

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



Do you watch where you step?

"The grace of God is a wind which is always blowing."

...Ramakrishna

Like many major cities in the world, Ottawa, Canada, is blessed with rich ethnic and racial diversity. I am fortunate to live on the edge of a community known as 'China Town'. It may as well be called 'Asian Town', as Ottawa's 'China Town' is a beautiful potpourri of Chinese, Japanese, Vietnamese and Korean merchants and eateries.

Within the past year 'China Town' has undergone a major beautification project (truth be known, I didn't think it needed any beautification). The highlight of this project was a massive and ornate arch that looms over the entrance to 'China Town'. Other visual enhancements included intricate, interlace-brick sidewalks. For me, the most stunning of all the enhancements was the inlaying of marble plaques in the sidewalks that are etched with the Chinese zodiac symbols (i.e., rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig).

Almost every day I have the wonderful opportunity to walk through China Town. The sights, sounds and smells are delightful. As I walk the sidewalks, I am always aware and mesmerized by the beautiful inlaid marble plaques of the Chinese zodiac symbols. From day one, I always made of point of 'not' stepping on the plaques. For me, this behavior was a simple act of respect. No superstition, and no influence by anyone else; I simply chose to never walk 'on' these plaques, even though they were inlaid into the sidewalk and were meant to be 'one with' the sidewalk.

Recently, as I walked my normal route through China Town to a local recreation facility for my usual meditative swim, as I noticed my automatic behavior of stepping around these beautiful inlaid marble plaques, I became aware of something else...

I asked myself... "Rob, why are you treating the plaques differently than any other brick in the sidewalk? Why is a plaque sacred but no other part of the sidewalk is sacred? Frankly, why are you not treating everything you walk on as being sacred?"

This awareness brought me to a place of recognizing that I still have much work to do to embody gratitude in my daily life. My daily gratitude practice invites me to become aware of all the things I am grateful for in my life. I have progressed to the point where I have no problem finding things to be grateful for on any given day. I have even progressed to the point where those things that once would bring me concern, upset or even fear, are now sources of gratitude. But I still have work to do to honor 'everything' in my life, every moment, every breath.

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We are but a breeze blowing in the wind. May we all ride the wind, open our wings and soar, and above all else...may we be grateful for having had the opportunity to take flight in the first place.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem – Emptiness

Emptiness

Consider the difference
in our actions and God's actions.

We often ask, "Why did you do that?"
or "Why did I act like that?"

We do act, and yet everything we do
is God's creative action.

We look back and analyze the events
of our lives, but there is another way
of seeing, a backward-and-forward-at-once
vision, that is not rationally understandable.

Only God can understand it.
Satan made the excuse, *You caused me to fall*,
whereas Adam said to God, *We did this
to ourselves*. After this repentance,
God asked Adam, *Since all is within
my foreknowledge, why didn't you
defend yourself with that reason?*

Adam answered, *I was afraid,*
and I wanted to be reverent.

Whoever acts with respect will get respect.
Whoever brings sweetness will be served almond cake.
Good women are drawn to be with good men.

Honor your friend.
Or treat him rudely,
and see what happens!

Love, tell an incident now
that will clarify this mystery
of how we act freely, and are yet
compelled. One hand shakes with palsy.
Another shakes because you slapped it away.

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Both tremblings come from God,
but you feel guilty for the one,
and what about the other?

These are intellectual questions.
The spirit approaches the matter
differently. Omar once had a friend, a scientist,
Bu'l-Hakam, who was flawless at solving
empirical problems, but he could not follow Omar
into the area of illumination and wonder.

Now I return to the text, "And He is with you,
wherever you are," but when have I ever left it!

Ignorance is God's prison.
Knowing is God's palace.

We sleep in God's unconsciousness.
We wake in God's open hand.

We weep God's rain.
We laugh God's lightning.

Fighting and peacefulness
both take place within God.

Who are we then
in this complicated world-tangle,
that is really just the single, straight
line down at the beginning of *ALLAH*?

Nothing. We are emptiness.

Jelaluddin Rumi

3. Quote or Question

"Where is my happiness? It is inside my peace and nowhere else." (Sri Chinmoy)

4. 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'.

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

"The four horsemen of my Apocalypse are called Efficiency, Convenience, Profitability, and Security, and in their names, crimes against poetry, pleasure, sociability, and the very largeness of the world are daily, hourly, constantly carried out. These marauding horsemen are deployed by technophiles, advertisers, and profiteers to assault the nameless pleasures and meanings that knit together our lives and expand our horizons." In this lyrical, thought-provoking essay Rebecca Solnit discusses what we lose with modernity's speed -- and what can be reclaimed by a return to slowness. <http://www.dailygood.org/more.php?n=5428>
Be The Change: Today make a conscious effort to slow down and savor the moments.

"In your heart of hearts, in the deepest place within yourself, you know the truth. The truth of living from love, of being free of whatever holds you back, of fullness, well-being, and contentment. Why pretend you don't know any longer? You might be afraid to acknowledge and live this knowing. You might be diverted by thinking your life doesn't measure up or you've been dealt a bad hand or you're a prisoner to your to-do list. But if you go within and tell the truth, you will find this seed of possibility and turn it into the living flesh-and-blood reality of your precious life." The following piece offers five ways to practice this. <http://www.dailygood.org/view.php?sid=415> **Be The Change:** What do you know to be true? Take a moment to reflect on this question.

"Have you ever thought to yourself how amazing it is the way we control our body? We don't even have to think about it, we just do it. On the other hand, what if things were different? Imagine not being able to take a step, let alone stand." Vik Shivdasani has done more than just imagine that reality. At 22, a tragic fall from a third-floor balcony left him paralyzed waist down. For years he struggled with the shattered remains of his dreams -- until there came a breakthrough insight: "When you hit rock bottom, you have 2 choices -- to live or to die." Vik chose life. Five years after his accident he went skydiving, "To fall consciously this time." Today he is a budding stand-up comedian pursuing a new set of dreams. Read more about how this inspired young man came to decode life's "blessings in disguise." <http://www.dailygood.org/view.php?sid=414> **Be The Change:** Send a note of appreciation to Vik for finding the beauty in life and for being an inspiration to others. <http://www.dailygood.org/?pg=contact&mid=105301>.

"A village in southern Rajasthan's Rajsamand district is quietly practicing its own, homegrown brand of Eco-feminism and achieving spectacular results. For the last several years, Piplantri village panchayat has been saving girl children and increasing the green cover in and around it at the same time. Here, villagers plant 111 trees every time a girl is born and the community ensures these trees survive, attaining fruition as the girls grow up. Over the last six years, people here have managed to plant over a quarter million trees on the village's grazing commons. The village's former leader, Shyam Sundar Paliwal was instrumental in starting this initiative in the memory of his daughter Kiran." This article shares photos and more details about this remarkable hidden corner of the world, <http://www.dailygood.org/more.php?n=5434> **Be The Change:** The next time you have a special occasion to celebrate, consider doing a small act of kindness to honor the day.

"The vision of love that emerges from the latest science requires a radical shift. I learned that I need to ask people to step back from their current views of love long enough to consider it from a different perspective: their body's perspective. Love is not romance. It's not desire. It's not even that special bond you feel with family or significant others. And perhaps most challenging of all, love is neither lasting nor unconditional. The radical shift we need to make is this: Love, as your body experiences it, is a micro-moment of connection shared with another." Barbara Fredrickson professor of psychology and author of the new book Love 2.0 shares ten things her research has taught her about love. <http://www.dailygood.org/more.php?n=5450> **Be The Change:** Cultivate moments of micro-connection in your day today.

13. 25 Choices that Lead to Happiness

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).

5. Doug Henderson, Ph.D – Is Consciousness All There Is?

This is a question I have been asking myself recently because most spiritual gurus would say this is the case. When you have a sincere intention to understand something, Creation will do whatever is possible to bring the answer to our attention but you have to be a willing listener first and aware of what is right in front of you. So, it seems the gurus are wrong, just as I am wrong. We have sinned, which is an archery term which means we have missed our objective or missed the mark. Could it be that by missing the Mark we have strengthened the mark and made it what it is? Read on.

A few weeks ago, I had an unusual interest in obtaining a copy of the Urtext manuscript for “A Course in Miracles. The Urtext is the original channelled dialogue between Helen Schuchman and the entity known as Jesus. For those of you who have studied the Course, we are told that there was very little editing that had occurred in the original version that was published by the Foundation for Inner Peace. Can you imagine my surprise and delight when I discovered that amazon.ca offered a completely bound version of the urtext! Aren't computers and the internet wonderful! A fellow by the name of Doug Thompson had compared all the original materials, not previously available and notes and published this recent version. It seems that messers Helen Schuchman and Ken Wapnick had edited 48,000 words out of the original text! Both were perfectionists and were keen on making sure that the words of Jesus were grammatically correct. Can you imagine? In any event, they tended in my estimation to have really complicated what was originally scribed to the point of confusion. Typical of humans. Despite all of this the Course has had a positive effect on millions of people's lives and Spiritual involution all over the planet.

About 8 years ago, I read Dr. David R. Hawkins book, “Power versus Force,” and have read the 6 additional books that came out of the first. Now Hawkins is an interesting fellow (died Sept. 19, 2012) who used kinesiology to make a lot of determinations and comments and of course I became quite interested in him because he at one time had been a teacher of, A Course in Miracles. Eckhart Tolle also studied The Course just as Neale Donald Walsch and Deepak Chopra and a whole slew of others have. But there is absolutely no certainty in any of the discussion concerning Consciousness or the Raising of Consciousness. Hawkins' obsession with kinesiology never ever that I know of, recognized its fallibility. Now, I studied kinesiology but prefer to use a pendulum at this time for guidance. What many people don't understand is, if you are using a pendulum properly, you are putting yourself briefly into a Theta state of mind whereby the subconscious mind which knows all and functions the involuntary actions of the body has an opportunity to respond via the pendulum to the questions asked of it! The subconscious is our connection to the Divine. So, the subconscious is making use of the electro-magnetic field of the body which is simply a denser vibrational field to respond to us! However, whether kinesiology or a pendulum is used the level of consciousness of the practitioner must be greater than LOC 200 or Courage which is the ability to speak your truth because the egoic mind cannot discern truth from non-truth and according to The Institute for Heart Math, we are in the egoic mind 96.6% of the time! Now, here is where Hawkins and I part company; you only use something – no matter what it is until you no longer need it! This is why kinesiology, the pendulum or my use of quantum technology in the past was simply a crutch. You use it until you no longer need it! As Einstein said and I so often love to remind myself, because I am only ever talking to my self – you the reader are simply an extension of me and I am an extension of you – “You cannot solve a problem with the mind that created it.”

Now, in the early stages of this Journey of no Distance – it's all a mind job and an inside job at that – Desire and the Ego is what gets the process rolling and despite what some might think they are not to be killed because the act of focusing our attention on them simply strengthens them. There will come a point where they fall away and are transcended and yes, that happens on Hawkins logarithmic Scale of Human Consciousness at 666! Yes the Mark of the Beast is the ego! So, by constantly missing the mark are we simply strengthening the ego? It takes many shapes and appearances.

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But here is the point, so is all of consciousness. This idea of consciousness that we have is based upon perception which in turn requires judgement, all of which are egoic qualities. We are caught up in, entangled with, bought into, accept and identify with "Image and Appearance." This is the fallacy of duality and the density of the 3rd and 4th dimensions. This is why there is a need for discernment and to turn things over to a Source that is so much Greater than we think we are. Here is what the Urtext has to say about perception (P48) *"Perception is impossible WITHOUT a belief in "more" and "less." Unless perception, at every level, involves SELECTIVITY, it is incapable of ORGANIZATION. In all types of perception, there is a continual process of accepting and rejecting, of organizing and reorganizing, and of shifting and changing focus. Evaluation is an essential aspect of perception, because judgement MUST be made for selection. "Lack of lack" is a CONCEPT which is meaningless to a PERCEIVER, because the ability to perceive at all RESTS ON LACK. What happens to perceptions if there are no judgements and there is nothing BUT perfect equality? Perception is automatically useless. TRUTH can only be KNOWN. All of it is equally true, and knowing any part of it IS to know all of it. Only perception involves partial awareness. KNOWLEDGE TRANSCENDS ALL. (Note: this is not knowledge that we think we know but the KNOWLEDGE OF GOD!) of the laws which govern perception. Partial KNOWLEDGE is impossible. It is all One, and has no separate parts (ie. The parts have not separated.) This is the real knowledge. You who are really one with it need but know YOURSELF and your knowledge is complete. To know God's miracle (what you are) is to know Him."*

So, consciousness too, is something to be transcended! Just like the Mark of the Beast. However, it's all a process that begins with willingness and as we involve our perception changes. For example; Hawkins claimed that the Level of Consciousness of the Bible was approximately 479 (less than Love 500) and there was a time that I agreed with him. But more recently for some reason I asked the question again and the answer was 15,750! Hawkins scale only goes to 1,000!! Then shortly after that the works of Neville Goddard were called into my life experience by me and brought to me by a messenger in which the point is made that all of the stories in the Bible are all about Raising Consciousness but if you are caught up in appearance, in the characters, you cannot see the lessons because you need to be at a different place to recognize (re-cognize) them. And it all made sense!



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 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.

6. Geoff Straw – Joyfully Sing His Praises

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!



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.

7. Kathryn Kimmins – World Laughter Day

What is World Laughter Day?

"World Laughter Day" was created in 1998 by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement.

One of Dr. Kataria's objectives for Laughter Yoga is to promote world peace through laughter and is intended to build up a global consciousness of brotherhood and friendship through laughter.

Its popularity has grown exponentially with that of the Laughter Yoga movement (now counting over 9000 clubs in over 70 countries).

The practice of Laughter Yoga causes the body to release certain 'Feel good Hormones' into the bloodstream related to feelings of happiness, warmth, unconditional love, bonding, tolerance, forgiveness, generosity and compassion. Dr. Kataria calls it a "Joy Cocktail". The presence of this "Joy Cocktail" of hormones and neuro-peptides precludes the production of other hormones and neuro-peptides that correspond with hatred, fear, violence, jealousy, aggression and the emotions associated with war and oppression.

By practicing Laughter Yoga in groups, the level of this Joy Cocktail is raised to high concentrations through the multiplier effect: people leaving Laughter Yoga sessions go forth and interact with many people who are in turn affected to varying degrees by this powerful emotional state of joy. They in turn 'infect' other people they come into contact with. You can experience this 'chain reaction' after your very first Laughter Yoga session.

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By having tens of thousands of laughter clubs all over the world, it will create a positive energy which will change the consciousness of the globe for the better.

The first "World Laughter Day" gathering took place in Mumbai, India, on January 11, 1998 and on January 9, 2000 in Copenhagen, Denmark, "HAPPY-DEMIC", was the first World Laughter Day gathering outside India. More than 10,000 people gathered at Town Hall Square. The event went into the Guinness Book of World records.

"World Laughter Day" is now organized on the first Sunday of May every year. Hundreds of people (oftentimes thousands) gather worldwide on that day to laugh together. Such an enthusiastic participation is proof that Laughter Clubs are not a laughing matter.

Join the laughter movement and do your part in creating world peace, one laugh at a time.

"When you laugh, you change and when you change the whole world changes around you."

Dr. Madan Kataria



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/>.

8. Regiena Heringa – Notes from the Light – May 2013

Openings

When we speak of an open hand, we also speak of an open mouth and indeed an open heart. Everything in your world is opening—your minds, your institutions, your honesty, your discovery and your creations, and inner, sacred contact. Your entire life is expanding as it fosters a more extensive opening to higher ideals and nobler action.

There are multiple and diverse openings that you may discover in the marvellous natural world around you, including your own physical bodies. You observe the opening between rock and tree, the opening of the lily, the opening of an infant's eyes, the opening to understanding, to enthusiasm and to new life. Beyond your immediate physicality, there also lies the remarkable and continuous opening of space into other space, dimensions into other worlds and star systems into multiple realities. There is forever in your world and in myriad other worlds this wondrous movement of opening.

Great significance can be derived from this subject.

In following the teaching of openings, the individual can let go of sturdily established thought and action and create, rather, an opportunity for sharing and for fostering community learning. In this manner, your people may move upwards into a vaster understanding of life and be encouraged by their marked progress. You are reminded that the action of opening joyfully invites greater inclusiveness and, hence, valuable co-operation.

We ask you to contemplate the following: how open are your minds and hearts towards your own selves and towards those in your community? How open are you to receiving guidance from spiritually evolved individuals in your world, within your earth and from the greater worlds beyond? Are you ready to explore the gifts offered to you in these historical planetary times and will you openly accept them and gratefully share them with those in your society who also wish to share their gifts with you?

If you enthusiastically say yes! to these queries, then you are happily contributing to the destiny of your world and planet as it opens to a larger dimensional gathering of which all of your citizens are members. This greater family awaits all of you with an embrace of pure Love, spiritual companionship and creation.

We ask you, therefore, to become aware of your opening to all that is good and righteous within your ideas, feelings and actions. Contemplate your gifts and interests and reflect on how they can be used in concert with those of your community and world so that the bond of Love between all life is consciously acknowledged and fully experienced.

It is to be remembered that as the hand opens, the heart expands and the universe smiles.



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.

9. Dr. Nancy Cleaves – Living Water Speaks

The poem below is from Dr. Cleaves' book "A Story to Live By"

“Keepers of the sacred tear:
You see Me clearly, don't you?
You love everything about Me;
I'm pure, refreshing,
So clean, no secrets.
I reflect the Beauty of the Above
To the Earth below,
So that you may know
All is One.
Physical expresses the Invisible.
I reflect the Physical.
It's all One Reality.

But you're changing that.
How will you see once I am nothing but murk?
How will you be cleansed in blackened streams?
How will you be refreshed in stench-filled ravines?
You lose Me,
You lose You.
We are One;
Only One Reality.
You kill Me,
You kill You.
Hear my cry
In every ripple.

Hear my wail
On every shore.

Feel my heart reaching out
With every wave.
Don't kill Me!
Please! No more!

Keepers of the sacred tear, listen."



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.

10. Robyn Lebron – Hinduism

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

As we continue our tour of World Religions and Faith Practices, the next oldest religion possibly dates back to as early as 10,000 BCE, but written documentation is not found until about 6500 BCE in the Rig-Veda (a collection of ancient Vedic Sanskrit texts). Hindu sacred texts are perhaps the most ancient religious texts still surviving today. These texts were created in the Bronze Age and Iron Age, and transmitted through oral tradition. However, many Hindus believe that the Vedas have been around for perhaps 8,000 years as revealed by God to the "seven sages" who heard them.

Due to the wide diversity encompassed by Hinduism, there is no universally accepted definition on what a Hindu is, or even agreement on whether Hinduism represents a religious, cultural or socio-political entity. Hinduism and its religious doctrines, traditions and observances are inextricably linked to the cultures of India.

Sri Ramakrishna led a reform in Hinduism in late 19th century. His ideals and sayings have inspired millions of people in all walks of life. An important aspect of 20th century Hinduism has been its spread among non-Indians, who have accepted the religion voluntarily. This perhaps began with the sojourn of Vivekananda (Sri Ramakrishna's pupil) to the World Parliament of Religions in Chicago in 1893, where he made a huge impact on the people.

Most forms of Hinduism are *henotheistic* religions (the worship of one god without denying the existence of other gods). They recognize a single deity, and view other Gods and Goddesses as *manifestations* or aspects of *that* supreme God. The idea that every deity whom men worship is the embodiment of The Absolute, is one of the most fundamental characteristics of Hinduism. It is this idea that makes Hinduism one of the most tolerant of religions, accepting alternate beliefs. The more educated people understood the various deities were in reality, symbols of the Supreme Divinity, but to the masses, the symbols became "gods" in themselves. The doctrine of the chosen deity gives a person the freedom to choose a form of Brahman that satisfies his spiritual cravings and ability to understand. They believe that the prayers offered to every form of God, is for the same Almighty. In spite of this diversity in the forms of worship and practice there is a subtle unity that is understood by all Hindu devotees. It is said that many finish their prayers with the statement "*Like all the rain, waters that fall flow through the rivers to the same ocean; let all my prayers to various forms of the Divine ultimately flow to the same Almighty.*"

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Hindu Religion is not a Religion in the traditional sense, but more a way of life or a "Dharma"-- to live a life of purity with simplicity and with a sense of natural justice. It encourages everyone to think, analyze, question and accept the faith with true knowledge and intuition. Hindus believe in the repetitious Transmigration of the Soul. This is the transfer of one's soul after death into another body. This produces a continuing cycle of birth, life, death and rebirth through their many lifetimes. It is called *samsara*. Karma is the accumulated sum of one's good and bad deeds. Karma determines how you will live your next life. The doctrine of Karma emphasizes that God is not a judge who sits in a remote heaven meting out punishments and rewards, but an indwelling being (the Self), whose will works in us through the moral law here and now. The basic discipline of a Hindu is following Karma Yoga, which is work or service without attachment to the benefits. Attachment to results leads to greed, jealousy and ultimately to grief.

Truth, as a cardinal virtue in Hinduism, is far more than mere truthfulness; it means eternal reality. Hinduism says that the pursuit of Truth, wherever it may lead or whatever sacrifices it may involve, is indispensable to the progress of man. It is trying to attain perfection in whatever we do by concentrating on what is to be done rather than the anticipated results. 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:

11. Good News Of The Day

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

In June 2010, Snigdha Manickavel and her husband Bapoorau brought home a little black puppy from an animal shelter in South India. Mia had been brought in with her mother and three of her siblings, and was the only one of the pups to survive. The young couple who took her home had no idea how deeply this bright-eyed newcomer would touch their hearts and transform their lives. In this short piece Snigdha opens a window onto their experience...which at its core is the experience of anyone who stumbles upon the gift of unconditional love. <http://www.dailygood.org/view.php?sid=407> **Be The Change:** Read the moving story of a 15-year-old dog's gift to a grieving man.

<http://www.dailygood.org/view.php?sid=122>

"Growing up in a tough neighborhood of Kansas City, Andrew LeBar learned from an early age to hold his own. When someone pushed him, he pushed back." "I had hard eyes," recalls LeBar, who still carries the stance of a bulldog and has the square jaw to match...Heading back to school at the University of Kansas in his 30s, LeBar decided to try aikido, a Japanese martial art, thinking he might pick up some self-defense techniques. At first he was intrigued by the group's teacher-- a "little old Japanese man." LeBar had never seen anyone move with such grace or agility. Then the sensei began to speak, and LeBar felt his foundation shift. "It was about dealing with someone's direction or force in a peaceful way -- taking that energy and changing it." This thoughtful article explores Aikido's revolutionary approach to conflict and its relevance in daily life. <http://www.dailygood.org/view.php?sid=410> **Be The Change:** Experiment with applying Aikido's insights to conflict as it arises in your own life.

Celebrated film critic Roger Ebert passed away yesterday from cancer. In 2009, he'd shared a beautiful reflection on his own mortality, called 'Go Gently Into That Good Night.' "I know it is coming, and I do not fear it, because I believe there is nothing on the other side of death to fear. I hope to be spared as much pain as possible on the approach path. I was perfectly content before I was born, and I think of death as the same state. What I am grateful for is the gift of intelligence, and for life, love, wonder, and laughter. You can't say it wasn't interesting. My lifetime's memories are what I have brought home from the trip." <http://www.dailygood.org/more.php?n=5422> **Be The Change:** "Death is the key to the door of life." Renowned psychiatrist Elizabeth Kubler Ross shares further. <http://www.awakin.org/read/view.php?tid=668>

"There is a difference, strong but not always noted, between listening and hearing. You hear the pneumatic drill, though you would rather not listen. You listen for your children's voices in the playground, but you can't always hear them. In urban environments, there's usually a surplus of sound -- so much, in fact, that it often becomes difficult to hear anything at all. But if we become too good at filtering things, have we also damaged our capacity to listen?" What follows is a beautiful essay on listening, by a writer who spent 12 years with an acute hearing impairment. <http://www.dailygood.org/more.php?n=5424> **Be The Change:** Take a few minutes today to stop whatever it is you are doing and just -- listen.

"The four horsemen of my Apocalypse are called Efficiency, Convenience, Profitability, and Security, and in their names, crimes against poetry, pleasure, sociability, and the very largeness of the world are daily, hourly, constantly carried out. These marauding horsemen are deployed by technophiles, advertisers, and profiteers to assault the nameless pleasures and meanings that knit together our lives and expand our horizons." In this lyrical, thought-provoking essay Rebecca Solnit discusses what we lose with modernity's speed -- and what can be reclaimed by a return to slowness. <http://www.dailygood.org/more.php?n=5428> **Be The Change:** Today make a conscious effort to slow down and savor the moments.

"In your heart of hearts, in the deepest place within yourself, you know the truth. The truth of living from love, of being free of whatever holds you back, of fullness, well-being, and contentment. Why pretend you don't know any longer? You might be afraid to acknowledge and live this knowing. You might be diverted by thinking your life doesn't measure up or you've

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been dealt a bad hand or you're a prisoner to your to-do list. But if you go within and tell the truth, you will find this seed of possibility and turn it into the living flesh-and-blood reality of your precious life." The following piece offers five ways to practice this. <http://www.dailygood.org/view.php?sid=415> **Be The Change:** What do you know to be true? Take a moment to reflect on this question.

"Have you ever thought to yourself how amazing it is the way we control our body? We don't even have to think about it, we just do it. On the other hand, what if things were different? Imagine not being able to take a step, let alone stand." Vik Shivdasani has done more than just imagine that reality. At 22, a tragic fall from a third-floor balcony left him paralyzed waist down. For years he struggled with the shattered remains of his dreams -- until there came a breakthrough insight: "When you hit rock bottom, you have 2 choices -- to live or to die." Vik chose life. Five years after his accident he went skydiving, "To fall consciously this time." Today he is a budding stand-up comedian pursuing a new set of dreams. Read more about how this inspired young man came to decode life's "blessings in disguise." <http://www.dailygood.org/view.php?sid=414> **Be The Change:** Send a note of appreciation to Vik for finding the beauty in life and for being an inspiration to others. <http://www.dailygood.org/?pg=contact&mid=105301>.

"A village in southern Rajasthan's Rajsamand district is quietly practicing its own, homegrown brand of Eco-feminism and achieving spectacular results. For the last several years, Piplantri village panchayat has been saving girl children and increasing the green cover in and around it at the same time. Here, villagers plant 111 trees every time a girl is born and the community ensures these trees survive, attaining fruition as the girls grow up. Over the last six years, people here have managed to plant over a quarter million trees on the village's grazing commons. The village's former leader, Shyam Sundar Paliwal was instrumental in starting this initiative in the memory of his daughter Kiran." This article shares photos and more details about this remarkable hidden corner of the world, <http://www.dailygood.org/more.php?n=5434> **Be The Change:** The next time you have a special occasion to celebrate, consider doing a small act of kindness to honor the day.

"One of the patron saints of my Happier at Home project, Samuel Johnson, wrote, "It is by studying little things that we attain the great art of having as little misery and as much happiness as possible." One "little thing" that can be a source of unhappiness is boredom. Waiting in traffic. Waiting for the subway. Doing the dishes. Waiting in a doctor's office. Listening to your thirteen year old talk through her different clothing options for the day. Here are seven tips to re-frame the moment. Even if you can't escape a situation, by re-framing your emotions about it, you can transform it." Gretchen Rubin author of "The Happiness Project" shares more. <http://www.dailygood.org/view.php?sid=417> **Be The Change:** The next time you find yourself stuck in traffic or waiting in line -- experiment with Rubin's tips to transform the moment.

"The vision of love that emerges from the latest science requires a radical shift. I learned that I need to ask people to step back from their current views of love long enough to consider it from a different perspective: their body's perspective. Love is not romance. It's not desire. It's not even that special bond you feel with family or significant others. And perhaps most challenging of all, love is neither lasting nor unconditional. The radical shift we need to make is this: Love, as your body experiences it, is a micro-moment of connection shared with another." Barbara Fredrickson professor of psychology and author of the new book Love 2.0 shares ten things her research has taught her about love. <http://www.dailygood.org/more.php?n=5450> **Be The Change:** Cultivate moments of micro-connection in your day today.

In The Beauty of Wabi Sabi, Author Leonard Koren writes about the history of wabi-sabi, a Japanese aesthetic of anything that is imperfect, impermanent, or incomplete, which is, of course, the antithesis of the Classical Western idea of beauty as something perfect, enduring, and/or monumental. Rather, its attraction resides in the inconspicuous and overlooked details, in what is hidden, and tentative. As Koren delves into the meaning of this altered artistic approach, he discovers an attraction to things "rich in rough texture," faded, odd, awkward. He sees it as "materiality pared down to essence with the poetry intact." And his article is in itself pure poetry... <http://www.dailygood.org/story/418/the-beauty-of-wabi-sabi-leonard-koren/> **Be The Change:** For the next few days, notice and honor whatever in the world around you is faded, odd or awkward, pared down to its lovely essence. <http://www.dailygood.org/more.php?n=5414a>

"As anyone who's ever made a habit of eating out can tell you, restaurant service can be unpredictable, unnerving and off-putting. The food can be late. Servers can be rude and management can sometimes seem indifferent to your complaints and needs. This isn't the case at Tim's Place in Albuquerque, N.M., where every meal is accompanied by a hug from owner Tim Harris, who has Down syndrome. At Tim's Place, Harris serves "breakfast, lunch and hugs, but hugs are the best part," he concedes... So far, according to the eatery's website, Harris has doled out almost 32,500 hugs. In fact, Harris greets and hugs every customer who comes through the door, plays host, serves food and oversees several

employees." <http://news.msn.com/pop-culture/meet-tim-harris-owner-of-the-self-proclaimed-worlds-friendliest-restaurant>

Be The Change: Find a way to encourage someone special in your life to follow their dream.

Siddharth Sthalekar quit a lucrative job to explore alternatives to the premise of accumulation. He and his wife Lahar journeyed across India and soon woke up to the beauty of the gift economy -- a system where goods and services are extended unconditionally and without any formal quid pro quo. Their experiences moved the couple to join "Seva Cafe" -- a restaurant powered by generosity rather than a focus on profit. Here volunteers cook and serve meals as a gift, the bill always reads \$0 and guests are invited to make a contribution from the heart to keep the circle of giving going. It's an experiment that has been going -- and growing --- successfully for years thanks to the leadership of people like Sthalekar and the universal goodness of strangers. This fascinating article from Forbes shares more.

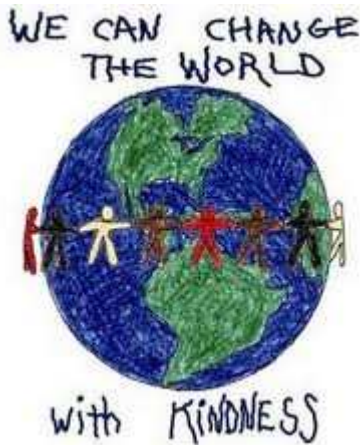
<http://www.dailygood.org/story/420/seva-cafe-serves-generosity-on-a-platter-smita-pranav-kothari/>. **Be The Change:**

What gift do you have that you can lovingly and unconditionally offer someone today?

12. 57 Cents that Made History

Reprinted from www.HelpOthers.org.

--posted by [Modestobob](#) on Aug 12, 2009



A young girl, Hattie, stood outside a small church from which she had been turned away because 'it was too crowded'. "I can't go to Sunday School," she said to the pastor as he walked by. The pastor carried the child inside and found a place for her to sit in the back. The next time the pastor met her he said "Hattie, we are going to have a larger Sunday school room soon. When we get the money with which to erect a school building we are going to construct one large enough to get all the little children in, and we are going to begin very soon to raise the money for it."

The pastor did not see Hattie again, until he heard from her parents some two years later. Hattie had sadly died her parents called for the kind-hearted pastor, who had befriended their daughter, to handle the final arrangements. As her poor little body was being moved, a worn and crumpled purse was found which seemed to have been rummaged from some trash dump. Inside was found 57 cents and a note scribbled in childish handwriting which read: "This is to help build the little church bigger so more children can go to Sunday school."

For two years she had saved for this offering of love. When the pastor tearfully read that note, he knew instantly what he would do. Carrying this note and the cracked, red pocketbook to the pulpit, he told the story of her unselfish love and devotion. He challenged his deacons to get busy and raise enough money for the larger building. But the story does not end there!

A newspaper learned of the story and published it. It was read by a realtor who offered them a parcel of land worth many thousands. When told that the church could not pay so much, he offered it for a 57 cent payment.

Church members made large subscriptions. Checks came from far and wide. Within five years the little girl's gift had increased to \$250,000.00 a huge sum for that time (near the turn of the century). Her unselfish love had paid large dividends.

When you are in the city of Philadelphia, look up Temple Baptist Church, with a seating capacity of 3,300, and Temple University, where hundreds of students are trained. Have a look, too, at the Good Samaritan Hospital and at a Sunday School building which houses hundreds of Sunday scholars, so that no child in the area will ever need to be left outside at Sunday school time.

In one of the rooms of this building may be seen the picture of the sweet face of the little girl whose 57 cents, so sacrificially saved, made such remarkable history. Alongside of it is a portrait of her kind pastor, Dr. Russel H. Conwell, who also is known for having built Temple University through the writing of his book, "Acres of Diamonds."

Read [the story in the pastor's own words](http://library.temple.edu/collections/special_collections/hattie.jsp). (http://library.temple.edu/collections/special_collections/hattie.jsp)

May your weeks and months be spent in loving gratitude for your friend and family and may your contributions of goodness and encouragement to others be your goal

13. 25 Choices that Lead to Happiness

Reprinted from www.HelpOthers.org.

--posted by [Nancy](#) on Apr 11, 2013



Quarter century markers have a certain weight carried with them; a recognition that much has come before to get to 25 and that there is much to follow before the half century marker arrives.

April 16 marks what would have been or what is, depending on your perspective, Josh's 25th birthday. Since he left this world at age 15 ½ in October 2002, the number associated with his "missed" birthdays did not have a particular poignancy, other than 16 and 21 (these are birthday markers in our culture for everything from driver's licenses to an ID that allows you to legally consume alcohol and presents you as an "adult").

Yet, 25 evokes a feeling I can't quite put my finger on, yet I know it is there and I know I am struck by the power of this number.

What could I do with it? What could I do for Josh? He gave us 21 Ways to Celebrate Life (see previous posts). So, it hit me last night, I could offer a stream of consciousness list of 25 CHOICES that Lead to Happiness. Isn't that something we all seek, amidst the challenges that life presents and the joys which we so welcome?

So, in honor of Josh I share with you 25 CHOICES that Lead to Happiness.

And please add or substitute what resonates for YOU about the choices you make that lead to your happiness, as well as for those around you!

1. Forgive yourself...to be gentle to your heart and Spirit.
2. SMILE...often.
3. Get good SLEEP every night.
4. Eat healthy. Splurge periodically!
5. Keep your body fit and agile.
6. Be kind to strangers you encounter.
7. Express GRATITUDE...constantly....for your blessings.
8. Prayer. If you feel God is distant, it isn't God who moved.
9. Meditation. The resulting stillness is the portal to reaching your inner peace and connecting to the Universe, the source of infinite possibilities.
10. Listen to the voice of your HEART.
11. Replace negative thoughts with positive thoughts....or with expressions of gratitude for things big and small.



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12. When someone is mean to you or causing you stress, shoot back at them with love as your ammunition...silently or aloud. Sounds impossible? Try it. Success comes with practice and a commitment to overcoming anger and expectations.
13. HAVE FAITH!
14. Look at challenges as opportunities to learn and grow.
15. Accept the moment as it is.
16. Vision what you want to see in your life rather than focusing on what you want to go away. Your thoughts have energy and attract more of what you're thinking about.
17. Ask for HELP when you need it. We cannot function alone in this world.
18. Give money to people in need, without judgment.
19. Do things that are FUN...regularly. Be playful!
20. Have and take care of at least one plant in your home.
21. Listen to your inner voice, the one that says, "Don't say that to him/her." Or, "I need to go to bed now; I'm exhausted!"
22. Verbally tell those you love that you love them.
23. Take breaks from technology. For a day a week or for a few hours each day....not including when you are asleep. And shut off your devices at least one hour before bed. (Advice from The Sleep Ambassador®)
24. Look in the mirror and say, "I LOVE YOU" 100 times every day. When you go beyond believing this to KNOWING it, reduce the number of repetitions. If you are already there, you are most fortunate!
25. Add your own choices to the list, whatever leads to YOUR happiness!

Wishing you an abundance of happiness!

[source: http://navigatewithnancy.blogspot.com/2012/04/25-choices-that-lead-to-happiness_15.html]

14. Soul to Persevere

Reprinted from www.KarmaTube.org.

Jessica Cox is the world's first licensed arm-less pilot. Ms. Cox, born without arms, has never let this obstacle stand in her way. With a positive attitude and creativity, she drives, plays piano, and has also become the first arm-less black-belt in the American Taekwondo Association. For any given life condition, you can either be a victim or be empowered. The choice is yours. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3782>.

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.

15. 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.

16. 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.

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.

17. 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

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daily existence and broader human fabric. This exploratory workshop will examine these higher orders of law—the laws of spirit—in three parts:

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

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

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

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

“Forgiveness”

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

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

18. 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@servinyourjourney.com or 613-204-0299. You can also register your interest on the ‘Services’ page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>). One of these discussion groups is a [Youth Spirituality Discussion Group](#) for spiritually-oriented youth aged 15-25.

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19. 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@servinyourjourney.com or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servinyourjourney.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.

20. 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

21. 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.servingyourjourney.com).

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

The majority of the above services are offered from the heart, with participation based on in-kind donations and free will offerings. Some recipients of this e-newsletter and other services offered by Spiritual Guidance have expressed gratitude for Spiritual Guidance's presence in their lives and have voluntarily offered donations to support Spiritual Guidance's ministry work. If you would like to support Spiritual Guidance by making a monetary donation:

1. Please go to the home page of our website (www.servingyourjourney.com) 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=_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.

22. Meditation Series

Meditation Series

- When:** Saturdays, May 11, Jun 29, Aug 17, Oct 12, Dec 7, 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@servingyourjourney.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 these peaceful evenings of meditation and then socialize over light snacks. Your hosts for these evenings 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@servingyourjourney.com, or visit www.servingyourjourney.com.

23. Ascension Meditation for Truth

Ascension Meditation for Truth

When: Saturday, May 11, 2013, 7:00 – 9:00pm (EST)

Where: Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa. If you cannot be with us in person, please meditate at this time wherever you are. You will be linking in consciousness with people all around the world.

Who: Anyone wanting to share in a peaceful evening of meditation. All paths welcome.

How: RSVP Robert at 613-204-0299 or rmeagher@servingyourjourney.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. In the deepest silence we will invite the *truth* of our divinity to lead us to everlasting peace. 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@servingyourjourney.com, or visit www.servingyourjourney.com.

24. Worldwide Meditation for Truth

Worldwide Meditation for Truth

On Saturday, May 11, 2013, 7:00 – 8:30pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting a meditation on “truth”. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. The meditation will invite you into your deepest silence to realize the *truth* of your divinity and lead you to everlasting peace. If you would like to attend in person, refer to http://www.servingyourjourney.com/Meditation_for_Truth.pdf for more details. If you cannot be physically with us but would like to grow in unity consciousness with others around the world, please join us from 7:00 – 8:30pm (EST) in the comfort of your own sacred space. If you do choose to participate, please let one of the hosts of this event know (see contact information at the bottom of this poster).
Namaste.



You are invited to join us for this peaceful evening of meditation. In the deepest silence we will invite the *truth* of our divinity to lead us to everlasting peace. 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@servingyourjourney.com, or visit www.servingyourjourney.com.

25. 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

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

with Fr. Monty Williams, SJ at Providence Spirituality Centre, Kingston, Ontario
Tue Jun 4 - Tue Jun 11
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.

27. 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.

28. Deepening Your Spiritual Life Through the Arts

for artists and non-artists...

Give yourself a weekend away for a spiritual retreat unlike others you may have experienced. An Art/Faith retreat with Cynthia Stevens, May 3-5 2013, at Kingfisher Bay on Stony Lake.

Only \$249.00 includes nutritious meals, beautiful accommodations, art supplies, sessions of listening to a few artists' journey of their faith walk with God, sessions of participating and experimenting. In the words of past participants: it was a time away with God, my relationship was rekindled in fresh ways, the sessions were beautiful and inspiring, so thankful I went. Additional information: www.kingfisherbay.ca.

29. The Silent Thunder Online Discourses

The Crucible of Awakening:

*Transcending Exclusive Identity, Separation and Division
Parts 1 & 2*

Awakening the Heart-Nature:

*The Flowering of Self-Nature and the Surrender of Compassion and Authenticity
Parts 1 & 2*

The *Philozovo*: *Responding to the Call of the Divine*

with

RICHARD HARVEY

(Psycho-Spiritual Psychotherapist, Spiritual Teacher and
Author of *The Flight of Consciousness* and *Your Essential Self*)

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

Five live psycho-spiritual talks followed by questions and sharing with a choice of dates for a worldwide audience

“Even if the crisis of the 21st century turns out not to be a material, physical crisis of human destruction, the crisis precipitated by the final annihilation of the authentic means to spiritual liberation will be every bit as disastrous. For if we lose the means to awakening to freedom, emotional and spiritual liberation, and Self-realization – and especially if we lose it through our ignorance and abandonment of it – we forfeit the way to our essence, to our truth. And then we will sacrifice love, wisdom, peace, bliss, and compassion and we will have betrayed our deepest, most essential self.” ~ **Richard Harvey**



Between May and July 2013 I will be presenting five new discourses online. Each discourse explains and clarifies crucial aspects of the psycho-spiritual journey in the modern era. At the end of the discourses questions and sharing are invited.

Each discourse is 1 ½ hour long and given over a Skype conference call and includes new spiritual practices for psycho-spiritual practitioners, students and seekers. Each discourse may be taken separately or as a part of a longer training.

For Europe, North and South America and Africa

Times: 16.30-18.00 CEST

Please check carefully for your time zone equivalent.

22 May **The Crucible of Awakening** Part 1
05 Jun **The Crucible of Awakening** Part 2
19 Jun **Awakening the Heart-Nature** Part 1
03 Jul **Awakening the Heart-Nature** Part 2

For Europe, Asia and Australia/Oceania

Times: 13.30-15.00 CEST

Please check carefully for your time zone equivalent.

29 May **The Crucible of Awakening** Part 1
12 Jun **The Crucible of Awakening** Part 2
26 Jun **Awakening the Heart-Nature** Part 1
10 Jul **Awakening the Heart-Nature** Part 2



“Nothing is greater than the human heart. When all our thoughts, concepts and teachings are blown away by forgetfulness, stand in this inner treasure. The entire world is there, all consciousness and awareness. All is there. Nothing as heart-breaking, nothing as heart-stopping, nothing as heart-rending and heart-full, so don't sacrifice this inner certainty for cleverness and pontificating. May your heart be full... always.” ~ **Richard Harvey**

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

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

Dates: as above

Times: 16.30-18.00 Central Summer European Time CEST and 13.30-15.00 CEST.

Please check carefully for your time zone equivalent.

Serving your personal journey toward enlightenment...

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.**

The Richard Harvey/Therapy & Spirituality Bursary Fund: No one is excluded from participating for lack of funds. If you are unable to afford the concessionary rate contact Richard at <http://www.therapyandspirituality.com/contact-us.php> to apply for an assisted place. If you would like to know how you can contribute to the bursary fund and support this work see <http://www.therapyandspirituality.com/offer-support.html>.

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 *Silent Thunder* Online Discourses, four discourses in all, for 130 Euros (20% discount) and receive a free place on the online course, *The Philozovo: Responding to the Call of the Divine* on 17th or 24th July 2013 (see below for details).

Participation in the double series: If you would like to participate in both series of discourses and effectively listen to each discourse twice and pay at a discounted price, then the complete series of ten discourses is available at a discounted cost of 210 Euros (20% discount). Please follow the Booking directions above with appropriate corrections.



"In the 21st century it is crucial that we maintain a spiritual vision that is authentic, deep and doesn't bow to populism or over-concern to make spirituality palatable, that retains its integrity, genuineness, and mystery, that can genuinely lead us to personal freedom and spiritual liberation. The endangered, disappearing secrets of sacred life, spirituality, divinity and reality are essential for the future of humanity and the world." ~ **Richard Harvey**

*** What participants say about previous presentations:**

"Your words brought joy to my heart. I could see consciousness, awareness, love and freedom in a different light. And most important, the relations between them. I am so grateful to you. Thank you." – Florin Buzatu

"Your psycho-spiritual presentation during the "The Heart of Compassion" discourse was at the level of great psychologists like Freud, Jung, Rogers, Maslow, or Milton Erickson."

"I thank you for the sacred wisdom about How the Soul is Born into the World, and I can't wait for the second part!"

"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

"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.

Serving your personal journey toward enlightenment...

"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)

WEBSITE

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

SOCIAL MEDIA

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

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

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

Twitter: @RichardHarvey7

ARTICLES

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

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Richard Harvey

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Tel: Spain (0034) 958 953 033

www.therapyandspirituality.com/

30. Hand in Hand: An Evening Workshop on Pastoral Care at the End of Life

at Five Oaks

May 13, 2013 from 4 p.m. (or 5:30) until 9 p.m.

Early Bird Workshop (for those who are able to arrive at 4 pm): Focusing on the Family

This workshop will focus on pastoral care for and with the family, through sharing stories and experiences; facilitated by members of the Hand in Hand planning team: Jennifer Budd, Elaine Graham and Lorna MacQueen.

Evening Workshop (following supper): Being a Spiritual Companion to the Dying

How do we walk with people at the end of their lives? How can we become an authentic & effective spiritual guide or companion? This workshop will explore these questions through watching and discussing film clips, time for personal reflection, and offering practical suggestion; led by Bob Tees, spiritual care provider in the Brant Community Healthcare System since 2005. Bob has been fascinated by the intersection of art, healing and spirituality.

Hand in Hand is a Five Oaks program dedicated to Equipping Congregations for Pastoral Care through education for lay visitation and pastoral care teams.

Cost: \$30 (includes supper) or \$25 if 3 or more attend from a congregation

Register online at www.fiveoaks.on.ca or email: registrar@fiveoaks.on.ca or call 519-442-3212.

31. The Enneagram: Discovering the Essence of Who You Really Are

2-day workshop with Pandora Khor, Spiritual Director & Yasmin Wahab, Riso-Hudson Certified Enneagram Teacher

Sat May 18 & Sun May 19, 2013 at St. John's Convent Guest House, Toronto

One of the profound insights of the Enneagram is that there is more to us than our personality. Beyond our personality is our True Nature - the Essence of who we really are. This workshop will introduce the Enneagram as a tool for helping us reconnect with our True Nature by showing us how our personality keeps us in a trance of illusions and mechanical responses. The workshop will be taught using the Riso-Hudson Insight Approach, which is based on the pioneering work of Don Riso and Russ Hudson, renowned teachers and authors and co-founders of The Enneagram Institute (www.enneagraminstitute.com).

Cost: \$180; early bird \$150 before April 20, 2013

To register and for more information: theenneagramexperience@gmail.com

32. Spring Yourself into Summer Retreat Day

at the Ecology Retreat Centre

Sunday, May 26th from 10:00 a.m. to 4:00 p.m. (9:30 check-in)

Facilitated by: Spirit Expressing Team: Elaine Thompson, Joanne Morgan, Tania Kingston

The retreat day is a gift you give to yourself to have time out from the everyday "doing" to practice "being." It is a time when you can: RESTORE * REALIGN * RELAX * RECEIVE * RE-ENERGIZE. The retreat day will provide life-giving opportunities for your being (mind, body & spirit) through meditation; connecting with nature to help ground and refresh your being; gentle exercises and nurturing food to strengthen your body; input on Self-care as well as Self-help tools to support yourself in your everyday living; personal reflection time; group reflection and sharing time; fun and laughter; free time to explore the beautiful surroundings.

Cost: \$80 before May 1st; \$95 after May 1st - bring a friend and save \$5.00.

Contact information: wwly.spiritexpres-sing.com; cell 416-277-6990; info@spiritexpres-sing.com

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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