

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!

These monthly e-newsletters are intended for your benefit and interest. You have received this message because you are on the Spiritual Guidance e-newsletter distribution list. If you would not like to receive future updates or messages from Spiritual Guidance, please reply back with nothing more than "UNSUBSCRIBE" in the subject line or the body of your message. Namaste.

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

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Contemplative Thoughts*	3
3. Poem	6
4. Quote or Question	6
5. This Month's Heart and Soul Picks	7
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	8
6. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Not Minding	8
7. Doug Henderson, Ph.D – Life / Consciousness	9
8. Geoff Straw – A Smile Is A Holy Invitation	10
9. Kathryn Kimmins – We Are All Born with the Natural Ability to Laugh	11
10. Regiena Heringa – Notes from the Light – July 2013	12
11. Dr. Nancy Cleaves – Wind's Breath	13
12. Robyn Lebron – Jainism	13
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	15
13. Good News Of The Day	15
14. Watching Volcanoes Explode	18
15. A Tribute to Rodney: Ten Things to Live By	19
16. Eye of the Whale	19
17. The Light that Shines	20
18. A Lesson in Empathy	20
HEART AND SOUL ADVERTISEMENTS:	21
19. Spiritual Resources	21
20. Spiritual Exploration and Soul Coaching	22
21. Spirituality Workshops	22
22. Spirituality Discussion Groups	23
23. A Course in Miracles Study Groups	24
24. Serving Your Loved-Ones	24
25. Supporting Spiritual Guidance	25
26. Meditation Series	26
27. Interfaith Community Celebration	27
28. OM Websites	28
29. Hebrew Multifaith Golden Rule Poster Now Available Free Online	28
30. July Guided Retreat: "Doing Nothing and Doing it Well"	28
31. Sacred Attention Training Course	29

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



What do you gain by letting go?

This story was 20+ years in the making. Fortunately, it will not take as long to share. For some, this will seem like a silly, little story. However, the lesson embedded in the story is one I hope I have finally learned. And in sharing it with you I hope you can learn it too.

Many years ago, decades ago, I had a rare plant in my life. For you budding botanists out there, the plant was an *Epiphyllum Ackermannii*; the common name for this plant is 'orchid cactus'. The orchid cactus is an exquisite plant. Untidy in appearance, the flowers that are produced are extraordinary in every way. The sheer size of the fluted flower (some 3" wide x 5" tall) is awe-inspiring and the deep, deep red color of the flower is enchanting. The plant was in my life for a few years, faithfully producing exquisite bloom, after exquisite bloom, each year it was in my life. When I moved, the plant did not come with me.

Many years passed and I recently moved into a new house in Ottawa, Canada, that provided ample natural light for house plants. As I was going through my antique plant encyclopedia one day, dreaming of all the plants I could adorn my new house with, I came across the orchid cactus. Remembering how much joy it brought into my life in the past, and thinking I could provide the proper conditions for such a plant to thrive in my new home, I sought to bring an orchid cactus back into my life.

Much to my surprise and disappointment, no floral stores or greenhouses in my city carried this plant. I searched, and searched, and searched some more, and not a single store or supplier in my city or province carried or bred orchid cactuses. Not wanting to give up on my dream, I turned to my good friend Mr. Google of the internet-family of search engines and found a botanist in California who bred a hybrid form of orchid cactus. We exchanged a few emails and I was fascinated to be informed that the international botanist community had stopped breeding the rare and exquisite orchid cactus many years before. However, this California-based botanist had made her life passion in breeding a new, hybrid-form of orchid cactus for mass enjoyment. Without hesitation, I had a few cuttings of this hybrid orchid cactus shipped from California, United States, to Ottawa, Canada.

The cuttings arrived a few days later and I immediately planted the cuttings, carefully following the California-botanist instructions for soil, water and other care. It was late summer and I had no expectations the plant would produce any growth for the remainder of the season.

The following spring arrived, and one day I noticed a flower bud starting to form on one of the cuttings planted the previous summer. I became very excited! The thought of being able to see an exquisite orchid cactus flower brought great joy into my life.

As the weeks went on, the trajectory of the sun was shifting fast; too fast in fact. During the winter and spring months, the orchid cactus was getting full sun. But now that summer was hinting at its forthcoming presence in our lives, the sun rose so high in the sky, so quickly, that the sun no longer was shining directly on the orchid cactus. And then one day I noticed the flower bud that had been growing, and growing, and growing, started to change color (not good!) and starting to shrivel up (not good!).

It was now late April and my partner suggested I place the orchid cactus outside in the front garden where it would get full sun all day. While this seemed like a reasonable suggestion, I balked at the idea of placing this precious (to me) plant

Serving your personal journey toward enlightenment...

outside in the elements. I feared the temperatures (it was still quite cool at night) would stunt the plants growth, or that nature's creatures would take up residence in the cactus and leave it battered and broken. So I resisted the idea, I held on.

Each passing day saw the flower bud shrivel more and more. I was saddened. My dream of seeing this extraordinary flower in full bloom was fading with every day. Again, my partner suggested I place the plant outside in the front garden. Again, I resisted. I held on.

Finally, I had nothing to hold on to. The bud shrivelled up and fell off the stalk. Not to sound too dramatic, but it was a day of mourning for me.

My partner suggested again, "Put the plant in the front garden. Maybe other blooms will sprout." Knowing that blooming plants like orchid cactus have cycles of blooming each year (and typically only once per year), I realized that my opportunity to see my orchid cactus in full bloom for this year had passed. With the acceptance of this in mind, I 'let go' and placed the plant outside in the front garden.

As I placed the orchid cactus in its new home for the summer months, I thanked the plant for gifting me with the joy and excitement over seeing this rare species of plant sprout and flower. As each day passed, and I walked by the orchid cactus in the garden, I gave it thanks for all the joy it brought into my life.

A couple of weeks had passed since I placed the orchid cactus in the front garden and one day I noticed a little growth coming out from the side of one of the stalks of the plant. I looked closely at the growth and to my delight I realized it was a new bloom sprouting! As I examined the plant more closely, I counted a total of 8 new blooms sprouting! And that turned into 12 new blooms a couple of days later. I was so excited at this turn of events. And then it dawned on me...

Look at what I gained by letting go! I had held on, and held on, to the idea of placing the orchid cactus outside in the front garden. I held on so long that the very thing I wanted to happen, the flower to bloom, I prevented from doing so. When I finally let go, a whole new world of possibilities opened up for me.

I hope to carry this lesson with me as I move forward in life. How about you?

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

The tools of silence and meditation are essential to self mastery. Life at the time in the world is chaotic, complex and often confusing. In order to be stable, it is important to stay in touch with my inner strengths found at the core of who I am. Under the surface of chaos there is a still, calm place inside of me, untouched by the outside world. I can stay in touch with this through silence and introspection. Today let me obtain real peace and self mastery in the 'theater of life' by maintaining contact with my inner world.

Be ever ready for things to happen suddenly. To be ever ready means to be alert, ready to accept what is and move on. When I am alert I am able to shift gears quickly, changing direction, changing moods and releasing expectations. When I get stuck in patterns of thought or moods, I am unable to respond to what is in front of me. Today let me be ever ready!

If you only had one thought what would it be? We have many thoughts in a day and therefore we may not value them. When I do not value my thoughts I waste them by throwing them away in situations that do not benefit me. Today let me imagine I have only one thought and make it an exceptional one.

Serving your personal journey toward enlightenment...

Is your self-image and sense of security created from the inside out, or the outside in? When my sense of who I am comes from outside of me I become insecure, depending on others to reinforce me at all times. However, when my self-image comes from inside of me, from the qualities I experience of myself, I become secure. Although we live in a world that feeds addictions to praise and external affirmations, we intuitively know that true security lies within. Today let me define myself from the inside-out.

Do you try to fit yourself and your life within the confines of the clock? Do you squeeze many activities into a short period of time? How rushed you feel is an indicator of your relationship with time. Are you a slave of time, always running to its demands and order? Or are you a master of time? Today let me move with dignity through my day and enjoy the feeling that time is following me.

If a little disrespect from others makes me unhappy, it means my own self-respect is very low. When I have healthy self-respect I will know who I am and not be bothered by insults. When I have self-respect, I can see what is true within an insult and what is only a projection of someone else's weakness. Today let me maintain my self-respect and live lightly.

A sign of spiritual progress is that my thinking changes. When I think about the same situation in the same way, I know I have made no progress. As I transform, I think less, that is I slow down my thoughts, and specifically I think less about old situations. Today let me notice and celebrate changes in my thinking.

When someone is distressed, let me encase them in vibrations so they let it go. Vibrations of peace from a peaceful mind can calm the mind of another person. When I see someone in distress I may try to calm them with words. However when I create a powerful peaceful state in my own mind, these vibrations will soothe another. Today let me use the vibrations of my mind.

If you create relationships without spirituality, there will ultimately be rebellion. To have spirituality in my relationships is to see the other person as a spirit, with their own life journey separate from mine. When I create relationships in this consciousness there is freedom and respect and therefore no need for rebellion. Today let me check that my relationships create freedom.

The mind can attain stillness when there is no impact of anything negative from the past imprinted in my memory. When I judge myself or my experiences as good or bad, the energy of judgment imprints in the memory and I am stuck with it. Good or bad, experiences come and go and I can take benefit from all of them. Today let me release negative imprints by taking benefit from all situations rather than judging them.

All the information I need to make decisions is available to me at all times. Can I access it? The intuition can access subtle information not available to the conscious mind. I have access to this inner wisdom when I am silent, and go beyond the noise of surface thought, of overthinking and of analysis. Today let me stay silent and listen deeply to my intuition.

We only realize how much power we have when we are in crisis. Each time I face a challenging situation I realize how much stronger I have become. Spiritual power is so subtle that I often don't notice I am accumulating it until a moment when I need it. And then I notice I am responding differently when I am faced with a challenge; that I am more calm, centered, detached and have more clarity. Today let me appreciate challenging situations as the opportunity to recognize my own progress.

Go into silence and discover who you really are. Inner silence is like a mirror revealing the true image of the self. Silence doesn't mean no sound, it means there is no noise - of fear, doubt, desires, attachment, expectations, criticism, etc. When I make time to go beneath the noise of all these thoughts to find silence, I discover a beautiful being – myself. Today let me go deep under the noise of the surface and into silence.

Prior to our mental and physical awareness, prior to our intellectual judgments and evaluations, there is a state of being. That state restores our awareness of the truth and power of our life. But that truth cannot be known, its power cannot change the way we live our life, until we go there and 'validate' its reality for our self. Only then can we know the real peace, only then can we know selfless love and only then can we know pure joy. Such validation changes...everything!

Serving your personal journey toward enlightenment...

A restless mind creates a restless environment. To create a peaceful environment I must create a peaceful mind. When my mind is absorbed in thoughts of harmony, kindness and contentment then its energy stabilizes and vibrations of peace are spread in the atmosphere. Today let me focus my mind to a peaceful environment.

If you don't define yourself others will define you. When I define myself by what is true for me, I can enter any situation free from the fear of being influenced. When I am uncertain about who I am or what I stand for I will be easily influenced by others. Today let me take a moment before entering any situation or conversation to centre myself in my own truth.

Whatever has come has to go. This is a deep and wonderful secret in the drama of life. When I realize that whatever I am experiencing in this moment will pass, it helps me fully appreciate the beauty of each moment. This understanding also helps me endure challenging situations or tolerate physical pain. Today let me remember that whatever comes will also go.

Meditation is the ability to move through and beyond into the highest or deepest state of awareness. The practice itself takes us beyond the awareness of time and change into timeless being. Only there can we be aware of our true self, for our self. Spiritual wisdom says only in meditative state can we see through all learned identities; appearance, fashion, gender, profession, nationality, personal history. Today let me be aware of all learned identities and practice going beyond them to my timeless being.

Don't find time, make time. People say they will find time. From where? Time is my creation. I create the time I need, to do what is most important to me. When I know my priorities, I make time. Today let me clarify my priorities and make time for them.

Life is creative energy in action. To be living is to be creating. Without creating and expressing, my original nature and my essence remain obscure. Today let me value highly the act of creation and offer it to the world.

Although you believe you woke up this morning it is highly likely that you are still asleep. Not from the kind of sleep that keeps you unconscious during the night, but the kind of sleep that has overcome us all, to some extent or other, during our waking hours. It takes time and the practice of self awareness to 'wake up' from the illusions and beliefs, accumulated on life's journey, that keep us less conscious, less aware, during our waking hours, than we could be. Today let me check to see if I am awake or not.

Those drowning, search for the slightest support. In the same way, as waves of sorrow come in the world, many who are desperately seeking happiness and peace will look for support. To help stabilize people in need, I must first stabilize myself. Taking time alone to build my inner strength through going inward and touching my original, eternal qualities gives me the power of stability. Today let me make myself a solid support for others.

Spiritual ideas connect us no matter the differences in body. As spiritual beings we are a gathering of shining stars. The intention of meditation is to emerge a higher consciousness that can then translate into an active real life. It is tender loving care that helps the seed of spiritual awareness grow and become strong. Today let me feed my spirit and share it with others inviting them to join the journey.

Soul is not just energy but pure energy. The pure energy of spirit is clean, clear and bright. Under the layers of worry, fear and darkness, the soul exists as pure light. This energy when rediscovered can bring light to the world. Today let me take time in silence to explore the world of pure energy within me and bring this light to the world.

To be deeply spiritual is to see what links and connects us to each other beyond the superficial. Deep bonds of connection go beyond position and worldly power. To see these bonds is to act with full respect for everyone I meet. Today let me see with spiritual vision.

The mind is thinking constantly while I am alive. However, I have the power to guide what my mind thinks. I can guide the mind to ride thoughts that uplift me, give me power and make me soar above obstacles. Negative and limited thoughts will come as a habit, but each time by intervening and guiding my mind to have different quality thoughts I override old conditioning and create new habits. Today let me guide my mind.

Many of us live in the gap between what we would like to be and what we are now. The desire to close this gap is the spark for our self development. When I spend time clarifying the picture of what I would like to be, I re-awaken the

Serving your personal journey toward enlightenment...

memories of what I have been, memories that reside deep in the soul, sparking a longing to change. Today let me enjoy the spiritual journey of transformation by remembering who I really am.

In today's world heads have become hot and hearts cold. It is time to turn this around to warm hearts full of compassion, care and kindness. Being silent internally and slowing down the numerous thoughts begins to bring these qualities to light again. When I learn to carry the experience of inner peace with me and display it at all times, then I can bring a warm heart to all situations. Today let me bring kindness to the world.

Ego makes me compare myself to others. Ego makes me enter the game of being better than/worse than or more deserving than or less deserving than others. Each of us is on our own journey, we have travelled unique paths and are here today as a product of all our experiences. I cannot compare myself to others. Today let me reclaim the uniqueness of my own journey and appreciate that it is custom-fit for me.

Everyone wants undivided attention. Attention is the rarest and purest form of generosity. By this definition, our relationships; to the world, to one another, and to ourselves are becoming increasingly miserly. Today let me give my undivided attention to what I am doing in every moment and to each person in front of me – including myself.

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

3. Poem

Affirmation of Dr. Peter Jepson-Young

I accept and absorb all the strength of the earth to keep my body hard and strong.

I accept and absorb all the energy of the sun to keep my mind sharp and bright.

I accept and absorb all life force of the oceans to cleanse my body to bring me life.

I accept and absorb all power of the wind to cleanse my spirit and bring me strength of purpose.

I accept and absorb all the mystery of the heavens because I'm a part of that vast unknown.

I believe god to be all these elements and the force that unites them.

From these elements I have come...to these elements I shall return, for the energy that is me will never be lost.

Dr. Peter

4. Quote or Question

“Only when we have established peace in our entire being can there be peace all over the world.” (Sri Chinmoy)

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...

In this beautifully written piece, a writer describes an experience in which she moved between two realities. When attacked and almost choked to death, she tuned into a presence that utterly transformed the experience and arguably saved her life. She begins her description of the event: "I read a story about how no animals were found among the dead after a tsunami; sensing the infinitesimal vibration of what was coming, they headed for higher ground. Even before I could grasp what was happening, it was as if the animal of my body and my physical brain was heading for higher ground, opening to receive help from above. Even before I glimpsed the light, my heart was opening to a kind of feeling that cannot be created or destroyed by anyone, only received." Here's how Tracy Cochran tells her story... <http://www.dailygood.org/story/452/the-night-i-died-tracy-cochran/> **Be The Change:** Today try tuning in to the subtle realities of the moment. You might even find that in doing so you are able to help someone else.

"Disaster reveals what else the world could be like - reveals the strength of that hope, that generosity and that solidarity. It reveals mutual aid as a default operating principle and civil society as something waiting in the wings when it's absent from the stage." In this interview with Rebecca Solnit, she explores the reasons behind the paradoxical truth that when disaster strikes, the better parts of our humanity arise in response. Her research indicates that, even in the face of great loss and difficulty, many touched by disaster find a renewed sense of place, purpose and community, as the need to work together calls us powerfully back to the present. <http://www.dailygood.org/story/463/rebecca-solnit-on-how-disasters-can-move-us-from-a-sense-of-self-interest-to-a-sense-of-community-mark-karlin/>. **Be The Change:** One of the most important resources we have in a disaster is: each other! Find an opportunity this week to get to know a neighbor better, and treat them to a random act of kindness.

Change the world; we hear those words thrown around quite frequently, and to some, the notion seems incredulous. However, if we take an inner approach, rather than an outer one, and transform our individual selves into adopting the qualities we wish to see in the world, then the task at hand won't seem as daunting. In the wise words of Mahatma Gandhi, "As human beings, our greatness lies not so much in being able to remake the world - that is the myth of the atomic age -- as in being able to remake ourselves." In this article, the Positivity Blog's, Henrik Edberg, addresses Gandhi's top ten fundamentals for changing the world. <http://www.dailygood.org/story/466/gandhi-s-10-rules-for-changing-the-world-henrik-edberg/> . **Be The Change:** Take some time today to do some self-reflection. Think of one thing you can work on, to create a positive shift within yourself; something you wish to see in others.

14. Watching Volcanoes Explode
18. A Lesson in Empathy

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 – Not Minding

I heard that Krishnamurti was asked the secret of his peacefulness. He replied “not minding, that no matter what happened, he simply did not mind.” What a great way to live. It reminds me of the Chinese story about the farmer, his son and the horse. They went through so many experiences that could have been judged unfortunate, but the old farmer always said --- not good, not bad; it is what it is. In the story everything that appeared to be a disaster eventually turned out to fortuitous. I may not be quoting the story exactly but the gist is clear. All is not what it appears to be and that a loving, benign universe is guiding us with wisdom greater than we could ever dream of. Our job is to get out of our own way, trust what shows up and enjoy the unimaginable benefits of living in the trust and the flow of Life / God / Consciousness.

Trusting what shows up is always for the best no matter what leads to peace of mind. Resisting what shows up leads to disengagement with the flow of life and the loss of creative, inspirational energy that flows into us when we are aligned with Life.

Basically Life is Love and Life loves you as part of its creation. Live in gratitude and trust of the process of Life—Universal Mind and watch what happens. When you do, Life starts to work on your behalf; it starts to cooperate with you. Once I decided to get out of my critical, analytical mind and start appreciating whatever showed up, I was amazed what showed up just got better and better. It became and continues to become more joyous, more exciting, more abundant and more creative. All I had to do was surrender to the will of Universal Mind and put my little, egoic, fearful mind aside. I needed to stop acting as if my mind was in control.

Gratitude is a big piece of process. No matter what, no matter how bad it appears-- say thank-you. Despite what you think, it is a gift, always. What you are presently experiencing may not be pleasant or anywhere close to what you wanted for your self, but Trust Life, trust Consciousness and Wait and See. Life is always on our side leading us to greater and greater God expression. We are always being moved forward, always. There is never a time when Life is working against us no matter how it may feel or how it may look to you. Trust the process and wait to see how evolution unfolds for you. We are always being moved into greater awareness of our existence in consciousness.

We do not have a life. We are Life. We are one with the consciousness that is everywhere, all knowing and all powerful. Our biggest illusion has been to believe that we are separate from the intelligent, loving, powerful energy called Life-God—Consciousness. Celebrate that awesome connection, your Beingness in every now moment. And remember “I Am Here Now.” My God Presence is here is this moment and every moment now.



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 – Life / Consciousness

If you look up the word “Life,” in any dictionary, you will find that it totally evades any real definition of what life is. It will provide characteristics of something that has life – ie. metabolism, growth or reproduction. It will talk about how the word is used in common language, all of which are a mis-use of the word. (Please note: because something is commonly used or done doesn't ever make it right or true.) But if an organism displays these characteristics of life, how did it receive them? How is reproduction possible? How is Life extended? Characteristics like words are merely pointers or indicators. They don't really define anything. They might attempt to describe it but they don't define it. So too, a symptom defines nothing, it's simply a common feature. So what is it that causes an organism to function? Some cultures might call it, Chi or Qi, Prana, Kaa, Energy, Spirit, Essence, Presence, God, Creator or Source; but aren't all these words attempting to describe the indescribable. Don't we tend to use words to convey an idea beyond our understanding? When we label something aren't we attempting to take “ownership” of it? In China, all potential Olympic Athletes have entered into a contract in which the State owns their body. If you were to investigate it, you might just find that the same is true of all taxpayers around the world. It seems that in our attempt to control our concept of God and have ownership of It we have by definition of the rules of the game that we created, managed to enslave ourselves, all for something we call *Individuality*. But is that possible? I suppose it depends on how you define yourself? After all, only I can give meaning to the meaningless.

Perhaps those who would define us have gotten the accent on the wrong syl-able. Let me ask you; do you own your body? Did you create it? If you didn't create it and can't substantiate that you did, how can you claim ownership of it? What about your Soul? What about that 1.5 ounces of Spiritual Essence that is eternal that transitions when the body is discarded? Who or what owns it? What about the subtle energetic field around your body we label the aura. Who owns that? Most of us, see the aura as separate from the physical body, but it isn't. Each and every day science is discovering more and more that the energetic field of the body is connected to all that is. The physical body is simply a denser, vibrational field that our sight can relate to. The human energy field is the most essential component of the body. The body relies upon a trickle-down effect of quantum information through the various subtle layers of the aura to function the body. Consequently, reliance upon sight to establish your world is insanity. For sight is not vision. Vision requires that you close your eyes and use more subtle senses. So, how does being a hybrid entity of primarily non-physical matter impact your concept of self? What does this do to our belief in appearance? Seems like, once again we have got any understanding of what it is we are, ass backwards. And that would tend to be consistent with most things and the fact that we are in denial about the fact that, we are in denial and that, *all ownership is sharing!* How can it be anything less if our true and subtle essence is connected to all that is? Each of you reading this article, is an aspect of me and I of you. This is the eye of the I.

We have chosen *individuality over Oneness or Wholeness or any thought of Completion*. Consequently, aren't we constantly searching (seeking) for someone or something to complete us, like some scavenging free radical electron, at least until a newer or more improved attraction comes along. This is the drama. And isn't this simply another attempt to evade the recognition of our *Wholeness or Holiness*? Yes Holiness! Many readers may prefer to evade this word holiness just as most dictionaries avoid defining the word, *life*. When we evade something, are we not fearful of it. The Institute for Heart Math will advise you that we are in a negative or fearful state 96.6% of the time. Are we fearful of our own holiness because intuitively we know that the belief system we have created will not withstand any real scrutiny and will collapse like a house of cards. After all, we created our belief system (superstitions) and we love what we create. Any good parent would, right? But how many of us really have the guts to ask, “So how is it working for me, so far?”

If all that I believed were true, would there be pain, suffering and torment? I don't think so! So, who is creating the pain, suffering and torment. The honest answer is, *I am!* It certainly isn't this unknown we call God, Creation or Source because it only creates like itself. It is the *Unconditional, Loving Presence* that flows through us and functions us that we refer to as, *Life*. The word “*unconditional*” we interpret as having the freedom to make our own choices. *But here is the rub*. The rube is allowed to make unholy and un-loving choices of self-destruction until they hit rock bottom and discover that all of their icons, all of their valuable possessions and all of the beliefs they created, have failed them. Out of the anguish and the torment there will come a point where we scream, “*There must be a better way.*” And in that holy instant, life proceeds from there, if we choose to listen. In my younger, and arrogant days I had a saying, “*If at first you can't get someone's attention, take a step back, give them a drop kick right in the crotch and once you have their attention, proceed from there.*” Well, *unconditional love* is a lot like that! Prior to *that Holy Instant* of plea-bargaining, Creation did not have our

Serving your personal journey toward enlightenment...

attention. We were unwilling and unloving participants in creation. Like a 747 jumbo airliner on auto-pilot to *It's Destination*, the software program is constantly making correction to ensure arrival at *It's Chosen Destination*. Whether we realize it or not so are we. (Note the use of the possessive form of It's.)

Life is a Learning Experience the function of which is to recognize your own holiness. (ACIM, W, Lesson 37) The recognition of your holiness immediately creates a recognition of what I call, "Whose Your Daddy!" With it comes an awareness of unlimited power because Creation can only create like Itself. From this simple, quiet recognition any prodigal son or daughter, "can remove all pain and end all sorrow and solve all problems. It can do so in connection with yourself and with anyone else. It is equal in its power to help anyone, because it is equal in its power to save anyone. If you are holy, so is everything God created. You are holy because all things He/She created are holy, and all things are holy because you are." (*ACIM, workbook, lesson 38) This is a different way of perceiving the world that brings peace and joy and love. *Life is everything and with it you have everything.* Please consider that as I will, the next time the ego has us caught up in some new distraction/drama that we must have, be or do!

So, after all this, what is Life? I have no idea. But I do know that I should learn to Trust It. Recognition, Trust, Love, Peace and Joy these are all components of stages of consciousness that result when the ego is out-shined and we proceed home along the journey of no distance.



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 – A Smile Is A Holy Invitation

Simply smile as we happily rejoice with you....We do smile at your progress, and remind you that your course is charted already. It is only the speed at which you will move forward that is somewhat uncertain now.

That much is happening "behind the scenes" is quite right. Remember to keep smiling - it lights up any room you enter, and draws others to you. Your smile represents your Holy

Energy - it literally is an invitation to others to join in this Energy with you. Invite others to join with you, then, and notice the results.



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 – We Are All Born with the Natural Ability to Laugh

We are all born with the natural ability to laugh - studies have shown that all babies start laughing when they are a few months old and children laugh several hundred times a day, but as we age, our laughter becomes tied to reasons such as happiness or comedy, so it gets lost under layers of seriousness, responsibility, and life's challenges. When children laugh, we don't comment on their sense of humour or question what the joke was. They are laughing unconditionally!



Laughter is too important to leave up to chance and conditions - join us to connect with your child-like playfulness and have a fun workout while laughing unconditionally to de-stress, play, empty your mind and be in the present moment. You'll be glad you did, especially if you didn't feel like laughing.

Please look for a laughter yoga club near you and join in on the fun. If you are in the Hamilton, Ontario area, please join me for some serious belly laughing, at my expense.

Concession on the Mountain Laughter Yoga Club
When: June 25, July 9 & 23
(every second and fourth Tuesday)
Where: Outside at Sam Lawrence park
(west of Upper Wellington on Concession and on the
west side of the driveway into the parking lot)
Free parking
Time: 7pm – 8pm

Bring a water, a blanket/yoga mat/or chair for our
laughter/relaxation meditation
If it's raining there will not be a class
HOOO HAAAAA!!!



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 – July 2013

When was the last time you consciously took a moment to appreciate yourselves? When was it that you last blessed the earth, your hearts and your bodies with the precious Light of divine goodness? When was your last expression of gratitude and love for your life and your gifts?

It is true that the nature of time in your world is changing. It may seem that it is accelerating and that you do not enjoy the same length of hours and days as on previous occasions. You may think that there are very few opportunities given to you to stop your brisk actions and rapid mind patterns in order to create a stillness of love, thankfulness and appreciation. Yet, in truth, you are not dependent on time to do so.

Taking a moment to remind yourselves that you are Love, is not based on time. That idea is merely an illusion. When you unfold into the very environment of Love, you are outside of time. You move away from any concept of time, for the moment you are consciously immersed in Love, you are erasing the expression of boundary, be it material or temporal.

The language of unity speaks of entirety and inclusiveness, for it represents the "All". Unity dismisses division and celebrates wholeness. As the heightened awareness of your people brings forth the realization that all is created by Love, the concept of time begins to dissipate.

Let us present the following example.

Imagine that you are choosing how to watch a beautiful sunset which is taking place near the water. On one hand, you may choose to be aware of time, expressing your concern that soon the sun will set and that you only have a few moments to enjoy this splendour. On the other hand, you may choose to let yourself go with your feeling nature into the very beauty of the sunset. In this second choice, you lift yourself up and into something greater than you immediate self, and, in so doing and for that moment, you release the concept of time.

With this small illustration we ask you to contemplate the following: as the great energies of spiritual understanding and expression become more prevalent within the hearts and minds of your citizens, a more expansive way of universal living is being witnessed. The more profound the experiencing of this sacred unfoldment, the less important the living in linear Earth time.

"Will this not create chaos?" you might ask. No. On the contrary. This movement into a higher spiritual understanding, which simultaneously encourages the dissipation of linear time, will foster unity among your people and all other creation upon your planet. Each instant you direct your love and gratitude towards the Creator and all creation, including yourselves, you move into a time-less world wherein a greater liberty of Light, Love and Intelligence is revered. The more your people choose to abide in the resplendent world of the God-Source, the deeper the unfoldment into a vast and timeless dimension of divine expression.

Hence we ask you to take this moment to love, to give thanks and to bless all life, understanding that this very moment has been transformed into the eternal present.



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 – Wind's Breath

"I am the Mysterious One;
You feel but can't touch;
You know but can't see.
In Me, you breathe.

I am the Connector
To all Living
Ever flowing, moving
In Me, you are One.

I am Life
Invigorating, Expanding,
Revitalizing Energy.
In Me, you live.

Now,
I am suffocating
With gases unknown,
Poisons and pollutants clog my throat.
In you, I die.

Keepers of the sacred tear, listen."



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

12. Robyn Lebron – Jainism

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

We continue to travel forward in time to discover our next religion: *Jainism*. A Jain is a follower of *Jinas* meaning "conquerors". Jains believe they are spiritually advanced human beings who discover the *dharma* (truth), become fully liberated and teach the spiritual path to benefit all living beings. Practicing Jains follow the teachings of 24 special Jinas who are known as *Tirthankaras* (ford-builders), or "those who have discovered and show the way to salvation". Jains compare the process of becoming a pure soul to crossing a swift river, an endeavor requiring patience and care. A ford-builder has already crossed the river and can therefore guide others. The first Tirthankara appeared prior to the Indus Valley Civilization (2600–1900 BCE). The swastika symbol (later used by Hitler) and statues resembling Jain monks, which archaeologists have found among the remains of the Indus Valley Civilization, tend to support this claim. A Tirthankara is known as "one who has gotten rid of all attachments". He then establishes a religious order of monks, nuns

Serving your personal journey toward enlightenment...

and laypeople and preaches the Jain philosophy, religion, ethics, etc. to his followers. No two Tirthankaras have lived at the same time. Generally a Tirthankara is born when the religion is at its depression state. He revives the same philosophy and religion at that time. Sometimes he gives a different form to the religion depending upon the time, place, and human behavior. This state of being might be compared to the prophets of other religions. Jains do not worship the Tirthankaras themselves. They venerate them because they have achieved perfection, and have become liberated from the cycle of birth and death. Essentially, Jains venerate what they have achieved. The Tirthankaras are the ideal state of an individual soul's existence, and are venerated as a perfect example for Jains to aspire to.

Jainism believes that the universe and all its substances or entities are eternal. It has no beginning or end with respect to time. There is no need of someone to create or manage the affairs of the universe. The universe is run on its own accord by its own cosmic laws. Jains ascribe to the belief in plural life forms populating a layered universe with hell-beings at the base, humans and animals in the middle region, with liberated beings in the upper or heavenly domains. Each soul is an individual, quite independent of other souls. This is different from one of the Hindu schools of belief where each soul is part of a single ultimate reality. The Jain faith teaches that there are infinite souls in the universe -- every thing with life, no matter how small, has a soul. The souls have been part of the universe, and involved in the cycle of birth and death since the beginning of time. They believe that souls can end the cycle of reincarnation once they achieve liberation. To achieve this liberation, one must conquer all of his karmas and can attain salvation only by freeing the soul through the practice of "*The Three Jewels*" of right perception, right knowledge, and right conduct. Karma in Jainism has a different meaning than commonly understood in the Hindu philosophy. It is not the inaccessible force that controls the fate of living beings in inexplicable ways. It does not mean "deed", "work", nor invisible, mystical force, but a complex of very fine sub-atomic matter, imperceptible to the senses, which interacts with the soul, causing great changes. Karma, then, is *something material* which produces certain conditions, like a medical pill has certain effects. Karma in Jainism is a system of laws, but physical rather than moral laws. In Jainism, actions that carry moral significance are considered to cause *physical* consequences in just the same way as physical actions do. Jainism begins with a serious concern for the human soul, its relationship with the laws governing the universe, other living beings, and to the soul's future state in eternity. First and foremost, it is a religion of the heart: "the golden rule" is nonviolence in all parts of a person -- mental, verbal, and physical. Jains have deep compassion for all forms of life.

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.

"As many small trickles of water feed the mightiest of rivers, the growing number of individuals and organizations practicing servant-leadership has increased into a torrent, one that carries with it a deep current of meaning and passion. Robert K. Greenleaf's idea of servant-leadership, now in its fourth decade as a concept bearing that name, continues to create a quiet revolution in workplaces around the world. Since the time of the Industrial Revolution, managers have tended to view people as tools, while organizations have considered workers as cogs in a machine. In the past few decades we have witnessed a shift in that long-held view." Read on to learn more about servant leadership and its growing impact. <http://www.dailygood.org/story/447/the-10-gifts-of-a-servant-leader-larry-spears/> **Be The Change:** Pick one of the characteristics of servant leadership listed in the above article and put it into practice today.

"In having been in the field of dying for many years, I have frequently encountered the tragic limitations of dying in America. Our lives are an ongoing opportunity for us to realize compassion in the world and to really be a benefit to others. How extraordinary at the moment of death we have this opportunity to unify with our basic nature." Joan Halifax, a "midwife to the dying", has spent over 35 years witnessing, documenting, and being a caregiver during the deaths of hundreds of people. In these rare and very intimate moments, she has come to view death as graceful part of the natural order of things. In this interview she sheds light on the birth of the palliative care and hospice movement, and how the merging of spiritual and practical care is subtly changing the experience of death in America.

<http://www.dailygood.org/story/433/a-midwife-to-the-dying-krista-tippett-in-conversation-with-joan-halifax/> **Be The Change:** A man named Rodney with Down's Syndrome passed away last week at 37. His stepmother shared "Ten Things To Live By As Taught By Rodney" at his memorial service yesterday. Read his sweet collection of life tips, reflect on our transience, and reconnect with your capacity to sow seeds of goodness in each of life's moments unto the last. <http://www.helpothers.org/story.php?sid=47038>

"The evidence is plentiful these days that distracted people cause harm to themselves and to others. We read reports of fatal train accidents caused by the engineer texting and of commercial flights crashing because pilots were chatting. Pedestrians and drivers are killed because they're on the phone. We need look no further than ourselves to observe distraction. How long can you focus on any activity these days? How many pages can you read before wandering off? How many other things are you doing while you're listening to a conference call? Do you still take time for open-ended conversations with friends, colleagues, or your children?" In this powerful essay, Margaret Wheatley examines the insidious effects of the "interruption technologies" that riddle our daily lives and offers up "the practice of three difficulties" for restoring balance. <http://www.dailygood.org/story/449/living-in-the-age-of-distraction-margaret-wheatley/> **Be The Change:** Experiment with "the three difficulties" called out in the article above. Start now.

Remember the time when someone let you cut in line at the grocery store because you only had one item to pay for? How about that day on the subway when you witnessed a seemingly self-absorbed teenager, glued to his iPod, giving up his seat for an elderly lady with a cane? These stories stay with us because they are reminders that, even in the face of adversity and darkness we have a shining capacity to do good. Often they inspire us to pay-it-forward by creating our own random acts of kindness. Read on for 24 recent stories of small, yet powerful acts of kindness. They just might inspire you to keep the ripples of kindness flowing by doing something generous for a stranger this week.

<http://www.dailygood.org/more.php?n=5488> **Be The Change:** Create your own ripples of kindness today. Check out this site for creative ideas! <http://www.helpothers.org/ideas.php>

How do you know what your calling is? And how do you make it happen? Echoing Green has interviewed hundreds of social entrepreneurs over the last 25 years who each found their purpose and manifested it in the world. From their stories, Echoing Green culled ten principles for identifying your purpose and putting it into action. Read on to learn what

Serving your personal journey toward enlightenment...

the ten principles are. <http://www.dailygood.org/story/455/10-principles-of-work-on-purpose-echoing-green/> **Be The Change:** Select three of the principles on the Echoing Green list and put them into action.

Psychology professor Sonja Lyubomirsky is an expert on the subject of our most common happiness myths. One pervasive myth is that a desired change in lifestyle such as getting married or striking it rich will make us irrevocably happy. Research has shown that while these events may cause happiness in the short term, their positive effects are unlikely to last as long as we might hope. A second myth is that a number of eventualities could result in our permanent unhappiness -- such as a cherished dream being unfulfilled. But the truth is, by and large people are quite effective at normalizing both positive and negative change. This phenomenon is termed "hedonic adaptation", and ensures that nothing is really as joy-producing or misery-inducing as we think it may be. This fascinating article shares more. <http://www.dailygood.org/story/453/debunking-the-myths-of-happiness-jason-marsh/> **Be The Change:** Brainstorm the 3 factors in your control that impact your happiness the most and try your best to cultivate those factors this week!

"I was going through airport security the other month, participating in the grind of pulling out my laptop and my Ziploc baggie full of plastic bottles, and removing my belt and my shoes and my watch and my jacket and trying to fit them all into the plastic bin in such a way that nothing would fall out as it went through its screening. On the other side, I quickly gathered my belongings so they wouldn't get run over by the oncoming stream of objects. I started shuffling forward with my shoes half on and my arms weighed down by my scattering of possessions. As I glanced up, I saw a group of chairs and tables with an accompanying sign that read "Recombobulation Area." "Ha!" I grunted with laughter and relief. "How perfect is that!" In this lovely, short piece, a writer reminds us that approaching potentially frustrating situations with a dash of humor, can boost our growth in pleasantly surprising ways. <http://www.dailygood.org/story/456/humor-as-spiritual-practice-karen-horneffer-ginter/> **Be The Change:** The next time you feel frustration brewing, redirect your mind to its "Recombobulation Area" and find the humor in the situation.

"Question: before refrigerators, what did people do when they had too much food? Answer: they threw a party!" What happens when we adopt an attitude of abundance, and embrace this natural phenomenon in our lives? In this excerpt from his keynote address at the International Conference on the Commons, Roberto Verzola explores 10 connections between systems of abundance and the re-emerging "commons" - resources, goods, ideas, information and more that are shared for the benefit of all. <http://www.dailygood.org/story/149/10-hypotheses-about-abundance-and-the-commons-roberto-verzola/> **Be The Change:** Identify one source of abundance in your life - be it resources, ideas, information, goods or good vibes - and share your abundance with someone this week!

I run a hotel in London. During the problems with the now infamous ash cloud, I spent the morning listening to people calling in to a radio show on London's LBC radio station to tell their stories of woe. The story that struck me the most was a call from a man named Peter who had just gotten married the previous weekend to Maz. They were due to leave for their honeymoon to the Dominican Republic but could not due to the ash cloud. When James O'Brien, the radio presenter, asked if he was upset, Peter said: 'Not at all, I've married the loveliest girl in the world whom I adore so no I'm not unhappy at all'. A little later, after numerous cancellations due to people not being able to travel, I had an idea and called the LBC station. Read on to find out how an Icelandic volcano eruption enabled a stranger to act generously, eventually snowballing to affect others. <http://www.helpothers.org/story.php?sid=21818> **Be The Change:** Look for ways to turn an unexpected situation into an opportunity for generosity and kindness.

In this beautifully written piece, a writer describes an experience in which she moved between two realities. When attacked and almost choked to death, she tuned into a presence that utterly transformed the experience and arguably saved her life. She begins her description of the event: "I read a story about how no animals were found among the dead after a tsunami; sensing the infinitesimal vibration of what was coming, they headed for higher ground. Even before I could grasp what was happening, it was as if the animal of my body and my physical brain was heading for higher ground, opening to receive help from above. Even before I glimpsed the light, my heart was opening to a kind of feeling that cannot be created or destroyed by anyone, only received." Here's how Tracy Cochran tells her story... <http://www.dailygood.org/story/452/the-night-i-died-tracy-cochran/> **Be The Change:** Today try tuning in to the subtle realities of the moment. You might even find that in doing so you are able to help someone else.

"We start out in life thinking that we're awesome. We can dance in public as 5-year-olds and not care what others think of us. By the time we're adults, that's driven out of us." We doubt, judge, and criticize ourselves as we strive for happiness. In this article, Leo Babauta discusses how to reclaim contentment and why it can be a better thing to strive for than happiness. In this piece the author of Zen Habits discusses the role of self-trust in attaining contentment, and offers up three helpful practices. <http://www.dailygood.org/story/460/a-guide-to-practical-contentment-leo-babauta/>. **Be The**

Serving your personal journey toward enlightenment...

Change: Today, experiment with switching your focus from pursuing happiness to finding contentment. How does your new mindset affect how you respond to the events of the day?

To the uninitiated, his persona -- a soft German-accented voice, his boyish visage, his love of vests -- doesn't exactly scream 'guru!' Yet Tolle is one of the world's most popular spiritual teachers and a literary powerhouse whose best-selling books 'The Power of Now' and 'A New Earth' have influenced millions. Born in Germany, educated at the universities of London and Cambridge, Tolle writes and lectures on the evolution of human consciousness. His work synthesizes many world views and spiritual teachings, including those of Buddhism, the New Testament, the Bhagavad Gita, and the German mystic Bo Yin Ra -- all delivered with wry, gentle insights. In this engaging interview, Tolle addresses complex topics with simplicity and grace, and brings clarity to the true importance of living in the present moment, and striving for balance within one's self. <http://www.dailygood.org/story/461/eckhart-tolle-the-easier-path-spirituality-and-health-magazine/> **Be The Change:** When you find yourself in a situation that prompts your mind to engage in negativity, take that opportunity to practice 'observing presence.

"Disaster reveals what else the world could be like - reveals the strength of that hope, that generosity and that solidarity. It reveals mutual aid as a default operating principle and civil society as something waiting in the wings when it's absent from the stage." In this interview with Rebecca Solnit, she explores the reasons behind the paradoxical truth that when disaster strikes, the better parts of our humanity arise in response. Her research indicates that, even in the face of great loss and difficulty, many touched by disaster find a renewed sense of place, purpose and community, as the need to work together calls us powerfully back to the present. <http://www.dailygood.org/story/463/rebecca-solnit-on-how-disasters-can-move-us-from-a-sense-of-self-interest-to-a-sense-of-community-mark-karlin/>. **Be The Change:** One of the most important resources we have in a disaster is: each other! Find an opportunity this week to get to know a neighbor better, and treat them to a random act of kindness.

Radical Generosity is based on the idea of a gift economy in which the primary question is, "how can I serve you?" rather than, "how can you help me?" It's a shift from 'me' to 'you,' practiced in countless different ways by people all over the world. Some pass along a smile, a kind word, or an anonymous gift of flowers. A bread-maker asks that you pay only what you think his product is worth; a restaurant gifts you a meal and invites you to contribute for the next diner; a filmmaker documents the lives of everyday people at no charge. Anthropologists remind us that a communal sense has deeper roots than our modern self-centric, individualistic social structures. Gift economy practices strive to bring generosity of heart into the playing field of day-to-day living in a game that anyone can play. This thoughtful article shares more. <http://www.dailygood.org/story/465/radical-generosity-paul-van-slambrouck/>. **Be The Change:** Experiment this week with the gift of friendship to someone who needs a friend.

Change the world; we hear those words thrown around quite frequently, and to some, the notion seems incredulous. However, if we take an inner approach, rather than an outer one, and transform our individual selves into adopting the qualities we wish to see in the world, then the task at hand won't seem as daunting. In the wise words of Mahatma Gandhi, "As human beings, our greatness lies not so much in being able to remake the world -- that is the myth of the atomic age -- as in being able to remake ourselves." In this article, the Positivity Blog's, Henrik Edberg, addresses Gandhi's top ten fundamentals for changing the world. <http://www.dailygood.org/story/466/gandhi-s-10-rules-for-changing-the-world-henrik-edberg/>. **Be The Change:** Take some time today to do some self-reflection. Think of one thing you can work on, to create a positive shift within yourself; something you wish to see in others.

"While making tacos one evening several years ago, I heard the pitter-patter of my son's toddler toes scampering toward me, paired with a hearty, mischievous giggle. I remember thinking, "I wonder what's so funny...He's been so quiet, playing all by himself." A quiet toddler? Playing by himself? For 30 minutes? I should have known better: rookie mistake. I turned to greet my then 16-month-old and was shocked to see a sticky, drippy and bronzed version of him stumbling toward me - - one chubby hand reaching out for me, the other white-knuckling an empty 16-ounce jar of molasses..." A mother discovers the beautiful side of messes and how they can be reframed from unfortunate events to an essential part of our own evolution and creative discovery. <http://www.dailygood.org/story/467/lessons-from-messes-amy-george-rush/> **Be The Change:** The next time an unfortunate event derails your day, consider the silver lining and the impact it may have on your life.

Change happens when we think differently about the stories that we hold about ourselves and others. In the case of best-selling author, Dr. Rachel Naomi Remen, her approach to medicine changed when she stopped perceiving her patients as broken beings who needed to be fixed, but rather, as "an infinite number of tiny sparks of wholeness" that merely need to be restored to their complete state. In this beautiful piece Dr. Remen shares an ancient story of wholeness, and uses it to

Serving your personal journey toward enlightenment...

redefine what it means to create change within oneself, one's organization and the world.

<http://www.dailygood.org/story/470/a-story-for-people-who-want-to-change-the-world-rachel-naomi-remen/> **Be The**

Change: Remember your power to heal and make a difference. Listen to, and tell, a different story. At work, with your family, or even on the sidewalk, try to uncover the hidden wholeness rather than trying to fix.

14. Watching Volcanoes Explode

Reprinted from www.awakin.org.

<http://www.awakin.org/read/view.php?tid=617>

--by [Vimala Thakar](#) (Mar 23, 2009)

We must become deeply aware of our bondage if we value freedom. We begin to watch our behavior throughout the day; we notice the fear, the anxieties, how much behavior is controlled by acquisitiveness, how we compare ourselves with others and want to become something that we are not. When we watch our own lives, then there is the pain and agony that the awareness of the bondage creates. If we don't observe this in ourselves, we are only theorizing about freedom. [...]



As long as we cling to the idea that this is "my mind, my own personal mind," we'll have a strong tendency to want to look as good as possible. But if we observe the mind, from a nonpersonal viewpoint, from the perspective of nonownership, simply observe our minds and how they function, we'll be less trapped by judgments.

To be attentive to the psychological structure doesn't mean we must disappear somewhere and give up all relationships, responsibilities. The aim is to stay within the movement of relationships, to continue with work, to be a responsible citizen and to be attentive to the play of the mind. But we'll have to be very alert, for the mind is subtle, wily, full of tricks.

It's a tremendous thrill to see the beginnings of anger or jealousy or greed, not simply to be caught unawares when the emotion is full-blown and has us in its grasp, but to see the first tiny movements of emotion. Where does it spread, what does it do to our behavior? Just as there is joy in exploring the unknown wildness, there is a delight in exploring the inner territory, in watching the volcanoes explode without any movement of defense, judgment, sense of ownership.

If we have never observed anger in ourselves from subtle beginnings to full explosion, we will always be caught in its force. We may try to suppress the behavior of anger, but still it will do its damage and we will not be free from it.

Attentiveness without any movement of the defense structure has its own intelligence. But the automatic tendency is to bring in defenses, judgments and to move from observation to justification, evaluation. We may say to ourselves, "My mother or my father was an angry person. I can't help it; I've had an unhappy childhood, I am an angry person because of that." [...] All the explanations, justifications may be true, but they prevent direct perception of what it is that anger does to our bodies, to relationships, to the work we do.

- Vimala Thakar, from 'Ego: Emergence and Merging Back of the "I" Process'

15. A Tribute to Rodney: Ten Things to Live By

Reprinted from www.HelpOthers.org.

--posted by Carol V on Jun 5, 2013



I just lost my stepson last week. He was 37. I had been with him for 9 years and two years ago, when his father died, I became his guardian.

Rodney had down syndrome and was delightful. Today is his memorial service and we plan to have some readings along this very theme. It reminds me of how lucky we were that Rodney taught us this in person.

I wrote a poem for him, that I'll read at the service and then we're going to listen to the Beach Boys and have root beer floats (two of his favorite things). Thank you for this.

Ten Things to Live By As Taught by Rodney

Throw back your head and enjoy life

Laugh until the tears come

Dance while the music is playing

Give hugs to anyone who needs one

Taste everything good

Cuddle the animals

Never pass up an opportunity for a friend

Smile really big

Remember to say you're sorry

AND YES, ENJOY LIFE!

16. Eye of the Whale

Reprinted from www.KarmaTube.org.

Bryan Austin takes portraits and, like all top portrait photographers, works intimately with his subjects. Bryan's models, however, are enormous whales who approach him in the open water. Stitching together scores of shots taken only a few feet from the whales, he produces life-sized prints in stunningly high resolution. "Capturing the eye is central" to the portrait, says Bryan. "It is a way for two minds to connect." The photographs are exhibited in whaling nations to peacefully inspire a moratorium on whale slaughter. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2723>.

17. The Light that Shines

Reprinted from www.KarmaTube.org.

Portraiture is a risky and subtle art. The artist is expected to reveal something true and essential about their subject. But then, some stories tell themselves easily and some models' cannot hide their inner nature. This film follows photographer Sue Bryce's portrait work with Jill Brzezinski-Conley, a young woman already disfigured by radical surgical intervention and shaken by the incurable metastasis of her breast cancer. Sue, Jill, and Jill's closest friends reveal that mortality cannot steal beauty, power, personal integrity, or love from one who embraces and is embraced by the world. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3801>.

18. A Lesson in Empathy

Reprinted from www.KarmaTube.org.

Our lives intersect with others all day, everyday. Sometimes we know these other lives well; frequently, though, the points of connection are brief and transient. Who are these people? How might they tell their own stories? What thoughts preoccupy their minds? What joys and troubles are coursing through their feelings? This short film, produced by the Cleveland Clinic, reminds us that empathy is our tool for beginning to know these things. It asks the question: If we could catch a glimpse of others' stories, would we treat them differently? Follow this link to the video... <http://www.karmatube.org/videos.php?id=3918>.

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.

19. 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.

20. 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.

21. 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@servinyourjourney.com.

All workshops will skillfully blend personal reflective time with facilitated reflection circles to provide the opportunity for discussion with other participants.

Unless otherwise stated, all workshops will be held at the Subud Centre, 357 Wilmont Avenue, Ottawa (at Churchill Avenue, one block South of Scott Street). Please bring any food, snacks and/or refreshments you will need throughout the day. There are kitchen facilities available, with running water, and a fridge you can keep your food, snacks and refreshments in.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece, shawl or blanket. The sedentary nature of the day may result in you wanting to add layers to stay warm. Also consider bringing your favorite cushion or pillow for sitting on the floor.

* The cost of the workshop includes a workbook that you will use throughout the day and then take home with you.

22. Spirituality Discussion Groups

Spiritual Guidance leads [discussion groups](#) on spirituality in Ottawa, Canada. If you or someone you know is interested in participating in these discussion groups, please contact us at rmeagher@servinyourjourney.com or 613-204-0299. You can also register your interest on the ‘Services’ page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>). One of these discussion groups is a [Youth Spirituality Discussion Group](#) for spiritually-oriented youth aged 15-25.

Serving your personal journey toward enlightenment...

23. 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.

24. 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

25. 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=_s-xclick&hosted_button_id=GRP5RLXSVRDFS). If the donation link does not work when you click on it, please copy and paste the link into your web browser.

OR

3. Please make your cheque payable to "Spiritual Guidance" and mail it to:

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

Please note that Spiritual Guidance is not a registered not-for-profit or charitable organization at this time. Therefore, we will not be able to provide you with a receipt for taxation purposes.

Love and gratitude for your support and generosity.

26. 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@servinyourjourney.com.
Cost: Invited donation of \$10 (or more) to defray facility rental cost.
Food: Your contribution of light snacks for the social will be gratefully received.



You are invited to join us for 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@servinyourjourney.com, or visit www.servinyourjourney.com.

27. 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@servinyourjourney.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@servinyourjourney.com or 613-204-0299. You can also register your interest by going to <http://www.servinyourjourney.com/page04.html> and entering your email address in the appropriate registration form.

28. OM Websites

OM Websites is an extension of the Spiritual Guidance ministry and serves the entrepreneur and business owner by developing, enhancing and maintaining your website and social media marketing presence. OM Websites offers a full range of services to help you build your website and social media marketing presence, with a focus on giving you the tools and ability to maintain your own website and social media marketing initiatives. Visit the [Services](#) page (<http://www.omwebsites.com/Services.html>) for more details. OM Websites specializes in building websites and social media marketing profiles and presences for those businesses and people who offer products and services that are spiritually-oriented.

29. 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

30. 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

31. 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.

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.

Serving your personal journey toward enlightenment...

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*.

(All material and written word copyright © Richard Harvey/Therapy & Spirituality 2013)

--

Richard Harvey
Mob: Spain (0034) 680 741 108
Tel: Spain (0034) 958 953 033
www.therapyandspirituality.com/

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA
613-204-0299

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](#)

Linked In: ca.linkedin.com/in/robertmeagher