

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.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



How Do You See the World?

"...the world is a state of mind."

Tom Carpenter from 'A Dialogue on Forgiveness'

Last month saw us celebrate Valentine's Day here in Ottawa, Canada. I am not sure if Valentine's Day is cause for celebration worldwide, but the occasion is customarily observed here in North America.

This year Valentine's day happened to coincide with my weekly visitation at a local nursing home. I thought it would be nice if I brought a few roses with me to hand out to some of the residents at the home. It was intended as a simple gesture to let some residents know that on this day that celebrates love—Valentine's Day—they too were loved.

The first few roses I handed out were greeted with smiles and even a teary eye (the recipient's and mine!). And then a surprise reaction from one of the residents. As she unwrapped the package to reveal the rose, she looked with bewilderment at the contents. She rummaged around the wrapping, fumbling through the greenery that accompanied the rose. Her seeming bewilderment then turned to a frown. She glanced up at me, and with her thick New-York-Jew accent said... "What!?! No card!!! Roses are supposed to come with a card!" I couldn't contain myself and burst out laughing; as her reaction was so contrary to what I thought it might be.

I thought the experience was a beautiful reminder and metaphor for how powerful we are in creating the world we see. Our thoughts, how and what we think, have the power to allow us to see whatever it is we want to see, and to see the world in whatever way serves us best. It is Buddha who said "All that we are arises from our thoughts. With our thoughts, we make our world."

Within the past year I have become acutely aware of just how powerful our thoughts are. I have come to realize that we truly do create the life we are living by our thoughts. I will fall short of suggesting we can do 'anything' we want with our life; but I will suggest that, with our thoughts, we can change our life. I am living proof of it.

Many spiritual and faith traditions speak of, and focus on, the importance of training our mind. Look no further than ancient faith traditions of Taoism or Buddhism for such tenets of spiritual training. Another spiritual discipline I follow, A Course in Miracles (ACIM), is clear in its teaching that it is "a course in mind training" (T-1.VII.4.1). ACIM offers the following insights on the topic of mind training:

Nothing external to your mind can hurt or injure you in any way. There is no cause beyond yourself that can reach down and bring oppression. No one but yourself affects you. There is nothing in the world that has the power to make you ill or sad, or weak or frail. But it is you who have the power to dominate all things you see by merely recognizing what you are.

My holy brother, think of this awhile: The world you see does nothing. It has no effects at all. It merely represents your thoughts. And it will change entirely as you elect to change your mind, and choose the joy of God as what you really want. Your Self is radiant in this holy joy, unchanged, unchanging and unchangeable, forever and forever.

ACIM W-190.5-6

You may be saying at this point, "That's all fine and good, spiritual and faith traditions offer us opportunities to train our minds. But I'm living in the 'real' world and have no time for such practices." Indeed, you may be correct—you may be living in the 'real' world. But whatever world you are living in, it is a product of the mind training you have invited into your life.

Not too long ago I entered an Executive MBA (Masters of Business Administration) program at a prominent Canadian university. I was at the height of my management career at the time and it was thought that having an MBA would be an invaluable asset/credential to possess moving forward in my corporate Canada career. Just one of things I realized, even then, and especially now, was how my mind was being trained to think a certain way. And the way I was being trained to think guided not only my actions but how I saw the world around me.

Needless to say I have taken a slightly different path since graduating from that MBA program, but I have come to learn that no matter what we are doing with our life, where we find ourselves, is a direct product of how we have trained our mind. The only questions that remain are: What are you training your mind to think? And how do you see the world?

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

Many of us have come under the illusion that what we DO gives us worth. The more I accomplish the more valuable I must be. However, accomplishments are a weak crutch for true self respect. When I understand I am valuable independent of my accomplishments I will be free to bring my best self to all that I do without relying on my accomplishments for my sense of self respect. Today let me value my value.

Everything I do leaves an imprint on the soul. These imprints express themselves as memories, preferences, personality traits and habits. When I have the awareness that everything I do will leave an imprint on the soul, I pay attention to what I do. Today let me leave noble and virtuous imprints on the soul.

When you are able to listen to others' stories without being emotionally affected, it is called 'detached involvement'. It is as if you are warm, open and receptive while being calm, cool and collected at the same time. It is not easy not to get sucked into the drama of others when the 'other often expects you to mimic and join in their emotional turmoil and perhaps affirm their victimhood. Today let me stay in the mode of 'detached involvement'.

When I am able to regenerate myself after a tiring experience or a period of lower mental/emotional energy it is because I have the creative power within the self. To draw upon this wellspring of original, unpolluted energy within me, gives me the power to regenerate myself. Today let me tap into the flowing stream of fresh energy within myself.

Dignity means that I truly honor and care for my life and the way it impacts the world around me. It means that I treat each moment as a precious chance to create pure and noble thoughts so that my own being as well as the entire world is nourished by my presence. Today let me honor myself and my world.

Self awareness is to be in tune with how the mind functions – to see my thoughts in the "now". When I observe the underpinning attitude or emotion that is driving my thoughts, I am able to detect if the motivation of my thinking is impure, negative or deficit-based. Today let me connect my thoughts to my highest qualities in order to renew and replenish my mind.

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What am I choosing to hold onto in my mind? When I pack-up all the unnecessary and negative feelings and thoughts in my mind, I make space to create something new. Today let me pack away waste thoughts and create space for newness.

Sitting quietly, using my intellect to remind me that I am a soul, and experiencing the beauty of the state in which the soul is aware of itself as truly distinct from the body, is the essence of meditation. Today let me make time to practice this awareness.

When I learn to forgive and let go of the past and not worry about the future, I will remain in the present. By focusing on the present moment and making it high quality, I am sowing the seeds for a radiant future. Today let me be aware of the power of the present moment.

I cannot dictate what will happen in the drama of life but I can make myself resilient and agile and ready to handle anything. Like an athlete training for a sporting event, spiritual knowledge helps me be strong, flexible and resilient enough to face anything in life. It doesn't mean challenges won't come, but I will be ready. Today let me be ready to respond to life's challenges.

Real wealth cannot be taken from you or destroyed. The world has become very luxurious and showy but that wealth can get destroyed. When the flame of my mind, my inner light, has been lit, this is my real wealth. My light can ignite the light of others. Today let me share the wealth of who I am with others.

When the mind is tired, every single action requires great effort. To refresh the mind I must take it up out of the details of daily living to experience a break, a slight distance and perspective from the actions and thoughts I have been so involved in. I can sit quietly and allow my mind to rise above everything, looking down at my world with detachment. Today let me refresh my mind by giving it a break.

Patience and more patience enable a closed mind to gently unfurl. Sometimes it takes a long time for an inner habit to change, or for a new understanding to truly penetrate the mind. If I continue to dedicate myself humbly to understanding and improving myself, using the spiritual help available to me, then eventually I will experience change. Today let me experience being patient.

Now is the time to transform the world from the inside out. As human beings, it is the inner experience of greed, anger and insecurity that have degraded the world and now it is time for us to transform the world. Transformation begins inside each human mind and heart. Today let me create a noble and pure inner world for myself and let it reach out into the world.

The soul is the spiritual energy of consciousness. Only purifying my thinking will purify the soul. To purify my thinking, I must see beyond the surface layers to the pure innermost being; the soul itself. When I see others as souls, when I see myself as a soul in a body, I return to a natural, pure state of thinking and being. Today let me purify from the inside out.

Today I am what I was not yesterday and tomorrow I will be what I am not today. When I notice the subtle changes in myself each day, I inspire myself to keep improving. Each day I have more experiences, more wisdom and more insight than I had yesterday. Today let me notice how I am different than I was yesterday.

If you are not creating, then your weaknesses will destroy you. At this time in the world, a constant state of creativity is needed in the soul. When I am creating, spiritual energy is flowing through me. When I stop creating my spiritual energy gets stuck and begins to stagnate. In this state the energy of my weaknesses can take over and drag me down. Today let me protect myself by keeping my creative energy flowing.

If this was my last moment what would I want my last thought to be? When I consider my last thought it gives perspective to my life in this moment. This helps me remember what is most important to me rather than getting caught up in life's details. To celebrate what is most meaningful is to be in the awareness of everything that holds quality in my life. Today let me remember my final thought and use it to give perspective to life.

In a world that bounces from action to reaction, expression to opposition we are surrounded by polarizing opinions. The soul feels pulled in all directions. A state of duality internally pulls me apart. However when I find my center point - the center of myself - I find a quiet place that is untouched by the push and pull of daily living and the tensions of a tense world. Today let me be whole, beyond polarity by staying in my center.

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A dry forest would quickly catch fire. A garden of flowers never catches fire because a garden is green. Keeping newness in my life keeps me fresh and free from being burnt by old energies. To keep myself new inside is to keep myself fresh. Simply turning within and discovering something new about myself every day allows me to stay fresh. Today let me do the incognito work of creating newness inside of me.

What will I find if I sit quietly alone with myself? Some of us are afraid to find out so we keep ourselves very busy. All this activity is justified and usually beneficial, but it is an excuse not to sit in silence. When I become a human DOING, I begin to think that my value lies in the activities I perform and the accomplishments I achieve. To think this way is to be out of touch with myself -- the human BEING. Today let me sit in silence and find out who I really am, inside.

Forgiveness is to give myself permission to let go of old hurts and to give up expectations that the other person will change. Other people will only change according to their own effort. Subtle ego does not allow me to forgive, convincing me I must get others to change. Today let me free people from my expectation that they should change.

To wish my life was like someone else's is to miss my own lessons. Hidden in my life circumstances are the obvious lessons for me to learn. This is why it is my life; it is custom fit for me. Within my life are the outcomes of all my previous inputs, giving me an opportunity to cherish what I have created and to put right anything I do not want to keep. Today let me appreciate my own life.

Everything is accurate. Everything is all right. Everything is beneficial, even when it does not seem like it. Even if I don't believe this, I can use this simple thought in situations that I am unable to change. This thought can influence my approach to a situation, encouraging me to look for benefit in difficult situations. Today let me experiment with this simple thought.

At the end of the day, on the wings of thought, I go beyond the cares and troubles of the world. When I remove my mind from everything and everyone, I can become blissfully detached, like a star. Like a star, I am free to radiate light, for my essence is light and peace. Today let me enjoy the sparkling simplicity and peace of the night sky shining light onto earth.

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

3. Poem

Of Being Woven

"The way is full of genuine sacrifice.

The thickets blocking the path are anything
that keeps you from that, any fear
that you may be broken to bits like a glass bottle.
This road demands courage and stamina,
yet it's full of footprints! Who *are*
these companions? They are rungs
in your ladder. Use them!
With company you quicken your ascent.

You may be happy enough going along,
but with others you'll get farther, and faster.

Someone who goes cheerfully by himself
to the customs house to pay his traveler's tax

will go even more lightheartedly
when friends are with him.

Every prophet sought out companions.
A wall standing alone is useless,
but put three or four walls together,
and they'll support a roof and keep
the grain dry and safe.

When ink joins with a pen, then the blank paper
can say something. Rushes and reeds must be *woven*
to be useful as a mat. If they weren't interlaced,
the wind would blow them away.

Like that, God paired up
creatures, and gave them friendship."
This is how the fowler and the bird were arguing
about hermitic living and Islam.

It's a prolonged debate.
Husam, shorten their controversy.
Make the *Mathnawi* more nimble and less lumbering.
Agile sounds are more appealing to the heart's ear.

Jelaluddin Rumi

4. Quote or Question

"It is better to see one time than to hear one hundred times." – Mongolian Proverb

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...

Every now and then, if you're lucky, you run across someone like Adam Campbell. In this interview he shares one key insight after another. "If you think about a city, almost every single thing that you see is artificial. It's created in the minds of men and women and is a projection of our own ideas. And there is a great paucity of imagination there. Everything is in straight lines. Everything has "organization" to it. I'm not saying that we're not natural. I'm just saying we've created a world that has given us a false sense of understanding of how patterns operate in the world. So the world that we create, recreates us. And it's a very strange existence we live in now, and we don't realize it's strange. We adapt to it. It lives and breathes us." Meet a contemporary Thoreau. [{ read more }](#) **Be The Change:** Pick just one idea from this interview and think about how it might open a door of some kind in your life.

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James Doty is no stranger to struggle. He served as a caregiver in a family whose mother was an invalid and father suffered from alcoholism. They were on public assistance all that time. As he said, "At that age you feel like a leaf being blown by an ill wind." ...At age 13 he wandered into a magic store and had a serendipitous conversation with the mother of the owner who was there. She took a tender interest in him and said, "If you come back every day for six weeks, I'll teach you something." He did. And what he learned was the practice of mindfulness, envisioning, positive thinking, and making his choices his own and no one else's. Learn more in this beautifully crafted article, based on a recent interview with Doty -- now a top-rated neurosurgeon and founder of Stanford's Center for Compassion and Altruism Research and Education. [{read more}](#) **Be The Change:** Learn more about the work of the Center for Compassion and Altruism Research and Education. [{more}](#)

"A Berlin family of three has been living on practically nothing but love and the goodwill of others for more than two years and counting --not as victims of the rough economy, but as activists who are on a money strike to protest what they call our "excess-consumption society."" [{read more}](#) **Be The Change:** Read "The Currency of Gratitude" an article about another unique individual who abandoned "mainstream life as the co-founder of AOL France to fully explore a life without attachment to traditional socioeconomic institutions and practices." [{more}](#)

- 16. Beyond the Conflict of Inner Forces
- 17. Fearlessness
- 18. Processing Anger With An Open Heart
- 23. When I Hugged A Homeless Person

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 Individual Journey to Enlightenment

Questioner: Doesn't everyone do inner work, even if they don't consciously know it? In just living, going through deaths, divorce, pain and unhappiness, aren't we all growing all the time?

Richard: Yes, in a way you're right, because life presents us with challenges and maturation and dilemmas, and to tackle it all, to meet it all, we have to grow in the inner world. So a certain amount of inner work is inherent in a human life. But I think for those of us who find withdrawal and inner time particularly precious, inner work takes on a specialist meaning. It means that we are engaged in deepening in inner life with applied intent, a deep motivation to discover something. That something may be God or Love or inner peace. Whatever we call it, it becomes a specialist pursuit and may draw on the lives and teachings of great adepts – like Buddha, Lao Tzu or Ramana Maharshi for example – for teaching, direction and encouragement.

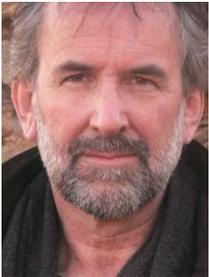
It reminds me of chess. I rather like playing it, but I can't really play. I don't know all the rules and I certainly am not very good at performing a strategy or winning a game. But it's fun to play with my kids, make the occasional good move, tragically lose a piece or two and just enjoy the game. The point is this: I don't take it very seriously. It's the same with inner work. You can enjoy the game of life, suffering, the occasional success, elation and despair, strategic maneuvers. Then life becomes essentially an outward event, perhaps with inner consequences. I grow a bit but don't necessarily take it seriously. When you live life like this you don't really know what you're doing, because you don't take the time to self-reflect and contemplate or think it all through. You do grow a bit, that's bound to happen, but you do not necessarily grow in wisdom. Perhaps we could say you accrue experience, rather than deepen through experience.

Wisdom is one of the motivating forces for engaging in formal inner work, for taking it seriously enough to develop a daily practice – meditation for example – to set aside time for inner exploration and align yourself with a tradition, a psychological and/or spiritual approach. The other thing you need is a guide, a teacher or a mentor, because without that you are like someone messing with a chess board who has no idea of the moves inherent in each piece and no idea of the goal of the game, the structure or the rules. The inner life has a set of inherent laws that are natural, so natural that unless you look deeply inside you would never know that they were there. I have spent the last 15 years or longer trying to write these inner natural laws down in what you might call self-help books, trying to find ways to communicate these inner laws so everyone can know them. But of course this is naïve because everyone does not want to know them. Some are content to live their lives and, as you point out, through their experiences of death, divorce, pain and unhappiness – and equally through life, happy relationships, pleasure and contentment – grow and thrive in their human life.

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People are different; not everyone wants to pursue the inner journey, do therapy and meditate! Thank God for our differences, for there not being hard and fast rules for behavior. Let everyone in their own time and in the right circumstances happen upon their individual journey to enlightenment.

Foundations for an inner work practice are at <http://www.therapyandspirituality.com/articles/spiritual-inner-work-practice.html>. A very brief summary of the laws of the inner world is at <http://www.therapyandspirituality.com/articles/interview-stages-awakening-2.html>



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Richard Harvey is a psycho-spiritual psychotherapist and spiritual teacher with almost 35 years experience. He maintains an international private practice via Skype and telephone and gives workshops, retreats and training courses at his personal growth centre and family home set high on the slopes of the Sierra Nevada mountains in Andalucia, southern Spain. He is the author of *The Flight of Consciousness* (Ashgrove 2002), as well as several other books and many articles aimed at both inspiring and offering practical guidance on the process of realizing our true selves. Richard can be reached by phone at (0034) 680 741 108 or (0034) 958 953 033, by email at richard@therapyandspirituality.com, or via his website at www.therapyandspirituality.com.

7. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Trusting Life

I am amazed at how many people have taken an adversarial position toward life. By that I mean, they have decided that life is not to be trusted and that they need to defend themselves against what does and what might happen. An example of that is always assuming the worst case scenario rather than seeing the silver lining in a situation. They seem to have decided that what ever higher power or intelligence governs our daily existence does not have our best interest at heart. If I were to ask them why they believe this, they would point to the catastrophes in the world, the wars and atrocities we hear about and, they would assume that God or whatever you want to call the higher power was responsible for all the suffering in the world. Surely man could not have created this mess we find ourselves in.

A few wise beings have learned to trust life, to trust that divine intelligence does, indeed, have our best interests at heart in every moment. Life supports us. It always has and it always will. It always brings us the teachings we need to grow in to a more loving, compassionate and wise human being. What confuses us and makes us doubt that premise is that many of our lessons are not pleasant, in fact can be downright miserable. Learning to see everything that shows up as a gift allows us to turn the reigns over to God and let our ego take a rest from thinking it is in control. When we turn it over, welcome what comes as the great teaching it is, even if we do not understand it, allows us to relax into the peace of being lovingly taken care of. And that is exactly what is transpiring. Consciousness/life/ God/ Light is taking care of us and leading us home to our truth. And the truth is that we are God/ Consciousness/Light and we have never left home at all. We simply decided to play the separation game to see how long it would take us to wake up and remember who we truly are. It doesn't matter how long it takes as time is only an illusion in the separation game anyway. We are who and what we truly are: God Manifest in physicality.

We have a choice every day to see the magnificence of our creation, to celebrate our creativity or to look upon the world with dark glasses seeing only lack and despair. Our choice in every moment! Everything is here to teach us to wake up to our divine creativity and live our lives in celebration that our Truth is Eternal, that there is nothing that can harm us, that there is no death in Consciousness and that we can only suffer if we choose to. Wake up to your wholeness. See God everywhere, in yourself, in others and in every aspect of your creation from the smallest speck to the biggest galaxy. Existence is God in motion, all of it, and your seeing it makes it your creation. Enjoy your brilliance. If you don't like what

you see, change it. You are a magnificent creator. Expand your love to it and watch it change. Consciousness/Life is always working on your behalf. Trust the process and watch your fear and anxiety melt away. We are Love and we are Loved beyond measure. Life is Good; Life is God; Trust it and relax. All is well.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sherry Harris is an ordained interfaith minister, psychotherapist, and certified spiritual coach, counsellor and teacher. She may be reached at 613-236-8852 to book an appointment or by email at 2belight1@gmail.com. Session receipts are covered by most insurance benefit packages.

8. Doug Henderson, Ph.D – There Must be A Better Way

“You can not solve a problem with the mind that created it.” Albert Einstein

In a previous issue, the metaphor of the caterpillar morphing into a butterfly was discussed. While the caterpillar is feeding upon itself within the confines of its chrysalis, it must have been aware of its dilemma. Yet the weakest gene within a few “Imaginal Cells,” of the caterpillar began to grow stronger just as it is dying. Could this be a demonstration of the power of consciousness that all of creation has that man denies to all but himself? With consciousness/awareness there is thought. Was that thought; there must be a better way? This is the thought that moves mountains and brings there to here. This is the thought that begins the journey of no distance embodied in spiritual evolution, for creation and evolution are the same and all creation is spiritual. This thought is an act of surrender to a Creator Force. In a nanosecond a slug recognizes and accepts that what it is doing is not working, that it knows nothing other than it continues to exist and must trust in something greater than its’ lower self. In that moment of torment, did it cry out; “Jesus take the wheel.” lol. Because intuitively it knows that its current persona must die if something better is to come into existence.

Today, we are going to discuss the “**Imaginal Cells,**” within us and how we can employ them to go from an unhappy dream to a happy dream. It seems that it is all a dream but we have bought into the limitedness of our senses as our focal point for determining Truth. Yet the human mind, the egoic mind, does not have the ability to distinguish truth from non-truth 96.6% of the time. (Institute for Heart Math.) Yet the undisciplined mind of man persists in projecting past fearful events upon the future, expecting a different result. This is insanity! Because we are caught up in the treadmill of appearance only, we suffer from a language barrier called duality that only exists within an undisciplined and unfocused mind. In this state, we are actors upon a stage sleep walking through life’s experience. The Bible speaks of Adam (Man) going asleep but at no point does it speak of his waking up!

Although we are asleep and know nothing, you and I have one fundamental thing in common with the caterpillar that we can be certain of... I am. We exist because a wholly I am presence (spirit/energy) flows through us and functions us and the more we recognize, accept, trust and surrender to this presence, the more we evolve. This is the paradox of life which is God (E.Tolle) or Creation. It’s a case of recognizing, Who’s your Daddy/Mommy? (slang) For, we are in a reciprocal, homeopathic relationship with Creation. Our thoughts are real, although unseen they can be weighed and the energetic imprint of our pre-dominant thoughts hang within our energetic field and entrain with similar vibrational fields within the collective unconscious. In other words the vibrational state of the emotions (energy that we emote or energy in motion) and feelings that we experience determine similar life experience that we call to us. Like, attracts like. Like, cures like. This is homeopathy. For example, if we are in a lower attractor field of lack, resentment, grief, fear anger etc., we attract more of the same only amplified. If we are in a higher attractor field of love, peace, joy or bliss, we attract more of the same. Why? Because energy is neutral – there is no such thing as good or bad – these are man-made concepts within the delusional language of duality. Creation simply wants to provide us more of what we ask for via our thoughts, feelings and emotions and it does.

So, let’s learn a better way. Let’s learn how to discipline the mind. Let’s learn to be in the now – something that others have talked about but never really explain. Since this is a dream, an illusion and as Einstein said, a very good one – we must understand that everything is consciousness and that **imagining creates reality!** Creation creates like itself. So,

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each of us has been given the power to create. The irony is that we have been draining our energy mis-creating and manufacturing inappropriate outcomes. If we desire to change our present patterns, life experience and outcomes we must learn to stop interfering and learn to co-operate or co-create with the I am Presence.

- The first step is to know exactly what it is that you truly desire. Desire is a function of our I amness. Spend some time with this because it is said that we ask for far too little. Also, try and discern what is valuable and what is valueless. Some will choose material things as if having something outside our self will make us happy. Some will choose a “Special Relationship,” that would deny/displace the love for our Self; and the peace and healing of all for the littleness of limitedness. So choose wisely for you will receive according to your intention! Ponder what would happen if you chose to be more God-like?
- Construct in your mind an event which you believe you would encounter following the fulfillment of your completed desire – a simple event such as a hand shake, a hug (reconciliation) or some act of joy.
- Lay down in a comfortable position, close your eyes and relax the body and induce a state of drowsiness but wakefulness. This is called, “**Contention.**” Attention is focused tension toward an outcome – which is actually a form of interference with Source. Relaxation is just the opposite. If you wish to learn, perform, heal, be creative or be inspired you must be relaxed. This is how we align with Creation. When you do this there must be attention without effort. If there is effort you are interfering with Creation. This is the letting go. This is being in the now! This is Eden! This is learning how to focus the mind and allowing a Creator Power do the work. How things happen is not our business. We must simply allow for a better outcome. When we are in this state, we are about our Father’s business and The Father and I are One! This is our real function! Each time you do this try and enhance the detail of the experience. When you do this do not visualize from a distance otherwise there will be minimal results. Be a participant in the event that your mind has constructed. If it is a handshake feel yourself extending your hand, feel the grip of the other person, feel how they pump you hand, notice if they hold your hand with one or two hands, notice if you can feel their heart beating when they hug you, hear the words of congratulations or praise or love and notice how you feel! This is the difference between Einstein’s Observer Effect – the phenomenon of a wave changing to a particle when we give it our attention and understanding that we are a participant within Creation, creating our desired outcome. John Wheeler, Head of the Physics Department at Princeton where Albert Einstein worked and one of Einstein’s closest friend’s used to openly mock Einstein and make the point concerning the Observer Effect that Einstein viewed the phenomenon as though looking through a six foot thick plate glass window at creation when what we really are is participants within Creation. In other words, Co-Creators!
- Step Four – Give Thanks, knowing that the outcome is a done deal! It is a done deal because in this state we are astral projecting to another dimension where we are recognizing that what we are desiring is already accomplished and by recognizing this completed act, we are calling it to us in this dimension. In doing this, you have employed the Four Mighty Ones – the four aspects of the human soul; the Producer, Author, Director and Actor and are moving mountains!
- Step Five – do this every day at a scheduled time of your choice until you feel wholly present in your own creation.

Namaste

Doug Henderson

(Thanks to Neville Goddard!)



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. Three years ago, Doug started a program called the “Tune Me Up Program” that is having extraordinary results raising clients levels of consciousness/awareness. Go to: www.quantumru.com to read unsolicited experiences. Seven years ago, Doug had 4 different cancers, refused conventional therapy and developed protocols that worked for him and his

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clients benefit from same. Doug can be reached by phone at 613-233-3888, by email at drdoug88@rogers.com, or via his website at www.quantumru.com.

9. Geoff Straw – Today I Offer Healing in The Name of God

You offer healing to those who would accept it, in the name of GOD.

“Today, I offer healing in the name of GOD.” Proclaim the word of GOD as you go out into the world. Joyfully sing His praises, for He would do more for you when you do this, when you sing the glad and thankful HALLELUJAH!

Constantly be praising with gratitude, and then watch how this energy buoys you up - you would have greatly increased your energy levels. This reverses the negative thinking, which is so common and tends to drain energy levels.

When you are aware of this, simply begin praising GOD and giving thanks for your abundance instead - and do it “out loud” by using your voice - this intensifies the power and you will immediately reverse the negative, heavy energy.

Always give thanks for what you do have, and indeed there is a great deal! This you will know more fully in time - the power of the Spirit as it infuses you more completely with energy. It is like being plugged in, energized, having new batteries.

For now, do your work joyfully! Be thankful! Be thoughtful! Praise GOD for the bounty before you!

Energy increasing shall be your sign that you are more closely aligned with US - that and a peaceful mind, one that is free of fear, and a willingness to go forward and do our work together. A joining of YOU with US! A togetherness, a new relationship.



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.

10. Kathryn Kimmins – Why We Get ILL

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

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

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

Why We Get ILL

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

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

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

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

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

At our next session she arrived with several of her friends, all anxiously awaiting the same results.

Let our sessions fill you with peace, joy and health. Very good, very good, YEAH!

As always, In love



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/>.

11. Regiena Heringa – Notes from the Light – March 2013

Be not apprehensive of the vast space that lies beyond your planet and within the confines of your inner thoughts.

Although the universe expands and contracts, it does not restrict to lose the vastness of its space. Even in contraction, space continues to expand.

You may think this a paradox. We ask you, therefore, to look within and sense the inner contraction when a less evolved thought you create overshadows an inspirational thought that flows through you. Notice that the overwhelming feeling of the uplifting thought leaves a presence within your emotional body even as the restrictive thought attempts to dominate it.

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Let us give you this example.

Imagine you are tasting an apple. You close your eyes and you become absorbed in the pleasure of this fruit. Suddenly a thought comes to you stating that now is not the time to eat this apple. Here you find yourself in two states: enjoying this boundless, happy experience and entertaining a contracting thought which attempts to restrict it. Notice that, should you surrender to the thought and stop eating the fruit, *the residue of this immeasurable happy experience remains*. We illustrate here the tendency of your citizens to contract, and even restrict expansive, inspirational states of being. Yet these uplifting states are the very indicators of your true living nature and are always present, whether you consciously accept them or not.

At this time upon your fine earth, there is a great need for your people to explore the rich inner worlds of sensing, expanded thinking and creativity. We ask that you partake in a regular quiet time of inner reflection, ensuring balance with your outer, active lives and allowing yourselves the liberty to seek friendship with the great Spirit who guides and counsels you. It is through this pathway of inner universal expansion that a profound sacred relationship is born between your state of being, your true identity upon this planet and your ensuing outward activities and service.

It is true that your physical bodies, including your brains and emanating energy patterns, are directing themselves toward the unification with this great cosmic Light as It continues to strengthen, heal and direct all planetary life. This great Christ Light, which lies within the very soul structure of your being, requests that you continue to turn toward It and joyfully learn to live within It.

It is the nature of the universe and of your own beings which, too, are universal, to expand, search, discover, learn, teach and guide, no matter whether life is macroscopic or microscopic, whether it expands or contracts. It is to be remembered that Light and Love remain steadfast in all circumstances and in all dimensions, worlds and spheres of existence.

Hence, welcome and explore this vast and sacred space behind your closed eyes and within your hearts, minds and bodies. You, as we, are and will always be, divine beings.



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 or write Regiena at rheringa@bell.net.

12. Jennifer Bernius – Meditation in the Workplace

We were gathered around a boardroom table, as we always are on Tuesdays at lunchtime in this high-powered Crown corporation downtown. We've just finished our half-hour meditation, and these six people across from me look angelic, peaceful and radiant.

I marvel at the changes in them. When they arrive for these classes, they're still wearing their roles as employees and managers – often tired and careworn by the strenuous demands upon them in this workplace of excellence.

One young fellow began our session today lamenting his huge workload and the interminable meetings he must somehow endure. "But this time is non-negotiable," he insists. A woman updates us on the micro-manager who needs to know what's on her staff's agendas. Discussions often turn to issues from home – the worrying mother-in-law, the difficult mother, the kids sick with flu. In this sanctuary, where the turmoil of the world fades away, sharing and laughter come easily.

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After a few minutes of catching up, we begin a short breathing exercise – sometimes deep yogic breathing or a mindful practice of simply observing our breath. The world recedes further as we let go of concerns, settling into deep relaxation.

Then it's time for discussion. In the four years this group has been together (other members have come and gone) topics have been wide-ranging. Often they're close to home, touching on our reactions to situations that trigger us. How can we deal with them mindfully, learning from them instead of reacting defensively through attack or withdrawal? What are our favourite defenses – can we understand them, have compassion for ourselves for creating them, then choose more loving ways of responding?

Thoughts and emotions are frequent topics. How can we befriend our minds and be discriminating in what we think? Are we remembering to use loving self-talk, especially when we feel uncertain and afraid? Can we challenge our critical thoughts: who says I'm unworthy? Who says I can't do this?

The theme of the ego and the true Self runs frequently through our classes, inspired by my studies in *A Course in Miracles*. Can we see each moment as an opportunity to choose love instead of fear? The truth of love is my favourite topic, as I remind everyone (and myself!) that love is what we are, whereas fear is what the ego would have us believe we are.

In this time of Ascension, as high-frequency energies intensify on the planet, sometimes we discuss their effects on our mind and emotions. How are we handling these new energies? Can we benefit from them by seeing beyond our illusions, the dramas we create? And can we see others as part of ourselves – extending love to them and discovering the love we are?

And now it's time for our meditation practice – the luscious still point in our day. We close our eyes and focus within, imagining light flowing through and relaxing each part of our body. A breathing exercise that follows promotes further relaxation in preparation for meditation. The mantra meditation is deep and peaceful, allowing us to calm our restless mind and sink into the welcoming silence of our true Self.

The energies we experience are very powerful and restorative. The transformation in everyone is remarkable. Stresses and worries no longer consume us. Now that we have connected with our essence, we return to our working day feeling calmer, more rested and energized, and centred in who we are.



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

13. Dr. Nancy Cleaves – Union

*I always love to do what You tell me,
But now there is no telling.*

*For so long I followed
Your every whisper,
eagerly obeying Your command,
heeding Your wishes*

*Before You could speak them,
because I love to study
Your face;
I know by Your expressions – what
Your desires are
long before
they are voiced.*

*I just wanted to be
the best daughter
You ever had.
Remember?
As I surrendered
in that cold,
converted sunroom,
so terrified – alone,
fear and pain my constant companions.
But You came –
a ray of joy that
pierced my soul.
I knew it was You,
because it was to You I called
over and over in night's despair.*

*And now – all these years,
I have so many journals,
and travel logs plenty,
treasure chests full
of memories;
as we hunted in dark caves
and conquered mountains.
Our only weapon was Love,
And the reward was Grace.*

But now,

*I can't follow You any more,
Can I?
You – my Only Other;
my Thou; my Praise;
my Worship;
my Thirst; my Plenty.*

*I was sad somehow;
I knew we would never be the same;
I was losing the Only You I had known.
Like a maid in waiting,
I could be nothing but still.
A shroud of Mystery was unveiling,
each Breath a holy chill.*

*Softly, reverently,
I felt Your arms of Love
enfold me,
with strokes of attentive art,
As in sweet caress,
You carried me*

over the threshold of my heart.

*And there we remain,
always in my bedchamber
lying wait for each other,
always at my kitchen table
sharing counsel sweet,
always in my salon,
on my front porch,
in my garden.*

*You and I
living the vow we took
to be
One.*



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) or via email at malkutah.heaven@hotmail.com.

14. Robyn Lebron – Shamanism

This is the second in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"

As we journey forward in time, our study of World Religions and Faith Practices takes us up to 10,000 BCE to the earliest documented proof of Shamanism. The term *shamanism* comes from the Manchu-Tungus word šaman. The noun is formed from the verb ša- "to know"; thus, a shaman is literally "*one who knows*."

There is speculation that Shamanism is far older than 12,000 years, however that is the earliest archeologically verified date. Aspects of shamanism are encountered in later, organized religions, generally in their mystic and symbolic practices which many scholars attribute to the original shamanistic practices being incorporated into newer religious practices. Today, Shamanism is in serious decline, as most "authentic" shaman have died leaving no apprentices behind. The lack of written records from the earliest shaman has made it difficult to preserve and revitalize the skills now lost, although there are modern-day shamans attempting to do so.

The core of the shaman's belief is the conviction of a "Great or Celestial" Shaman that has created all mankind with the free will to choose right from wrong. This figure is also credited with the choosing and gifting of mystical skills to each shaman who has been called. They believe that it is not a choice, but an inevitable calling. Most shamans go through an extreme period of illness or personal hardship before their gifts materialize. Few indeed have the stamina to venture into these realms and endure the outer hardships and personal crises that have been reported by or observed of many shamans.

Shamanism is based on the premise that the visible world is pervaded by invisible forces or spirits that affect the lives of the living. It is believed that the Shaman has a spirit guide which protects, instructs or assists a shaman . . .while

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journeying, carrying out shamanic responsibilities or training. In order for shamans to do their work they must affect firstly a change of consciousness in themselves. The shaman enters into an ecstatic trance, either auto-hypnotically or through the use of entheogens, during which time they are said to be in contact with the spirit world or enter a separate reality. Some of the methods for affecting this consciousness shift are fasting, sweat lodges, and the use of "power plants" with hallucinogenic capabilities. Encounters with the spirit beings may occur in trances, dreams, and visions or in observing and interpreting the events of daily life. It is considered extremely dangerous, and the shamans are highly revered in their tribe or village.

Within the shamanistic traditions it is believed that the more pure and spiritually developed a person is (especially if they are actively working towards real spiritual advancement) the more attention they will attract from the negative forces to pull them down. In other words, the potential of any aspirant generates their level of negative opposition, plus their level of positive assistance, as set by Karmic Law. This is the natural way of things, and is part of the reason why real long-term spiritual development is so difficult. And this is also why those that achieve any significant level of spiritual/psychic development usually live fairly difficult lives, or have a painful past. These concepts made Shamanism a belief practice that would be easily incorporated into other religions as they developed thousands of years later.

Because Shamanism is a "Nature based" practice, it sprang up almost simultaneously all over the world among various indigenous peoples. Within these different groups, there were variations of names, rituals and even the concept of the spirit connections varied. But within this great diversity, the belief that the shaman was chosen by God to watch over and protect the village was universal. This desire for a "protector" is still common today, which explains the effort to duplicate the mystical shaman of old. Since the 1970's a movement has grown out of a combination of environmentalism, popular anthropology and a growing desire for more open non-institutionalized forms of religion and spirituality.

To read more get your copy of *"Searching for Spiritual Unity...Can There Be Common Ground"*



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Robyn Lebron was baptized as an infant in the Lutheran Church, but her individual walk with God didn't happen until many years later. After experiencing many different churches and attending an off-campus four year seminary, her spiritual journey with God grew deeper and richer. Her desire to share the concept that we are called to love everyone, regardless of faith, motivated her to write *"Searching for Spiritual Unity...Can There Be Common Ground?"* She and her husband, Rev. Bob Lebron, live in Wisconsin with their dogs and cats. Robyn can be reached by phone at 608-354-5566, by email at rockin-robyn@msn.com or through her website at <http://www.aninterfaithsearchforunity.com/>.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

15. Good News Of The Day

The stories below are reprinted from www.dailygood.org.

Call it "the longest walk". In what is probably the longest, most arduous piece of reportage ever undertaken, Paul Salopek, an experienced writer for National Geographic, is embarking on the astonishing task of retracing the journey taken by early man tens of thousands of years ago. Beginning in the exotic surroundings of the Great Rift Valley in Ethiopia, Salopek will take an estimated 30 million steps, reaching his destination seven years later, three continents away at the most southerly point of South America. Along the way he will be writing stories for National Geographic at the rate of one long article a year, while maintaining a website that will be filled with regular multimedia updates from his 21,000-mile journey. [{read more}](#) **Be The Change:** Reflect on the journeys you've taken in the past. What are the main insights you've gleaned from them?

"One day three deaf boys were brought to the school. No one in all of Iran in all of its history had ever thought of educating a deaf person. Everyone believed the deaf to be uneducable; they were treated as imbeciles. But Baghcheban could not ignore these three children. He tried to make them laugh, to reach them, to connect. He went to sleep that night haunted by the confusion and loneliness he had seen in their eyes. He worked and worked at communication, first using mime and inventing hand signals, then he developed a visual hand alphabet. Baghcheban saw these boys through the eyes of a poet, and the poet had to give language to these isolated children. He did not see their deafness; he saw their need, a human hunger for self expression -- for poetry." A touching story of Iran's sign language pioneer -- and the continued ripples of his life. [{read more}](#) **Be The Change:** "Dare to reach out your hand into the darkness, to pull another hand into the light." (Norman B. Rice)

Every now and then, if you're lucky, you run across someone like Adam Campbell. In this interview he shares one key insight after another. "If you think about a city, almost every single thing that you see is artificial. It's created in the minds of men and women and is a projection of our own ideas. And there is a great paucity of imagination there. Everything is in straight lines. Everything has "organization" to it. I'm not saying that we're not natural. I'm just saying we've created a world that has given us a false sense of understanding of how patterns operate in the world. So the world that we create, recreates us. And it's a very strange existence we live in now, and we don't realize it's strange. We adapt to it. It lives and breathes us." Meet a contemporary Thoreau. [{read more}](#) **Be The Change:** Pick just one idea from this interview and think about how it might open a door of some kind in your life.

"A little more than three years ago, Steve and Joanie Wynn were looking to get out of a rut. Their video production company, Bayside Entertainment, was in a slump along with the rest of the economy. So when Joanie Wynn stumbled upon Roadmonkey Adventure Philanthropy, a fledgling business started by a former New York Times war correspondent, she thought, here's a chance to do something different -- document six women volunteering at a school for AIDS orphans in Tanzania while also enjoying a trip abroad and scaling Mount Kilimanjaro. The experience was "life-changing." The Muir Beach couple returned with a lot more than a sense of adventure and some great footage..." [{read more}](#) **Be The Change:** Learn more about Journeys for Good [{more}](#)

"Anyone who has ever saved an animal will tell you that its the kind of experience that shakes up your DNA. You won't regrow hair on a balding head or suddenly run a four-minute-mile, but there is a pulse of positive energy that churns through the human body much like a twister. In some cases, fragments of that emotional explosion are powerful enough to be credited with modern medical miracles. And for one Texas woman, the experience was profound enough to help wake her from a coma." A true story about the rescue of a burned puppy -- and how it came full circle soon after. [{read more}](#) **Be The Change:** Honor the invisible threads in your life today -- reach out to one for whom you gratitude.

"Here's to the ones who were told to stop. To give up. To quit trying. To shove themselves into a little box because the world never needed their arms stretched out wide. Here's to the ones who refused to listen. To the negatives. To the naysayers. To pessimists and the procrastinators. Here's to the ones who believe in Away. And Going. And Newness within Newness. And a world made to wash us and move us and sculpt us and change us. And the courage it takes to

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believe in all those things." The creator of The World Needs More Love Letters shares more in her Manifesto for Living. [{ read more }](#) **Be The Change:** What is your own manifesto for living?

"Between 1915 and 1941, Mahatma Gandhi -- who was assassinated 65 years ago -- exchanged a series of letters with Indian poet, philosopher, and celebrated creative spirit Rabindranth Tagore, debating such subjects as truth, freedom, democracy, courage, education, and the future of humanity as India struggled for its independence...These letters are unique in that they were private in nature but public in manifestation -- Tagore wrote in the Indian Nationalist intelligentsia forum Modern Review and Gandhi in his own political journal, Young India -- and their spirit of mutual respect and measured response was antithetical to how such a debate might unfold today, if carried out in the public forum of blogs and online commentary." Maria Popova shares more. [{ read more }](#) **Be The Change:** Write a letter to someone you cherish today.

"From a very young age, my oldest daughter has been a gift giver. Like most children, her offerings consisted of items that adults wouldn't ordinarily classify as gifts. Broken seashells, traumatized frogs, dying weeds, and misshapen rocks were often presented in small, dirt-laden hands beneath a wide smile. In the past two years my child's gift giving practices have moved up a notch. Gifts are no longer found in nature; they are found in our home. Yes, it's re-gifting at its best -- wrapping barely-used items and presenting them with great love. I must be honest; I used to cringe at the sight of my child tearing through our (multiple) junk drawers looking for the perfect gift." A perceptive mother shares more in this moving piece on what lies at the heart of true gift-giving. [{ read more }](#) **Be The Change:** "The most precious gift you can give to the one you love is your true presence. What must we do to really be there?" A short passage by Thich Nhat Hanh [{ more }](#)

"The night before our wedding, Eleanor and I stood awkwardly in the center of a large room, surrounded by our family and our closest friends. There was no particular reason to be uncomfortable; this was just a rehearsal. Still, we were in the spotlight and things weren't going smoothly... It had taken us 11 years -- and a lot of work -- to get to this point. Eleanor is Episcopalian, the daughter of a deacon, and I am Jewish, the son of a Holocaust survivor. The one thing our parents agreed about before the wedding was that we shouldn't get married." In this piece Peter Bregman recalls the insightful advice he received that day, and how it shaped his perspective on experience vs. performance. [{ read more }](#) **Be The Change:** The next time you are in "presentation" mode, try refocusing your attention on the experience.

"One key to taking care of ourselves lies in learning how to slow down. I have a friend who's in the middle of a well-deserved sabbatical. These months represent the first chance she's had in two decades to unwind a bit as a working, single mom. 'It's just incredible,' she remarked, 'having time to exercise and read and cook meals and walk outside -- it's really unbelievable.' 'I'm curious,' I asked her. 'What's the best part: the exercising, the reading, the cooking, or the walking?' Without hesitation she replied, 'Just having time -- that's all. I've never gotten to slow down before and it's liberating.'" In this book excerpt from 'The Art of Slowing Down' Karen Horneffer-Ginter shares more. [{ read more }](#) **Be The Change:** Stay attuned today to your inner sense of pace, according with how it changes throughout the day.

"In 1991, the Library of Congress and Book-of-the-Month Club listed Man's Search for Meaning as one of the 10 most influential books in the United States. It has sold millions of copies worldwide. Now, over twenty years later, the book's ethos -- its emphasis on meaning, the value of suffering, and responsibility to something greater than the self -- seems to be at odds with our culture, which is more interested in the pursuit of individual happiness than in the search for meaning. "To the European," Frankl wrote, "it is a characteristic of the American culture that, again and again, one is commanded and ordered to 'be happy.' But happiness cannot be pursued; it must ensue. One must have a reason to 'be happy.'"" This thought-provoking article shares more. [{ read more }](#) **Be The Change:** Take a few moments to consider where you find greatest meaning in your life.

"My ecological journey started in the forests of the Himalaya. My father was a forest conservator, and my mother became a farmer after fleeing the tragic partition of India and Pakistan. It is from the Himalayan forests and ecosystems that I learned most of what I know about ecology. The songs and poems our mother composed for us were about trees, forests, and India's forest civilizations. My involvement in the contemporary ecology movement began with "Chipko," a nonviolent response to the large-scale deforestation that was taking place in the Himalayan region." Internationally renowned activist Vandana Shiva shares more. [{ read more }](#) **Be The Change:** Learn more about Shiva's conservation program Navdanya. [{ more }](#)

"I never thought I would create a day. And yet, two years ago, with a few friends, I did. It all started back in 2008 on a cold December evening like any other. I was in the New York City subway rushing home. A man I'd seen many times on the

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train was asking for money to help the homeless. He had a warm smile and an open demeanor, and was wearing a hat that said he was a Vietnam vet. Like everyone else on the subway car I looked down, hiding in my iPhone. A monologue ran through my head about how his story couldn't be true, and how the smartest, best thing I could do was nothing." In this compelling article the author describes a chain-reaction of thoughts and realizations that ultimately led him (and many others) to rebrand Valentine's Day -- as Generosity Day. [{ read more }](#) **Be The Change:** Celebrate Generosity Day. Do something kind for a loved one or a stranger.

"I remember my first day of school with such clarity that it might as well have happened last week. I was five, and I was starting in the local kindergarten, along with all the other kids my age. Except for one difference: I didn't speak a word of English. Not a one. The only thing I knew how to do was write my own name-- M-A-R-I-A -- so that I could recognize it if the need arose. I practiced it over and over in the days leading up to that morning. It was my one safety net, the only thing I knew I could be sure of." In this beautiful essay, a writer reflects on the profound gift of language -- a gift she doesn't take for granted. [{ read more }](#) **Be The Change:** Do something kind with your gift of language today. For example -- write a note of gratitude to a mentor, an inspiring message to a stranger, or deliver a compliment from the heart to a loved one.

"What do you desire? What makes you itch? What sort of a situation would you like?" Alan Watts, an English philosopher and writer, routinely asked these very questions to college students in the U.S. during the 1960s and 1970s. Back then, as in today, many students had no idea what they wanted to do after graduation. Watts' timeless wisdom and guidance to them, as illustrated in this cartoon, strip offers a colourful and poignant reminder to follow your dreams. [{ read more }](#) **Be The Change:** Reflect on Watts' three seed questions on the blackboard and do one thing today as if money was not an issue.

"For over 27,000 years, since the first cave paintings were discovered, telling stories has been one of our most fundamental communication methods. Recently a good friend of mine gave me an introduction to the power of storytelling, and I wanted to learn more. Here is the science around storytelling and how we can use it to make better decisions every day." This intriguing article shares more. [{ read more }](#) **Be The Change:** Reflect on the stories that have influenced your life. The next time you have to make a presentation or give a talk, experiment with story-telling.

James Doty is no stranger to struggle. He served as a caregiver in a family whose mother was an invalid and father suffered from alcoholism. They were on public assistance all that time. As he said, "At that age you feel like a leaf being blown by an ill wind." ...At age 13 he wandered into a magic store and had a serendipitous conversation with the mother of the owner who was there. She took a tender interest in him and said, "If you come back every day for six weeks, I'll teach you something." He did. And what he learned was the practice of mindfulness, envisioning, positive thinking, and making his choices his own and no one else's. Learn more in this beautifully crafted article, based on a recent interview with Doty -- now a top-rated neurosurgeon and founder of Stanford's Center for Compassion and Altruism Research and Education. [{ read more }](#) **Be The Change:** Learn more about the work of the Center for Compassion and Altruism Research and Education. [{ more }](#)

"A Berlin family of three has been living on practically nothing but love and the goodwill of others for more than two years and counting --not as a victims of the rough economy, but as activists who are on a money strike to protest what they call our "excess-consumption society."" [{ read more }](#) **Be The Change:** Read "The Currency of Gratitude" an article about another unique individual who abandoned "mainstream life as the co-founder of AOL France to fully explore a life without attachment to traditional socioeconomic institutions and practices." [{ more }](#)

Each year "thousands of Monarch butterflies begin to emerge from their cocoons and gather en masse in South Texas, storing up energy for their seasonal migration into central Mexico. In late September, butterfly enthusiast Maraleen Manos-Jones discovered a Monarch caterpillar forming a cocoon in her backyard in New York state. Knowing full well that the fragile insect, once emerged, would not survive the trip south in the dropping Fall temperatures, she brought the cocoon inside. Several weeks later, when the butterfly's transformation was complete, a remarkable idea was hatched as well -- one that would give that insect a fighting chance at life." [{ read more }](#) **Be The Change:** Make time to offer assistance the next time you encounter someone who is lost or lonely and far from home.

16. Beyond the Conflict of Inner Forces

Reprinted from InnerNet Weekly email service February 5, 2013, (A Gift Economy offering of ServiceSpace.org).

An old Cherokee is teaching his grandson about life:

"A fight is going on inside me," he said to the boy. "It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf will win?"

You might have heard the story ends like this: The old Cherokee simply replied, "The one you feed."

In the Cherokee world, however, the story ends this way:

The old Cherokee simply replied, "If you feed them right, they both win." and the story goes on:

"You see, if I only choose to feed the white wolf, the black one will be hiding around every corner waiting for me to become distracted or weak and jump to get the attention he craves. He will always be angry and always fighting the white wolf. But if I acknowledge him, he is happy and the white wolf is happy and we all win. For the black wolf has many qualities – tenacity, courage, fearlessness, strong-willed and great strategic thinking – that I have need of at times and that the white wolf lacks. But the white wolf has compassion, caring, strength and the ability to recognize what is in the best interest of all.

"You see, son, the white wolf needs the black wolf at his side. To feed only one would starve the other and they will become uncontrollable. To feed and care for both means they will serve you well and do nothing that is not a part of something greater, something good, something of life. Feed them both and there will be no more internal struggle for your attention. And when there is no battle inside, you can listen to the voices of deeper knowing that will guide you in choosing what is right in every circumstance. Peace, my son, is the Cherokee mission in life. A man or a woman who has peace inside has everything. A man or a woman who is pulled apart by the war inside him or her has nothing.

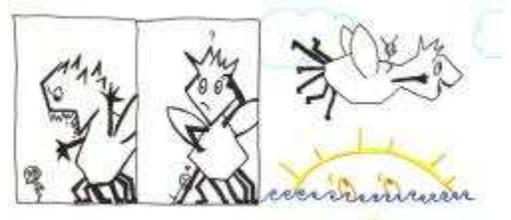
"How you choose to interact with the opposing forces within you will determine your life. Starve one or the other or guide them both."

–Cherokee Story

17. Fearlessness

Reprinted from InnerNet Weekly email service February 12, 2013, (A Gift Economy offering of ServiceSpace.org).

Most of us experience a life full of wonderful moments and difficult moments. But for many of us, even when we are most joyful, there is fear behind our joy. We fear that this moment will end, that we won't get what we need, that we will lose what we love, or that we will not be safe. Often, our biggest fear is the knowledge that one day our bodies will cease functioning. So even when we are surrounded by all the conditions for happiness, our joy is not complete.



We may think that if we ignore our fears, they'll go away. But if we bury worries and anxieties in our consciousness, they continue to affect us and bring us more sorrow. We are very afraid of being

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powerless. But we have the power to look deeply at our fears, and then fear cannot control us. We can transform our fear. Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones.

The first part of looking at our fear is just inviting it into our awareness without judgment. We just acknowledge gently that it is there. This brings a lot of relief already. Then, once our fear has calmed down, we can embrace it tenderly and look deeply into its roots, its sources. Understanding the origins of our anxieties and fears will help us let go of them. Is our fear coming from something that is happening right now or is it an old fear, a fear from when we were small that we've kept inside? When we practice inviting all our fears up, we become aware that we are still alive, that we still have many things to treasure and enjoy. If we are not pushing down and managing our fear, we can enjoy the sunshine, the fog, the air, and the water. If you can look deep into your fear and have a clear vision of it, then you really can live a life that is worthwhile.

The Buddha was a human being, and he also knew fear. But because he spent each day practicing mindfulness and looking closely at his fear, when confronted with the unknown, he was able to face it calmly and peacefully. There is a story about a time the Buddha was out walking and Angulimala, a notorious serial killer, came upon him. Angulimala shouted for the Buddha to stop, but the Buddha kept walking slowly and calmly. Angulimala caught up with him and demanded to know why he hadn't stopped. The Buddha replied, "Angulimala, I stopped a long time ago. It is you who have not stopped." He went on to explain, "I stopped committing acts that cause suffering to other living beings. All living beings want to live. All fear death. We must nurture a heart of compassion and protect the lives of all beings." Startled, Angulimala asked to know more. By the end of the conversation, Angulimala vowed never again to commit violent acts and decided to become a monk.

How could the Buddha remain so calm and relaxed when faced with a murderer? This is an extreme example, but each of us faces our fears in one way or another every day. A daily practice of mindfulness can be of enormous help. Beginning with our breath, beginning with awareness, we are able to meet whatever comes our way.

Fearlessness is not only possible, it is the ultimate joy. When you touch nonfear, you are free. If I am ever in an airplane and the pilot announces that the plane is about to crash, I will practice mindful breathing. If you receive bad news, I hope you will do the same. But don't wait for the critical moment to arrive before you start practicing to transform your fear and live mindfully. Nobody can give you fearlessness. Even if the Buddha were sitting right here next to you, he couldn't give it to you. You have to practice it and realize it yourself. If you make a habit of mindfulness practice, when difficulties arise, you will already know what to do.

--Thich Nhat Hanh

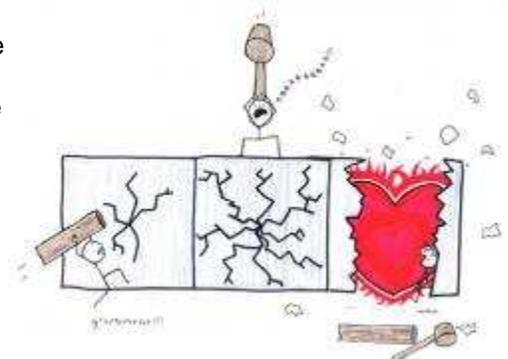
18. Processing Anger With An Open Heart

Reprinted from InnerNet Weekly email service February 19, 2013, (A Gift Economy offering of ServiceSpace.org).

by John Robbins & Ann Mortifee

Anger is an intense and primal expression of the life force, a burning flame that cannot be ignored. It is the psyche's alarm system, demanding that attention be given to a limit or boundary of ours that is being invaded, to an injury or pain that is being denied, or to an area of our being that has become unhealthy. The function of anger is similar to the function of a fever. It helps to burn out unwanted, inharmonious elements. Its purpose is to restore balance and well-being.

If the symptoms of a fever are suppressed and ignored, then the illness will remain unchecked. So it is with anger. It is useful to listen for the message it



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brings and then to use it for growth and wellness.

We need to remember that the anger we feel toward someone else is not an accurate evaluation or judgment of who that person actually is. It is merely our own feelings communicating with us, telling us more about ourselves than about the other person. It is the beginning of greater clarity and discrimination, so that we can live our passion with integrity, develop our inner power, and become capable of acting assertively, rather than aggressively, on behalf of what we cherish.

There should really be two different words—one for "anger-with-the heart-closed" and one for "anger with-the-heart-open." Most anger in our society is "anger-with-the heart-closed." Many of us are in the habit of automatically using our anger vindictively to protect ourselves or to impose our will upon others. We may believe ourselves totally justified in demeaning others' self-esteem. We may believe that we do this for "their own good." We may even believe that the will we are trying to impose is God's will. From such unconsciousness have come generations of abuse. From such self-righteousness have come millennia of "holy" wars.

"Anger-with-the-heart-closed" is destructive. But there are times when our anger can be a gift to the other person, when it is not simply our own ego twisting in a knot, and trying to use the other person to undo the strain. Though we may feel great heat and urgency, there need be nothing mean in the way we express ourselves. For when there is no desire to wound or punish or blame, we become able to speak with great clarity and power. We may roar like a lion, but it is a healing roar. We may be challenging, but we are infinitely fair. We may be outraged, but we are respectful. This is "anger-with-the-heart-open" and it has a beauty, a passion, and a clarity that is unmistakable.

19. \$10 of Gas Takes You Smiles Further

Reprinted from www.HelpOthers.org.

I was on my way back to from a trip out of town and just a few exits from the one I needed.

I thought I'd better not push my luck, so I pulled off the motorway to get some gas. I had \$50 and figured I would use \$40 to fill my tank. Since I was going inside anyway to pay for my gas I would use the rest of the money to grab a few snacks.

After I handed the cashier my money she said, in a rather nasty tone, "That one wasn't approved either." I realized she was talking to someone else. I turned and saw an older lady turn, with her head down, and exit the store.

The cashier handed me my \$10 change and said, "She's already tried two cards."

Leaving the store (without snacks,) something told me to give the older woman the \$10 change. I walked over to her car just as she was about to close the door. I said, "Excuse me. Were you trying to get some gas?" Before she could answer, I handed her the \$10 and said, "This is for you!"

She looked up at me and said, "Oh! But you don't even know me."

I told her, "It's okay. I don't need to know you, I know you need some gas to get home, so this is for you."

She got out of the car and hugged me with tears in her eyes. I told her to have a blessed day and turned back to my car to pump by own gas.

Then I remembered I had a couple of Smile cards in my purse. I grabbed one and headed back to her car. By then she had gone in the store, given the cashier the \$10, and come back out to pump her gas.

I handed her the card and said, "Today is your day to get a little extra blessing. So smile! Next time, I pray you can pass the blessing on to someone else."

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There is no doubt in my mind that she will do a little something extra nice for someone else, and hopefully ask them to pass it on also!

20. Keeping Hope Alive For Our Favorite Professor

Reprinted from www.HelpOthers.org.



A professor I have worked pretty closely with has been diagnosed with Stage 4 cancer. It has been devastating for his family and heartbreaking for his students.

What made him extraordinary was not only that he was a phenomenal rising star. He had only recently collected the highest honours for young researchers at the White House. We truly admired him for his inspiring personality - as someone put it, "He always has a smile and a kind word for everyone." It is very hard to find someone who is exceptionally intelligent and also a wonderful , humble human being.

My professor's family of four (beautiful, sweet children all under ten) and lovely,generous-spirited wife (who is expecting the fifth), along with their deep spiritual faith has been a continual source of joy for him. All this made us, his students, even more shocked and heartbroken when we found out his cancer was terminal and has spread to several parts of his body.

I was to go to my professor's house to present my thesis, since I needed the signature urgently and he would not be able to make it to the university because of the intense effects of chemotherapy. I decided that we needed him to know how much we admired him and how we are all praying for his recovery. Most of his students, although well meaning, are not very vocal about expressing their emotions (engineering nerds!).

I bought him a simple card which read, "Healing Thoughts and Wishes Coming your way." I met all the students he worked closely with and got them to sign on it. Each student in his laboratory signed and also added a message. "We love you so much", " We miss you! We need you back here - get well soon", " Please come back" ," Thank you for being such an inspiring teacher. I hope you recover soon"... These were some of the messages that were written. Most of the students were really glad we were doing this and said it was a very good idea to give it to him.

He is still undergoing intense treatment, and along with his family is trying his best to stay optimistic and hopeful. I didn't see a trace of self pity or grief when I met him last week. Instead, he paid attention to every word of my presentation and asked me several perceptive questions related to my work.I was amazed at how much he gave his 100% on that day inspite of being in pain because of chemotherapy and not knowing if he even has another month to live. "I am trying to focus on staying positive, hoping to be back this summer", he said.

Needless to say, I saw an expression of joy and hope on his face as he opened the card. He said he was truly touched to see this message from the students he worked closely with.

There is one thing I learnt from last week: It is so important to tell people how much they mean to us and what an inspiration they are before it becomes too late.

My professor, in his end-stage cancer, inspite of being too sick to teach classes, has managed to continue being a fabulous teacher, a true role model for his students.

21. Never Too Late

Reprinted from www.HelpOthers.org.



Nearly thirty years ago, I was a high school student. I was also an alcoholic. I was using alcohol to self-medicate pain from a childhood abuser, and it wasn't working. Instead, it made me angry, obnoxious, and rude.

Needless to say, I don't like the person I was back then. (I didn't like myself back then, either.) But with a lot of therapy and a lot of love, I have moved on and though I am financially poor, I find myself rich with the blessings and love of family and friends. I try each day to be the kindest person that I can, and to help wherever and whenever I can.

Recently, I helped a young friend with a bake sale and raffle to benefit a middle school student who is battling brain cancer. I didn't do it for the recognition, but because it just felt like the right thing to do. I don't tell you that now for recognition, either, but because it ties into what I am about to tell you:

At the bake sale, I was not surprised to see an old high school acquaintance come through the door. He was always very kind-- a soft-spoken, quiet kind of guy who was friendly to everyone he passed. There was no distinction-- he was kind even to grouchy, obnoxious drunks like me. Though we weren't the sort of friends who hung out together and shared secrets, I always thought he was one of the nicest people I knew.

Years passed. I left high school and all of its pain behind me. But one thing stuck: the kind, soft words of this gentle soul as he passed in the hallways or spoke to me in the classes we shared. Every now and again, his face would come to mind and I'd wonder how he was doing, what he was up to.

Though I found out that we both live in the same relatively small town, our paths just didn't cross... Until I had a bake sale to benefit Cookies For Kids' Cancer last April. His sister donated goods, and bought plenty herself before calling her brother and reminding him to come donate.

When Mr. X came through the door, I was not surprised. Instead, I kind of hoped he didn't recognize me. After all, what kind of memories of me would have stuck with him after all these years? What if he still thinks of me as that awful person that I once was? Luckily, he didn't recognize me. He simply spoke kindly to others, donated generously, and went on his way.

Then, a few days ago, he once again came to a benefit to generously donate money to someone in need. This time, I felt moved to introduce myself. We started to chat and before we knew it, we had caught up on nearly 30 years of our lives! That was when I knew what I had to do.

I told him that though he didn't realize it, he was very influential in my healing and becoming a much kinder, giving person. His quiet "hello"s, the shy smile and nod of his head, his kind and caring demeanor, are one of the biggest memories I carry with me from my high school years.

When I have gotten angry with the way the world is today, I've reminded myself of people like Mr. X. They *do* exist! I told him all of this, and explained that, although he may not have realized it, he made a huge impact on someone's life. An impact that has lasted almost three decades.

I could tell that he was somewhat embarrassed, and he had no idea that he had been such an important part of my life. "Every time I smile at a stranger," I told him. "it's a tribute to you, who taught me to smile. Every time I hold a door for someone, it's your kindness that compels me to do so. Every time I see someone who is angry or rude, I try to get a smile out of them. And it's all thanks to you," I shared.

He seemed to appreciate my words. I apologized if I made him uncomfortable, but they were things that needed to be said, things that should have been said nearly thirty years ago. But I think that, having learned that I moved this big strong "manly man" nearly to tears as he left that day, it's never too late to let someone know that their kindness mattered.

Thirty years after the fact, it was as good a day as any for my heart to express its gratitude as it was for him to hear it.

22. Teaching my Daughter Through A Real-Life Experience

Reprinted from www.HelpOthers.org.

One day I had my youngest daughter, Lauren, out shopping and running errands with me. We were rounding the corner of a fast-food place to pick up something quick to eat, a rare thing for us. There was what appeared to be a homeless man, maybe 65 or so, who had a couple of dogs on wire leashes. He wasn't begging, but he smiled and waved at us.

Once we picked up our food, I drove back around and asked him how he was, and said his dogs looked as though they really loved him. He said indeed they all loved each other, then said something like, 'I lost about everything in a fire a few months ago (a building he was squatting in) except for these guys, and I have all I need. But I sure do miss my Bible.' I smiled and waved, and told my daughter that we were taking a small detour.

We drove to the used book store a couple of miles away, and found a lovely Bible in like new condition. I paid 6 or 8 bucks for it, and we drove right back to the area. He had walked over to a shady spot next to the convenience store, and was just sitting, petting his canine buddies. My little 12 year old got out of the car, and walked over to the man, Bible outstretched. He took the book from her, then asked her (and me) if he could give her a hug. She said sure, and he really hugged her, this homeless and unwashed man, and he cried. She hugged him back, and I think she learned so much from that little interlude.

23. When I Hugged a Homeless Person

Reprinted from www.HelpOthers.org.

--posted by [cyana](#) on Feb 14, 2013

I spent most of my early adult life looking through them. I was busy. I was working. I was raising a family and running errands. I had things to do.

If you didn't look at them they weren't there, right? You know, those bedraggled looking people on the corner with a sign in their hand. I only wanted the light to turn green fast enough so that I wouldn't have to keep pretending not to see them.

They were mostly invisible to me. I refused to see them, and that's how I wanted it. Because I just didn't have the time.

Then, one day, as I was holding the hand of my best friend who was way too young to be dying of breast cancer, she told me that she made every moment count by slowing down-- by being in the moment, and by seeing everything. I held her hand for five years and then she passed away. This isn't a story about cancer, so please forgive me, but she did teach me something. It took awhile for her message to really sink in. I can be a slow learner.

I started by seeing everything. At first that was great. I saw the flowers and the sun and the clouds and puppies and rainbows...

Then, I saw them.

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You know, the people on the corner with the signs. It made me uncomfortable to see them, and I had to ask myself, "Why?"

After awhile, I realized that my apathy towards the homeless was what made me uncomfortable. Then, I thought, *What if I traded apathy for empathy? Would that really be so bad?*

The next homeless person I saw was a Vietnam veteran, according to his sign. I parked my car and got out. I went up to him and told him he mattered. I asked him what would make his day.

"A hot cup of coffee," he told me.

So we walked across the street to a little diner and I bought him a cup of coffee, a stack of pancakes, some eggs, bacon and hashbrowns. He talked, and I listened. He talked, and I was the one blessed by his presence. I told him how I used to look through people like him, but that day, I had decided to open my eyes and to really see the world. I told him he was the first homeless person I had ever spoken to.

After our meal together, I asked him if there was anything else that would make his life a bit easier. He said the only other thing he wanted was to get enough extra money that day to buy a new pair of socks.

Socks, *really?*

He said he'd been wearing the same pair for a few weeks. A simple luxury that I take for granted, there are always clean socks in my dresser drawer. I actually happened to be wearing an exceptionally nice pair of wool blend hiking socks at that very moment. I told him that I wanted to give him the pair I was wearing, if he would accept them. I had only been wearing them a few hours.

At first, my new friend refused.

I told him it would make me happy if he would take them.

Finally, he agreed. We sat down on a bench, and he proceeded to first take off his boots, then peel the black socks that had once been white off his feet. I think a layer or two of skin might have come off with them.

As I took my expensive hiking boots and socks off, I was a bit embarrassed by the luxury that I took for granted. I then quickly stuck my bare feet back into my boots, assuring my friend that I had many fine pair of socks at home.

As my friend took his new pair of socks, he held the socks up to his cheeks and said they were warm and smelled as good as me. *Goodness!* My cheeks must have flushed.



Then, he slipped them on, remarking, "These are the nicest socks I've had in a long time."

We shared a hug, I made sure to hold the hug a few extra seconds so that my friend would know he *did matter* to me. When I pulled back, pools of tears were welled up in his eyes.

I don't know how I held it together, but I did, at least until I made it back to my car. Socks.

Such a simple luxury I used to take for granted. Now, I always have an extra pair with me in my car. They are always my best pair, just waiting to be given away.

24. Happiness Shared

Reprinted from www.HelpOthers.org.

--posted by [Patt](#) on Feb 8, 2013

"Happiness Shared" was the title of an e-mail I received from a website I really enjoy. It inspired me to contact two friends and invite them over for a craft day.

I was very excited about sharing craft ideas and baking cookies with friends!

Then one friend messaged me saying that she was depressed and thought she should not come because she would only bring us down.

I sent her a quote that inspires me when I have a day like that. It is, "Think about how you want to feel today and do whatever it takes to make it happen."

She decided to come after all and we had a great visit! Went out to lunch and planned more days of fun together. Our joy was contagious!

This not only showed me how happiness is shared but also reminded me that getting together is an act of kindness. It is so nice to have someone to share your day with especially when you are down or you live alone.

25. A Blanket of Sisterhood

Reprinted from www.HelpOthers.org.

--posted by myfbil on Oct 21, 2008

I have been doing what I can to look out for someone who lives close inside my heart though the daily lives we experience are quite far apart.

In my home, I wake up to a fresh morning, experiencing the luxury and warmth of the comfort of my own bed laden with a floral quilt that my grandmother once made for me. On the opposite coast of the country, within the confines of the lonely hospital walls, my sister rests often unpeacefully and in pain on a cold and firm plaster white sterilized bed. A cancer inside her is spreading despite a recent mastectomy and three months of intense chemotherapy. Radiation was not a possibility for her and now this condition has seeped into her skull and spine. The comforter which I grip so tightly begins to unravel in my hand and the texture of the fabric begins to soil, as I feel a piece of me lying there with her in the hospital room.

In order to keep myself from crumbling, I began to send blessing blankets, little toy angels, and a book of hope out to the universe, that is to hospital children and other ailing patients in various hospitals that extend beyond where my sister resides.

And then something happened today... I got a call from my sister's nurse who told me that my sister was smiling as she cradled a soft pink blanket spotted with little hearts in her hands. I was so surprised and pleased! I don't know whether it was the blanket or the thought of having been gifted, that brought her to smile. I'd like to think that deep down somewhere inside she knew the blanket was more than just a piece of cloth from someone or a thought from another, but rather, it was an expression of love, the love from one sister to another.

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26. Everything is Incredible

Reprinted from www.KarmaTube.org.

How often do we burden imagination - and the artistic product of imagination - with prosaic expectations appropriate only to the physical realities of the mundane world? What is the cost of these blinders? And what is the power of an unfettered creative process? These themes, and many others, are explored in this beautiful film, which tells the story of a poor, bent, Honduran villager who has been building a helicopter from pieces of refuse for the past fifty years. Will Agustin's helicopter take to the skies? Those who can see into the soul of the artist have no doubts - or perhaps they simply have a keener understanding of what it means to fly. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3552>.

27. Hunting Happiness

Reprinted from www.KarmaTube.org.

Sara Lahey's hunt for happiness began at age 5, sitting alone in a closet, determined to prevent any other child from experiencing the pain that she was feeling at that moment. By age 14, Lahey realized that when things were toughest for her, it was by helping other people that she felt the best - those were the few, precious moments when she truly felt happy. Listen to Lahey's TEDx talk to find out how this superhero brings happiness to everyone she meets. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3642>.

28. How To Be Yourself

Reprinted from www.KarmaTube.org.

Some days, you need to remind yourself about what's truly important in life. So sit back with a cup of your favorite beverage and give yourself a few minutes to savor this sweet video, which gives you a prescription for happiness in two minutes, starting with "show up." Follow this link to the video... <http://www.karmatube.org/videos.php?id=3342>.

29. Toy Story

Reprinted from www.KarmaTube.org.

There are over 20 million child laborers in India, many working in dangerous industries, such as fireworks. Shweta Chari wanted to reach out to these children through fun and play using toys. With the help of friends and volunteers, she founded Toybank, an NGO that provides toys and a place to play for thousands of rural and urban children in India. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3761>.

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 by the 25th of the month, for distribution in the following month's e-newsletter.

30. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page (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.

31. 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.

Serving your personal journey toward enlightenment...

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.

32. Spirituality Workshops



Spiritual Guidance Presents

“Exploring Spirituality”

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

“The Laws of Spirit”

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

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

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

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

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

"Forgiveness"

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

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

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.

33. 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 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.

34. 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 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.

35. Ascension Meditation for Renewal

Ascension Meditation for Renewal

- When:** Saturday, March 30, 2013, 7:00–9:00pm
- Where:** Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa
- Who:** Anyone wanting to share in a peaceful evening of meditation. All paths welcome.
- How:** RSVP Robert at 613-204-0299 or rmeagher@servinyourjourney.com.
- Cost:** Invited donation of \$10 (or more) to defray facility rental cost.
- Food:** Your contribution of light snacks for the social will be gratefully received.



You are invited to join us for this peaceful evening of meditation and renewal. Spring brings with it the hope of rejuvenation, and this evening will embrace that energy to uplift and renew your soul. We welcome you to share in the unity of meditation with others and then to socialize over light snacks. 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.

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, or visit www.servinyourjourney.com.

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36. 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.
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

37. 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).

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:

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

38. 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

Peace
Paul McKenna

Scarboro Missions Interfaith Dept.
2685 Kingston Rd.
Toronto, Ontario
Canada M1M 1M4

tel. 416-261-7135 ext. 296

www.scarboromissions.ca

39. 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

40. 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 or call her at 647-208-8754 or go online: www.enneagramnorth.com.

41. Butterfly Retreat: Creating in the Stillness

Mon March 4, 2013 (9:30 a.m. to 4 p.m.) at Cambridge Butterfly Conservatory, 25 Kossuth Rd, Cambridge

Cost \$75 by Jan 31; \$90 after Jan 31; includes admission, free parking, lunch and 2 snacks plus a presentation on the Monarch butterfly migration.

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Like a beautiful butterfly created in the still quiet of the cocoon, we receive new life when we rest and reflect. Experience a spacious day of rejuvenation and inspiration in a lush tropical garden filled with butterflies. Wear comfortable clothes and footwear. Bring favourite art supplies for individual creations (drawing pencils, journal, camera, etc.)

Pre-register by contacting Catherine Maine at 519-742-2478 or info@stillpointdancing.com . www.stillpointdancing.com.

42. Caring for the Dying: Making Meaning at the End of Life

Wed Mar 20 (7 p.m.) and Thurs Mar 21,2013 (beginning at 9:30 a.m.) at Hospice Kingston, Kingston, Ont.

Hospice Kingston will be presenting the film "Griefwalker", a National Film Board of Canada documentary on Wed Mar 20 at 7 p.m. This is followed by a one day workshop "Care of the Dying - Making Meaning at the End of Life" with Stephen Jenkinson. This opportunity will address the need of living and dying well, and encourage a cultural shift of how we as a community can approach and understand death and dying as part of living. Hospice Kingston believes very strongly that this opportunity will improve quality of life by offering a philosophy of living and dying well, with an understanding that death feeds life and life feeds death. For additional details see: www.hospicekingston.ca or www.orphanwisdom.com.

43. The Journey of Grief

facilitated by Marilyn Gostlin and team at Loyola House at the Jesuit Centre of Spirituality,5420 Highway 6 N.,Guelph, Ont April 19-21,2013.

For those who are grieving the loss of one they love. This retreat will include prayer, guided imagery, scripture, small group sharing, spiritual direction and grief counseling, DVD's, and art (clay, painting, crayons, no talent required). All those who are experiencing the pain of grief are welcome. For more information contact the registrar @ 519-824-1250 or registration@ignatuisguelph.ca.

44. The Panchavati Online Discourses

with RICHARD HARVEY

<http://www.therapyandspirituality.com/courses.html#sashti>

"Today we human beings have grown away from our true nature, from our essential selves. Inner work is needed to bring us back to ourselves, to the naturalness that has been lost, to our inner wisdom, and to our true purpose. Evolving human consciousness must become the prevailing focus for humanity if we are to avert the impending spiritual, ecological, heart-breakingly human, and global crisis of the 21st century. Inner work must become common-place, routine, and universal among people, rather than merely the concern of a relative few." – Richard Harvey



Over the next three months (Feb-Apr 2013) I will be presenting five new discourses online. Each discourse explains and clarifies some aspect of the psycho-spiritual journey in the modern era. At the end of the discourses questions and sharing are invited.

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20 Feb The Heart of Compassion

06 Mar An Eternity of Longing

20 Mar Simple, Happy and Burden-Free

03 Apr The Free Individual

17 Apr The End of Seeking§

* Panchavati: A grove of five sacred trees planted by Sri Ramakrishna in the temple garden at Dakshineswar for his practice of spiritual discipline.

§ Titles and themes are tentative and in preparation at present, so there may be changes.

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

Format: Small group lecture-seminars over Skype as a conference. Psycho-spiritual exercises for between sessions and to incorporate into your spiritual practice.

Dates: as above

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

Price: 40 Euros per discourse. (A concessionary rate of 20 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 60th 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 % (20 Euros) at <http://www.therapyandspirituality.com/pay-online.php>. Please select “course”, the course title and 20 (for amount or 10 if you are paying the concessionary rate) and proceed making your payment online.

Special Offer: Book the complete Panchavati Online Discourses, five discourses in all, for 160 Euros (20% discount) and receive a free place on the online course, *The Threshold of Transformation* on 8th May 2013.



*What participants say about the Sashti Poorthi Online Lecture-Seminars, the last series of eight online courses given between Nov 2012 and Feb 2013:

“Richard’s lectures are divine, sacred and blessed. They are full of deep truths that challenge and invite us to venture within to discover our true self. Richard brings the material to life and shares immensely vital material for this time in humanity’s evolution and transformation. His compassion and support throughout the discussion portion of the lectures provide a safe and welcoming environment for all to share in the experience.” – Rev. Robert Meagher, Interfaith Minister. Spiritual Guidance, Ottawa, Canada

“Dear Richard, To thank you, I would like to borrow some words from Rumi’s poem, The time has come: the time has come/to break all my promises/tear apart all chains/and cast away all advice... as your clarity from your wonderful engaging lectures seminars brought me to this. With love and gratitude.” – Birgit Niehaus, Alternative Practitioner

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“Richard talks to us from a place where I wish to be. His almost every word resounds inside me, ringing the clarion call of eternal truth. Clear, precise and readily accessible, you cannot fail to be riveted to your ears if you are ready for his message.” – George Worrell, aged spiritual student

“I am so grateful for the heartfelt wisdom Richard so willingly shares to help as I deepen my spiritual journey. His talks are rich with images, insights and knowledge from his own inspirations, challenges and discoveries. He is a sincere and humble mentor.” – S.J.

“At the end of The Three Stages of Awakening seminar, I was so happy and grateful to you for making me see so many essential truths about life and me.

I felt overwhelmed by the sacred wisdom I had the opportunity to witness. My mind was shaking, my voice was trembling... When I talked, it sounded pessimistic, but you made me see the problem in a different light. From everything you say to us, I can see the stage where you are now, witness your spiritual evolution and feel the manifestation of the divine through your sacred way of being. Thank you from the all my heart!” – Florin Buzatu (Romania)

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



CONTACT DETAILS

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

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

Twitter: @RichardHarvey7

ARTICLES

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

45. June Guided Retreat: “The Path Through the Beatitudes”

with Fr. Monty Williams, SJ at Providence Spirituality Centre, Kingston, Ontario
Tue Jun 4, 4PM - Tue Jun 11, 1 PM
Cost: 525

This retreat sees the beatitudes as stepping stones towards a greater intimacy with God. Each beatitude opens a world within one's life and the gifts and the traps of that world are to be acknowledged and dealt with before the world of the succeeding beatitude can be entered into. Walking through those worlds transforms one into a companion of the Christ more fully present in one's life. In the evenings, there is an option of watching a film which focuses on the beatitude of the day.

Monty Williams is a Jesuit priest and teaches spirituality at Regis College, University of Toronto. He is the author of several best-selling books such as *Finding God in the Dark* and *The Gift of Spiritual Intimacy*, and is noted for his creative work in spiritual formation not only in Canada and the USA, but also in Asia, Eastern Europe, Australia, and New Zealand.

Register by Tue May 21 at Providence Spirituality Centre: 613-542-8826 or info@psck.org.

46. Contemplative Art Retreats

Mystery and Healing: Change of Consciousness with Virginia Valey, csj, Grace Sauve, csj, Roger Yaworski, sj (all spiritual directors)

June 10-15 (3 p.m. Mon to lunch on Sat) at Invermara, Orillia, Ontario (and July 22-30 - contact Loyola House for details: 519-824-1250 ext 266)

Cost: \$450 includes art supplies; registration fee: \$50 due by May 15, 2013.

This retreat is designed to enable each retreatant to discover the soul's language in art. The retreat offers a way of praying that leads to a deep intimacy with God, using art as a language of prayer.

Contact: Virginia Varley, csj at 416-929-4799 or vvarley@sympatico.ca.

47. Master Key Secrets: Removing the Blockages to Abundance, Healing and Manifestation

MASTER KEY SECRETS

**Removing the Blockages to Abundance,
Healing and Manifestation**

When: Saturday, March 30, 2013, 10:00am – 5:00pm (registration starts at 9:30am)
Where: Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa
How: RSVP Doug at drdoug88@gmail.com or 613-233-3888.
Cost: Minimum donation of \$75 / person. See [guarantee](#) at bottom.
Food: Bring a shared pot luck lunch gift and receive a \$15 discount.

**This will be a Life Changing Event! Learn how to work with
Creation rather than interfere with it!**

Your hosts for the day will be **Jeremy Sills** (www.jeremysills.com), etheric musician, and **Doug Henderson** (www.quantumru.com), Quantum Healer. Jeremy and Doug will assist you to achieve, experience and be able to recall at will the state necessary to transcend any present stuck circumstance. You are invited to bring with you to the gathering whatever enhances your comfort (i.e., back support, yoga mat, blanket, etc.).

Parking is limited to street parking on the neighboring streets. Please arrive early to find a parking spot and make your way to the venue.

GUARANTEE: If you can honestly say that you have not received something of importance during the course of this workshop, your cost of admittance will be cheerfully refunded!

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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