanation of how we come to have the experience of as many different Plato's Republics as there are readers of it. Inner work is similarly both unique and universal. Our inner exploration requires three in-visible elements that motivate us through our personal journey – faith, commitment and resolve. We start out with faith, apply ourselves with commitment and see the journey through with resolve.

In the initial stages, faith urges us to question and explore the world we cannot see. We create a new vision, accept the challenge and open to a sense of expanded possibility. Our personal dissatisfaction leads us radically to challenge our lives. Some innocent faith within feels that there must be *more*. We ask questions, explore, read, attend seminars, therapy sessions and workshops, meet new people. Faith is necessary to sacrifice the known, the habitual 'safe' life which we have grown accustomed to and hold onto the vision of what is possible.

In the middle stages, faith challenges us to deepen in our commitment. Sometimes we question ourselves deeply or even ask ourselves why we started. We feel uncomfortable when our outer life has not caught up with our inner changes. Doubt, cynicism and uncertainty may all strengthen our commitment when we face them head-on and deepen beyond them. But when we persist this time of breaking down can be the preparation that leads to change.

In the final stages the fuel of our resolve sees us through the doubts and fears that remain and when our attitude is right we surmount even the most daunting obstacles.

The great challenge of a human life is to discover all that is within the human heart. We can discover it every day, every hour and every moment. Everything we see, touch, hear, sense and experience has its source in the inner world. When we begin therapy, it is as if everything is outward. All events, traumas and pleasurable experiences appear as changing phenomena in the outer world. But as we deepen in inner work, we realize that everything takes place within us and that the outer reality is the echo, the projection and the shadow of our inner reality.

Our appreciation of the in-visible sets us apart from the world of purely material things and events. Mapping the terrain of the inner landscape is a specialist task that does not bow to philosophy and theories, but only to direct experience. We cannot over-emphasize the power of the in-visible. Referring to the deepest truth within each human being, the great Christian mystic Meister Eckhart observed, 'It is not outside, it is inside; wholly within'.

For those of us who have kept our early sense of enchantment, who live life vibrantly and value the precious inward things, inner work may begin in solitude as quiet and private questioning and exploration, as a prelude to the spiritual path.

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 – Forgiveness, Healing and Administrative Justice

*Transcript of a presentation given to an audience of lawyers in Ottawa, ON, Canada, on November 22, 2012.*

The first point I wish to make is this; everyone is doing the best that they can! However, there is a Caveat or Addendum to this statement which is; with the Information they have Accepted.

Many of the statements I will make tonight, although based in fact, will tend to challenge your Ego. So, just be aware of the chatter going on inside of you while I speak to you. I am going to ask you some questions and I would like you to respond honestly.

How many of you believe that the wind blows? Well the wind moves from a High pressure area to a Low pressure area which means that the wind Sucks!

How many of you believe that you Think? How many of you believe that your mind is in your Brain? Let's conduct a little experiment. Hold up your index finger. Now bend your finger. Now, if what we were told in school is correct – there should be activity in the Brain before you bend your finger and during the bending of your finger – Correct? Well no activity shows up in Your Brain until a ½ second after you bent your finger! So what Caused you to bend your finger?

The implications of this simple act are pretty astounding. It would mean that every action, every thought takes place in the past! It would also suggest that whatever moves us or thinks us – is not us. It would also tend to confirm that the Brain is simply a Receiving- Transmitting device much like a television, radio or computer.

Your DNA is also constantly receiving and transmitting information which is contained in light. Your Ear is a Satellite Dish. The Ear not only takes in light Energy that is interpreted as sound but the Ear, like your DNA provides information to the universe based up on your pre-dominant Thoughts, Feelings and Emotional State.

We are in a constant state of Change and we are in a constant reciprocal relationship with Creation. Now, the thing about energy that I want you to understand is – Energy is Neutral. Energy is not right or wrong, Good or Bad – these are man-made coping mechanisms that we have created. Let me give you an idea of just how Powerful you really are!

Let's suppose someone is reckless and cuts you off in traffic and almost causes an accident that might have harmed your family and potentially others. In that moment of anger, you flip them the bird. Quantum Physicists now believe that anger is experienced 20 Billion Light Years into the Universe! That is Beyond our known Universe! But the same is true if you had chosen Forgiveness in that moment rather than anger. So, how is it possible for anyone to be a Victim of anything when your Thoughts and Emotions are this powerful!

We also pay Lip Service to a lot of things but don't really practice them. If we did, our world would be a totally different place and so would we. For example, How many of you pay Lip service to the Concept of Oneness but fail to live it? We all do! The Truth is we are in Denial of Truth!

Now there is a reason for that and Dr. David Hawkins, author of Power versus Force explains that; The Egoic Mind cannot distinguish between Truth and Non-Truth! To add to this; According to the Institute for Heart Math 96.6% of all of our thoughts are negative.

However, if you will recall - I said that Energy is Neutral – What the Institute for Heart Math is really trying to convey is that 96.6% or 97% of the time we are in our Egoic Mind State and out of alignment with Creation.

If there are only two primary emotions either Love or Fear – we are in a state of Fear whether we realize it or not, 97% of the time! In other words , 97% of the time we cannot distinguish Truth from Non-Truth.

Now, I believe we can agree that we are a function of how we interpret our world. Nothing has any Meaning. Remember, energy is Neutral. It only has the Meaning we Choose to Give it! And we do so by our Thoughts.

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Our thoughts seem to be determined by our interpretation of past events which become Beliefs which become Definitions. One could say that the Legal Profession is a function of Definitions which we call Law – Agreed? Well if you wish to control an entire population – simply change the definitions that they must adhere to.

For example; let's suppose that in 1929 Black's Law Dictionary defined certain legal terms one way – But in 1930 those definitions were changed. The Course of Curriculum for the next year required that the new crop of Law students operate from the new revised Black's Law Dictionary only!

The reason I point this out is – So that we better understand what it is that shapes our terms of reference; of what is right and just and for us to always question our perception of everything. You see it is our Identification with or what we "Buy Into" with our Thoughts that creates our Interpretation of events, which creates Beliefs and Definitions. Most of the time we are simply parroting what some authority has said without fully examining it. This is what we refer to as Reality; yet it is the furthest thing from Reality!

It is through our Collection of Beliefs that we believe our "Persona" or Personality is created. We believe that our Personality is our Identity or Individuality and it is this that we will defend until Death. And it is this that Creates Wars in our world. It is the Identification with the Personality and the Body that represents the Ego. And despite what you may currently hold True and Valuable; The Ego is the real "Mark of the Beast."

Dr David Hawkins has determined that ever since Recorded Time, 93% of all Historic Events have been Acts of War! Now take a moment to consider that and consider also the Institute for Heart Maths Declaration that 96.6% of all our thoughts are negative Thoughts! And consider the impact upon your perception of the world!

Now, How many of you believe or understand that there are these invisible Etheric layers outside the Body – known as the Aura? There are but they are not outside or beyond the physical body. The Invisible Etheric Bodies are just as much a part of us as the Physical body. The Etheric Bodies are Light Bodies of Subtle Information that interact, communicate and mingle with each other. The Body is simply a denser vibrational field within these Etheric layers.

There actually is an Informational trickle down effect through these Etheric Layers that creates the physical body and the body is constantly renewing its self according to our Thoughts, Feelings and Emotions. As I said earlier, we are in a constant reciprocal relationship with Creation. And we create every aspect of ourself via our Thoughts, Feelings and Emotions.

You have proteins that are being created used and die every 40 seconds! Every molecule of your Stomach lining is being renewed every 5 days. Your liver about every 6 months and your skeletal system about once a year. The point I want to make here is that; We have the ability to reconfigure our self into a better pattern – simply by changing our Thoughts, Feelings, Interpretations and Responses.

The outer most layer of the Etheric Body is known as The Causal Body. This is our connection to Source or The Source Field and all that is Divine. The Causal Body is the Template that holds all other Etheric Bodies and the Physical body Together.

The next Etheric layer that intermingles with the Causal Body is the Mental Body. This is where our Thoughts and Intuitive senses are; and this is where our Thoughts most probably co-mingled with The Causal Body that caused your finger to bend in the demonstration we did.

All of the things we take for granted such as breathing, our heart beating, opening our eyes in the morning, movement – all of these involuntary actions are accomplished by a Source so much greater than we think we are. Our ability to recognize this Source is a determining factor of our Level of Consciousness. In common language, it's really a recognition of: Whose your Daddy! Or Whose your Mommy!

But the Mental Body is also where we "Tune into or Sense," Like or similar Vibrational States. One could say that; not only is our Relationship with Creation Reciprocal – It is also Homeopathic where Like Recognizes and Attracts Like. For example; Love recognizes the vibrational state of Love just as Anger recognizes anger, and gives us more of the same but in greater abundance! So, it would be more appropriate to say that Man senses rather than Thinks.

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The distortions of the Mental Body Flow down to the Emotional Body. It is here that the Clouds of the Lower Attractor Field or Blockages to Love appear in the Aura that we tend to invert into the Body that cause our pain, dis-ease and suffering. So, our Thoughts of upset or Joy are passed onto the Etheric Double Body.

The Etheric Double Body is about ¼-1/2 inch adjacent to the Physical Body and contains all the Bias of Information from the trickle down effect of all of the Etheric Bodies it has passed through. This information is the blueprint of information that is passed on to every cell, tissue and organ of your body.

The Question is – to what extent are we Rejuvenating the Body or Degenerating the Body by our Thoughts, Feelings and Emotions?

Now, there are Energy Vortexes on the body surface that we call “Chakras” that act like “Step Down Transformers”. They convert the Subtle Energy of the Etheric Bodies to a form of energy that the body can use to function. Just because our senses are limited and our experience seems to be limited to the Body does not mean that the Etheric Bodies are not just as real as The Body we have chosen to “Buy into.” And identify with.

So, every moment of this life experience, whether we choose to recognize it or not – we are receiving unconditional Love from The Source Field. This unconditional Love is what fills the empty space of every atom, ... every quantum particle. This empty space – known as Zero Point is the energy that science is attempting to harness.

To give you some idea of its magnitude... the distance from the nucleus of an atom to its first electron is equivalent to 47 times the distance of the earth to the Sun! It is estimated that if we were to remove this space,...this glue that holds the fabric of Creation together, ... Our entire Universe would fit on two sugar cubes! This is the Magnitude of the Love Creation has for us!

Yet, the power of our Thought is allowed to over-ride this program of Unconditional Love! And This is the power of Free Will Choice! For better or for worse this Marriage that allows Free choice is what makes this Loving Presence Unconditional.

Our Energetic Fields are the Real Truth Detectors of our Spiritual Progress. The Light Information within the Aura is a continuous message or statement to the Universe. We are either in alignment or out of alignment with Creation. And according to the Institute for Heart Math we are out of alignment 96.6% of the time!

This is the Prayer we are really sending to Creation! In everything that we do it is our Intention or motive that determines either our Soul progression or our Degeneration. Now, the question becomes – What kind of Life experience are we Creating for our Self?

Our energetic field/ our Consciousness/ Our Soul – that 1-2 ounces that transitions on and continues on forever is what we really are! The good News is; If you are here now, physically - You are Eternal! And if you feel that there is personal need for improvement, you can re-configure yourself into a better pattern simply by changing your thoughts.

Now, How many of you believe that the Soul is Perfect? Well according to Michael Newton, Phd; The Soul is not Perfect. The Soul needs to have Life Experience otherwise there wouldn't be any need for Spiritual Progression. Michael is the author of such books as; “Journey of Souls,” “Destiny of Souls” and “Life Between Lives.” Michael is a psychologist and Master Hypnotherapist who has regressed Thousands of clients back to a previous life, taken them back to the womb and regressed them back to life prior to Birth and found that when questioned under hypnosis that his client's accounts of what the Spirit World is like is completely consistent and complimentary.

Buckminster Fuller referred to our Life experience as “School House Earth,” and so it is also in the After- Life.....It seems that what we don't get here becomes homework in the after Life. As above, so Below!

It appears that it is all a game, governed by our Thoughts, Feelings and Emotions. It is a game of Consciousness or Awareness. It is a game in which as the mind Heals or regresses the body follows. As the Mind heals and becomes coherent our perception of the world changes.



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So, if there is anything that needs to be Forgiven – it is our own Non-beneficial Thoughts of our self and Others because it is each of us that give all Life Meaning. As long as the Ego or Mark of the Beast is in Charge there is a need to Forgive ourself of our own mis-perceptions.

In fact, the person upsetting you in this life experience may be very close to you in the after-Life. Only when we learn to view any challenging experience as a Gift and the roles that people play in them as Saviours, will we truly progress.

You see what, we deny most within our self we project on to others and onto the world. And the Meaning we give to anything creates either a Happy Dream or Inner Torment. The only enemy that any of us has ever experienced are our own Non-Beneficial Thoughts and these represent 97% of all of our chosen Life Experience. The Pain that we experience in the body is really Non-Beneficial Thoughts and Emotions that we have suppressed and inverted into the Body.

Perhaps you have heard it said, “Be careful of what you wish for because you just might receive it.” The only real recipient of any anger and hatred is the pain and suffering drawn to the person projecting it. What goes around, comes around. Again, this is part of our Personal Reciprocal/Homeopathic relationship with Creation! This is what makes us Co-Creators.

You see, it is not our Function to seek for Love. It is our function to seek for the Blockages to Love and to remove them! Love is always Present but our recognition of Love may not be Present.

The present concept of Forgiveness does not work because it presumes that the forgiving Party is some how better than the person being Forgiven and this is not the case at all. – If we are all One. It is the healing of our own mind about our perception of events that is required. When the Mind heals and becomes Coherent, Creation responds and provides coherency to us. And Coherency is Love!

If we are to move beyond being a Neanderthal, We have to become aware of our Thoughts and have a conscious, genuine, intention to make better choices. With each better choice the non-beneficial energies dissipate. In fact the Higher Attractor Field choices of Love, Peace, joy, Gratitude, Compassion, Mercy, etc., Burn-off the Lower vibratory nature of Anger, bitterness, resentment, Pride, etc and transmutes it to something so much better. But the commitment to change is like exercising a muscle, it requires a genuine willingness, Attention, Intention and Patience. So, if we truly want Peace – as Ghandi said – We must become the Peace and when we do our Presence alone will Heal thousands upon Thousands of others. This is how we achieve Peace. It begins with each of us. This is the True Administration of Justice.

In order to accomplish this, we must learn to come from the Heart rather than the Head. The energy Field around the Heart is 5,000 times greater than the Head. As we learn to come from The Heart we present a more Coherent Wave of information to Creation that responds in Kind. When you choose Love, All of Creation chooses Love for you! And The Mark of The Beast is washed away with Light!

Thank you. Namaste. May the recognition of your own True Self Remain with you and be Recognized by you Always.

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 – Quiet Your Mind and Listen to Spirit

Peacefulness and a quiet understanding come to you in moments of meditation and thanksgiving. The tranquility you seek is the still surface on a moonlit lake. Observe the beauty there, allow yourself to take in all of the wonder and awe of creation, for this is part of what can heal you - to know that you are one with nature, and this mirrors your inner state.

When your mind quiets, your inner self becomes like the calm lake: all is peaceful and balanced in your world. Therefore, seek to quiet the thinking mind by observing, attending, and embracing the present moment. Be the still waters of the lake, and know the Peace of GOD.

Challenge awaits today. How will you choose to react to it? Remember to go within and observe - to be the silent witness to your reactions. Remember your true identity and purpose, and allow Spirit to shine through. For Spirit will always guide, if you allow it to. Ask:

“Spirit, what shall I do in this moment?”

The answer will come forth and you will know clearly the best course of action to take, the appropriate words, etc.

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

## 9. Kathryn Kimmins – Laughter Yoga with Seniors

With a distinct rise in life expectancy due to advances in medical science, the population of senior citizens is likely to triple by the year 2020.

As the joint family structure crumbles and youngsters steer away from parents, the seniors, particularly in the West, find themselves alone either in aged care facilities or old-age homes. They are prone to frequent bouts of depression that often leads to a debilitating condition.

### **Laughter Yoga – the Best Medicine**

Laughter Yoga is indeed the best medicine to be prescribed for seniors to keep them in good cheer. A good Hearty Laughter gets rid of stress, worry and depression. It touches the emotional core and alleviates feelings of loneliness and isolation. Besides being the panacea for good health, laughter generates positive thoughts and reduces the negative strains.

Hundreds and thousands have benefited by Laughter Yoga, a great therapeutic alternative that combines Laughter Exercises with Yogic Deep Breathing, for a complete workout of wellness. Elderly people suffer from a variety of diseases due to their reduced immunity, and a lifelong of possible unhealthy habits. Although not all diseases can be cured, laughter brings several positive changes. It is an instant stress buster, which helps to reduce the risk factors for cardiac diseases arising due to stress. Laughter helps to reduce blood pressure and lowers cholesterol levels.

## Factors Affecting Seniors and How Laughter Yoga Can Help

**Retirement:** The biggest stressor for seniors is a feeling of being 'useless' after retirement. It leads to major depression and mental agony. Lack of importance creates frustration and many a times proves extremely detrimental to physical and mental health.

Extended Hearty Laughter helps to reduce stress and generate a positive attitude. Laughing together in a group helps to boost self-esteem and overcome feelings of insecurity.

**Lack of Bonding:** Laughter Yoga is especially beneficial for older people. Seniors are always in need of human contact. While most of them are surrounded by like-minded peers, they still miss the bonding of a family. They need someone close with whom they can share their emotions.

Laughter Yoga sessions have the power to reach beyond the healing of laughter. The effective network of caring-sharing relationships is the key to a happy and healthy life. Relationships with people become very strong and the feeling of loneliness dissipates. Seniors enjoy the daily meetings as it generates a sense of belonging. Laughter Yoga can give seniors that much needed feeling of closeness and fraternity.

**Physical immobility:** Sedentary lifestyle, illness and lack of physical exercise cause stiffness of limbs and muscles, leads to immobility and pain and aches.

Laughter Exercises coupled with deep diaphragmatic breathing are simple, structured and a lot of fun. They are easy, safe, and economical and provide a genuine form of physical exercise. Regardless of any limitations – cognitive or physical, they are appropriate for all. Extended Hearty Laughter is known to increase muscle movement, mobility and boost the immune system. It increases disease fighting cells and proteins, and triggers release of endorphins (body's natural painkillers)

**Decline of cognitive faculties:** Faced with age and age-related troubles, seniors find that their physical and mental faculties decrease. With the beginning of certain diseases like Alzheimer's and Senile Dementia, the capacity to comprehend humor declines. The degeneration of the brain cells makes it difficult for many seniors to understand and organize facts, let alone humor. Simple tasks become difficult, frustration levels rise making it harder for them to laugh.

Under such conditions Laughter Yoga is ideal for seniors to reap the scientifically proved benefits of laughter to improve their health and well-being. It helps to provide an emotional bonding and is one of the most powerful tools against depression.

Since humor is an intellectual phenomenon, seniors find it difficult to laugh without a reason. This is where Laughter Yoga helps them to be able to laugh and start living a life full of joy once again. Being a physical process, it does not require any mental abilities thus helping the older people to understand humor without using their cognitive faculties. A few hours of laughter every day will increase your memory, thinking ability and intellectual capacity.

**Physical illness:** Scientific studies have proven that the reason of frequent sickness is because there is a lack of oxygen in the body cells.

Laughter Exercises and Deep Breathing help to attain good health by increasing the supply of oxygen. People in the Laughter Clubs with chronic pain, migraines, headaches and asthma have found attacks to become less frequent, and in some cases, to disappear completely. Many members with high blood pressure, severe spinal, neck or shoulder problems and even diabetes have found their life normalizing eventually requiring no medication. Many members with depression, anxiety and chronic stress related diseases have reported moving from debilitating fear and anxiety to a more positive state of mind, transforming their quality of life.

## **Social Laughter Clubs – A Boon for the Elderly**

The simple fact is that, for humans to be happy, we need a network of healthy emotional relationships with a group of people who care about us and about whom we care. Social Laughter Clubs have the power to reach beyond the healing of laughter. The effective network of caring-sharing relationships is the key to a happy and healthy life. Relationships with people with whom one laughs with regularly becomes very strong.

## **Happiness through Emotional Networking**

Sadly, for many elderly people, modern life does not include a network of caring and sharing relationships --- The lack of two-way emotional dialogue and relationship leaves them without emotional grounding, often resulting in feelings of isolation and loneliness.

The amount of time spent with others is not what matters; it is the quality of interaction that is important. If there is lack of warmth and friendliness, it leads to anxiety and stress among the elderly. To facilitate better physical and mental health, Laughter Clubs provide a rich social network of people who care about one another, and perhaps even more importantly, a way of getting to know new people who we care about. This provides a sense of emotional security which resists stress and depression – the number one sickness in seniors.

The session with seniors is not just about laughter. It entails creating a connection with them, building a rapport by talking, listening and physical touch.

A smile goes a long way to establish a bond with seniors who are in need of care and empathy. It creates an ambience of belonging and generates the much needed feeling of closeness and fraternity. Laughter sessions help them to share similar interests and instill familiarity and intimacy.

It gives them the opportunity to confide their emotions and express themselves freely.

Laughter Yoga exercises are simple, structured and entertaining. They are easy and safe, and provide a genuine form of physical exercise. They are appropriate for all, regardless of their cognitive, sensorial or motor abilities/limitations. People's participation is invited and not imposed.

Laughter Yoga appears to lift depression and replace it with a positive outlook. Health improves, many chronic ailments disappear, the exercise improves mobility, communication and relations also improve.

The next time you walk by a senior give them a toothy smile and a giggle and I guarantee it will brighten their day. One day, that will be you.

ABOUT THE SPIRITUAL GUIDE AND TEACHER: An enthusiastic and infectiously 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 – December 2012

We have spoken of the change in molecular structure through the heightening of consciousness and appropriate emotional environment. (See: *Notes from the Light*, November 2012). Kindly understand that this reformulation of structure is not the primary reason for your existence. It is, rather, an illustration of the divine power that resides within all your citizens.

At this time upon your earth, there is an understanding that your physical world can be transformed through machinery and instruments of technology. Indeed, in using the technology which is at your disposal, some progress can be witnessed in the presentation of information, in the acceleration of learning and in the awakening of your world to transparency and justice. However, it must also be understood that many of these implements which you deem sophisticated have yet to encourage the peoples of your planet to lead lives of loving creativity.

The source of true power and genius is found within the very minds of your inhabitants when these minds are coupled with divine love and fellowship. Focusing your sacred consciousness to uplift matter suggests to your world that balanced living is the marriage of spirit with matter. It is here you witness mind filled with heart and heart filled with mind. Herein lies the authentic creative force and true intelligence: scientific progress is anchored in the well-being of all humankind, economic equality is cultivated, liberty celebrated, and the shared contribution of ideas, actions and goods is cherished.

There are many societies living within and even upon your planet who, through the perfect expression of the divine inner creative pulse, continue to celebrate vast scientific research and discovery and, through shared creative ideas and inventions, continue to further their lives and communities. These societies enjoy friendship with many worlds and dimensions whose need for physical instruments are of secondary importance to their mutual and progressive understanding of the wondrous universe.

In this coming time, within your own nations, you will witness the appearance of highly evolved individuals whose very lives are examples of radiant divine goodness and who will consequently remind you of your origins as sacred, intelligence and advanced beings. Hence, we ask that you remain true to the very love within your essence for you now reside in the inner, spiritual ring of a world unfolding its truth.

It is to be remembered that the upliftment of the physical world through sacred focus and loving kindness also indicates the elevation of your families and communities to an already known world of more profound understanding, contribution and peace.

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 Substitute Sun

The world awoke one bright morning to find that the Sun was gone, replaced by a circular cardboard cut-out. The cut-out was roughly coloured in by a yellow pencil, with some of the colouring straying beyond the circumference of the disc and staining the blueness of the sky. Short cardboard rays were coming out of the rim and there was a smiley face sketched inside the circle. It looked just like a child's drawing of the Sun.

After mankind had recovered from the shock of losing their beloved star, plans were made to locate it and put it back in its rightful place. Great rewards were offered to anyone who could provide information as to its whereabouts. Police forces

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allocated their best men to try and pinpoint who was likely to commit such an act. Pressure was put on crime organisations to reveal if this was their doing and if so, how much they wanted for the Sun's safe release. Clairvoyants were called upon to use their abilities to intuit where it might be held against its will.

Despite these exhaustive efforts, the Sun remained missing, although people still clung to the hope that it would be found alive.

With time's passing, the pain of losing the Sun became less acute. The world slowly grew accustomed to the substitute and even began to appreciate its benefits. People understood how lucky they were that this impostor gave out the same amount of warmth and illumination as the original star. The physicists were pleased that the replacement exerted an identical gravitational force, so that Earth's orbit remained unchanged; the workers were content that the stand-in did not increase their hours of labour, and the farmers were thankful that the cardboard disc provided an equivalent quantity of light to nourish their crops.

Eventually, it was seen as quite appropriate to have a bogus sun, given that so much else was phony in society: fake tans; fake smiles; fabricated, unnatural foods; artificial noses on artificial faces; living simulated lives on the computer. Many believed that the substitute was put in the sky as a sign of the divine approval of the world's false ways. Consequently, it was concluded that unauthenticity is the true nature of man.

Centuries passed and there was nobody left on Earth who had experienced the glory of the original Sun. The crudely coloured cardboard circle with its cardboard rays and smiley face was now the only sun that the world had ever known. Lovers swooned under the warm beauty of its radiance; composers wrote symphonies dedicated to the perfection of its proportions; poets extolled the rich vibrancy of its colour in their sonnets and religious worshippers thanked their Maker for gifting the Earth with such a miracle of nature.

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. **Ann C. Johnson, Assoc MAPS: Psychologist – Practicing Forgiveness**

Human existence affords us many opportunities to grow personally and spiritually. Learning to forgive ourselves and others for past heartache, disappointment and pain; learning to love ourselves and others without conditions; learning to recognise when we've hurt others, to admit we were wrong, to apologise for the errors we have made, to ask for others forgiveness, to make amends for the harm we've caused, to make a vow to change our behaviour, to not be attached to whether others forgive us: these are some of the challenges offered to us along life's way.

Forgiveness isn't a feeling. It is a decision that is made in the mind and then felt in the heart. If you wait until you *feel* like forgiving someone for something that has hurt you; if you wait until you *feel* like forgiving yourself for something you regret doing; you might be waiting for a very long time. What you need to understand here is that practicing forgiveness will benefit you first, and then it will benefit the other person, because it will free you from the heavy burden of guilt, blame, malice and shame; it will allow you to move on with your life and for others to do the same.

False pride, an out-of-control ego, deep hurt, shock, others bad attitudes and bad behaviours, or a lack of education, often stands in the way of people practicing forgiveness. When you look for character flaws in yourself and others; when you hold onto feelings of anger and resentment; when you hold onto grudges and allow battle wounds to fester; when you need to make yourself "right" or others "wrong"; when you plan acts of retribution; when you fill your mind with worry-thoughts of loss, disappointment and pain; you burden yourself with self-created pain.



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Human beings are imperfect. If you expect yourself or others to be perfect, you'll be sorely disappointed. Most people do their very best: they strive to achieve work targets; they strive to take care of themselves and their families; they strive to eliminate bad attitudes, bad behaviours and bad habits; they strive to be loving, kind and caring; they strive to do 'better' and be 'better'. Alas, when the downside side of human nature comes to the forefront; when false pride and ego are left unrestrained, they can:

- Offend or hurt others by accident or deliberately;
- Be unkind to their children, parents and partner;
- Ignore sound advice and put themselves at risk;
- Ignore warnings that they are under great stress;
- Disrespect their parents, teacher or work bosses;
- Spread malicious gossip and tell malicious lies;
- Do "stupid", "bad", childish or impulsive things;
- Degrade, demean or harm themselves or others.

When you can learn to look at self and others through the eyes of unconditional love and compassion; when you can learn to be giving and forgiving; when you can start accepting others exactly as they are right now; you will find it easier to start the process of forgiving yourself and others for all past mistakes and wrongdoings.

The way to grow personally and spiritually is to start believing in forgiveness; to start endorsing forgiveness; to start practicing forgiveness. Forgiveness is the best contribution you can make to the healing our world. Angry, resentful, bitter, revengeful people cannot create a peaceful world. They cannot create a peaceful life. Practicing forgiveness is crucial if you want to create a happy and healthy life.

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

## 13. Dr. Nancy Cleaves – Devine Feminine: Heart of Faithful Compassion

Keeping with the archetype of Yeshua embodying the suffering we bear when life betrays us, there were two, out of the whole town of Jerusalem, including the disciples who loved him dearly- two essences, who didn't betray him. That was the mystical Lover represented by John the Beloved, and the Divine Feminine - Mary Magdalene and his mother Mary. I was going to do this as my third article, but as this is the Christmas season, and with all the buzz of Dec. 21<sup>st</sup>, I thought this was the appropriate time to look at the Divine Feminine together.

The Divine Feminine gives birth – period. Mothers give birth. Mary gave birth to Yeshua. If Mary was not true to her call, how could she raise a son to be prudent and wise? As the Beloved has given Life to all that is: masculine, feminine and other, we must look at the Divine One as She/He/It. Indeed a shift has been and is happening all around the globe – ushering in a new awareness and way of being – with integrity, responsibility, unity and harmony for all creatures and all living Life on this Earth Home. To make this shift, it is paramount to honour the Divine Feminine and begin to view our Beloved as Feminine as well, and from there, honour women and welcome the softer, nurturing feminine principles in men. This is not an easy task. Patriarchy has been at the helm for centuries and it serves the men in charge quite well. Wisdom is about balance. Love lives in the integrity of compassion for all.

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If you read Mary's proclamation in Luke, it is all about justice, "God puts down the mighty in their seats, and exalts those of low degree, satisfies the hungry with good things and sends the rich empty away...." Mary then is the archetype of Justice and she gave birth to the Prince of Peace. Justice creates the platform for Peace. Of course! How can you say to any person to have peace when they are being abused? Justice must come.

Who is it the faithfully writes to men in life imprisonment – mothers. The nature of the feminine is to nurture, care for, treat all equally, and a great yearning for peace and justice. As we enter into this time of winter solstice and all the talk of a violent end or an end to violence may we find courage, comfort and strength in the Divine Feminine. The Mary's did not run away, did not betray; their love was concrete and sure. Namaste – Shekhinah come!

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

## 14. Robert Schwartz – Your Soul's Plan: Unconditional Love

May 7, 2003. I remember that day well, because it was the day on which my life changed, the day that launched me on the path to writing the book *Your Soul's Plan: Discovering the Real Meaning of the Life You Planned Before You Were Born*.

I was 40 at the time, working as a self-employed marketing and communications consultant and feeling profoundly unfulfilled with my life. I often had the feeling that if I were to fall off the face of the Earth, none of my clients would notice. They would simply plug someone else into my role and continue along.

Yet, at the same time I had a feeling that there was a higher purpose to my life. I just didn't know what it was. And so, in my search for that higher calling, I did something on that fateful day in 2003 that I had never done before: I had a session with a psychic medium.

The medium introduced me to the concept of spirit guides – highly evolved, nonphysical beings with whom we plan our lives before birth and who then guide us through our lives after we incarnate. Through the medium, I was able to speak with my guides. They told me that I myself had planned many of my greatest challenges in life - and that I had done so before I was born.

I might have dismissed this as some sort of elaborate fantasy, except that my guides knew literally everything about me. They knew not only what I had done in life, but also what I had thought and felt. *Private* thoughts and feelings that I had never shared with anyone.

For example, five years earlier I had been going through a very difficult time in my personal life. One day, alone in the privacy of my home, and *silently* in my mind, I said a prayer to God. I said, "God, I can't get through this alone. Please send help." I had completely forgotten about this prayer, but my guides knew about it, and they reminded me of it. They added, "Your prayer was answered," by which they meant that additional nonphysical guidance had been sent. I was astounded.

As you can imagine, when certain beings know literally everything about you, they have a great deal of credibility.

So I was listening in rapt attention when they went on to tell me why I had planned some of my greatest challenges. In the days and weeks after the session with the medium, this information was constantly on my mind. It allowed me to

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review the course of my life and, for the first time in many instances, see a deeper purpose to the seemingly bad things that had happened. For me, this was deeply healing.

I realized I was on to a concept that could bring similar healing to other people. I started to think about writing a book about it.

At the same time, I began to have metaphysical experiences of my own. I would like to tell you about one in particular that profoundly informed my research and forever altered the way I look at the world.

One day, I was working in my home office and decided to take a break and go for a walk. As I was meandering down the sidewalk, I was suddenly overcome by a feeling of overwhelming unconditional love for every person I saw.

I remember this experience with crystal clarity. The first person I saw a cab driver sitting behind the wheel of his cab, waiting for a fare to come along. I looked at this man – a complete stranger to me – and felt nothing but pure, unconditional love for him. Then I noticed a barbershop on the corner. I looked through the window and saw a barber cutting someone's hair. Again, I felt overwhelming love for these people who I did not know and had never seen before. Then I noticed a young mother pushing an infant in a stroller down the sidewalk. Once more I felt the same unconditional love for these people. Everywhere I looked, every time I saw a person, I felt tremendous love flowing over me and through me.

Though I had never heard or read of an experience like this, I knew immediately and intuitively what was happening: *I was in enhanced communion with my own soul.* It was as though my soul were saying to me, "This love is who you really are. This is your true nature."

I believe that my soul gifted me with this experience because when I went on to research and write *Your Soul's Plan*, every pre-birth blueprint I examined was based on unconditional love. This was true even when the souls were scripting a "negative" role for someone to play.

Had I not had that experience of myself as unconditional love, I would have found exactly the same results in my research. But I think there would always have been a little voice at the back of my head saying, "How do you know any of this is true?" Well, I know it's true because I experienced it myself. And so I can state to you with absolute confidence and certainty that I believe that we as souls are made quite literally from the energy of unconditional love.

In order to research people's pre-birth plans, I collaborated with four very gifted mediums and channels, including one who is able to hear the conversations people had before they were born with their future parents, children, spouses, friends, and other loved ones. I put these conversations verbatim into the book. The people I interviewed had planned such challenges as physical illness, having handicapped children, deafness, blindness, drug addiction, alcoholism, losing a loved one, and severe accidents.

Why do we plan before birth to experience challenges? I found four primary reasons.

First, challenges allow us to balance karma from past lives. Karma is sometimes conceptualized as "cosmic debt," but I think of it more as unbalanced energy. Let's say, for example, that in a past life one person was physically ill and another person was the caretaker. When these two people transition back into spirit and have their life review, they will have a sense of unbalanced energy. One way to create balance would be to switch roles. The one who was ill now plans to be the caretaker, while the one who was the caretaker now plans to experience illness. What makes these life blueprints so challenging is that once in body, neither soul will remember the pre-birth plan.

Second, we plan challenges in order to heal. For example, Penelope, the deaf woman in my book's chapter on deafness and blindness, planned to be born completely deaf because in a past life she had heard the gunshots that killed her mother. She was a small child when the murder occurred. She was traumatized by her mother's death and went on to commit suicide later in that incarnation. In this lifetime, she sought to focus on self-healing and wanted to make sure that her healing would not be hindered by a similar trauma. In her pre-birth planning session, her spirit guide asks, "My dear . . . would you prefer to be born deaf so that no sound will ever remind you of those sounds again?" Penelope replies, "Yes, that is what I want and what I wish to do."

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Third, we plan challenges to be of service to others. In the chapter on physical illness, I write about Jon, a homosexual man who planned to have AIDS so that he could teach tolerance to humanity. In his pre-birth planning session, we heard Jon conferring with the soul of the future loves who would – at his request – transmit the virus to him. The future lover says, “There is an issue larger than all of the personal benefit of contracting this illness. We can teach our elders, honor them, and provide them with a valuable opportunity to experience, learn, and grow.” Jon, therefore, is not someone to be judged or scorned, but rather someone we may thank for having the raw courage to plan such a bold mission in service to others.

Lastly, life challenges allow us to know ourselves as love. By this I mean not simply that we are *loving*, although certainly that is true, but that we are quite literally made of the energy of love. In our nonphysical Home, we experience no contrast to ourselves and therefore cannot fully understand our nature as love. On Earth, in a realm of duality and stark contrast, we often encounter a lack of love. As we choose in the face of such experiences to give and receive love freely and unconditionally, we remember who we really are.

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:

### 15. Good News Of The Day

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

"90% of the world's languages are dying and will be gone within decades, displaced by the cold, placeless tongues of global commerce and colonization. Millions of voices...are going silent and with them the local wisdom borne of millennia of intimate and sustainable communion with place extinguished. The very fabric of life on the planet is also under siege by the same forces. The problem of endangered languages and cultures is, thus, everyone's problem. To paraphrase the great Japanese poet Issei, "if we look carefully into the dragonfly's eye, we can see the mountain behind our shoulder." [{read more}](#) **Be The Change:** Try to use language today that reunites the human and more-than-human worlds.

Renowned writer and philosopher, Jacob Needleman, talks about his life: "I began to feel, without knowing how to say it, that when I was looking at a grasshopper or a frog, I was looking at a great idea. The ideas were like living beings! And the living beings were ideas! And so I wanted to go into this field. I wanted to be a philosopher." Further on in this interview, he says, "No matter how many explanations you make of how things work mechanically, there's no explanation, really, about why? And there's no explanation, really, about how? I'm just not impressed by the belief that the brilliance of science means we can conclude that there's no higher intelligence in the universe." [{read more}](#) **Be The Change:** See if you can remember a moment when it seemed like another intelligence was at work in you.

30-year-old Jason DaSilva has worked as a filmmaker for ten years. His work has been screened at Sundance, on PBS, HBO, and came close to receiving an Academy Award nomination. Currently Jason is the director and star of an unusual documentary titled, "When I Walk". The film documents his journey with Multiple Sclerosis. In Jason's own words it, "provides information and inspiration to those affected by MS and their supporters, and gives a wider audience a unique insight into what happens when a person faces the challenge of living with a disabling chronic illness -- while pursuing an artistic career and a busy, wonderful, full life." [{read more}](#) **Be The Change:** Practice listening to the way you communicate with yourself and others this week.

"I began leaving love letters all over New York City for strangers to find nearly two years ago. Though the idea sounds romantic, it was really a way to forget about my own feelings of sadness and loneliness for a while and focus on others in the big city who may have been feeling as let down as me. Every morning since that first love letter, I've pinned my cursive to writing and mailing love letters to people all over the world, packed with words that hopefully will help, heal, and hold them during a tough time. With every stroke of the pen and sealing of the envelope, I've gathered life lessons that I know will never leave me no matter where my letters go." Hannah Brencher founder of The World Needs More Love Letters shares more. [{read more}](#) **Be The Change:** Learn more about "The World Needs More Love Letters" movement that Hannah started. Write a note with an inspiring quote, a beautiful poem or some simple words from the heart, and tuck it somewhere for a stranger to find.

"Six-year-old Nico Castro from California isn't letting his battle with brain cancer affect his spirit of giving this Halloween. After his doctor gave him the green light to go trick-or-treating thanks to a break in his chemotherapy, he was jumping for jack-o'-lanterns, what a treat! But here's where it gets tricky. "Even though he's worse off than some of these other kids in the hospital, he's worried about them and thinking --oh they can't go trick-or-treating and oh they can't get candy," said Nico's mother, Marlene Castro." What follows is a beautiful story of how one brave little boy's compassion led to a tidal wave of generosity this Halloween. [{read more}](#) **Be The Change:** Do something to bring a smile to someone going through a difficult time today.

When Danielle Gletow adopted her daughter Mia, she began to learn about the American foster care system -- and the challenges faced by more than 100,000 children and young adults who are part of it. Determined to do something to help them, Ms. Gletow made it her mission not only to educate others about the challenges these children and teens face, but also to give people an easy way to lend a helping hand. That's how One Simple Wish was born. Founded in 2008 out of



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Gletow's home office, One Simple Wish is a nonprofit organization that connects foster children and vulnerable families with potential donors. The wishes, which typically cost from \$5 to \$100 to grant, encompass everything from a desire for a musical instrument to a movie ticket, new clothes, or horseback riding lessons. [{ read more }](#) **Be The Change:** Catch someone by surprise with an unexpected act of kindness today.

"I never could connect with poetry," Jan said. "I'm a math teacher!" She was sitting on my living room couch surrounded by piles of poetry books. On the coffee table was a stack of cards, each with a different poem on it. Even some of the art on the wall had hand-calligraphed verses among the colors....Jan's glance fell on a stack of Mary Oliver's books, and tears came to her eyes. "A few years ago, when I started teaching at my current job, the first friend I made was Rita, an English teacher and a poet. I confessed to her my inability to understand poetry. With a knowing look in her eye, she said, 'Don't worry, I'll take care of that!'" [{ read more }](#) **Be The Change:** Take a moment to revisit one of your favorite poems today.

"Recently, photographer Sam Beam and his buddy Josh Brinkin were out in a remote area outside of Albuquerque, New Mexico when they spotted some ravens and vultures near a known watering hole. They rode in for a closer look and were jolted by the sight of a bull calf, barely alive..."This little guy had his mouth, eyes and ears shut from struggling for days, but those birds never touched him," Sam said. After pulling the calf from the mud, the two men knew they had to act quickly..." [{ read more }](#) **Be The Change:** The next time you come across a being in a stressful or difficult situation take a moment to do something to help.

"Is earning a black belt on your life list? Then this elderly woman in San Francisco just might be your ultimate hero. Just two years before her 100th birthday, Sensei Keiko Fukuda has become the first woman to achieve a tenth-degree black belt-the highest rank in the martial art and combat sport Judo. Fukuda is now one of only four living people who've earned the tenth-degree (or dan) black belt. To put the accomplishment into better perspective, throughout history, only sixteen people have ever achieved this honor...Fukodo said she approached Judo and her life with the intent to "be gentle, kind and beautiful, yet firm and strong, both mentally and physically." [{ read more }](#) **Be The Change:** Have a dream that's been gathering dust on the shelf? Take a step towards it today.

"Time is money in the West. Workers are paid by the hour, lawyers charge by the minute, and advertising is sold by the second (\$117,000 per second at this year's Super Bowl). Think about this: The civilized mind has reduced time, the most obscure and amorphous of all intangibles, to the most objective of all quantities -- money. With time and things on the same value scale, I can tell you how many of my working hours equal the price of the computer I am typing on. Can I really?" Robert Levine shares more in this thought-provoking piece. [{ read more }](#) **Be The Change:** "It doesn't interest me what you do for a living. I want to know what you ache for, and if you dare to dream of meeting your heart's longing." A poem by Oriah Mountain Dreamer: [{ more }](#)

"The adage, "Don't worry, be happy," suddenly has a lot more weight behind it, thanks to the latest medical research. In the first-ever systematic review of happiness and heart health, researchers at the Harvard School of Public Health in Boston have found that a positive outlook on life can actually protect your heart from cardiovascular disease." [{ read more }](#) **Be The Change:** "If you change your perception, you change the experience of your body and your world." In this short passage titled, "The Science of the Heart", Doc Childe shares more. [{ more }](#)

"The working class daughter of a Jewish mother and Sicilian father, Joan Di Stefano was working to help with the bills at fourteen. A few years later she was "slinging drinks" to pay tuition for her classes at the San Francisco Art Institute. At seventeen, while working at Macy's in downtown SF, on her lunch-breaks she often visited a bookstore around the corner. That's where she picked up a copy of Thomas Merton's No Man Is An Island. As she told me, "I would read a couple of pages and keep thinking about it. So that book always kind of stayed with me." Joan's story is unique and over forty years later, her connection with Merton led to quite an astonishing series of events..." [{ read more }](#) **Be The Change:** Don't be afraid to follow an impulse of service, especially in small ways.

"Talking with Dr. Ted Schettler is probably unlike any conversation you have had with your physician. Raise the topic of diabetes or dementia, and Schettler starts talking about income disparities, industrial farming, and campaign finance reform. The Harvard-educated physician, frustrated by the limitations of science in combating disease, believes that finding answers to the most persistent medical challenges of our time-- conditions that now threaten to overwhelm our health care system-- depends on understanding the human body as a system nested within a series of other, larger systems: one's family and community, environment, culture, and socioeconomic class, all of which affect each other. " [{](#)



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[read more](#) } **Be The Change:** "In the participatory universe revealed by quantum physics, our consciousness can actually change the material world -- including our bodies and our state of health." [{ more }](#)

Jose Mujica, president of Uruguay, has been described as the world's poorest and most generous political leader; he donates about 90% of his salary to charities, lives in a modest house at his wife's flower farm, and drives a 1987 VW Beetle. Uruguayans know him as "Pepe" and just about everyone in the country agrees that, in everyday life, he's a citizen like any other, except he doesn't have a bank account and has very few debts. [{ read more }](#) **Be The Change:** Look around your home or workspace today, and see if you can simplify your life by five material possessions big or small.

"Every parent knows the bittersweet ache of watching their children grow and leave the nest, but what happens when your baby is not yet two years old and can already run as fast as a car? No one knows exactly how a one-month-old cheetah cub made her way under the fence of the Ol Pejeta chimpanzee sanctuary in Kenya in October of 2010. It's no small miracle that sanctuary workers spotted her before the apes could make a meal out of her, yet great concern set in after an extensive search turned up absolutely no trace of the cub's natural mother. With nowhere else to turn, sanctuary staff loaded the little cheetah onto a jeep and they set off together on a journey into the world of mankind." The story of Sheeba the Cheetah, raised by humans who loved her enough to set her free. [{ read more }](#) **Be The Change:** Pour your heart into serving another's journey unconditionally, in ways large or small.

"Ben and Norma Shapiro spent Thanksgiving week in New York City. They went to two jazz clubs, one comedy club, two movies, six plays and five museums. They had packed clothes to take them to those events, plus casual walking. And those are all the clothes they have left. On their last night in NYC, Nov. 30, they went to a jazz club and returned to their hotel. The manager met them as they entered the lobby and told them that the Concord fire chief called and asked that they call back immediately. Quoting Ben, Norma said "We knew that they were not calling because a cat was stuck in a tree..." [{ read more }](#) **Be The Change:** Take time to reflect on the things you are grateful for -- that aren't "things".

"There are a few old management adages that seem to run like a current through our society, powering our work and personal lives: "You can't manage what you don't measure" and "You are what you measure" and "You get what you measure". And I've fallen for it myself. At various times, I've tracked workouts, miles run, everything I've eaten, every single work task I complete, progress towards goals, my weight, my body fat percentage... expenses, earnings, debt, website visitors, ad clicks, tweets, followers, and on and on. Sometimes I've tracked a few of these at the same time." What if there was a better way? [{ read more }](#) **Be The Change:** Experiment with "untracking" your life this week.

"It can be challenging to create rich and meaningful family conversations about gratitude. I know I've felt disappointed when my "What do you feel thankful for?" questions are met with quick, predictable responses that bring the conversation to a close soon after it's begun. This Thanksgiving season, I'm taking a different approach by coming up with 20 gratitude questions to help enliven our sharing." Karen Horneffer-Ginter shares her questions with readers here. [{ read more }](#) **Be The Change:** Take a moment with family and friends today to reflect on the gratitude questions above, or perhaps a set of your own.

Discovering the writings of Peter Kingsley (In the Dark Places of Wisdom, Reality and now A Story Waiting to Pierce You) reminded me of what a mystery it is to be alive. One is always forgetting this, especially in this era of science's stupendous discoveries and the astonishing advance of technology. It's as if we have the power to figure everything out. Does this confidence in our knowledge stand in the way of feeling something that's even deeper and more true? Listening to Peter Kingsley is like a wake-up call. [{ read more }](#) **Be The Change:** Find a quiet place and sit there for five minutes in silence. Reflect on the mystery of existence.

"Recognizing the positive intentions in others, we feel safer, more supported, and happier. And when others feel that you get their good intentions, they feel seen, appreciated, and more inclined to treat you well. But it can be hard to recognize the goodwill in others. We're busy and distracted and stressed. Positive aims are often buried beneath negative behaviors. The brain's innate negativity bias is continually scanning for bad news, bad intentions. The brain also reacts to novelty, so it tends to ignore the many positive intentions that pervade most daily life while spotlighting the occasional negative ones. So you have to actively look for good intentions." [{ read more }](#) **Be The Change:** Try noticing the good intentions of those around you today.

"Eight weeks ago, I was released from the hospital after suffering a pulmonary embolism. I had just finished a tour and a week after returning home, severe chest pain and terrible breathlessness landed me in the ER. A scan revealed blood clots in my lungs. Everyone told me how lucky I was. A pulmonary embolism can take your life in an instant. I was familiar

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enough with the medical term, but not familiar with the pain, the fear and the depression that followed." This real-life story leads into a transformative moment at the check-out counter of a grocery store. [{ read more }](#) **Be The Change:** Appreciate the gift of this day.

"To begin to conceive of the possibility of a culture of empowered citizens making democracy work for them, real-life stories help -- not models to adopt wholesale, but examples that capture key lessons. For me, the story of Brazil's fourth largest city, Belo Horizonte, is a rich trove of such lessons. Belo, a city of 2.5 million people, once had 11 percent of its population living in absolute poverty, and almost 20 percent of its children going hungry. Then in 1993, a newly elected administration declared food a right of citizenship. The officials said, in effect: If you are too poor to buy food in the market -- you are no less a citizen. I am still accountable to you." What follows is the story of how a city in Brazil recruited local farmers to help do something many places have yet to do: end hunger. [{ read more }](#) **Be The Change:** Learn about the initiatives working to tackle hunger in your own community.

"I saw it when I stopped at a red light at the intersection of Lake City Way and 95th Street: an old, bearded man -- was he a wizard? -- staring down at the street from a sign on a telephone pole. I smiled. How weird. Before the light turned green, I took a picture. "Fun things out in the world for no apparent reason," I posted on Instagram. "Love those." An Instagrammer named Ericka clued me in within minutes. "The compassion wizard!" she wrote. "Look him up." So I did." [{ read more }](#) **Be The Change:** Plant a small gift of beauty, joy or wisdom somewhere where it will be chanced upon by a stranger.

## 16. A Servant Leader

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

To progress, society doesn't need 'leaders' anymore. This doesn't mean that we won't have great men amidst us. I think great men will come and they will be vital for progress of humanity, but they will be so great that they will refuse to take up this position of leadership. People will not follow the great men, but will listen to their thoughts, philosophies and views and through their sharing, society will find its way forward.

Take a look at the Bhoodan (Land Gift) Movement, for example. Because it was entirely executed while walking, there was never any centralized leadership. If you think about it, the Buddha too, walked on foot for thousands of kilometres with a few simple thoughts. Yet, because those thoughts were worthy, and he lived in complete harmony with those thoughts, they have spread across the world and are valid even two and a half millennia later.

Any change, any revolution for the people always occurs in one place, but the winds carry them far and wide. Similarly, because we walk, the leadership that is created is always local. In fact, I would like to restate it and say that we aren't creating local leaders, but local servants.

When we approach people as their servants, we appeal to their hearts and they are moved to gift land to their brothers. In fact, our real strength lies in the fact that we are servants. The divinity in each and every person can be witnessed and reached, only when you approach them as a faithful servant.

Think of how the various organs and limbs come together as servants to our body. If somebody tries to strike your head, the hand comes forth to protect it. It does not do so out of an expectation or out of fear. It does it because it sees itself as part of the whole and therefore works out of a sense of duty.

When we will all see our role in society as servants, we will all light up the sky together like countless stars on a dark night. Don't think of society as the sky on a full moon night. The moon's harsh light blinds us to the true and humble work of the stars. But on a moonless night, the true servants shine forth, as though they are connected invisibly in this vast and infinite cosmos.

--Vinoba Bhave

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## 17. Planetary Birth

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

From the vantage point of our birth as a universal humanity, we are not dying; rather we are in a dangerous but natural condition. Just post-birth, not yet awake, yet becoming aware that if we do not shift our behavior from over-populating, polluting and fighting we will self destruct. We can see that we are naturally hitting a limit to one form of consciousness and of growth in the womb of Earth. We are naturally running out of non-renewable energy. We are naturally beginning to limit our population growth. We are naturally struggling to coordinate ourselves at a planetary scale, to manage a planetary ecology, to get food to all members of our planetary body, to handle our own waste, to stop the extinction of other species, etc.

These "problems" are no more a mistake than a baby's growth in the womb at the ninth month is a mistake. The very pain caused by these conditions is vital to our birth. Without the pressure of this pain, we would never wake up to our full potential. Our crises are leading to our evolution. They are signs of the next stage of our evolutionary life. They are forcing us towards conscious evolution, or devolution and self-destruction. It makes a huge difference as to what memetic code we choose to evaluate our current condition.

The metaphor of a birth is revealing here.

A baby will die if it stays in the womb when it is time for it to be born. It is outgrowing the womb. ... If a mother did not know about birth, she would think that she is dying. And when she saw the new-born she might be horrified! But since she knows about birth, she understands the meaning of the pain, and she is hormonally programmed to love the unknown child. Her breasts fill and she experiences unconditional love for the infant, naturally. Not because it will grow up to be a lawyer or doctor, but because it IS value, it IS life!

However, since we have never seen another planet go through its crises of a "planetary birth," many people do believe we are dying or that we are guilty and a failure as a species. When we see our potential for life, we will not fail. But we need a new memetic code to guide us, or as Teilhard de Chardin said, we might fall out of love with our species, losing our attraction for our future.

Opening our collective eyes we discover that we already have the capacity to solve every problem and realize unimaginable new capacities.

In fact, we are already beginning to do so.

Humanity is thus at a crossroads. Either we can come together consciously in collaboration with Earth systems, or we can continue to follow unconscious patterns of conflict and consumption. If we collectively choose conscious collaboration, we will experience the "gentle path," a positive vision of the future in which humanity understands its purpose and its power, and makes a relatively smooth transition into the next stage of its evolution.

--Barbara Marx Hubbard

## 18. Frying the Seeds of Anger

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

When I am angry, my whole mind becomes a huge wave of anger. I feel it, see it, handle it, can easily manipulate it, can fight with it; but I shall not succeed perfectly in the fight until I can get down below to its causes. A man says something very harsh to me, and I begin to feel that I am getting heated, and he goes on till I am perfectly angry and forget myself, identify myself with anger. When he first began to abuse me, I thought, "I am going to be angry". Anger was one thing,

and I was another; but when I became angry, I was anger.

These feelings have to be controlled in the germ, the root, in their fine forms, before even we have become conscious that they are acting on us. With the vast majority of mankind the fine states of these passions are not even known - the states in which they emerge from sub-consciousness. When a bubble is rising from the bottom of the lake, we do not see it, nor even when it is nearly come to the surface; it is only when it bursts and makes a ripple that we know it is there.

We shall only be successful in grappling with the waves when we can get hold of them in their fine causes, and until you can get hold of them, and subdue them before they become gross, there is no hope of conquering any passion perfectly. To control our passions we have to control them at their very roots; then alone shall we be able to burn out their very seeds. As fried seeds thrown into the ground will never come up, so these passions will never arise.

--Swami Vivekananda, in "Yoga Aphorisms"

## 19. The Call

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

I have heard it all my life,  
A voice calling a name I recognized as my own.

Sometimes it comes as a soft-bellied whisper.  
Sometimes it holds an edge of urgency.  
But always it says: Wake up, my love. You are walking asleep.  
There's no safety in that!

Remember what you are, and let a deeper knowing  
color the shape of your humanness.  
There is nowhere to go. What you are looking for is right here.  
Open the fist clenched in wanting and see what you already hold in your hand.  
There is no waiting for something to happen,  
no point in the future to get to.

All you have ever longed for is here in this moment, right now.  
You are wearing yourself out with all this searching.  
Come home and rest.  
How much longer can you live like this?

Your hungry spirit is gaunt, your heart stumbles. All this trying.  
Give it up!  
Let yourself be one of the God-mad,  
faithful only to the Beauty you are.  
Let the Lover pull you to your feet and hold you close,  
dancing even when fear urges you to sit this one out.

Remember, there is one word you are here to say with your whole being.  
When it finds you, give your life to it. Don't be tight-lipped and stingy.  
Spend yourself completely on the saying,  
Be one word in this great love poem we are writing together.

--Orah Mountain Dreamer

## 20. The Challenge of Gift-Giving

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

I am afflicted with a trait which I suppose is common, yet I feel peculiar. Even though I like receiving gifts, I find myself feeling awkward accepting them. I suppose at the core is an assumption that the process of gift-giving will raise good feelings about me in the receiver's heart and mind. I tried to evaluate this reason and found that there may be some shades of truth in it, but it is not so straight and simple.

Giving involves thinking about the other person, understanding their universe and their wishes. It shifts our focus from 'us' to 'them', and as it does, it unwittingly bridges the gap between the two with naturalness and warmth. Gifting is that precious means by which entry into other's soul is possible.

But in today's consumer-driven life, gifts too have become 'plastic-coated'; we have become dependent on the market to fulfil our wish of giving. And the wide range of available products dazzles us to temporarily forget the reasons for giving. The focus shifts to the product rather than the person. In the end, the receiver is inundated with "gifts," which have no relation to his/her needs at that moment. The market has also unconsciously slipped in the notion of "price tag." The value of how much it costs has replaced the value of feelings associated with the act of giving. A costly tag means the gift is valuable. I have had both kinds of experiences -- receiving gifts which do not mean anything and choosing ones to complete the formality.

In the face of this artificiality, my family and the organisations that I was working with tried something different. We decided to make things with our own hands instead of buying them from the market. This made a lot of difference. The act of creating immediately connects us to our inner world and, at the same time, links us to whom we are making the gift for. Creating something with our own hands requires time, which challenges the market's desire to make us passive consumers. Though my output wasn't a grand design, it involved my complete attention, and I reckoned it would please the receiver, a colleague in the office. It definitely did, and I felt elated.

--Nitin Paranjape

## 21. At A Bus Stop with Popcorn

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

I was living in São Paulo, Brazil.

It is a HUGE city, with more people living in it than in my whole country (Hungary, which has a population of 10 million). We rented a flat in a gated community, but there was a *favela* (shanty town) quite near.

For several months I didn't have a car, so three times a week, I used public transportation to go to the city centre. During these trips, I would ride with the people who took the same bus from the *favela* to go to work.

When I got on the bus, all the seats were already taken. But when people saw that my bag was heavy (full of books), they offered to hold it in their lap, to make me feel lighter standing. At first, I was shocked. Then I realized that these people had absolutely no intention to steal from me: they only wanted to help.

Once, on my way back, I had to wait for a long time at a bus stop. I was alone, except for a woman who was apparently very poor. She carried a small paper bag of popcorn and nothing else.

While we were waiting, she walked over and offered me some popcorn. I thanked her, but didn't want to help myself to it. She then repeatedly insisted that I take from what was evidently her only food.

That was the first time I thought about how people who have almost nothing, are sometimes able to share the little they have so much more "easily" than those who own a lot. I wonder if it's true that the more you have, the bigger the burden, and the difficulty to share anything with others.

I was so moved by that woman's simple generosity that day. I clearly had more than she did, but she naturally and joyfully shared what little she had with me nevertheless.

## 22. Free Hugs in Paris

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

It is said that we need four hugs a day, just to maintain our sanity.

Many of us are not meeting our quota. I didn't think that was right. So I began to share and organize Free Hugs Around the World. Free Hugs make people smile and feel good. Hugs release endorphins.

Through these free hugs, I've noticed that people often share deep details of their lives. We are desperate to connect to each other.

My most powerful hug ever, was from a severely autistic boy in Paris. He saw us hugging and asked his mom what we were doing. To our relief, she did not say we were crazy. Instead, she explained that we were hugging people and it was very kind.

They left.

A few moments later, that boy came running towards me, leaped into my arms, hugged me tight, and looked me right in the eyes.

Then I saw his mother.

She was crying.

I gently set the boy down, and walked up to her.

"I'm sorry. Did I do something wrong?" I apologized.

She hugged me and said, "I just can't believe this. He is severely autistic. He barely hugs me or his father. And he hugged you, a complete stranger. You are special," she whispered.

"So are you," I whispered back. "So are you."

And so are YOU!



## 23. Doormat Surprises

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

Once a year, the ladies from my church bring flowers for a special service. After the service is over, they throw them away.

This year, instead of throwing the flowers away, I took them home and decided to give them to my neighbors.

My mom helped me pair each flower with a card that read "Blessings". Then we placed them on the doormat of each neighbor. We could have left our names in the cards, but I think it always feels better when a gift is given anonymously.

As I went from door to door, I smiled, knowing that when my neighbors go to check their mail, they will be pleasantly surprised with an anonymous act of kindness!

When we finished, I felt so full of joy inside. It was such a great feeling to share flowers with my neighbors, especially since most of them are elders and rarely receive anything at all.

## 24. Sometimes One Act of Kindness Goes A Long Way

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

My husband works for a company that provides 24/7 care and housing for people with mental, physical and developmental disabilities. Here in Arizona, brutal budget cuts have slashed funds for those most in need. My husband loves his job and knows he is serving an important purpose, but sometimes the cuts affect morale.

I decided to start sending a basket of goodies to work with my husband every Wednesday, which is the day that all staff members come in to pick up their checks. I figured it might give them a little extra reason to smile. On the first Wednesday, I sent these delicious maple leaf cookies I found that are made Canada. I wrapped them individually in cellophane (because there are lots of employees and I wanted everyone to get at little something). When my husband arrived home from work, he brought me the following note from one of his coworkers:

***"Sometimes one act of kindness goes a long way! Thank you for the cookies! We provide services to a young lady battling lung cancer. She has not been eating much and her only hope is to be well enough to go back to Canada this July. She took 3 cookies, ate one right away and tucked the other 2 in her purse. Those cookies made her week! God bless ya!"***

I think now more than ever, when times are so tough for so many, even the smallest acts of kindness are received with so much appreciation. So if you ever think that any act is too small, think again. That is what I've learned! Even a ripple can grow strong enough to become a wave.

## 25. Random Acts of Patience

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

For some months now, I've been purposely choosing the longest lines to stand in -- supermarket, movies, cash register at stores during holidays so as to "develop" patience. Then, if someone looks stressed, like a mom with kids or something, I give my place away and move back to the line or longest line.

What goes on is my mind races. I start blaming -- clerk for not being faster or organization for not having more checkers, or the lady with the coupons, the man who's visa card isn't accepted. I judge the people in front of me. I notice what a rush I'm in and question why I'm doing this. My monkey mind starts to consume me, racing with endless stream of such thoughts.

I often fail to do this process, just getting carried away by my todo list and my internal stress or "forgetting" to do it. But sometimes I learn -- my mind pauses a bit, I feel the presence of those in the line near me, I breathe a little longer. I observe my inner workings and how that affects my outward behavior. And perhaps in some subtle ways, this process may serve others too.

It's a random act of patience, you could call it.

## 26. \$3 And A Smile

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

I always carry at least \$3 in my car and also in my pocket. I save it for the first person who asks if I can "spare some change". Smiling and maintaining eye contact, I always respond very cheerfully with a comment like, "Yes, I would love to" or, "It would be my pleasure". And I give them the \$3.

Then I replace it with my next \$3 for the next person. I never spend this money myself. I honor the idea that it is the possession of the next person who asks for it. Three dollars is a small amount, yet it means a lot to the person who might only expect 25 cents, especially when delivered with respect.

I have also taken to carrying items I think the needy may be able to use. I carry hats, socks, gloves, and an umbrella. Recently I put together some care packages for the homeless. It occurred to me that things like band-aids, toothpaste, aspirin, combs, as well as food would be of use. I imagined that they would need things to be non-breakable, so I chose plastic or paper containers. The folks who received them were delighted.

But I think it's not just that I give them things that matters. It's that I see them for the beautiful ray of lights that they are. I know that they are unique expressions of the Divine and that this is how they are at the current time, not who they are. I am glad to also give a hug and a smile with the money. And I always remember it is they who bless me with the opportunity to be kind!

In fact, yesterday a young lady to whom I gave the three dollars and a hat, asked if I could use a spare pair of gloves she had! So I accepted them for the next person who needs them. I was so touched that she wanted to give me something. She gave me more than she guessed!

## 27. The Surprising Truth About What Motivates Us

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

Watch this fascinating talk visually unfold before you through witty and beautiful illustration. Dan Pink makes the case that there are hidden truths behind what really motivates us. Namely that it's not the age-old motivators of money and power that drives us, but our desire for autonomy, mastery, and purpose. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=1986>.

## 28. Hanging in the Balance: The Future of a Forest

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

Scientists believe that we are at a tipping point of deforestation in the Amazon Rainforest, the largest contiguous tropical forest in the world. If we lose much more, the damage may be irreversible. The Amazon is a vast storehouse of biodiversity and plays a critical role in regulating global climate. Today, nearly one fifth of the Amazon has been cleared. This video describes some of the extraordinary efforts being undertaken by social entrepreneurs and stewards of the rainforest that have made a considerable difference to reducing deforestation. Over the last 5 years, Brazil has managed to reduce the rate of deforestation by 80%. However, new regulations threaten to reverse this trend. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3239>.

## 29. Kids Designing for Giving

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

While it is often easier for adults to affect change in the world, children can and have done their share. Watch this inspirational story of children in India doing small things, like donating a rupee, creating artwork, or picking up trash. Their small acts, when done in concert, create amazing changes in their communities. Join them for World Kindness Week, 13 to 20 November, in creating change in your community. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=1747>.

## 30. Soil, Soul and Society

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

Nearly 50 years ago, Satish Kumar walked from India to the United States for peace, starting at the grave of Mahatma Gandhi and ending at the grave of John F. Kennedy. He walked without money, trusting in the kindness of strangers to support him. "Peace comes from trust. Wars come from fear." He advocates making peace with soil (nature), soul (yourself) and society (others) because the future well being of humanity and the earth is dependent on a new world view in which the care of the planet, nourishment of the soul and the nurturing of the human community are integrated. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3456>.

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## 31. Danger of the Single Story

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

Growing up in Nigeria, author Chimamanda Adichie only read stories about blue-eyed British children, playing in the snow and eating apples. She loved these stories, but she could not connect to these stories. Growing up in an English-speaking former colony, Adichie nevertheless embraces Nigerian history and tradition to write critically acclaimed diasporan literature. Watch her discuss her own youth and the perceptions about Africa she had to overcome. Follow this link to the video... <http://www.karmatube.org/videos.php?id=1760>.

## 32. You Are Not Your Body

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

We often define ourselves by things that are "outside" us: relationships, work, family - even our own bodies. But what would it mean to have your life dramatically altered and your body irrevocably damaged? Who would you be then? In this TEDx talk, walking paraplegic Janine Shepherd, explores the impact of loss on the human psyche and the universal quest to find meaning and fulfillment. It is only through the process of losing everything we thought we needed that we find who we truly are. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3576>.

## 33. Are You Making Each Moment Count?

This is a story of a simple man who inspired countless people through his basic life lessons. His talents have been analyzed by Fortune 500 companies. He was named a hero by the largest company in the world. College students study his life. Ministers give sermons on his virtues. Children have written poems and songs about him. People stood in line to feel his touch. Who was this amazing man? Follow this link to a video to find out...

[http://play.simpletruths.com/movie/richest-man-in-town-v/?cm\\_mmc=ExactTarget-\\_-FR-\\_-11.09.12-\\_-RMITmovie&j=25835&e=rmeagher@istar.ca&l=3516\\_HTML&u=1135466&mid=7001668&jb=1004](http://play.simpletruths.com/movie/richest-man-in-town-v/?cm_mmc=ExactTarget-_-FR-_-11.09.12-_-RMITmovie&j=25835&e=rmeagher@istar.ca&l=3516_HTML&u=1135466&mid=7001668&jb=1004).

## 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

### “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 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



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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 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. Ascension Meditation and Celebration

### Ascension Meditation and Celebration

**When:** Saturday, December 22, 2012, 7:00–9:00pm

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

**Who:** Anyone wanting to celebrate this time of rising consciousness and rebirth. All paths welcome.

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

**Cost:** By donation, to defray facility rental cost.

**Food:** Your potluck contributions will be gratefully received.

**Sound Healing, by Julie Tierney, before and after the meditation.**

You are invited to join us for this peace- and love-filled gathering to usher in the dawn of a new era in consciousness. Much has been written and prophesized about December 21, 2012. This gathering will invite you to move beyond the prophesies and predictions to celebrate our truth and long-awaited spiritual renewal and rebirth. We welcome you to share in the unity of meditation with others and then to socialize over festive food offerings. Your hosts for the evening will be:

**Jennifer Bernius**, who teaches group, corporate and private classes and workshops in yoga-based meditation and personal development. For information, call 613-721-3787 or email [jenbernius@gmail.com](mailto:jenbernius@gmail.com).

**Rev. Robert Meagher**, who is an Interfaith Minister and leads a ministry initiative in Ottawa called Spiritual Guidance. For more information about Spiritual Guidance, call 613-204-0299, email [rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com), or visit [www.servinyourjourney.com](http://www.servinyourjourney.com).

Serving your personal journey toward enlightenment...

## 43. Unify Earth

The biggest live entertainment (Sacred) event that has ever happen on Earth has begun. It will be held on December 21, 2012, at Chichen Itza, Mexico, at the exact moment when the Earth, the Sun and the center of the galaxy are in perfect alignment, and it will be broadcast via TV, internet and mobile streaming. This cosmic alignment only happens once about every 26,000 years, and it is expected that two billion plus people will be watching this event as it unfolds.

Some of the groups that have aligned with **Unify Earth** at this moment are Cirque Du Soleil, Google, Live Earth and Live Aid, and they will feature Sting, Carlos Santana and many other luminaries. It is just beginning.

But most importantly, the Itza Mayan Council of Elders from the Yucatan has approved this event and will be intimately a part of the ceremonies, and the ceremonies that they perform at the moment of the alignment will be REAL, and will fulfill the Mayan Prophecy. It is the Mayan calendar, the most accurate calendar on Earth, that predicted the timing of this cosmic cycle, and it is the Mayan people who are being honored during this event.

Cirque Du Soleil will present the creative aspect of this event, and they will be giving simultaneous presentations all over the world, but focused on Chichen Itza, the Heart Center of the Mayan people. It is a story about humanity's journey throughout the ages that brings fantasy and reality together and takes the viewer on an epic musical media experience.

But deeper than the outer display, Unify Earth will begin March 21, 2012, to educate the world as to what the date of December 21, 2012, means from a Mayan Prophecy point of view: not the end of the world as many have believed, but the beginning of a new cycle of human consciousness expansion. This will be the most important moment of human experience since we were conceived, and a moment of great beauty. It is a time to celebrate!!! For what follows that event is inevitable, the birth of a new humanity.

Unify Earth's purpose is to get 2 billion plus people into their hearts simultaneously at the very moment of this cosmic alignment, which allows us to dream a New Dream for Humanity. It is our choice to continue on the path of darkness, or to turn abruptly and face the brilliant Light that is all around us. This will be the moment for us to take a stand for Life, and for you to be there in your beautiful Tiny Space of Your Heart creating a new world for all of us, our children and all Life on Earth.

Remember to breathe.

In Lak'ech

## 44. 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)



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

Dear interfaith colleagues around the world:

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

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

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

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

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

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)

## 46. 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).

## 47. Birth 2012 Planetary Celebration

**Saturday, DECEMBER 22, 2012 from 7:00 p.m. to 10:00 p.m.**

**GRAND HALL, CANADIAN MUSEUM OF CIVILIZATION**

100 Laurier St., Gatineau, Quebec



**Devenir Un = Unissons nos esprits & nos coeurs**

**Mâdawîhidiwin = Ânikowâpikinigadeg Odeyan kaye Midonenindjiganan**

### **OUR UNITY IN DIVERSITY**

Our local gathering is timed to coincide with similar gatherings totalling millions of people around the planet - committing to a positive future together.

***The goal of this celebration is to reach a critical mass  
of people — 1% of the world.***

We celebrate a new era for humanity, a collective rite of passage,  
a recognition that humanity is increasingly interconnected and  
at the same time conscious of our role in helping to manifest (or birth)  
our own healing evolution marked by creativity and Peace.

## The program includes :

- □□□ Bringing forth thanks honouring conscious relationship of all peoples
  - Entertainment — various cultures
  - Refreshments and Birthday Cake

Reserve your tickets Today ! <http://birth2012ottawagatineau.wordpress.com/>

FaceBook — [Capital Region Global Celebration Birth 2012](#)

**Global Event**—[www.birth2012.com](http://www.birth2012.com)

*Bookstores Ottawa/Gatineau - Dec. 22 Birth 2012 Planetary Celebration Tickets Available*

+

**\* Birth 2012 and Beyond Book by Barbra Marx Hubbard can be ordered**

**\* Singing Pebbles Bookstore**

202 Main Street  
Ottawa ON  
Across from St. Paul's University  
613-230-9165

**\* Librairie Michabou**

210 Chemin d' Aylmer  
Gatineau/Aylmer  
J9H 1A2  
819-684-5251

**\* Collected Works Book Store & Coffee Shop**

1242 Wellington St. West  
Ottawa, ON  
613-722-1265

**Serendipity Book Store**

1337 B Wellington St.  
Ottawa ON  
613-722-3400

**Purple Door Books and Gifts**

376 Barrie St.  
Kingston, ON K7K 3T4  
613-542-0823

**The White Lily**

14 Mill Street Heritage Court  
Almonte, K0A 1A0  
613-256-7799

**The Holistic Cooking Academy of Canada**

260 Napoleon Street,  
Carleton Place, ON K7C 2W9  
613-369-5013 Ext. 2

**Other locations to call for tickets:**

**Gatineau/Aylmer** - Judith - **Agent of Conscious Evolution** / 819-684-3099

**Kanata** - Ev - **Automated Learning** / 613-599-5971

**Manotick** - Sylvia - **Team Global Wellness** / 613-721-0039

**Orleans** - Diane - **Agent of Conscious Evolution** / 613-824-9602

**Ottawa/Westboro** - [Michelle-Lascelle@hotmail.com](mailto:Michelle-Lascelle@hotmail.com) FaceBook - **Celebrate Earth 2012**

Join our “ Family Drumming Circles” in Gatineau/Aylmer at 101 Symmes St. at Christ church hall. Kids all ages! With Peace Flame Drumming Group. Saturday, Nov. 24 and Saturday, Dec. 15 from 7 pm to 9 pm. VERY LAST CHANCE FOR TICKETS towards Dec. 22. Bring in all your ticket stubs and money. By this date we will be preparing for Dec.22 Birth 2012 and Beyond! And tickets may only be available by phone up to Dec. 17 to be picked up at the door and maybe some at the door donations now \$25 and more with no guarantee.

## 48. The Sashti Poorthi Lecture-Seminars

### The Sashti Poorthi Lecture-Seminars

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

Over the next three months (Nov 2012-Jan 2013), Richard will present three courses online in gratitude for his 60<sup>th</sup> year (*Sashti Poorthi* in Hindi). Each course comprises two 1 ½ hour long lecture/seminars given in a Skype conference call and including new spiritual practices. Each course may be taken separately or as a part of a longer training.

The next course begins on Wed 14 Nov 2012. It is entitled

## ABSOLUTE FREEDOM: *The Path of Love, Devotion and Surrender*

Methods: Lecture-seminars, discussions and questions, psycho-spiritual practices and instruction.

Format: Two small group lecture-seminars over Skype as a conference call, lasting a total of 3 hours. Psycho-spiritual exercises for between sessions and to incorporate into your spiritual practice..

Dates: 14 and 21 Nov 2012

Times: 16.30-18.00 Central European Time (CET). Please check carefully for your time zone equivalent.

Price: 80 Euros. (A concessionary rate of 40 Euros is made available to students who are unable to afford the full fee.)  
**N.B. Both rates are half-price as part of the *Sashti Poorthi* “giving back,” as a gesture of gratitude and respect to mark Richard’s 60<sup>th</sup> year.**

Booking: Send a message via <http://www.therapyandspirituality.com/contact-us.php> stating your wish to enroll on this course. On receipt of a confirmation email, please pay a non-refundable deposit of 50 % (40 Euros) at <http://www.therapyandspirituality.com/pay-online.php>. Please select “course”, the course title and 40 (for amount or 20 if you are paying the concessionary rate) and proceed making your payment online.

The second course in *The Sashti Poorthi Lecture-Seminars* series:

## HONORING THE GATE:

*Blessing, Gratitude and the Golden Opportunity*

Dates: 12 and 19 Dec 2012

The third course in *The Sashti Poorthi Lecture-Seminars* series:

## SACRED ATTENTION:

Awakening, Liberation and Spirituality in the World

Dates: 16 and 23 Jan 2013

**SPECIAL OFFER:** Book all three courses for 192 Euros (20% discount) and receive a free place on the following online course:

## THE THREE STAGES OF AWAKENING:

A Radical New Approach to the Human Predicament in the 21<sup>st</sup> Century

Why do we need a new, radical psycho-spiritual approach to the human predicament in the modern era?  
What is so different and powerful about Richard's new paradigm for personal growth and spiritual development?  
What essentially distinguishes it from current popular approaches?

Date: 9 Jan 2013



May you and I fully awaken.

May all beings fully awaken.

May all of existence fully awaken.



### CONTACT DETAILS

Richard Harvey/Therapy & Spirituality  
Cortijo Llano de Manzano, Aptdo 183, 18400 Orgiva, (Granada), Spain  
☎ (00 34) 680 741 108 or (00 34) 958 953 033  
Email: [richard@therapyandspirituality.com](mailto:richard@therapyandspirituality.com)

### WEBSITE

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

### SOCIAL MEDIA

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

<http://www.facebook.com/pages/Therapy-and-Spirituality/13888839521420>

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

Twitter: @RichardHarvey7

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Richard Harvey

Mob: Spain (0034) 680 741 108

Tel: Spain (0034) 958 953 033

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

## 49. Women's Getaway Retreat

April 5-7, 2013 (Friday 7 pm to Sunday after lunch)  
at Queen of Apostles Renewal Centre, 1617 Blythe Road, Mississauga, Ontario

*Facilitated by:* the Rev. Carol Langley and Wendy Passmore, Spiritual Director

Our Life is a Canvas through which the Creativity of God can be made manifest. In this retreat we will explore how when our lives are aligned with God the beauty and creativity of who we are called to be in the world can happen. Components which include healing prayer, exploring our gifts, unfulfilled dreams, and creative expression. Bring walking shoes, journal and an open heart.

Cost: \$250.00 includes 2 nights, 5 meals and coffee breaks. Private rooms with 2 piece ensuite.

To register: send \$50.00 non refundable deposit to: Wendy Passmore, 3089 Jaguar Valley Drive, Suite 105, Mississauga, Ont. L5A 2J1. Contact: 905-272-6796 or [wendy.passmore@sympatico.ca](mailto:wendy.passmore@sympatico.ca)

## 50. Heart to Heart: Observing Our Hidden Barriers in Relationships

with Helen Palmer and Terry Saracino

Sat Mar 2, 2013 (9:00 am to 5 pm) and Sun Mar 3, 2013 (9:30 am to 4:30 pm)

at Alumni Hall, 121 St Joseph St, St Michael's College, U of Toronto

Helen and Terry, two well-known teachers of the Enneagram Narrative Tradition, will lead this two-day workshop illustrating how we can build stronger relationships and identify ways in which we may unconsciously subvert them.

Cost: EN Members: \$249; non-members \$325; students: \$125

To register: e-mail Dara Church at [admin@enneagramnorth.com](mailto:admin@enneagramnorth.com) or call her at 647-208-8754 or go online: [www.enneagramnorth.com](http://www.enneagramnorth.com).

## 51. Eight Family Drumming Circle

TOWARDS DEC. 22 BIRTH 2012 ([www.birth2012.com](http://www.birth2012.com))

SAT. NOV. 22 FROM 7 PM TO 9 PM

Christ church hall, 101 Symmes St. Gatineau/Aylmer.

First street right past Tim Horton's rue Principale. DONATIONS \$5 SUPPORT EXPENSES AND DEC. 22 BIRTH 2012. TICKETS FOR THIS PLANETARY CELEBRATION WILL ALSO BE AVAILABLE. DONATIONS \$20. or scroll down.

Thanks for sharing our common passion for making a difference from the heart, friends and family and have them sign: Declaration of Commitment to Indigenous Peoples

<http://declarationofcommitment.com/>



## 52. Two Workshops Celebrating the Work of Leonard Cohen

### 1) "How the light gets in"

*Leonard Cohen's words and music are strongly influenced by the sacred stories and symbols of many religious traditions. Come explore the spiritual aspects of his work.*

**Sunday, December 2, 2012, 3:00 – 5:00 pm**

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### 2) "The evidence of life"

*A creative writing workshop in celebration of the poetry and lyrics of Leonard Cohen.*

*For poets, mystics, lovers, dreamers and writers of all sorts.*

**Sunday, December 16, 3:00 – 5:00 pm**

**Presenter:** *Dr. Jane Dawson has a PhD in Adult Education and has been leading discussion and writing groups for more than two decades. Like Leonard, she aches in the places she used to play and has tried in her way to be free.*

**Please join us for one or both workshops!**

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**Ottawa Public Library, Main Branch, 120 Metcalfe St., Ottawa**

**Registration: \$25.00 per workshop (payable at the door)**

To Inquire or Register: [info@faithandartsottawa.org](mailto:info@faithandartsottawa.org) or [www.faithandartsottawa.org](http://www.faithandartsottawa.org)

**Faith and Arts Ottawa** Find us on Facebook

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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