

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



The Blooming and Healing of Creation

"If we lose our relationship with nature, we lose inevitably our relationship with humans."

...Krishnamurti

Last month (May) lived up to its reputation and reminded me why May is my favorite month of the year. It is the month in most regions of Canada that offers the most splendid manifestation of the blooming of nature's palette of 'creation'.

Winter felt long and arduous this year. We had snowfall well into April and temperatures did not moderate as early this year as in the past. So it was with great joy, excitement and anticipation that May brought with it warmer temperatures and the splendor of nature's creation.

There is something almost surreal, something awe-inspiring, about watching tender shoots peek their heads up through the ground even before all the snow has disappeared. And as each day warmed up and the sun cast its warmth on the earth, more and more of nature's creations burst forth and bloomed.

Gaia offered a painter's palette of color, texture, shape, size, and form. Together, this canvas became a work of art for the senses. More than that, Gaia's creations extend a healing energy that was so palpable, even a sorrowful heart opened, gladdened and smiled.



I noticed this blooming energy affecting everyone in ways that can only be described as 'love'. People seemed to walk with a lighter step, seemed to have a closer connection to nature, and seemed to be more compassionate and caring toward one another. There was demonstration after demonstration of people being more loving to one another.

As I watched the splendor of Gaia's creations bloom and blossom, and as I watched this life-giving energy be passed among everyone around me, I pondered how these gifts of creation offer abundant healing potential for humanity. What is it about the 'event' of Spring that fills our heart with joy and lifts our spirits to new heights? What can we take from this time of year—Spring—and apply to everyday of our life? What would life be like if the blooming and healing qualities of Spring—nature's creation—were with us in every moment of every day?

I invite you to ponder the possibilities of what this time of year offers you and how we may extend this blooming and healing to everyone and everything around us. What would this form of unconditional, loving existence mean for you? What would it mean for humanity?

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

Self-knowledge is like nectar for the soul and spiritual power is like fire. Discovering who I really am underneath the layers of masks is to discover a reservoir of inner goodness. This lights a fire in the soul for further self-knowledge. The spiritual power that grows from this fire burns away the masks until I see only my true self. Today let me get to know my true self.

My deepest nature is contentment. The experience of agitation, distress, comparison or dissatisfaction is surface noise in the soul due to ego, greed and desire. If I look closely I will see that underneath this surface noise, there is a quiet contented self watching the agitation. Today let me remember I am meant to be content.

To over intellectualize is to lose meaning. Intellectualizing is to think without heart. Meaningful relationships come from the heart. When guided by the heart, intelligence creates close relationships with meaning. Today let me transform the habit of intellectualizing into the art of creating meaningful relationships.

Is your intellect wandering the world looking for love and happiness? Are you on a constant shopping expedition to find these qualities? OR has love and happiness become your world? To create a world of happiness and love I can generate these qualities and invest them in everything I do. If I continue to shop for these qualities as if they are external to me I will chase them forever. Today let me stop shopping and create my own world.

It takes real willpower to merge the negative from the past. Negative memories emerge again and again affecting my feelings in the present moment. Only with the greatest will can I pack up these memories again and again until they stay packed away. Eventually the memories fade and do not affect me anymore. Today let me apply my willpower to putting the past in the past.

Self transformation can only happen through action. To remove myself from the world to sit in silence will not transform me. Time alone in silence, must be balanced with action for me to apply my inner peace and realizations practically in my life. The combination of insight and application transforms. Today let me put my spirituality into practice.

The quality of my thoughts is affected by the quality of my mind. If I have agitated or sad thoughts, it is because my mind is agitated or sad. If I have a peaceful mind then I will have peaceful thoughts. When my mind is clean, sorrowless and loving then my thoughts will be of this quality. Today let me create the quality of mind I want.

To be free from negative memories and habits I must learn to clean my memory. Stored within me are memories of everything I have done and experienced. These memories are easily triggered and surface to control my behaviour. To be free from traces of old negativities I must clean my memory every day, ensuring that I keep the good memories and let go of the negative. Today let me free myself from storing negativity.

Bathe in silence daily. Just as the body requires a physical bath everyday to keep it clean, the soul requires the bath of silence. A few drops of silence can refresh the soul. Today, while waiting in traffic, sitting with a cup of tea or walking to work, let me take a few minutes to bathe in inner silence.

When a weakness in your character is evident, understand that it is becoming visible so it can say good-bye. Weaknesses are most harmful when they are invisible because they control us without our knowing. The minute I observe a weakness, I have the choice to master it. Today let me celebrate the departure of my weaknesses.

A spiritual consciousness connects me to all souls. Most of us invest a lot of time and energy in creating and maintaining relationships. When I focus my attention on creating and sustaining the highest consciousness, then I will automatically feel connected to all souls and they will feel connected to me. Today let me invest energy in creating a spiritual consciousness.

Often we strive in life to have more of what we already have, or what our parents told us was success or what our culture and society believes is worthy. But what if what I really want cannot be found in these ways? What if what I really want is deeply internal; to be content, secure, free without limits? Today let me focus on what I really want.

When the mind is relieved of the constant demand for sensory input it can be peaceful. Constantly feeding the mind sensory input through music, noise, action, and visual displays is to rob it of its ability to create silence, to be at peace. Today let me give my mind a break from the demands of constant sensory input.

Everything that comes will also go. This is a very deep secret of life's drama. When pain is there it will also leave, to get trapped in the current experience is to prolong it. In the same way pleasures come and go and fortunes come and go. To try to hang onto something forever is to condemn myself to suffer. Today let me be easy as I appreciate what comes and goes.

Ego would convince me that I am what I know. As with all things ego driven, I will then be suffocated by the books and papers I have collected as evidence of my great knowing. Instead let me integrate knowledge practically in my life and become an embodiment of it.

Part of the spiritual journey is become aware of one's unique self and be fully comfortable alone with no need for distraction. However, to become isolated is to move away from the challenges and delights of interactions with other human beings. Spiritual transformation will bring world transformation only when we can remain spiritually content and peaceful WITH others, not, only when in isolation. Today let me find the perfect balance of being by myself and with others.

Power is to think so clearly that you are never influenced by anything that doesn't correspond with this clarity. To discern with clarity what is best in each situation, then to remain uninfluenced by opposition or confusion is true power. Clarity has the energy of humility in it, not justification or righteousness. Today let me think so clearly that I experience the power of truth.

The drama of life has its own logic. When I appreciate this I can get myself in position to move with it. By watching closely I can attune myself to the natural flow of life, moving with it rather than resisting. What is happening IS happening; to argue is to waste my own energy. Today let me witness the logic of the drama and move with it.

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

3. Poem

If You Want What Visible Reality...

If you want what visible reality
can give, you're an employee.

If you want the unseen world,
you're not living your truth.

Both wishes are foolish,
but you'll be forgiven for forgetting
that what you really want is
love's confusing joy.

Jelaluddin Rumi

4. Quote or Question

If you are irritated by every rub, how will your mirror be polished? (Djalal ad-Din Rumi)

5. This Month's Heart and Soul Picks

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

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

"No matter what big cities you go off to and big opportunities you are graced with, always take time to acknowledge the little things. Never give up on the things that make you smile, because smiling is one of the most important things we can do in this world. Find time to just wander. With No Direction. No Plan. No Time Restrictions. Look for beauty everywhere you go. The ladybugs on the windowsill. The sunflowers in the backyard. The skyscrapers in a new city. The faces of strangers and family alike." Hannah Brencher, a writer, speaker, and creator of a global love letter project, inspires us to "be a lover of little things" in this poignant, powerful piece. <http://www.dailygood.org/story/422/stay-a-lover-of-little-things-hannah-brencher/>
Be The Change: Stay a lover of little things no matter how big your dreams may be.

"We now know that a steady diet of love -- of these micro-moments of positive connection -- influences how people grow and change, making them healthier and more resilient. And we're beginning to understand exactly how this works, by tracking the complex chain of biological reactions that cascade throughout your body and change your behaviour in ways that influence those around you as you experience love." Dr. Barbara Fredrickson, a psychology professor at the University of North Carolina describes the fascinating, subtle biology underpinning love, and what this means for making healthy, resonant connections happen in your life. <http://www.dailygood.org/more.php?n=5419> **Be The Change:** Practice a micro-moment of positivity in its many forms, either by yourself or with another.

When the student body of an elite private school in Silicon Valley was given the chance to vote on who would give their graduation address, their first pick was Nipun Mehta. An unexpected choice for these teenagers, who belong to what Time magazine called the "Me Me Me Generation". Nipun's journey is the antithesis of self-serving. More than a decade ago, he walked away from a lucrative career in high-tech, to explore the connection between inner change and external impact. ServiceSpace, the non-profit he founded has now drawn over 450,000 members across the globe. In this electrifying address that garnered a standing ovation, Nipun calls out the paradoxical crisis of disconnection in our hyper-connected world -- and offers up three powerful keys that hold the antidote. <http://www.dailygood.org/story/439/miserable-and-magical-a-graduation-speech-for-paradoxical-times-nipun-mehta/> **Be The Change:** Read "Paths Are Made By Walking", Nipun's 2012 graduation speech at the University of Pennsylvania, with stories from a remarkable dollar-a-day walking pilgrimage he and his wife undertook in India. <http://www.dailygood.org/story/236/paths-are-made-by-walking-nipun-mehta/>

14. A Blessing for One Who is Exhausted
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23. There is Beauty in Not Knowing
24. Love-Filled Last Days of Zach Sobiech

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. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – The Trick Is

There are two things you can do that will ensure you improve your life. They are 1) be grateful and 2) be enthusiastic. By being enthusiastic, I mean, love life. If you love life, it will love you back. If you show your gratitude to life, you will be rewarded with more to be thankful for. These two expressions of being bring more ease with life than anything else I have tried.

Enthusiasm is a very high vibration. When you emanate enthusiasm, Consciousness/ God/ Life mirrors it back to you. It has to by universal law. The energy at which you vibrate must be returned to you. If you are vibrating fear, discouragement, anger, hurt or depression, that is what the universe reflects back to you. And that becomes the field you are living in. Is that what you want for yourself? I doubt it. Conversely, if you are vibrating in love, allowance, acceptance, grace, joy, or compassion, that is likewise returned to you. It's a no-brainer. If you don't like what is showing up for you, change your vibration.

What can you do if you are not feeling loving, allowing, peaceful, etc? Sounds too easy, but chose differently. If you need to--fake it till you make it. Our emotions are ours to control. We have not been taught that we can master our emotions; more so, we have been taught that we are prisoners of our emotions and we are stuck with them. Wrong. You are the co-creator along with consciousness. Same with your thoughts. You think you create your thoughts. Wrong again. Consciousness is thinking through you producing your thoughts, which in turn trigger emotional responses. If you are not feeling loving, imagine something that makes you feel that way and let that feeling fill your energy field. Practice feeling that way until it becomes virtually habitual. Choosing to feel good is a habit we create. It is quite like affirmations---little white lies we tell ourselves until they get anchored in the subconscious and then inform the conscious mind of what is now true. Creating new habits of feeling good, peaceful, loving is like that—we just do it until it becomes anchored in the subconscious and then it manifests in the conscious mind as a new behaviour. Hence: fake it till you make it. Choose differently.

Another part of enthusiasm is trusting the process of life, trusting that life is benevolent and that consciousness always has our best interest as its intent. . We may not always be thrilled with what shows up, but if we truly believe it is in our highest good to experience it, we will meet it calm equanimity and grace. Trust that life is working on your behalf in order for you to experience the highest expression of your God-Self and you can relax into it releasing fear and resistance.

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What shows up may not always be easy, but it does provide the opportunity to experience more of ourselves and to grow more aware of all that we are: God in human expression. We did not come in to suffer. We will experience pain, but suffering is not necessary. Suffering happens when we are in resistance to life, when we cannot accept what has shown up and we close off to it---thus closing ourselves off to life. I will say it again, if you do not like what has been showing up for you, challenge yourself by looking at what kind of energy you have been generating. If untrusting of life, change it. If your energy has been grateful and enthusiastic and you still don't like what is showing up, then please realize it is a valuable life lesson that your soul and you arranged prior to your coming in to form. Trust it is always what you need. Relax into that knowing and see how much more easily, gracefully and positively life flows for you.



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.

7. Doug Henderson, Ph.D – Dreams of Mass Deception

How many times have you read or heard it said that healing takes place in mind, body and soul? All of the current gurus have said it. Hell, I've even said it. Well, it seems to me that these are the words of an unhealed/unheeled healer.

When we refer to the mind, body and soul, we are using language. Something, I created. In the beginning was the word or was that thought? In any event, am I not speaking of mind, body and soul as separate entities. What makes them separate? Who says they are separate? I did. Who am I? The Perceiver. As Perceiver, I deem what the rules are within the dream and that makes it so. After all, isn't this what self-concept or consciousness is all about?

This being that seems to look out of two eyes and says that I am this and you are that; that I am here and you are there; that this is me and that is the world; does so based on consciousness of its existence. As I pointed out in previous issues; this thing we call consciousness is based upon perception which is a belief in the senses and yet our senses are extraordinarily limited. We say that, "seeing is believing," yet sight is based upon the visible light spectrum which is possibly less than 1/10,000th of the light spectrum. (And, again, it's something I made up.) It seems to me that a belief that is limited to the senses is a belief in the ego and who created the ego? I did. He's a figment of my imagination who confines his belief to the body and all the stuff of the body such as, birth and death, relationship, behaviour, intellect, emotions, feelings, fear, doubt, uncertainty, time and space, language, existence, appearance and meaning, the world; I created it all for my own amusement. I made it up as I went along. It's a dream I created based upon the thought; what would it be like to create separately?

What would it be like to think of this body as, "me." Why there would have to be gain and loss, lack and abundance, good and bad, right and wrong, me and you, giving and receiving, fear and pain, sickness and misery, opulence and poverty. Having created language, I also created a role for opposites or opposing sites, that I named duality. This enhanced the conflict within my survival drama and kept appearance changing, always morphing into the unexpected to titillate my amusement and in-spire the breadth of my creativity. Constantly, in-volving and e-volving. And the entities within the dream, the in-divisible ego-self within duality I named, "Individuality."

Having created the rules of the game, I bought into the game with a commitment to credit and liability and ensured my own enslavement to the game and give my "individuality," self-importance or lack of importance as the case me be. Seems like the right thing to do as the dreamer of the dream. Yes, I am, I am, said Sam. I am that I am, said He. I am asleep, entangled in hell and loving it because I love what I create even though its' all meaningless. But that's all part of the dream – to give the meaningless meaning and call it reality. After all it's my dream and I can do what the hell I want! Can't I?

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Isn't that what freedom of choice is all about – free dominion to do what ever I want? To run reckless over the recluse. As the dreamer of the dream, I have no perception of lack of lack, only attack. Let's call lack of lack – Eternity. Something to intellectual-lies about. After all, the ego loves distraction. What's the point in taking response-ability into consideration. I mean, we are just having fun here, right?

It's great to dream! I've created a grand illusion and a damn good one at that! I'm getting really good at making it more and more vivid! I bet if I really try, I can play it backwards and I can play it forward! I bet, I can even pause it all and call it, now! What a concept! After all creation is in the details and I am creator of all I purvey or pray upon. And isn't it all prey-or. Isn't it pray or be preyed upon? And isn't this my prey-osity within the dream? Whether the coliseum or the Stanley cup play offs, its' all the same. Fun-a/ction. Distracton. I mean sameness is just so boring – don't you think? Isn't happiness in the adrenal rush of possessing something or someone, until something better comes along? Bring on the adrenalin rush sport! After all isn't life experience all in the power of deception? Isn't mind, body and soul something to be conceived into little pieces and anal-ized like parts of an internal combustion engine, I call me?

Let it be. Let it be. Stinging words of wisdom, let it be!



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.

8. Geoff Straw – Healing

Growth possibilities are endless in your world, and this can be celebrated by you. Thank GOD for all of the options to learn and grow; do not be troubled by them.

Each step is an important one on the path to enlightenment. Do not underestimate its importance or its significance. No act is a small one, although it may seem to be.

Carry out each action with kindness and thoughtfulness, then, so that it is mindful. Only through the Power of GOD can you achieve the results you seek.

Turn everything over to Him, anything that concerns yourself, and give it to Him. This is how it is transformed and healed - it is not you that completes the healing, but HIM. Therefore, do not hold onto things! Let them go, and be HEALED!

Allow the past to be healed by being in the present and releasing your fears.



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.

9. Kathryn Kimmins – Is Sleep Deprivation / Fibromyalgia Ruining Your Life?

At laughter yoga classes across the Twin Cities, joy takes over when what starts as forced laughter turns real.

Two years ago, Jody Ross was suffering from fibromyalgia-related pain, sleep apnea, chronic fatigue and mood disorders.

In a last-ditch attempt to find relief, she made a trip to the Mayo Clinic in Rochester.

There, she happened across a laughter yoga seminar in progress and cajoled her way in. After an hour of deep belly laughing, Ross was elated.

"It was winter, and I left feeling really light," she said. "I called a friend and said, "I have to do this thing."

Within weeks, she was trained at the Iowa School of Laughter, same school I was trained at last year and today she's a laughter yoga leader and teacher, and the only Laughter Life Coach in the Upper Midwest. On a personal level, she's also pain-free (unless you count some aches when she goes roller-skating for hours with her 7-year-old daughter).

For Ross, laughter yoga changed her life. She no longer uses drugs for pain or sleep. She practices good nutrition, she prays and meditates, and seeks medical help when needed.

"I can still live," she said. "It's a miracle. Most of us give up. Faith and laughter gave me an open mind and buoyancy to keep seeking."

Read more about Judy Ross by going to this link.

<http://laughingwithlaura.blogspot.com/2010/07/laughter-may-be-good-for-what-ails-you.html>

The theory is that you take an active role in your joyfulness. Instead of being a passive laugher, we reverse the process and move the body to laugh, to change the mind and provide a better outlook.

An aspect that is overlooked is that it's a peace movement. Laughter is the universal language. There's no pressure at laughter yoga except to being open to being a little kid. It's inherently peaceful.

The benefits appear wide-ranging, perhaps from heightened oxygen levels during sessions. Laughter yoga leaders also work with specific populations: the elderly with dementia and Alzheimer's, schools, in businesses as part of morale- or team-building workshops.

Some people might think, laugh for no reason? No jokes?

The only way to find out if the benefits of laughter yoga are what people claim them to be is to try it for yourself, what do 'YOU' have to gain?

Join *Concession on the Mountain Laughter Yoga Club* to increase a healthier lifestyle and decrease all the so called "stresses" and "aches" and feel the joy of Living 'YOUR' life to the fullest.

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Here is your laugh for today.

I guarantee a few chuckles with this youtube video. HOHO HAHHAHA!!

http://healthypets.mercola.com/sites/healthypets/archive/2011/08/09/gus-the-bulldog-wants-to-keep-cool.aspx?e_cid=20110809_DNL_art_2

"Laughter is happiness applauding itself and then taking flight to embrace everyone and everything in this world." --Hafiz Love and laughter blessings,



ABOUT THE SPIRITUAL GUIDE AND TEACHER: An enthusiastic and infectious positive speaker, Kathryn Kimmins energizes attendees and directs unforgettable laughter experiences. Kathryn's sessions dissipate stress while refocusing attendees. Cheeks get rosy; eyes clear and twinkle; impish grins are everywhere to be seen; the room rapidly fills with friendly smiles. Her educational and experiential classes serve to boost morale, improve retention, and encourage team-building and creativity. As a laughter specialist, Kathryn has appeared on CTS Network Television, CHCH Television, Hamilton Community News, Cable 14 News Hamilton and McMaster's radio station FM 93.3-CFMU. Kathryn can be reached by phone at 905-574-1765 or through her website at <http://www.laughyourselfhealthy.ca/>.

10. Regiena Heringa – Notes from the Light – June 2013

What a delight for us to see you grow in love, accepting, sharing and advancing in all that is good and honest. While there is still the pushing of dark against light upon your planet, you are increasingly understanding that the immortal stance of the human is now becoming a part of your world consciousness and hence being recorded in your physicality.

There is a close and loving marriage between the immortal self and Spirit for the two are one. Once this is understood and digested by your minds and integrated into your emotional systems and physical bodies, you will fully comprehend that Spirit is immortal and that you are, in fact, divinely eternal beings. It is through the use of your own free will that you decide how to live your immortal nature. Let us explain.

All life is immortal, for it is divine energy, created by the sacred power of the Creator—this magnificent force of Love and Light which ensures harmony, order and beauty throughout the universe. To your comprehension life seems to die. However, if you observe your natural world more closely, you will see that "death" is simply the transformation of matter, releasing energy so that it can be reused. In the Creator's world nothing is wasted.

However, as the human being is the greatest and noblest creation of this God-Source, there is a personal relationship between the Creator and the human—the great spiritual bond of *soul*. This eternal, pure and loving soul, unique to each individual, is a privilege accorded to all people. It is also the responsibility of each citizen in your world, through the proper use of free will, to fully live this relationship with the Source by exercising such soul qualities such as compassion, generosity, respect, wisdom and gentleness.

As the people upon your fine earth begin to live closer to their soul, they will perceive the truth that they are immortal. What you have understood so far is that after the body dies, the soul being eternal, continues to live and journey onwards to greater understanding and joy. However, a revelation which has been presented to you on many occasions throughout your earth's history is now presented to you again this day: *the more you move and have your being and consciousness in the environment of the universal Spirit and, more specifically in your soul's attributes, the more you will perceive that you can lift up the body so that it becomes the physical witness of beauty, harmony and immortality*. Indeed, you become the image of the Creator and of the universe.

However, kindly remember that to enjoy unified immortality— that of body, mind, Spirit and soul—you are requested to practice the perfect use of your free will. What is this perfect use?

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Being and reflecting unconditional Love.

The natural state of existence in all worlds and dimensions is Love. There is no other. It is Love which encourages you to increase the noble glorification of your world and its inhabitants, thus favouring the path of immortality.

It has been mentioned frequently that your earth and its people are moving towards a great Destiny—the inclusion in an expansive world, beyond your dimension, of tremendous spiritual vibration and fellowship. We uphold this observation and encourage you to contemplate the ideas presented here. They are the stepping stones to this universal and sacred community which joyfully awaits you all.



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.

11. Dr. Nancy Cleaves – The Trees Rock the Cradle in Protest

“We are the home of medicinal healing remedies.
We are the haven of delicate species.
We are the filter of human breath.
Our roots go deep anchoring soil.
We maintain the balance of wetness
and dryness of Earth.

You cut us down for more land to graze animals
To stuff your mouths or fill urban sprawls.
You burn us at the stake
As if heretics to your faith.
Indeed!
You take our finest for your empty houses
Bigger, More, Finer.
For what?

For millions of years we have stood Tall
Anchoring your souls to Mother;
Rooting your consciousness to the
Sacredness and Oneness of All that
Springs from Her Grace.
We have sheltered you from heat, wind and cold
And wrapped our healing leaves
To make you whole.
For what?

We have grown bitter.
We have watched too much death.
Cut us down! Cut us all!
We wish to see no more.

Rain forests, you can finally
cease your cries
For you will be – no more.

We loved you with our greenness,
Our lushness,
Our warmth, our healing hearths;
We sacrificed willingly for you
As people would gather around
Our burning souls,
And stories tell
And sing and dance.
We were glad then. It was very well.

Now
We're tired.
Our boughs are breaking
For the heaviness we carry;
We have cradled
A selfish, destructive people
For too long.
For what?"



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.

12. Robyn Lebron – Paganism

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

The next religion we will discuss is one of man's earliest forms of nature worship known as *Paganism*. Paganism (from Latin *paganus*, meaning "country dweller, rustic") is the blanket term given to describe religions and spiritual practices of pre-Christian Europe. The inhabitants of Britain originally worshipped their ancestors, but when Britain's climate changed radically around 3,000 BC, the ancestor cult came to an end and Britons looked to nature itself to influence their fortune. The sky, the sun, every mountain, river, marsh and tree all had spirits, life-forces and personalities. The term Paganism has been defined broadly, to encompass all of the religions outside the Abrahamic monotheistic religions, which includes most of the Eastern religions, Native American religions and folk religions as well. There are also misinterpretations of Paganism being the same as Satanism. It is *not* however; Pagans and Satanists are very different. There are many misconceptions about Paganism so it is necessary to clarify what Pagans *are not*. Pagans do not all worship in the nude and have wanton sex orgies, they do not worship the devil, do not practice black magic and have strict moral guidelines against harming people or animals.

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Various Greek and Roman writers of the ancient world commented on Pagans beliefs. However, the key problem with these sources is that they were viewed as "barbarians", thereby giving the "civilized" Romans more justification to conquer them. The archaeological evidence does not contain the bias inherent in these literary sources. At the time of Emperor Constantine's conversion, the "Christianization" of Pagan deities was facilitated to make Christianity palatable to the "heathen". In fact there are some Christian faith practices today that do not celebrate many traditional holidays due to their belief that they have Pagan origins. Although there was a lengthy period in history of severe persecution, the 19th century saw much scholarly interest in the reconstruction of Pagan mythology. Throughout Europe there was a growing curiosity in old village dances and folk music and the study of runes. There was a strong desire to renew and preserve traditions which otherwise would have been forgotten. This has caused resurgence in Paganism.

Pagans' belief in gods is connected with life, nature and natural occurrences. They don't worship the Christian god, but that doesn't mean they don't accept the existence of a deity. Because Paganism places a good deal of emphasis on the idea that experiencing the divine is something for everyone, not just select members of the clergy, it's possible for a Pagan to find something sacred within the mundane. For example, the whisper of wind through the trees or the roar of the ocean can both be considered divine. Not only that, many feel that the divine lives within each of us. Paganism is generally a duo theistic religion worshipping both a God and a Goddess, who are seen as complementary polarities (akin to the Taoist philosophy of yin and yang). Gardner, the founder of the modern Wiccan, stated that a Being higher than the god and the goddess was recognized by the witches as the "Prime Mover", but remains unknowable.

Many Pagans believe in reincarnation in some form. It gives Pagans a substantially different view of life. All people, except spirits who remain behind lost and wandering, go to the Summerland, even the wicked. The Summerland will be different for everyone, their own version of Shangri-La. There, they can be reunited with their loved ones, look over those they left behind on Earth, and take time to recuperate from life. Our time in the Summerland is spent processing what we learned, recovering from the hardships, walking with the Lord and Lady and being one with them, and then planning our next life.

Note as with many religions there are variations not shared. This short excerpt is but a taste.

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:

13. Good News Of The Day

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

"No matter what big cities you go off to and big opportunities you are graced with, always take time to acknowledge the little things. Never give up on the things that make you smile, because smiling is one of the most important things we can do in this world. Find time to just wander. With No Direction. No Plan. No Time Restrictions. Look for beauty everywhere you go. The ladybugs on the windowsill. The sunflowers in the backyard. The skyscrapers in a new city. The faces of strangers and family alike." Hannah Brencher, a writer, speaker, and creator of a global love letter project, inspires us to "be a lover of little things" in this poignant, powerful piece. <http://www.dailygood.org/story/422/stay-a-lover-of-little-things-hannah-brencher/> **Be The Change:** Stay a lover of little things no matter how big your dreams may be.

When I feel off-balance, shaken by the blows of life or mired in the inertia of not caring, I seek contact with nature, which I call a primary source of re-centering. Contact with nature offers a gift of presence, helping us to open up to the world around us, rather than pursue distracting thoughts or emotions. Even for an urban dweller, walking in a park fills one with a sense of one's roots in the natural world, an experience beneficial to all of us. Seashore, mountains, meadows, woods and desert all invite us to discover our own nature in theirs, to meet their presence with our own. But trees hold a special presence." This author's prose-poem on trees shares more. <http://www.dailygood.org/story/424/trees-the-alternative-cathedral-patty-de-llosa/> **Be The Change:** This week you could look at any aspect of nature with new eyes: as a force for centering yourself.

Have you ever imagined something so vivid, so profoundly tangible and seemingly a part of you, that you weren't sure if it was a dream or reality? Well, it may just be both! Novelist and writing teacher, Gabriel Cohen, unites science and spirituality, and provides insight on how "a growing body of research supports what spiritual contemplatives have known for millennia -- that the human capacity for imagination not only shapes our minds, but also weaves the fabric of reality itself." <http://www.dailygood.org/story/426/how-imagination-shapes-your-reality-gabriel-cohen/> **Be The Change:** Today, use your imagination as a tool to transform a negative experience or thought into a positive one.

"Yes, we are part of the world, and the world is within us as we are within an alive and enormous network of being that looks back at us. To perceive this is at once so profound and also simple. It begins with the most obvious everyday things around you." Luanne Armstrong has been living on the same farm for sixty years. Wandering this land each day, she has come to realize that the more she knows about it, the less she understands it. In this piece, she reflects on a life lived among the grass and creatures of the wild, and sheds light on questions about how we, as humans, communicate with and translate the natural world. <http://www.dailygood.org/view.php?sid=428> **Be The Change:** Acknowledge the world around you by saying hello to the grass, a plant or an animal.

"We now know that a steady diet of love -- of these micro-moments of positive connection -- influences how people grow and change, making them healthier and more resilient. And we're beginning to understand exactly how this works, by tracking the complex chain of biological reactions that cascade throughout your body and change your behaviour in ways that influence those around you as you experience love." Dr. Barbara Fredrickson, a psychology professor at the University of North Carolina describes the fascinating, subtle biology underpinning love, and what this means for making healthy, resonant connections happen in your life. <http://www.dailygood.org/more.php?n=5419> **Be The Change:** Practice a micro-moment of positivity in its many forms, either by yourself or with another.

Los Angeles Lakers coach Phil Jackson -- by percentage (.738) the winningest coach in NBA history -- is renowned for his ability to turn megastars into team players. And his secret is spiritual. "The most effective way to forge a winning team," he writes in *Sacred Hoops: Spiritual Lessons of a Hardwood Warrior*, "is to call on the players' need to connect with something larger than themselves." He goes on to say, "The fact is, selflessness is the soul of teamwork. It doesn't matter how good individual players are -- they can't compete with a team that is awake and aware and trusts each other. We're all susceptible to falling down and being exposed. But when we lose our fear of that, and look to each other, then

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vulnerability turns into strength." <http://www.dailygood.org/view.php?sid=430> **Be The Change:** Look for ways that you can support your team members toward success at work or on a sports team or any other team you are involved in.

Matthieu Ricard, an author with a PhD in cell genetics, is also a Buddhist monk who serves as the Dalai Lama's French interpreter. In this interview, Matthieu speaks to us about his book, "Happiness: A Guide to Developing Life's Most Important Skill." He explores how individuals tend to spend considerable time and energy pursuing external circumstances in the hopes of attaining happiness, but explains that those states are constantly changing and individuals often have little control over them. He shares his approach to cultivating the right inner conditions instead and how to develop the skills needed to attain more stable happiness. He also delves into the physical and psychological effects of meditation. <http://www.dailygood.org/view.php?sid=431> **Be The Change:** Today, take a few moments to pause, go within, and center yourself in a place of peace before carrying on with your daily tasks.

"Our world is so full of wonders that new and amazing places are discovered every day, be that by professional photographers or amateurs. Different geographical locations, climatic conditions and even seasons offer the widest variety of natural wonders: pink lakes, stunning lavender or tulip fields, breath-taking canyons and mountains, and other places you can hardly believe actually exist! Some of the pictures in this collection will be of all natural sights you can find while traveling around the world, while the others have experienced human interference -- but even in these cases, the result of such collaboration is spectacular." This piece offers up photos of 11 incredibly beautiful locations that really exist. <http://www.dailygood.org/story/432/11-unbelievable-places-that-are-hard-to-believe-really-exist-bored-panda/> **Be The Change:** What is the most beautiful place you have ever visited? Look around you today, and try and tune in to the beauty of wherever you happen to be.

Emmanuel Vaughan-Lee is a director, producer, musician and composer who set out on a journey around the world to film a documentary about water -- that integral substance that connects us all and sustains life. In this conversation, Emmanuel talks about his practice of focusing on the process rather than the outcome, staying authentic to himself and those he films, and trusting the ripples. He reflects on what the making of the film taught him and how, much like a river, it encouraged him to let go and flow with his journey. "Elemental" is currently screening in the United States and across the globe. <http://www.servicespace.org/blog/view.php?id=12827> **Be The Change:** Take a moment to sit in gratitude for all the different ways in which water will sustain your life today.

According to the director of Share The World's Resources, placing greater emphasis on the social and environmental impacts of sharing rather than personal gain, can drive awareness and action on these larger societal issues. Today, the sharing economy runs the gamut from selflessly operated food distribution programs and people pursuing low carbon footprint lifestyles to entrepreneurs seeking to build business models out of underutilized goods. For the true impact of the sharing economy to shine through, it will be important to concentrate on the intrinsic value gained from it over financial benefits, allowing us to drive sustainable solutions to such global emergencies as inequality and climate change. <http://www.dailygood.org/story/435/values-and-the-sharing-economy-rajesh-makwana/>.

"I was running late. My wife Eleanor and I had agreed to meet at the restaurant at seven o'clock and it was already half past. I had a good excuse in the form of a client meeting that ran over and I wasted no time getting to the dinner as fast as possible. When I arrived at the restaurant, I apologized and told her I didn't mean to be late. She answered: "You never mean to be late." Uh oh, she was mad. "Sorry," I retorted, "but it was unavoidable." I told her about the client meeting. Not only did my explanations not soothe her, they seemed to make things worse. That started to make me angry. That dinner didn't turn out to be our best." An author and management consultant explores the dynamics of this not uncommon experience and arrives at some profound insights on how to respond when you've hurt or angered someone you care about. <http://www.dailygood.org/story/436/what-to-do-when-you-ve-made-someone-angry-peter-bregman/> **Be The Change:** The next time you inadvertently anger or annoy someone, try to step back from excuse-making and seek to acknowledge the root problem.

When the student body of an elite private school in Silicon Valley was given the chance to vote on who would give their graduation address, their first pick was Nipun Mehta. An unexpected choice for these teenagers, who belong to what Time magazine called the "Me Me Me Generation". Nipun's journey is the antithesis of self-serving. More than a decade ago, he walked away from a lucrative career in high-tech, to explore the connection between inner change and external impact. ServiceSpace, the non-profit he founded has now drawn over 450,000 members across the globe. In this electrifying address that garnered a standing ovation, Nipun calls out the paradoxical crisis of disconnection in our hyper-connected world -- and offers up three powerful keys that hold the antidote. <http://www.dailygood.org/story/439/miserable-and-magical-a-graduation-speech-for-paradoxical-times-nipun-mehta/> **Be The Change:** Read "Paths Are Made By

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Walking", Nipun's 2012 graduation speech at the University of Pennsylvania, with stories from a remarkable dollar-a-day walking pilgrimage he and his wife undertook in India. <http://www.dailygood.org/story/236/paths-are-made-by-walking-nipun-mehta/>

"Wake up. Don't press snooze. Sling your legs over the side of the bed. Right. Left. Turn on music. Good, good music...You need a life soundtrack. Has anyone told you that yet? Pick out something spectacular from your closet. Feel good in your skin. Put on an item that tells some kind of story. Always have a story to tell, just a wrist or coat sleeve away. And if that yellow sweater ain't got a story yet, vow that this will be the day it comes home with one." Hannah Brencher took the world by surprise by planting anonymous love letters at coffee shops, bookstores, and at other public places. In this piece, Hannah offers a melodious tune for inner and outer change wherever you find yourself in the world. <http://www.dailygood.org/story/444/how-to-change-the-world-with-hot-cocoa-and-neruda-hannah-brencher/> **Be The Change:** Change your routine by doing something different - like smiling at a stranger, walking instead of taking the subway, or writing down your dreams.

Why do some people become successful while others do not? Adam Grant, an organizational psychologist at The Wharton School, has studied this question and what he found is surprising: "The people most likely to rise to the top are often those who give the most to others -- people Grant calls 'givers,' as opposed to the 'takers' who try to get as much as possible from others and the 'matchers' who try to give and take in equal amounts." In this article, Grant outlines ten ways to get ahead through being unconditionally generous at work, home, and even online. { [read more](#) } **Be The Change:** Start a reciprocity ring, love machine, or test your giving quotient to amp up your giving and help others express their generosity.

14. A Blessing for One Who is Exhausted

Reprinted from www.awakin.org.
<http://www.awakin.org/read/view.php?tid=736>
—by **John O'Donohue (Jul 26, 2011)**

When the rhythm of the heart becomes hectic,
Time takes on the strain until it breaks;
Then all the unattended stress falls in
On the mind like an endless, increasing weight,

The light in the mind becomes dim.
Things you could take in your stride before
Now become laborsome events of will.

Weariness invades your spirit.
Gravity begins falling inside you,
Dragging down every bone.

The tide you never valued has gone out.
And you are marooned on unsure ground.
Something within you has closed down;
And you cannot push yourself back to life.

You have been forced to enter empty time.
The desire that drove you has relinquished.
There is nothing else to do now but rest
And patiently learn to receive the self
You have forsaken for the race of days.

At first your thinking will darken

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And sadness take over like listless weather.
The flow of unwept tears will frighten you.

You have traveled too fast over false ground;
Now your soul has come to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.

Become inclined to watch the way of rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of color
That fostered the brightness of day.

Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.

Stay clear of those vexed in spirit.
Learn to linger around someone of ease
Who feels they have all the time in the world.

Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far within slow time.

--John O'Donohue, from "Blessings"

15. Go Placidly Amid the Noise and Haste

Reprinted from www.awakin.org.

<http://www.awakin.org/read/view.php?tid=476>

--by [Max Ehrmann](#) (Jul 25, 2006)

Go placidly amid the noise and the haste, and remember what peace there may be in silence.

As far as possible, without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story. Avoid loud and aggressive persons; they are vexatious to the spirit.

If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

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Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul.

With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

16. Everything Is A Miracle

Reprinted from www.awakin.org.

<http://www.awakin.org/read/view.php?tid=255>

--by **Albert Einstein** (Nov 18, 2002)

There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.

But without deeper reflection one knows from daily life that one exists for other people; first of all for those upon whose smiles and well-being our own happiness is wholly dependent, and then for the many, unknown to us, to whose destinies we are bound by the ties of sympathy.

A hundred times every day I remind myself that my inner and outer life are based on the labors of other men, living and dead, and that I must exert myself in order to give in the same measure as I have received and am still receiving.

A human being is part of a whole, called by us the "Universe," a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest -a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us.

Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

Only a life lived for others is worth living.

17. Giving Somebody Your Heart

Reprinted from www.awakin.org.

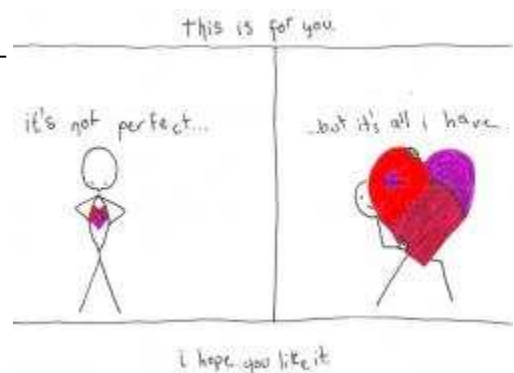
<http://www.awakin.org/read/view.php?tid=748>

--by **Christopher Lowman** (Oct 11, 2011)

In every interaction you have with another human being—doesn't matter who—you always have two main choices.

(The keyword is choice.)

One choice usually leads to logical (boring) interaction, politeness, formalities. And, more importantly, a lack of connectivity.



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The other usually leads to interesting discussion, love (yes, love), aliveness, friendship, gift giving. And connectivity.

In every interaction you are either giving somebody else your mind—your intellect, your intelligent points, the who/what/where/when/why of your existence.

This is the easy thing to do. The safe thing to do. It doesn't require much, if any, emotional strength or really expose who you are. In this way, you can hide from others (or from your self, depending on how you look at it) and not risk rejection by not even giving somebody the chance to reject you.

Or, you are giving somebody your heart—the real you, your presence, your true attention.

This is the hard thing to do. The risky thing to do. It involves an enormous amount of emotional strength (until it doesn't). It entails entering the present moment. And it entails pushing through the challenging and stifling fear of doing so.

Instead of thinking about what to say or do, you let your inwardly felt experience inform your words and actions toward others.

Think about how often you self-censor and hit the mute button. Why? Why not just assume that what you have to say is valuable, even if it comes out not so smooth? Then maybe you say next, "oh, that was lame" and then laugh.

It's this kind of moment-to-moment truthfulness that is required.

It's so easy (but frightening) to practice because you always know what to say or do in any interaction with somebody else. The problem is having the courage to act on it.

Isn't it time to feel less anxious and less alone and less unfulfilled?

--Christopher Lowman, from "[Moving Towards Peace](#)" blog

18. I Will Not Die an Unlived Life

Reprinted from www.awakin.org.
<http://www.awakin.org/read/view.php?tid=552>

--by [Dawna Markova](#) (Feb 11, 2008)

I will not die an unlived life
I will not live in fear
of falling or catching fire.
I choose to inhabit my days,
to allow my living to open me,
to make me less afraid,
more accessible,
to loosen my heart
until it becomes a wing,
a torch, a promise.
I choose to risk my significance;
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit.



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The poem is a candle that my soul holds out to me, requesting I find a way to remember what it is to live a life with passion, on purpose. There is only enough light to take the journey step by step, but that is all any of us really needs. [...]

When you have the courage to shape your life from the essence of who you are, you ignite, becoming truly alive. This requires letting go of everything that is inauthentic. But how can you even know your truth unless you slow down, in your own quiet company? When the inner walls to your soul are graffitied with advertisements, commercials, and the opinions of everyone who has every known and labeled you, turning inwards requires nothing less than a major clean-up.

Traveling from the known to the unknown requires crossing an abyss of emptiness. We first experience disorientation and confusion. Then if we are willing to cross the abyss in curious and playful wonder, we enter an expansive and untamed country that has its own rhythm. Time melts and thoughts become stories, music, poems, images, ideas. This is the intelligence of the heart, but by that I don't mean just the seat of our emotions. I mean a vast range of receptive and connective abilities, intuition, innovation, wisdom, creativity, sensitivity, the aesthetic, qualitative and meaning making. It is here that we uncover our purpose and passion.

--Dawna Markova, From "I Will Not Die an Unlived Life"

19. Guerilla Gardening in South Central Los Angeles

Reprinted from www.KarmaTube.org.

South Central Los Angeles is a food desert - an area filled with liquor stores, fast food chains and vacant lots. Tired of driving 45 minutes to buy food that is not chemically treated, Ron Finley decided to turn some of those unused plots, starting with the patch in front of his house, into a food forest. With obesity rates 5X higher in South Central than in Beverly Hills, a neighborhood only 8 to 10 miles away, Finley realized that food is the problem, but is also the solution. "The drive-thrus are killing more people than drive-bys." Finley and a group of volunteer gardeners from all over Los Angeles are changing that, one lot at a time. "Growing your own food is like printing your own money." Follow this link to the video... <http://www.karmatube.org/videos.php?id=3875>.

20. Let's All Give Each Other A Hand

Reprinted from www.KarmaTube.org.

What would you do? This group of Everyday Heroes saved 30 dolphins in under 5 minutes at a beach in Brazil! Witness this amazing display of our overwhelming abilities to do good when we as a race set our mind to it! Follow this link to the video... <http://www.karmatube.org/videos.php?id=3104>.

21. This is Water: Re-Imaging Everyday Life

Reprinted from www.KarmaTube.org.

O, the maddening tedium of the everyday responsibilities of adult life! It plagues us because, when traversing a landscape all-too-familiar and all-too-disappointing, the "default setting" of our mentality is to feel victimized by circumstance. We place ourselves in the center of the universal narrative, making the plot-line all about our own misery. In this video, which animates excerpts of his 2005 commencement address at Kenyon University, novelist David Foster

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Wallace speaks about personal empowerment in the often stultifying world of responsible adulthood. The freedom comes from an open-minded awareness of the possibility that there are less self-centered, complex, and gladdening narratives spinning around you -- even in the most frustrating situations. "It will actually be within your power to experience a crowded, hot, slow, consumer-hell type situation as not only meaningful, but sacred, on fire with the same force that made the stars: love, fellowship, the mystical oneness of all things deep down," he advises. "Not that that mystical stuff is necessarily true. The only thing that's capital-T True is that you get to decide how you're gonna try to see it." Follow this link to the video... <http://www.karmatube.org/videos.php?id=4032>.

22. The Hugging Saint

Reprinted from www.KarmaTube.org.

A 50 year-old woman travels the world and gives thousands of hugs everyday! By conservative estimates, over 25 million people have received the particular blessing offered by this "hugging saint." And she's still going strong. Meet Amma. Follow this link to the video... <http://www.karmatube.org/videos.php?id=174>.

23. There is Beauty in Not Knowing

Reprinted from www.KarmaTube.org.

The simple beauty of a flower captivates artist and scientist alike. Where our world exists without answers, without definitions, we seek answers and definitions. Sometimes we find them but when we don't, what does that mean? What does it say about us? What does it say about our existence? This short video explores the world through the eyes of Richard Feynman: emotional, visually beautiful, intellectually evocative. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2688>.

24. Love-Filled Last Days of Zach Sobiech

Reprinted from www.KarmaTube.org.

"Every teenager believes they are invincible," said Zach Sobiech. "It's not the kind of invincible like Superman; it's the kind of invincible like, 'I'll see you in five months.'" Zach didn't have five months. He died of cancer on 20 May 2013, shortly after his 18th birthday. This film gives us a glimpse of Zack's indomitable spirit, enormous capacity for love, and quiet courage as he approached the end of his life -- and the profound impact of his empathy and grace on those he was about to leave behind. Follow this link to the video... <http://www.karmatube.org/videos.php?id=4123>.

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.

25. 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.

26. 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.

27. 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

Serving your personal journey toward enlightenment...

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

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

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

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

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

“Forgiveness”

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

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

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.

28. 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.

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29. 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.

30. 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

31. 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.

32. 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.

33. Interfaith Community Celebration

Interfaith Community Celebration

Come celebrate the diversity and common ground among the faith traditions!

When: Wednesdays , June 12, September 18, December 4, 2013.

Where: Contact Robert at rmeagher@servingyourjourney.com or 613-204-0299 for details.

Who: Anyone interested in exploring the common ground among the faith traditions. All paths welcome.

Food: Enjoy sharing light communal offerings, potluck style.

The purpose of the Interfaith Community Celebration initiative is to bring together the National Capital Region interfaith community to provide a forum for sharing, understanding and celebration of our faith traditions.



We meet four (4) times per year (in March, June, September and December). The gatherings are held in an intimate setting (e.g., the home of a community member) and will offer attendees the opportunity to hear a faith leader share their faith tradition with attendees. In the spirit of celebration of our diverse faith traditions, we will encourage attendees to share their own faith perspectives with the guest faith leader as a means to facilitate an enriching evening of dialogue.

The gatherings will begin at 6:00pm over light, potluck snacks and then proceed to have the faith leader share an informal, interactive dialogue about their faith tradition.

To register your participation in this initiative, contact Rev. Robert Meagher at rmeagher@servingyourjourney.com or 613-204-0299. You can also register your interest by going to <http://www.servingyourjourney.com/page04.html> and entering your email address in the appropriate registration form.

34. Ascension Meditation and Chanting

Ascension Meditation and Chanting

When: Saturday, June 29, 2013, 7:00–8:30pm (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 and enjoy / experience a guided meditation, two chanting meditations and a silent meditation. 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.

35. **Worldwide Meditation and Chanting**

Worldwide Meditation and Chanting

On Saturday, June 29, 2013, 7:00 – 8:30pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting an evening of meditation and chanting. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. The evening will invite participants to explore sacred sound and toning through chanting. If you would like to attend in person, refer to the follow URL for more details: [http://www.servingyourjourney.com/Community Announcements/Meditation and Chanting Poster.pdf](http://www.servingyourjourney.com/Community%20Announcements/Meditation%20and%20Chanting%20Poster.pdf). 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 and chanting. 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.

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36. 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

37. 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.

38. July Guided Retreat: "Doing Nothing and Doing it Well"

With Fr Philip Chircop, SJ

at Providence Spirituality Centre, Kingston Ont.

Wed July 10, 2013, 4p.m. to Wed Jul 17, 1 p.m.

Cost \$525

Register by Wed June 26 at Providence Spirituality Centre: 613-542-8826 or info@psck.org

39. 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.

40. 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***

Serving your personal journey toward enlightenment...

“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.

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

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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.

"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/138888839521420>

<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/

41. Sacred Attention Training Course

A Week-Long Intensive
at
Cortijo Llano de Manzano Personal & Spiritual Growth Center
in
Andalucia, southern Spain
1-7 Sep 2013

with **RICHARD HARVEY**

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

For: Therapists, Counselors, Healers, Spiritual Practitioners and people with a serious commitment to their inner journey. This course is both a self-training and a foundation for working with others.

Introduction: This unique, innovative course event provides you with methods and principles that form the foundation of an effective, powerful inner-work practice. The basic philosophy behind the course is that the conditioned character that we create in reaction to our early life experience is not who we are; through honoring, releasing and re-visioning our past experience we can shed the residue of restriction and dependency; and transformation is available to us when we can let go of old habits based on fear and desire and begin the full flowering of a human life.

If you are a practitioner – therapist, counselor, healer or guide – you will learn techniques, including awareness practices, insights, bodywork techniques, breathwork, interactive dynamic groupwork, philosophy and methodology that you can use to enhance and potentize your work with others. If you are a student of inner work, you will learn how to take the next steps in your inner growth and personal development, discover guiding principles for the inner journey, learn to connect with your inner wisdom and deepen in profound relationship to yourself and others, and develop a heart-centered life filled with wise inner guidance, clarity and compassion

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Methods: Group sharing, bodywork exercises (Sacred Attention Somatics), experiential process time, lecture-seminars, group exercises, dyad work, *The Awareness Intensive*, guided imagery, breath and energy work, meditation (moving and still), exercises in truth, dialoging, drawing, writing, dreamwork and mythwork, dyad work, awareness practice, primal integration, character exploration, centering, gestalt, individual work in the group, and *The Consciousness Practice*.

The course aims to balance responding to the present needs of the group and the individuals that comprise it, and following a carefully designated schedule that covers the course curriculum. Our approach is holistic, seeking a balance between head and heart, psychology and physicality, emotions and spirituality.

Format: Seven consecutive days comprising a week-long intensive with the opportunity to deepen further in the same group over time and successfully complete the *Sacred Attention Training*. However, this week intensive stands as a course complete in itself and is restricted to a maximum of 8 participants to ensure individual attention.

The finalized schedule will be emailed to you before the start of the course. In the first session (on Sunday afternoon) Richard will give an overview of the course and the week ahead. There is an opportunity for personal introductions and sharing, to express your needs of the course, personal motivation and reflections on your inner journey as well as, time allowing, some introductory processes and exercises. Each day follows this general format: beginning with group sharing followed by breath/physical/ emotional/holistic exercise, then group process time, a group exercise/practice, and/or lecture-seminar and sharing to finish. On the last day the whole group joins in a celebratory meal to end the course.

Set in the middle of the course is The Journey of Self-Discovery, a two-day module during which other participants are expected to join the group.

Times: Sun 1 Sep – 4.00pm to 8.00pm
Mon-Fri 2-6 Sep – 8.00am to 2.00pm
Sat 7 Sep – 8am to 12 noon followed by a celebration meal

Dates: 1-7 Sep 2013

Price: 1250 Euros (950 concessionary rate).

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: If you have any questions, doubts or need for clarification, please don't hesitate to contact me directly by email, telephone, or Skype. My contact details are at <http://www.therapyandspirituality.com/contact-us.php>.

When you are ready to book, send a message via <http://www.therapyandspirituality.com/contact-us.php> stating your wish to enrol. On receipt of a confirmation email, you will be asked to pay a non-refundable deposit of 50% by bank transfer (details will be sent) or via PayPal. Participants are restricted to a maximum of 8, so please book soon to ensure your place.

The Venue: Cortijo Llano de Manzano Personal and Spiritual Growth Center, Canar, nr Orgiva, (Granada) Spain (see <http://www.therapyandspirituality.com/location-alpujarras-spain.html> for more information).

Travel: Full travel details are at <http://www.therapyandspirituality.com/travel-information-alpujarras.html>.

Accommodation: The course is non-residential. Scroll down to the bottom at <http://www.therapyandspirituality.com/travel-information-alpujarras.html> for local accommodation websites. Alternatively you may want to book accommodation in "The Ruin" (see "The Simple Retreat" at <http://www.therapyandspirituality.com/retreats.php>) or on request I may be able to put you in touch with local course participants who are willing to offer accommodation.

Some further information:

Participants are encouraged to prepare for this week-long intensive by considering the following:

Read Richard's books *Your Essential Self* (published by Llewellyn Worldwide on 8 July) and *The Flight of Consciousness*

Participate in the forthcoming series of lecture-seminars online – *The Silent Thunder Discourses*

Spend some time on the Therapy and Spirituality website, particularly with the plentiful articles, video talks, Q &A, and other miscellaneous writings. The predominant theme underpinning Richard's work and representing his innovative and radical psycho-spiritual approach to the modern era is presented in the *Three Stages of Awakening*.

Serving your personal journey toward enlightenment...

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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