

Serving your personal journey toward enlightenment...

***Our soul intention for this e-newsletter is to create a positive, uplifting, inspiring and spirit-filled message (in amongst the conventionally-perceived journalism practiced today). We extend this offering to you and hope, if only for a moment in time, we provide a hint of another reality that is there for your embracing. Enjoy!***

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

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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Building Spiritual Muscle

*“Today we tend toward increasingly superficial, materialistic, egocentric practices and orientation—fast food, fast sex, fast cars, fast life, fast therapy, fast spirituality. Patience is becoming rare, tolerance rarer, constancy rarer still, and presence in the ongoing process of life without attachments to an outcome and a result is all but entirely annihilated.”*

... Richard Harvey, lecture: *Crucible of Awakening*, June 18, 2013

At an ever-increasing rate, precious souls are finding their way to me with some of these common conditions: unhappiness; discontent; anger; depression; and a host of other conditions which may generally be described as a low level, but growing, malaise. The conversation always invites me to ask these dear souls what their spiritual practice consists of.

One dear soul informed me of a plethora of practices and faith communities they lend their belief system to. When I asked how these practices and beliefs manifest themselves in their daily life, the response I received was... “Daily!?...I sometimes go for weeks without having any interaction with these communities and corresponding faith practices.”

Another dear soul shared with me how their life was full of extremes of highs and lows. They went on to share that whenever they were at a low in their life, they turned to sacred scripture to help move them back to a place of peace. I asked them if they continued to study their sacred scripture when they were in a place of peace. Their response was... “Why would I do that!? When I’m at peace, why would I read sacred scripture? When I’m at peace, I don’t need any of this spiritual stuff.” I smiled gently and asked this dear soul... “Why is it you are using God as a spare tire? Why not let God drive the car?” My question was met with a blank stare, your characteristic deer-in-the-headlights-look when someone has been awakened to a new truth about themselves.

I am increasingly curious by seekers expressing confusion about the relationship between their inner peace and their spiritual practice. When should I practice? Where should I practice? What should I practice? How often should I practice? How do I develop the discipline and dedication to maintain a spiritual practice that brings me peace?

At a recent discussion group, another dear soul asked me “How do I build spiritual muscle?” I asked this person how one normally builds physical muscle. Their response was “Well...one goes to the gym on a regular basis or engages in some other form of physical exercise.” I responded back, “That’s exactly how you build spiritual muscle. You show up at designated place for your workout and you ‘pump iron’! And you commit yourself to a regular schedule for these workouts.”

The when, where, what, how long and how often of these workouts is entirely up to each individual soul. But you are invited to create a spiritual workout that works for you, that resonates with you. Maybe you will pray, meditate or do yoga on a regular basis. Maybe your form of building spiritual muscle involves going to services at your local faith/spiritual community, or reading sacred scripture or teachings. Whatever the form that works for you, practice it with dedication and discipline. For insight to many possible spiritual practices to enjoy, refer to the article “Spiritual Practice” at [http://www.servingyourjourney.com/Spiritual\\_Practice\\_v5.pdf](http://www.servingyourjourney.com/Spiritual_Practice_v5.pdf).

While it is written that some spiritual adepts transformed themselves into spiritual masters in an instant, for many it takes a lifetime of dedication and effort. I am blessed to devote a minimum of 10 hours of my 24-hour day to conscious spiritual practice—to building my spiritual muscle (most days I devote 12+ hours of my 24-hour day to conscious spiritual practice). From the gratitude practice that begins my day, to my daily yoga, meditation, reading of sacred scriptures and other spiritual literature, to my daily ministry of service, to the prayer and meditation that ends my day, I use these times to bring me out of the world of the ego and materialism and into a relationship with my God-self.



To devote so much time on a daily basis to spiritual practice may not seem possible for some (perhaps many). I know my daily 10-hour-spiritual-practice is a minimum requirement to enable me to stay in my heart space. For you it may require much less time on a daily basis. And if that's the case, that's great! Whatever works for you, is what works for you. But find what works for you, build your workout regimen, commit yourself to your workouts, and stick with it. Your heart and soul will thank you for it...and so will everyone else.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

Give quality time to what you cherish. Many of us give our leftover energy to our loved ones or to our spiritual study or practice at the end of a long day. When I cherish something I give it my best. Today let me remind myself of what I cherish.

There is a difference between silence and stillness. I enter silence by choosing to concentrate my awareness beyond words and noise. I can use my thoughts to get to silence but then, if I am able to hold the silence, I will become still. The mind becomes still when it is absorbed in awareness. Then I am not thinking. I am aware. In the stillness the mind is refreshed and the soul can experience eternity. Today let me be still.

Knowledge becomes wisdom when I apply theory in action. A great spiritual principle or concept will become mine only when I apply it continuously. Today let me choose a spiritual principle and apply it practically.

When I sit as an observer, just slightly back from the action in front of me, I have an extra minute to see what's going on before responding. From the quiet space within myself I can be detached yet fully engaged. Only from a slightly detached vantage point can I respond wisely. Today let me practice being in the awareness of the observer.

On the basis of your thinking, your actions follow accordingly. What I think about becomes what I do. When I understand this secret of consciousness, I can be very careful to ensure my thoughts are worthy of becoming actions. Today let me create quality actions by creating quality thoughts.

If I am experiencing inner tension of some kind it is generated by waste thinking. Waste thoughts are based on fear, insecurity and doubt and they cripple my confidence and happiness. To be free of waste thoughts, I must first recognize them. Then each time they arise I can choose to replace them with a quality thought. Repeating this process over time will strengthen my capacity to reduce waste. Today let me start reducing waste thoughts.

This is the time to be aware of the difference between what is original and true in me and what is acquired and false. I feel inspired when I experience the part of me that is pure and original. To lose track of the truth that is deeply embedded inside of me is to lose clarity and spiritual perspective. Today let me keep the truth inside of me alive.

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Thoughts are like seeds. They permeate awareness, attitude, vision, speech, and action. It is said 'As you sow, so shall you reap.' This saying is often applied to actions, however before action, I sow the seed of thought, and it is the seed of thought that bears fruit through actions. Today let me sow powerful thoughts as seeds for noble and inspirational actions.

The highest spiritual investment I can make is in creating and maintaining high quality relationships. Often we invest quality energy in 2 or 3 special relationships in life and pay less attention to others. However ideally I would create quality relationships with everyone I meet. Even a short interaction with another human being can be of high quality, in this way ensuring that I remain in high quality energy throughout the day. Today let me be aware of my interactions.

Detach from outcomes. Detachment means that I give my best, I give love, I give support in all situations, and then detach myself from the outcome. When I am attached to an outcome I have expectations. These can lead to manipulation or the desire to control situations or others. Today let me give my best and detach from expectations.

Learning the art of acceptance is a rich and rewarding experience. There are many challenges to acceptance in a single day. When I practice accepting that other people have different rhythms to mine, I can enjoy harmonizing with them. When I understand that I cannot fix anyone's life, I just let it be! When I commit myself to acceptance I stop interfering with others' journeys unless I am invited. Today let me step back, slow down my thoughts and learn the art of acceptance.

Are you too late? What is the experience when I miss a train or a plane? "Oh I missed it!" or "I was too late!" And there is a feeling of regret. In that moment I recall all the decisions made that lead me to be too late. In the same way, there are many opportunities to love, to give, to make spiritual effort and to have discipline to do the right thing. Am I making the right decisions to avoid that "too late" feeling? Today let me be "on time" to take every opportunity to do what is right.

There is a question which challenges the very basis of our life and how we live. "Are you a physical being having the occasional spiritual experience or are you a spiritual being having a frequent physical experience?" In the simplest of terms we either live a material life or a spiritual life. Can the two be mixed? Well it depends on what we mean by spiritual, as 'spirituality' is not religious and it has little to do with spiritualism! Many believe they can be 'material' and 'spiritual' at the same time. Am I a physical being or a spiritual being?

There is a signal that tells us how wise or unwise we are in our ways. If we react emotionally to any external situation, person or event, it is a sign that we are trying to control what we can never control. Any 'reaction' usually means there is some resistance and therefore an absence of acceptance and therefore a wish to control. All events are usually in the past and more often than not involve other people, and the two things in life that cannot be controlled or changed are the past and other people.

Every time I take sorrow I become an instrument to give sorrow. Sorrow can come in many forms; by indulging old sad memories, by taking insults, by getting into someone else's suffering. To take sorrow means to spread it around at some point. Today let me be vigilant and not take on sorrow.

You can never know your limitations until you break through them. To say that is as far as I will be able to grow or develop mentally or spiritually is only a limitation of imagination or an imagined limitation! To say that is as far as I have ever gone and therefore will go is limitation by memory and to see the future 'only' in terms of the past. You can never know your limits until you break through them and then they are no longer your limits! Today let me break through limits.

Time is your creation and you are its creator. Time is a relative concept, a creation of human perception. However it rules my life. When I remember that I am the creator of time, I can begin to slow down and notice time slowing down with me. Rather than running I can walk through life gracefully knowing there will be as much time as I make. Today let me be a master of time.

Fill your mind with peace and divine thoughts and your mind will give that experience in return. Whatever I am experiencing in my mind now is the result of what I put there earlier on. I will always experience the after effect of what I have let my mind focus on. To fill the mind with love and good feelings is to experience a state of well being afterwards. Today let me be aware of this secret of consciousness and choose what I will experience.

Be unlimited. When I connect with my spiritual essence I see beyond the artificial divisions of gender, race, culture and religion that divide humanity. To see behind the eyes to the spiritual being inside each human body is to reclaim a vision of ONE human family. Today let me see everyone as a spiritual being and a member of my family.

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Acceptance means I realize the only thing I have the power to change is the terrain of my own soul. The paradigm of the old world is to wrestle with the systems and people that need to be fixed. The paradigm of the new age we are entering is to accept that our greatest power to change the world lies in changing our own being. Today, I will accept this power and tend to the terrain of my inner being.

The body is visible in a mirror. But character is visible in actions. Every action I perform throughout the day reveals my character. Although my body may be well groomed and look beautiful, it is my actions that reveal my inner beauty. Actions performed with care, thoughtfulness, peace and humility reveal a brilliant character. Today let me ensure the best of me is visible in my actions.

To accept everyone and everything as they are, without any resistance, is to embrace life in its totality. Any tendency to spend too much time and energy in our minds judging others, controlling others and trying to 'fix' them makes it difficult to enjoy living. Today I will enjoy life by encouraging and empowering myself and others with the power of acceptance.

The search for novelty takes me into dependence on external stimulation. Many people seek constant novelty in their lives. This means to seek external stimulation of different types. Newness is the intimate inner experience of creating and developing. Today let me foster newness in myself.

Spiritual independence means to be free from doubt, fear and negativity. Independence requires determination and decision. I must decide for myself that I don't want these anymore; instead I want to be free. When I do this I begin to replace fear with trust, anger with patient acceptance and ego with a sense of my uniqueness. Today let me decide what I really want.

A pause before acting allows me to step back, get perspective and act with clarity, wisdom and kindness. Today let me pause before acting.

Go beyond sorrow in order to help others who are in sorrow. If I get entangled in the sorrow of others, I cannot help them come out of it. Rather than going into their sorrow, I can listen with love but stay safe by not absorbing their sorrow. It is like standing on the shore and offering someone a rope to save them from drowning. Today let me be free from absorbing sorrow.

Greed is the disease of dissatisfaction. This disease is a worldwide epidemic. Greed is the consciousness that I am empty and that "I need, I want, I have to have" in order to be happy. Trying to fill myself from outside means I will never be fulfilled. Today let me cure the disease of greed with appreciation and acceptance.

A lot can happen in a split second. The experience of love, insight, understanding and closeness can happen in a split second. And yet we often say we don't have enough time to do the important things in life. When I remember how much value can happen in a second, I will never use lack of time as an excuse. Today let me understand and appreciate the power of a split second.

I need to reflect in order to get newness in understanding. Without deep reflection in silence, I will continue to think the same thoughts. Reflection gives me realizations. Then I can apply this new understanding in my actions and responses to life. Today let me take time to reflect.

Familiarity is the disease of taking someone else for granted. When there is familiarity there is a subtle arrogance of knowing what is best for another. To be close to another is to always maintain a respectful space for the other person to be who they are - independent of me. Today let me remove familiarity.

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

## 3. Poem

### Who has seen the wind?

Who has seen the wind?  
Neither I nor you.  
But when the leaves hang trembling,  
The wind is passing through.  
Who has seen the wind?  
Neither you nor I.  
But when the trees bow down their heads  
The wind is passing by.

Christina Georgina Rossetti

## 4. Quote or Question

"Adopt the pace of nature: her secret is patience." Ralph Waldo Emerson

## 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'.

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

"When the world began, there was a place for everything in the human heart, and everything was in its place. This meant one never, ever had to look for anything. Which sounds awfully convenient, and that is exactly what it was. Awfully. Convenient. In this impeccable order of things everything happened on a schedule. Serendipity, for instance got the 2 pm slot on Tuesday afternoons (which meant of course that humanity invariably snoozed through it). Everything under the sun was reliable and remarkably tedious. People soon began to devise little games for themselves to make things more interesting..." So begins this whimsical tale of love, lost and found. <http://www.dailygood.org/story/479/a-tale-of-misplaced-love-and-irony-pavithra-mehta/> **Be The Change:** Don't let serendipity be relegated to the 2 pm slot on Tuesday. Look for it today.

Self-criticism is so common that it is often taken for granted. It is the voice that urges you to stay up late to get work done, and then scolds you for not getting enough sleep when you feel tired the next morning. This pattern of self-criticism leads to misery more often than motivation. Self-compassion, on the other hand, has been associated with happier, more optimistic, and more productive lifestyles. This article offers up ways to change patterns of self-criticism into more healthy and loving ways of self-motivation. <http://www.dailygood.org/story/486/the-keys-to-self-acceptance-ocean-robbins/> **Be The Change:** Pay attention to the messages you send yourself today. Think about how these messages would be different if you were speaking them to a loved one, and make that change!

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"Too often we go through life on autopilot, going through the motions and having each day pass like the one before it... If you want to truly live life, to really experience it, to enjoy it to the fullest, instead of barely scraping by and only living a life of existence, then you need to find ways to break free from the mold and drink from life. What follows is just a list of ideas, obvious ones mostly that you could have thought of yourself, but that I hope are useful reminders. We all need reminders sometimes."

<http://www.dailygood.org/story/487/39-ways-to-live-and-not-merely-exist-leo-babauta/> **Be The Change:**

Choose 3 things from this that resonate with you, and try to practice them each day for the next week.

Too often, we live our lives in a sort of buffered silence, fearful of venturing out into this, the most beautiful part of our being. This is your life, and it is a life that is as of yet, undiscovered. You decide your destiny. And, you choose who you will be in each day. Lean into the bliss of your own discovery. In this piece, "Good Life Project" founder, Jonathan Fields, provides his insight on living the good life through his most inspirational Living Creed. <http://www.dailygood.org/story/495/rise-up-be-your-own-guru-jonathan-fields/> **Be The Change:** Create a list of five things today that, when accomplished, would make your heart smile big. Whether as simple as wearing that silly hat, or volunteering for a cause that is closest to heart...allow this list to become a reflection of your own inner spirit.

13. It Starts Now
15. When You Don't Choose Love You Choose Fear
17. Bridging the Spiritual and the Mundane
20. We Move in Infinite Space
21. The Gentlest Thing in The World
23. The Great Tragedy of Speed
25. Science and Spirituality
26. The Many Faces of Compassion
29. Bernie Krause: The Voice of the Natural World

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 – Now I Choose

Now, this moment, is all I have. It is all I have ever had. The past is a string of **nows** that no longer exist. So too, for the future; **nows** that will show up when and if they do. Now, the present is all there is. Time is one of the big illusions we operate under. I could more poignantly say suffer under. Guilt and shame over the past and worry about the supposed future cause us unlimited pain and suffering. When we believe we are molded by the past we do not give full attention to the present moment—now. When we spend our lives waiting for something to be different in the future (then I'll be happy), we miss the powerful presence of life happening now. Life is now in the present moment.

NOW—breathe now. Connect with your breath, your life force. Feel the stillness beneath and within your breath. This is who you are—life force experiencing one moment, now.

When I feel stressed for any reason, I say “Now. Now I choose peace, joy, love whatever state of being I desire in the moment. I am here now and now is all there is.” This immediately takes me out of the worry of a future moment or the regret of the past. As I keep focusing on my breath, I find myself becoming more aware of the Beingness underneath the thought, the pure presence of who I truly am. The chattering busy mind slows down and I become one with my breath, my life force, my Being.

We have been so programmed to believe we are the product of our past and that we can make things better in the future. Did anyone ever tell you that you are perfect just as you are now in this moment? There is no need to make a big effort to change. Life does that for you. Life, consciousness, is flowing through you, lovingly and intelligently guiding you in every now moment. Relax into the flow of this benign, loving and wise guidance. Trust in life. Your evolution is a co-creation of you accepting Life's/Consciousness's guidance and life aligning with your trust and acceptance.

Relax. Be still. Listen to the loving gentle guidance within. Life/ God/ Consciousness is you. You are both the script writer and the actor. It is all you. Co-creation at its best is when you surrender to the loving wisdom you are and stop letting the small mind think it is in control. Only your desire to remain separate, fearful and non-accepting of life impedes your connection to the divine flow that is your birthright (because it is you.) Remember the words of Jeshua--- The truth shall set you free. What is that truth? The truth is that you have never been separate from God/Life/ Consciousness. Separation is the biggest illusion of all. Live your divinity. Trust in Life and the intelligent, loving energy that guides you in every moment. Slow down and listen. Everything you need to be peaceful and to evolve is already in place waiting for you to welcome it in.



**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](mailto:2belight1@gmail.com). Session receipts are covered by most insurance benefit packages.

## 7. Doug Henderson, Ph.D – Another Point of View

Many of us believe that we have ownership of this body that we seem to inhabit. But let me ask you, did you create it? Oh, so you think that your parents created it. I don't think so! They may have been contributing factors in the process of conception but our parents didn't give us life! Something so much greater gave us life. Our parents simply facilitated the experience. The better question might be, "What gave us the ability to create, function and grow, in all realms? It seems to me that, one of our biggest issues within this game of perception and illusion is that we actually think that we are the body and identify with the body and not the 1.5 ounces that transitions on,(the Soul) and is eternal. The good news, as I see it is, if you are here now, you are eternal, so rejoice in that!

As you look out through these eyes, there is a tendency to believe that you dwell within the body. That the body is some kind of protective shell or garment here to experience life. Now, is it the body that is here to experience life or the Soul? Everything that you look upon has appearance to you and meaning. But what is seldom realized is that nothing has meaning. We give everything meaning and that meaning is all based upon past experience, interpretations, conclusions and beliefs. We are the determining factor! We are processing about 10,000 bits of information/ second which are evaluated and used to project onto future events. Total insanity but that is what we seem to be doing. If that is the case, are we attempting to create order and meaning and predictability in our life experience from past experience? It appears that the predictability of things provides a certain amount of comfort for us. But are we doing it because we fear trusting something greater? That predictability is enhanced by attempting to control events and processes within our environment. The key words here are, "attempting to." This creates the impression/appearance of a private domain that is ours, that we have a certain amount of influence over. We consider reality as something visible, solid, to be touched, sniffed, tasted or felt. But God help us if we experience something beyond our current experience or comprehension that creates turmoil in our life. The key words here are, "God help us." But what if we are more than a physical body that is inclusive of all there is within the invisible realm? What would that make us? Are we really a mind having experience? And what is life? Is it not this Mighty I am Presence that flows through us, moves us, breathes us, causes our heart to beat, our ears to hear, our eyes to see, that thinks us and allows us to receive and send subtle information to whomever and whatever we desire in the universe? Does it not give us the freedom to create like our self? But what is that self? In ancient terms, "human," means monster. Have I not said in the past that the ego is the mark of the beast? In other words, life is that mysterious Presence that functions us unconditionally in every way. When Eckhart Tolle was on Oprah's webcast a few years ago, one of the first questions put to him was; "What is God"? His response was, "God is Life." This is why when we have life, we have everything! We are Life! But some of us are still waiting for the Mercedes-Benz, fancy home or "Special relationship. Perhaps the purpose of life is to transcend all things human which means transcending the physical senses and the ego. When we move beyond the ego; Knowingness appears. This is Christ Consciousness in Christian terms.

This idea of a private domain tends to extend to our thoughts and feelings. We believe our thoughts and feelings are private. That we can have them and no one is affected by them. That's only because we don't understand just how powerful we really are. This is another way of saying that we refuse to recognize our own Holiness. To do so, would require a recognition and acceptance of our responsibility. Quite frankly, most of us just aren't up to it. We prefer the idea that some outside force has chosen to victimize us. In prior articles, I have said that quantum physicists believe that an intense feeling such as, anger or love is experienced 20 Billion light years into the universe. That's beyond our known universe! That's 20 Billion light years into the depths of us! With that kind of power, is it possible to be a victim? Feeling is the powerhouse that calls to us both what it is we project upon the world and call into our life experience. Please come to the realization that you are connected to all that is and what you feel affects everything else! The fact is, we create every aspect of our life circumstance by our thoughts, feelings and emotions. This is the free-will unconditionally loving reciprocal relationship that we have with Creation, that gives us whatever we hold in mind be it good or bad. Mind you, there is no such thing as right or wrong, good or bad because energy (spirit, ether) is neutral. We make the determination in all things. Those so called private, invisible thoughts and feelings are returned to us amplified. This is how we create either the happy dream or the dream of hell, right here right now. In the past, when we had vicious or loving thoughts it may have taken a while to reflect back to us the experience of what we thought about, consequently we didn't always make the connection. But there seems to be increasing evidence that this is now happening faster and faster as our world speeds up and the intense Great Rays have more and more effect upon us and we materialize experience, quicker and

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quicker.(The Quickening.) So, be very careful of what it is that you dwell upon and feel because it's probably going to show up quicker than you think.

It seems to me that we are morphing into something completely different. Many of us like to consider the metaphor of the caterpillar to a butterfly and that may be a possibility but what if the morphing is determined by a tiny imaginal cell/gene that is dependent upon the predominant feeling of our own self concept that we hold in mind and project upon Creation? Perhaps the caterpillar always dreamed of being something beautiful? Or did you ever consider that a caterpillar had consciousness? Please think about these things because the Institute for Heart Math has determined that 96.6 % of all of our thoughts are negative. So what are we planning to morph into? Seems to me that what we spend our time thinking about we become. Let's make it our mission to become something loving and beautiful. All it takes is a change of mind. Real ownership is in the sharing, not of the body but of the mind. It is minds that join, not bodies. When the heart heals, the mind and soul heals. When the heart expands, the mind and soul expands. All re-membling is the heart recognizing its own Holiness and the mind and soul accepting it. The recognition of peace comes when we stop denying it! When that happens the morphing is complete. It is the recognition of "completeness," that is the recognition of The All that is! And this is what you are! Along the way, we stop projecting our junk upon the world and radiate a loving presence that heals others and peace prevails. This is both your contribution to peace and to ascension!



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. Three years ago, Doug started a program called the "Tune Me Up Program" that is having extraordinary results raising clients levels of consciousness/awareness. Go to: [www.quantumru.com](http://www.quantumru.com) to read unsolicited experiences. Seven years ago, Doug had 4 different cancers, refused conventional therapy and developed protocols that worked for him and his clients benefit from same. Doug can be reached by phone at 613-233-3888, by email at [drdoug88@rogers.com](mailto:drdoug88@rogers.com), or via his website at [www.quantumru.com](http://www.quantumru.com).

## 8. Geoff Straw – The Grace of God Goes with You

The Grace of GOD always goes with you, no matter where you may find yourself.

Just remember this in times of apparent trouble - ask to be shown the way, and Spirit does respond.

For you are a beautiful child of GOD, born of the great Light, and you can never be separated from that LOVE.

You are healing in that Light right now. You are loving in that Light and you are being guided by the beacon of that Light.

Whenever you feel lost and are tempted to despair, simply ask to be guided and shown the way home.

The Light will always guide you.

"May the shining LIGHT guide me home today."



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

## 9. Regiena Heringa – Notes from the Light – August 2013

If you find yourself in a situation which seems difficult, move your awareness into the very essence of the disturbance to discover its core. Often you will realize that the condition is not difficult at all. It may simply be that your beliefs and the present situation do not meet. Perhaps your Light is stronger than the Light which radiates from the condition. Should this be the case, take a moment to examine your position in the Light and readjust if necessary. However, in contemplating such a realignment, we ask you to reflect on the following information.

There is an eternal, cosmic movement which ensures that the expression of life continually spirals upwards. Therefore, we request that, no matter the situation at hand, you do not lower the vibration of Light wherein you dwell. As dedicated people to the divine Creator, you are guided to raise yourselves, your communities and your world to a higher and more elegant manner of living. Rest assured that you are forever assisted in the vast universe by the many, many celestial beings who acknowledge and encourage your progress in the upliftment of your earth.

Many of your inhabitants have suffered greatly to help in this most noble cause. Many are bewildered and need reassurance and guidance.

For us to be of greater assistance, we ask you to follow this simple guideline: ensure daily that you create an oasis of quiet by abandoning all movement—physical, mental and emotional. Surrender yourselves to the feeling of being something greater and more expansive. In this quiet, allow yourselves to imagine participating in a larger community based on living fully the sacred principle of Love. In this manner you establish, through your own free will, communication with the higher worlds of Creation.

At this time upon your planet, truth can be found in the invisible realm and less so in your visible world. Do not rely on what is being projected to you in this outer world, for much of what you now see, observe and experience is filled with trickery and deceit. Once this is understood, simply move away from that fact and place your attention on greeting your inner, holy dimension. This intimate world may seem for the moment to be invisible to you, but as you lovingly develop this quiet and revered place, you will freely and consciously experience the bliss of being within the arms of the divine Creator. This sacred position then becomes your foundation of discernment which can be used as guidance in the outer world.

The more you encourage the marriage between yourself and this inner spiritual dimension, the more you have conscious access to the worlds of greater Light, the beings of higher vibrational spheres and your creative genius. It is here you will understand that your true life community lies with us, among the many hearts of the numerous star nations and angelic realms all readily welcoming you to the new world.



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at [www.nextagemission.com](http://www.nextagemission.com) or write Regiena at [rheringa@bell.net](mailto:rheringa@bell.net).

## 10. Dr. Nancy Cleaves – Earth’s Carpet

A sea of cement,  
Concrete and cold,  
Tells us no stories  
Of Nature of old.  
Robbed and broken  
The grass beneath  
Whispers its cries  
Underneath the creeks.

“How are your feet?  
I miss your soles.  
How I loved to brush  
And tickle your toes.  
You thought  
Nothing  
Removing my tender blades;  
But  
Now that I’m gone,  
Was it a fair exchange?”

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](http://www.malkutah-heaven.com)) or via email at [malkutah.heaven@hotmail.com](mailto:malkutah.heaven@hotmail.com).

## 11. Robyn Lebron – Judaism

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

Our journey through world religions brings us to approximately 2000 BCE, when the God of the ancient Israelites established a divine covenant with Abraham, making him the patriarch of many nations. The term *Abrahamic Religions* is derived from his name. There are four major religions which trace their roots back to Abraham: Judaism, Christianity, Islam and the Baha'i Faith. In approximately 100 CE the Christian faith officially broke away and then in approximately 610 CE, the religion of Islam was born. Each of these three religions has the story of a Jewish prophet named Abraham at their beginnings. The Jews have a very tumultuous and difficult history. They have experienced 1000's of years of persecution by conquering nations including Egypt, Assyria, Babylonia, Greece then Rome, Islam, the Christian Crusaders, and finally the Ukrainian Cossacks. In 1729 Moses Mendelssohn, the founder of the Enlightenment Movement, strove to bring an end to the persecution so Jews would be embraced by gentiles as equals. But the

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persecution in Russia and the Ukraine continued and is culminated in 1933 when Hitler takes over in Germany and the most well-known genocide of the Jews took place. Some would say that they are still persecuted to this day. In most industrialized nations with modern economies, such as the United States, Israel, Canada, United Kingdom, Argentina and South Africa, a wide variety of Jewish practices exist, along with a growing plurality of secular and non-practicing Jews. As with all religious traditions, there are different groups within the faith.

Judaism is a monotheistic religion based on principles in the Hebrew Bible (closely corresponds to contents of the Protestant Old Testament). Fundamentally, Judaism believes that God, as the creator of time, space, energy and matter, is beyond them, and cannot be born or die, or have a son. Every Jew must believe and know that there exists a *First Being*, without beginning or end, who brought all things into existence and continues to sustain them. He has no spatial boundaries. He fills the universe and beyond. God is all knowing. Although Judaism concentrates on the importance of the Earthly world, all of classical Judaism suggests an afterlife. Jewish tradition affirms that the human soul is immortal and thus survives the physical death of the body. Traditional Judaism firmly believes that death is not the end of human existence. However, because Judaism is focused on life here and now rather than on the afterlife, Judaism does not have much dogma about the afterlife, and leaves a great deal of room for personal opinion. It is possible for a Jew to believe that the souls of the righteous dead go to a place similar to the Christian heaven, or that they are reincarnated through many lifetimes to continue the ongoing process of mending of the world, or that they simply wait until the coming of the messiah, when they will be resurrected. Likewise, Jews can believe that the souls of the wicked are tormented by demons of their own creation, or that wicked souls are simply destroyed at death, ceasing to exist. All attempts to describe heaven and hell are, of course, speculative. Because Judaism believes that God is good, it believes that God rewards good people; it does not believe that Adolf Hitler and his victims will share the same fate. Beyond that, it is hard to assume much more. They are asked to leave afterlife in God's hands.

Like Islam, Judaism does not believe that salvation or repentance from sin can be achieved through sacrifice on another's behalf, and is instead focused on the requirements of personal repentance. In addition, Judaism focuses on understanding how one may live a sacred life according to God's will in this world, rather than the hope of or methods for finding spiritual salvation in a future one. Judaism views Jews' divine obligation to be living as a "holy people" in full accordance with Divine will, as a "light unto the nations," and Judaism does not purport to offer the exclusive path to salvation or the one path to God. Judaism is not focused on heaven. Judaism is focused on this life and how to live it in a righteous and godly fashion.

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](mailto:rockin-robyn@msn.com) or through her website at <http://www.aninterfaithsearchforunity.com/>.

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 12. Good News Of The Day

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

"Sherry Turkle founded and directs the intriguingly titled MIT Initiative on Technology and Self. She made waves with her book *Alone Together*; it was widely reviewed as a call to "unplug" our digital gadgets. But as I've read her and listened to her speak, I hear Sherry Turkle saying something more thought-provoking: that we can lead examined lives with our technology. That each of us, in our everyday interactions, can choose between letting technology shape us and shaping it towards human purposes, even towards honoring what we hold dear. Engaging Sherry Turkle on this is full of usable ideas -- from how to declare email bankruptcy to teaching our children the rewards of solitude -- a core human experience more elusive for their generation. And in technology as in life, it seems, discontent can be the beginning of wisdom." This engaging interview shares more. <http://www.dailygood.org/story/469/alive-enough-reflecting-on-our-technology-with-sherry-turkle-krista-tippett/> **Be The Change:** Create "sacred spaces" for yourself and loved ones, where you commit to honoring uninterrupted time to connect, with your full attention and presence offered to each other.

"In all the years I have spent standing or sitting on the banks of this river, I have learned this: the more knowledge I have, the greater becomes the mystery of what holds that knowledge together, this reticulated miracle called an ecosystem. The longer I watch the river, the more amazed I become (afraid, actually, sometimes) at the confidence of those people who after a few summer seasons here are ready to tell the county commissioners, emphatically, what the river is, to scribe its meaning for the outlander. Firsthand knowledge is enormously time consuming to acquire; with its dallying and lack of end points, it is also out of phase with the short-term demands of modern life. It teaches humility and fallibility, and so represents an antithesis to progress. It makes a stance of awe in the witness of natural process seem appropriate, and attempts at summary knowledge naive." In this eloquent reflection, National Book Award Winner, Barry Lopez, muses about being a modern day naturalist and what he's learned from visiting the same patch of river every day for the past 30 years. <http://www.dailygood.org/more.php?n=5151> **Be The Change:** Pay attention to one small aspect about yourself or about the world around you. Learn everything you can about it. Your experiences are a gift, write and speak about them often.

Patriotism can be a tricky word in a world where love of one's country can sometimes be streaked with a fear or intolerance of other nations. But that's not the whole story..."When the Greater Good Science Center analyzed the results of its "connection to humanity" quiz, it found plenty of people who identified with both country and humanity. They are not mutually exclusive. Indeed, so far the research literature suggests that the problem is not with patriotism itself. Human beings are built to be part of groups, but groups do not have to be self-focused and belligerent. New psychological research points to how we can feel authentic pride for our country -- and still be citizens of the world." This article offers up four paths to a more compassionate patriotism. <http://www.dailygood.org/story/475/can-patriotism-be-compassionate-jeremy-adam-smith/> **Be The Change:** Experiment with expanding the boundaries of your compassion beyond its usual borders.

Meditation is a hot trend in the arena of mind-improvement. Mounting evidence that the practice can boost memory, creativity and IQ has attracted mainstream attention. "But gaining competitive advantage on exams and increasing creativity in business weren't of the utmost concern to Buddha and other early meditation teachers. As Buddha himself said, "I teach one thing and one only: that is, suffering and the end of suffering." But does meditation work as promised? Is its originally intended effect -- the reduction of suffering -- empirically demonstrable?" David DeSteno's lab put that question to the test and he shares their intriguing results in this New York Times article. <http://www.dailygood.org/story/477/the-morality-of-meditation-david-desteno/> **Be The Change:** Do a 30-day meditation challenge! Carve out time to sit in stillness each day for a month and observe the effect it has on you and your relationships.

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According to Aristotle, "All people by nature desire to know." The wish to know and understand things can foster great ambition. But this article is about intellectual humility, when we care so much about knowing, understanding, and getting to the truth that we become oblivious of what we are "worth." The apostle Paul says, "Knowledge puffs up, but love builds up." Can love of knowledge bring us humility? Read on... <http://www.dailygood.org/story/462/what-is-it-to-be-intellectually-humble-robert-roberts/> **Be The Change:** Bring your knowledge into relationships to serve those you love.

"When the world began, there was a place for everything in the human heart, and everything was in its place. This meant one never, ever had to look for anything. Which sounds awfully convenient, and that is exactly what it was. Awfully. Convenient. In this impeccable order of things everything happened on a schedule. Serendipity, for instance got the 2 pm slot on Tuesday afternoons (which meant of course that humanity invariably snoozed through it). Everything under the sun was reliable and remarkably tedious. People soon began to devise little games for themselves to make things more interesting..." So begins this whimsical tale of love, lost and found. <http://www.dailygood.org/story/479/a-tale-of-misplaced-love-and-irony-pavithra-mehta/> **Be The Change:** Don't let serendipity be relegated to the 2 pm slot on Tuesday. Look for it today.

If you are lucky you will find something you love doing. Maybe you'll bake cream puffs or take alligators for walks. And maybe you'll find a way to make lots of money doing it. But what happens when your exotic animal walking business grows too fast and dog walkers band against you and you're faced with inner turmoil, fierce competition and self doubt? Find out in Grant Snider's insightful comic about the age old struggle for greatness and the alligator waiting for you at the end. <http://www.dailygood.org/story/481/the-nature-of-ambition-grant-snider/> **Be The Change:** What motivates your work? How can you nurture that passion?

"The balancing, breathing, and centering of yoga bring immediate results to prisoners, according to Natalie Smith, executive director of Yoga Behind Bars, a nonprofit that promotes yoga to help soothe the rage, anxiety, and hopelessness of life in prison. " Incarceration is an ineffective band-aid for many other problems -- homelessness, mental health issues, drug addictions. Antisocial behaviors are the tip of the iceberg. Yoga has the potential to go down below the surface and teach skills like coping with stress. In 2010, Yoga Behind Bars dispatched 35 trained volunteers to give classes to 1,400 students in jails, prisons, and treatment centers in Washington state, but demand still exceeded supply. Learn more about this and seven other organizations that are courageously going into prisons and helping them transform from the outside, in. <http://www.dailygood.org/story/484/what-the-outside-can-do-for-the-inside-stuart-glascock-paige-grant-chris-hann/> **Be The Change:** Do you know somebody who is in a stressful situation? Reach out to them on the inside, from your inside -- with kindness.

Kara Holden, screenwriter of the film "Soul Surfer" offers an eloquent reflection inspired by a conversation with Bethany Hamilton on whose life the film is based. Bethany is a surfer who lost her arm in a horrific shark attack. She valiantly returned to surfing less than a month after the incident and would go on to win numerous championships. In this piece the author probes into the reasoning behind Bethany's brave choice and inspires readers to face all life's challenges with courage, grace and resiliency. In Holden's words, "Risk is not easy, but I think it is much harder in the long run to let loss trap you into living a bland existence, devoid of the joy of triumph, and the glory of love." <http://www.dailygood.org/story/485/soul-surfing-kara-holden/> **Be The Change:** Have you or someone you know faced a disappointment in life recently? Share this article with a friend who might need the inspiration, or for yourself, consider jumping back in to the field that might have left you in fear in the past.

Self-criticism is so common that it is often taken for granted. It is the voice that urges you to stay up late to get work done, and then scolds you for not getting enough sleep when you feel tired the next morning. This pattern of self-criticism leads to misery more often than motivation. Self-compassion, on the other hand, has been associated with happier, more optimistic, and more productive lifestyles. This article offers up ways to change patterns of self-criticism into more healthy and loving ways of self-motivation. <http://www.dailygood.org/story/486/the-keys-to-self-acceptance-ocean-robbins/> **Be The Change:** Pay attention to the messages you send yourself today. Think about how these messages would be different if you were speaking them to a loved one, and make that change!

Have you ever loved a place that isn't there anymore? Maybe you had an unkempt field made for exploring, or a patch of woods that was as familiar as your front door and then a fire, flood or bulldozers wiped it away. Trebbe Johnson, founder of "Radical Joy for Hard Times" explores the loss of natural spaces and how we can give back in order to help heal the earth and our own personal cuts and bruises. "Very often people will react to places that are burned or mined or somehow damaged," says Johnson, "and it will trigger something in their own psyches that has been damaged and needs to be repaired, needs to be healed. And they'll spend a lot of time on that. The coal mine or the tree struck by lightning issues



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an invitation to examine their own lives in a way that's very different from therapy or reading a book or thinking rationally." <http://www.dailygood.org/story/476/radical-joy-for-hard-times-richard-whittaker/> **Be The Change:** Find a part of nature that may be scorched, scarred, or no longer there. Remember why you loved it and what made it beautiful, or just walk around and let your thoughts wander. Maybe you'll find some healing, or learn something along the way.

People who successfully tackle big social, environmental, and economic problems are driven by what Lara Galinsky of Echoing Green calls a moment of obligation -- a specific time in their life when they felt compelled to act. These moments become their North Star and keep them going in a positive direction when everything seems dark. Activists or social entrepreneurs aren't the only ones who are moved this way. We all have experiences that deeply inform who we are and what we are supposed to do, but only if we allow them to flower into action. Don't let such moments pass by and lose out on creating meaningful careers and lives. Here are tips that can help you recognize your own moments of obligation... <http://www.dailygood.org/story/488/find-your-moment-of-obligation-lara-galinsky/> **Be The Change:** Be on the alert this week for an experience that teaches you more about who you are.

Dr. Philip G. Zimbardo, a giant in the field of social psychology, delivered a commencement address at the University of Puget Sound in May. He is now a professor at Palo Alto University, a professor emeritus at Stanford University, and the president of the Heroic Imagination Project. In the speech Dr. Zimbardo lays out seven paths to personal happiness and collective well-being based on insights from his research on evil, heroism, time, shyness, and the power of the social situation. Read on for Dr. Zimbardo's seven paths to a fulfilling life, both personally and communally. <http://www.dailygood.org/story/490/seven-paths-to-a-meaningful-life-philip-zimbardo/> **Be The Change:** Select a few of the suggestions from Dr. Zimbardo's speech to begin applying to your own life.

"Too often we go through life on autopilot, going through the motions and having each day pass like the one before it... If you want to truly live life, to really experience it, to enjoy it to the fullest, instead of barely scraping by and only living a life of existence, then you need to find ways to break free from the mold and drink from life. What follows is just a list of ideas, obvious ones mostly that you could have thought of yourself, but that I hope are useful reminders. We all need reminders sometimes." <http://www.dailygood.org/story/487/39-ways-to-live-and-not-merely-exist-leo-babauta/> **Be The Change:** Choose 3 things from this that resonate with you, and try to practice them each day for the next week.

When Elaine was 23, she found herself with 3 infants and 3 teenagers under her roof. Her home quickly became the neighborhood hangout spot. When a small circle of sharing in her living room grew into the size of a church hall, she knew she had to do more. That's when TYME was born: Teach Youth, Motivate and Empower. By day, Elaine runs programs for underserved kids, teens, and adults. By night, she is a mother, foster parent, big sister, gourmet baker, and tireless shoulder to lean on. Through it all, her unsung grace-- her faith that this isn't special, it's just what needs to be done-- keeps her smile bright, her heart open, and her eyes ready to see the greatness in each person or situation life offers her. <http://www.dailygood.org/story/494/elaine-newkirk-no-tyme-like-the-present-audrey-lin/> **Be The Change:** When faced with a challenging person or conflict today, take a moment to step back and find the greatness in it. <http://www.awakin.org/read/view.php?tid=966>

Too often, we live our lives in a sort of buffered silence, fearful of venturing out into this, the most beautiful part of our being. This is your life, and it is a life that is as of yet, undiscovered. You decide your destiny. And, you choose who you will be in each day. Lean into the bliss of your own discovery. In this piece, "Good Life Project" founder, Jonathan Fields, provides his insight on living the good life through his most inspirational Living Creed. <http://www.dailygood.org/story/495/rise-up-be-your-own-guru-jonathan-fields/> **Be The Change:** Create a list of five things today that, when accomplished, would make your heart smile big. Whether as simple as wearing that silly hat, or volunteering for a cause that is closest to heart...allow this list to become a reflection of your own inner spirit.

## 13. It Starts Now

This exquisite video by Alan Watts is a poignant exposé on the eternal now. Follow this link to the video... <http://www.youtube.com/watch?v=PfIYGasIVnA>.

## 14. Lessons from An Accident

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

—by [Grace Damman](#) (Jul 22, 2013)

For the last forty years, I have been a somewhat compulsive caregiver. However, I found an appropriate niche in medical school, and have happily practiced medicine for the last twenty-five years. For the last year, however, I have been on the opposite side of the caregiver/caretaker divide. For eleven months, I have been totally dependent on others for everything: for brushing teeth, being fed, helping me in and out of the chair. What I initially thought was that compassion ought to be aligned with warmth and empathy. Now I feel that it must be aligned with wisdom.

Compassion comes from the Latin word *pati*, which means to suffer. So compassion means to be fully present with pain and suffering. When I say that compassion ought to be aligned with wisdom what do I mean? What I mean is that when I am served by other people who are driven by their own standards of excellence, and not by the demands of my 'whiny self', then I am best served by them. I have learned that the most compassionate behavior is that which appropriately encourages my independence from either depressive states of mind or dependence on another being. The least compassionate behavior, conversely, is that which enslaves me, making me dependent on the person performing the behavior.

When I first woke after two months of being unconscious, my motto was: Just do it now.

Lying on my back, I realized that I needed to clean up my own act. I knew there was a way that I had not gone through 'the eye of the needle' that we can only go through with 100% committed behavior. I had all the time in the world to finish my thoughts and so many of those thoughts were driven by, not so much regret, as understanding that I hadn't completely shown up in life. Those few times that I had shown up had given me complete happiness. I also noticed that those who are dear to me were a great deal happier not to be seeing my back all the time—not to be competing with a pager or a cell phone. I was encouraging commitment because, for the first time, I had nothing to do but look at my life, love the sunshine and people as they presented themselves, and just be.

I hit my head in the accident, and strangely enough my old thought processes no longer engaged me that much, thank God. What the therapists might have called inattention or processing problems actually enabled me to be completely in the moment. For example, pain came and went, nausea came and went, constipation came and went, but for whatever blessed reason, they didn't hold my attention for long. I spent a great deal of time enjoying the total pleasure of a shower, the way the water felt on my head or the sensation of someone's nails as they were shampooing my hair. I spent little time thinking about the future, what I would do, what had happened to small me. Instead, I was totally fixated on my immediate environment. Waking up, I saw that I was completely held and embraced by the very Earth itself as well as by my wonderful family and community of support.

I realize now that my greatest happiness in life has been in my service to people, particularly the joy that comes from being totally present with my own and their suffering. My new emphasis in service is to remind myself of this motto, 'Do it now, just do it now, and be more responsive.' If you want to know how you are doing, just ask the people around you. They will be happy to tell you. Your job is to just listen and absorb it. Take it in. Really try to understand your impact on other people. If you want to know how you are doing at work, just ask your colleagues. Finally, if you want to know how you're doing in the world, just ask the trees and wind, and watch the sun.

## 15. When You Don't Choose Love You Choose Fear

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

—by [Elisabeth Kubler-Ross & David Kessler](#) (Jan 18, 2010)

If we could literally reach into you and remove all your fears – every one of them – how different would your life be? Think about it. If nothing stopped you from following your dreams, your life would probably be very different. This is what the dying learn. Dying makes our worst fears come forward to be faced directly. It helps us see the different life that is possible, and in that vision, takes the rest of our fears away. Unfortunately, by the time the fear is gone most of us are too sick or too old to do those things we would have done before, had we not been afraid. [...] Thus, one lesson becomes clear: we must transcend our fears while we can still do those things we dream of.

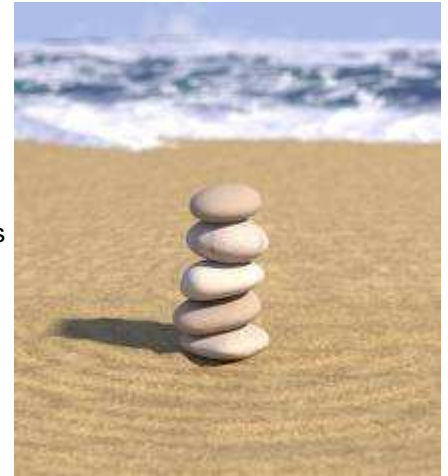
To transcend fear though, we must move somewhere else emotionally; we must move into love.

Happiness, anxiety, joy, resentment -- we have many words for the many emotions we experience in our lifetimes. But deep down, at our cores, there are only two emotions: love and fear. All positive emotions come from love, all negative emotions from fear. From love flows happiness, contentment, peace, and joy. From fear comes anger, hate, anxiety and guilt. It's true that there are only two primary emotions, love and fear. But it's more accurate to say that there is only love or fear, for we cannot feel these two emotions together, at exactly the same time. They're opposites. If we're in fear, we are not in a place of love. When we're in a place of love, we cannot be in a place of fear. Can you think of a time when you've been in both love and fear? It's impossible.

We have to make a decision to be in one place or the other. There is no neutrality in this. If you don't actively choose love, you will find yourself in a place of either fear or one of its component feelings. Every moment offers the choice to choose one or the other. And we must continually make these choices, especially in difficult circumstances when our commitment to love, instead of fear, is challenged.

Having chosen love, doesn't mean you will never fear again. In fact it means that many of your fears will come up to finally be healed. This is an ongoing process. Remember that you will become fearful after you've chosen love, just as we become hungry after we eat. We must continually choose love in order to nourish our souls and drive away fear, just as we eat to nourish our bodies and drive away hunger.

--Elisabeth Kubler-Ross & David Kessler from "Life Lessons: Two Experts on Death and Dying Teach Us About the Mysteries of Life and Living"



## 16. Contemplation vs. Social Change

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

—by [Brother David Steindl-Rast](#) (Sep 28, 2009)

**Brother David:** You can't really be a contemplative, unless you also want to change the world. You want to change yourself, and that's where the struggle comes in. By changing yourself, you're beginning to change the world. In fact, you're changing the world much more by changing yourself than if you're running around blindly, involved in one cause after another.

But the difference between what we call the apostolic and the contemplative orders, or vocations, is that the apostolic approach says, "We live in this world, we're responsible for it, and we have to do something to change the world for the better." The monastic answer is, "We are not strong enough to change the world in general. Let's change that little spot where we are. And let's put a wall around it and say this is as far as we go, as far as our strength reaches. And now within that narrow confine, let's change the world, make it more what it's supposed to be."

That approach has its drawbacks, too, because it can become ingrown, its own private little affair. And the apostolic approach has limitations, because it can become so watered down that nothing spiritual remains. So we need the two; they are the poles of one continuum. People who are now engaged in apostolically changing the world need to come back periodically to a monastic environment where what they are trying to achieve everywhere is to a certain extent achieved already. And if the world could gradually become what a good monastery or Zen center is, that would be fine. The monastic communities can provide the strength, the encouragement to realize that true order can be achieved.



## 17. Bridging the Spiritual and the Mundane

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

—by [Bhikkhu Bodhi](#) (Jul 08, 2013)

As I now look at our situation, I distinguish three major domains in which human life participates. One I call the transcendent domain, which is the sphere of aspiration for classical contemplative spirituality. The second is the social domain, which includes our interpersonal relations as well as our political, social, and economic institutions. And the third is the natural domain, which includes our physical bodies, other sentient beings, and the natural environment.

From my present perspective, a spirituality that privileges the transcendent and devalues the social and natural domains, or sees them at best as stepping stones to realization, is inadequate to our current needs. Such an orientation has led to a sharp division of duties that puts our future at risk. On the one hand, the pursuits of contemplative spirituality fall to the "spiritual virtuosos," the contemplatives, mystics, and yogis, who aspire to transcend the world and express their compassion simply by guiding others to the heights they themselves have reached. On the other, the steering wheel of humanity's future is placed solely in the hands of politicians, development experts, technocrats, and corporate magnates, who are usually driven by personal ambition, misplaced pragmatism, and the tunnel vision of technical expertise. This division also opens the doors of influence over our communal institutions to religious dogmatists and fundamentalists.



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As I see it, our collective future requires that we fashion an integral type of spirituality that can bridge the three domains of human life. This would entail embarking on a new trajectory. The spiritual quest, from ancient times to the present, has primarily moved along an ascending track: one that leads from darkness to light, from the conditioned to the unconditioned, from mortality to the deathless. Our task today, in my understanding, is to complement the ascending spiritual movement with a descending movement, a gesture of love and grace flowing down from the heights of realization into the valleys of our ordinary lives.

While neither can be neglected, the storms of crisis gathering on our future horizon oblige us to give special attention to the descending movement. Under the impetus of love, we must bring the light and wisdom gained from the transcendent domain back into the world in order to transform and redeem the social and natural domains. More concretely, this entails that in the social domain we must strive for modes of governance embodying justice, equity, and compassion. Social and economic policies must be rooted in the conviction that all human beings are entitled to live in peace, with sufficient access to food, water, medical care, and housing, and opportunities to fulfill their potentials. In the natural domain we must learn to look at the universe with wonder, awe, and reverence, treat other living beings with care and kindness, and ensure that nature preserves its self-regenerating capacities.

In short, the challenge facing us is to ensure that the world works for everyone, including nature itself. We have no better guidance in meeting this challenge than our spiritual traditions, but we must draw out from them their potentials for transforming our relationship to other people and the natural environment. The task ahead will by no means be an easy one, for we can expect staunch resistance from those who profit by preserving and extending the status quo. With the right combination of skills, however, I believe we will be able to prevail.

In my view, what we must do to achieve our goal is to bring together the wisdom of humanity's spiritual heritage with the prophetic passion of the social activist. It is only when the two are united—when wisdom and love inspire and drive social conscience, and when social conscience draws its guidelines from timeless sources of truth—that we can shape our institutions and policies in the ways necessary to continue the human adventure on this fragile but beautiful planet.

## 18. Violence and Non-Violence

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

—by [The Dalai Lama and Victor Chan](#) (Jul 01, 2013)

"What is violence? What is nonviolence?" the Dalai Lama had once asked me in one of our interviews in Dharamsala. "Very difficult to make clear. It is related to motivation. If we have sincere motivation, with compassion and caring in our minds, even if we speak harsh words, use physical force, these actions are nonviolent. But with negative motivation, a friendly gesture using nice words and a big smile, and try to exploit others, it is the worst kind of violence. Because of the motivation." [...]

"My approach: Today's reality is whole world just one body. Everything is a part of me. Understanding this helps reduce negative emotions. Hatred comes because we don't appreciate interdependence. Suffering comes because we don't understand interdependence. We cause harm, sometimes unintentionally, because we are greedy for money, power. We think these things will make us happy. This is misunderstanding. Real happiness comes from peace of mind. The only way to obtain is be altruistic, be compassionate."



For the Dalai Lama, the essence of the Buddhist worldview can be summed up in two words: nonviolence and interdependence. Nonviolence for him is not passivity: the absence of violence is only part of it. We need to actively help others and we should do that with a genuine sense of compassion, not pity. At a minimum, we should not harm others.

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Not harming others is a logical extension of the idea of interdependence. Since everything is a part of us, harming others would hurt ourselves. [...]

"So, taking care of other," the Dalai Lama told us in Delhi, "taking care of other part of the world, is actually taking care of yourself. Because individual future depends on the humanity as a whole. So that's new reality - global economy and also population and technology and also the environment. So long as you have the feeling, you have the sense of concern about the well-being of others, then there is no room to cheat, no room to exploit, no room to bully. All is part of you, all part of me."

"And it's very important to make distinction: actor and action. We have to oppose bad action. But that does not mean we against that person, actor. Once action stopped, different action comes, then that person could be friend. That's why today, China is enemy; next day, there's always the possibility to become friend. And that's why I have no problem forgiving the Chinese for what they've done to my country and people."

--Dalai Lama and Victor Chan, in '*Wisdom of Compassion*'

## 19. Micro Moments of Love

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

--by [Barbara Frederickson](#) (Jun 17, 2013)

It's time to upgrade our view of love.

First and foremost, love is an emotion, a momentary state that arises to infuse your mind and body alike. Love, like all emotions, surfaces like a distinct and fast-moving weather pattern, a subtle and ever-shifting force. As for all positive emotions, the inner feeling love brings you is inherently and exquisitely pleasant -- it feels extraordinarily good, the way a long, cool drink of water feels when you're parched on a hot day. Yet far beyond feeling good, a micro-moment of love, like other positive emotions, literally changes your mind. It expands your awareness of your surroundings, even your sense of self. The boundaries between you and not-you -- what lies beyond your skin -- relax and become more permeable. While infused with love you see fewer distinctions between you and others. Indeed, your ability to see others -- really see them, wholeheartedly -- springs open. Love can even give you a palpable sense of oneness and connection, a transcendence that makes you feel part of something far larger than yourself.



Love, like all emotions, surfaces like a distinct and fast-moving weather pattern, a subtle and ever-shifting force. And the new take on love that I want to share with you is this: Love blossoms virtually any time two or more people -- even strangers -- connect over a shared positive emotion, be it mild or strong.

Odds are, if you were raised in a Western culture, you think of emotions as largely private events. You locate them within a person's boundaries, confined within their mind and skin. When conversing about emotions, your use of singular possessive adjectives betrays this point of view. You refer to 'my anxiety,' 'his anger,' or 'her interest.' Following this logic, love would seem to belong to the person who feels it. Defining love as positivity resonance challenges this view. Love unfolds and reverberates between and among people -- within interpersonal transactions -- and thereby belong to all parties involved, and to the metaphorical connective tissue that binds them together, albeit temporarily. More than any other positive emotion, then, love belongs not to one person, but to pairs or groups of people. It resides within connections.

Perhaps most challenging of all, love is neither lasting nor unconditional. The radical shift we need to make is this: Love,

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as your body experiences it, is a micro-moment of connection shared with another. And decades of research now shows that love, seen as these micro-moments of positive connection, fortifies the connection between your brain and your heart and makes you healthier. [...] It can seem surprising that an experience that lasts just a micro-moment can have any lasting effect on your health and longevity. Yet there's an important feedback loop at work here, an upward spiral between your social and your physical well-being. That is, your micro-moments of love not only make you healthier, but being healthier also builds your capacity for love. Little by little, love begets love by improving your health. And health begets health by improving your capacity for love.

--Barbara Frederickson, in *Love 2.0*

## 20. We Move in Infinite Space

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

--by **Rainer Maria Rilke** (Jun 10, 2013)

It seems to me that almost all our sadnesses are moments of tension, which we feel as paralysis because we no longer hear our astonished emotions living. Because we are alone with the unfamiliar presence that has entered us; because everything we trust and are used to is for a moment taken away from us; because we stand in the midst of a transition where we cannot remain standing. That is why the sadness passes: the new presence inside us, the presence that has been added, has entered our heart, has gone into its innermost chamber and is no longer even there, is already in our bloodstream.

And we don't know what it was. We could easily be made to believe that nothing happened, and yet we have changed, as a house that a guest has entered changes. We can't say who has come, perhaps we will never know, but many signs indicate that the future enters us in this way in order to be transformed in us, long before it happens. And that is why it is so important to be solitary and attentive when one is sad: because the seemingly uneventful and motionless moment when our future steps into us is so much closer to life than that other loud and accidental point of time when it happens to us as if from outside.



The quieter we are, the more patient and open we are in our sadnesses, the more deeply and serenely the new presence can enter us, and the more we can make it our own, the more it becomes our fate; and later on, when it "happens" (that is, steps forth out of us to other people), we will feel related and close to it in our innermost being. And that is necessary. It is necessary - and toward this point our development will move, little by little - that nothing alien happen to us, but only what has long been our own. People have already had to rethink so many concepts of motion; and they will also gradually come to realize that what we call fate does not come into us from the outside, but emerges from us. It is only because so many people have not absorbed and transformed their fates while they were living in them that they have not realized what was emerging from them; it was so alien to them that, in their confusion and fear, they thought it must have entered them at the very moment they became aware of it, for they swore they had never before found anything like that inside them. Just as people for a long time had a wrong idea about the sun's motion, they are even now wrong about the motion of what is to come. The future stands still, dear Mr. Kappus, but we move in infinite space.

-- Rainer Maria Rilke, "Letters to a Young Poet"

## 21. The Gentlest Thing in The World

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

—by [Byron Katie](#) (May 13, 2013)

The gentlest thing in the world is an open mind. Since it doesn't believe what it thinks, it is flexible, porous, without opposition, without defense. Nothing has power over it. Nothing can resist it. Even the hardest thing in the world — a closed mind — can't resist the power of openness. Ultimately the truth flows into it and through it, like water through rock.

"When the mind first becomes a student of itself, it learns that nothing in the world can possibly oppose it: everything is for it, everything adds to it, enlightens it, nourishes it, reveals it. It continues to open, because it's in a fearless, undefended state, and it's hungry for knowledge. And when it realizes that it's nothing, it can penetrate everywhere, even when there's no room for it, no place to receive it.



People are afraid to be nothing. But being nothing is only one aspect of it. Not only is it nothing to be afraid of, it's a cause for celebration. Without your stressful story, there is no stress — obviously! When you don't believe your thoughts, there's only laughter and peace. There are names for a place like that. I call it heaven. And how can people know what nothingness is while they still believe what they think? 'Something is better than nothing' — can you absolutely know that that's true?

The truly open mind doesn't have a goal or a purpose other than to be what it is. It's not attached to concepts of self or other. It realizes that ultimately there are no humans, there is no mind. When the mind opens, you lose everything, gratefully. I'm sitting here as a woman, and in the next realization I'm a galaxy or an ant. It doesn't matter. You lose everything, and then there's the reentry. On a good-hair day, don't you love to look in the mirror? That's what it's like. You're looking in the mirror at nothing, delighted. When you're nothing, it's always a good-hair day. [...]

Mind appears, if it appears, only to end itself. The projected world goes first, then the mind that projected it. No trace of it remains. Silence is all that's possible — the openness of never having existed in the first place. That's where I live. When it's over, it's over. You can't create or uncreate it. You wouldn't want to.

-- Byron Katie, in "*A Thousand Names for Joy*"

## 22. Selfless Climbing vs. Ego Climbing

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

—by [Robert Pirsig](#) (May 06, 2013)

Phaedrus wrote a letter from India about a pilgrimage to holy Mount Kailas, the source of the Ganges and the abode of Shiva, high in the Himalayas, in the company of a holy man and his adherents.

He never reached the mountain. After the third day he gave up exhausted, and the pilgrimage went on without him. He said he had the physical strength but that physical strength wasn't enough. He had the intellectual motivation but that wasn't enough either. He didn't think he had been arrogant but thought that he was undertaking the pilgrimage to broaden *his* experience, to gain





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understanding of *himself*. He was trying to use the mountain for his own purposes and the pilgrimage too. He regarded himself as the fixed entity, not the pilgrimage or the mountain, and thus wasn't ready for it. He speculated that the other pilgrims, the ones who reached the mountain, probably sensed the holiness of the mountain so intensely that each footstep was an act of devotion, an act of submission to this holiness. The holiness of the mountain infused into their own spirits enabled them to endure far more than anything he, with his greater physical strength, could take.

To the untrained eye ego-climbing and selfless climbing may appear identical. Both kinds of climbers place one foot in front of the other. Both breathe in and out at the same rate. Both stop when tired. Both go forward when rested. But what a difference! The ego-climber is like an instrument that's out of adjustment. He puts his foot down an instant too soon or too late. He's likely to miss a beautiful passage of sunlight through the trees. He goes on when the sloppiness of his step shows he's tired. He rests at odd times. He looks up the trail trying to see what's ahead even when he knows what's ahead because he just looked a second before. He goes too fast or too slow for the conditions and when he talks his talk is forever about somewhere else, something else. He's here but he's not here. He rejects the here, is unhappy with it, wants to be farther up the trail but when he gets there will be just as unhappy because then *it* will be "here." What he's looking for, what he wants, is all around him, but he doesn't want that because it *is* all around him. Every step's an effort, both physically and spiritually, because he imagines his goal to be external and distant.

Robert M. Pirsig, *Zen and the Art of Motorcycle Maintenance*

## 23. The Great Tragedy of Speed

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

—by [David Whyte](#) (Apr 22, 2013)

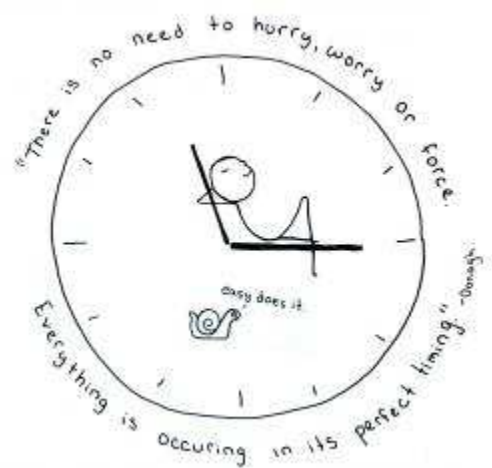
Speed in work has compensations. Speed gets noticed. Speed is praised by others. Speed is self-important. Speed absolves us. Speed means we don't really belong to any particular thing or person we are visiting and thus appears to elevate us above the ground of our labors.

When it becomes all-consuming, speed is the ultimate defense, the antidote to stopping and really looking. If we really saw what we were doing and who we had become, we feel we might not survive the stopping and the accompanying self-appraisal. So we don't stop, and the faster we go, the harder it becomes to stop. We keep moving on whenever any form of true commitment seems to surface.

Speed is also warning, a throbbing, insistent indicator that some cliff edge or other is very near, a sure diagnostic sign that we are living someone else's life and doing someone else's work. But speed saves us the pain of all that stopping; speed can be such a balm, a saving grace, a way we tell ourselves, in unconscious ways, that we are really not participating.

"The great tragedy of speed as an answer to the complexities and responsibilities of existence is that very soon we cannot recognize anything or anyone who is not traveling at the same velocity as we are. We see only those moving in the same whirling orbit and only those moving with the same urgency. Soon we begin to suffer a form of amnesia, caused by the blurred vision of velocity itself, where those germane to our humanity are dropped from our minds one by one. We start to lose sight of any colleagues who are moving at a slower pace, and we start to lose sight of the bigger, slower cycles that underlie our work. We especially lose sight of the big, unfolding wave form passing through our lives that is indicative of our central character.

On the personal side, as slaves to speed, we start to lose sight of family members, especially children, or those who are ill



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or infirm, who are not flying through the world as quickly and determinedly as we are. Just as seriously, we begin to leave behind the parts of our own selves that limp a little, the vulnerabilities that actually give us color and character. We forget that our sanity is dependent on a relationship with longer, more patient cycles extending beyond the urgencies and madness of the office."

## 24. The Origin of Thoughts

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

The Buddha taught us if you are pierced by an arrow, it makes no sense to worry about where it came from; just remove it. In this gentle talk, Eckhart Tolle tells us that we are vulnerable to energy fields or entities created by a collective consciousness that manifest as thoughts. When we recognize that we are not these thoughts we open the door to freedom from suffering and into greater understanding of everything. Enjoy this inspiring thought from Eckhart Tolle TV. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3486>.

## 25. Science and Spirituality

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

The most powerful tool in the universe sits in our cranium. But when we lose control of it and assume thoughts are our consciousness we remain in suffering. Could all human suffering end if we found a way to stay in the consciousness of "I am," recognizing that we are nothing more than millions of cells within billions of atoms amidst energy as old as the Big Bang? And that we are all connected? Watch this TEDx talk from MIT scientist Jeff Lieberman as he takes some scientific ideas to a very clear spiritual solution. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3596>.

## 26. The Many Faces of Compassion

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

The Dalai Lama once said: "Love and compassion are necessities. They are not luxuries. Without them, humanity cannot survive." Anthropologist, author, teacher and Zen priest, Joan Halifax, takes that statement a bit further: "...it is not only humanity that won't survive, it is all the species on the planet...It is the big cats, and it's the plankton." Not only does compassion enliven us, it enhances our neural integration and our immune system. But why, if compassion is good for us, aren't we training our children in compassion? Watch this TED talk to learn about the many facets of compassion. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3953>.

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## 27. Three Stages of Generosity

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

When Nipun Mehta, founder of KarmaTube and ServiceSpace, was invited to a TED conference about teaching compassion, he shared his journey of learning the three stages of generosity: Give, Receive, and Dance! Follow this link to the video... <http://www.karmatube.org/videos.php?id=2527>.

## 28. Everybody Can Be Great, Martin Luther King Jr.

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

"Everybody can be great because everybody can serve... You only need a heart full of grace." On 4 February 1968, Martin Luther King, Jr. preached "The Drum Major Instinct" (adapted from the 1952 homily of the same name by well-known, liberal, white Methodist preacher J. Wallace Hamilton) from the pulpit of Ebenezer Baptist Church in Atlanta, Georgia. This short video excerpts the portion of the speech where King urges his congregation to greatness through service and love. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2959>.

## 29. Bernie Krause: The Voice of the Natural World

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

Bernie Krause has been recording wild soundscapes -- the wind in the trees, the chirping of birds, the subtle sounds of insect larvae -- for 45 years. In that time, he has seen many environments radically altered by humans, sometimes even by practices thought to be environmentally safe. A surprising look at what we can learn through nature's symphonies, from the grunting of a sea anemone to the sad calls of a beaver in mourning. Follow this link to the video... [http://www.ted.com/talks/bernie\\_krause\\_the\\_voice\\_of\\_the\\_natural\\_world.html?utm\\_source=newsletter\\_weekly\\_2013-07-20&utm\\_campaign=newsletter\\_weekly&utm\\_medium=email&utm\\_content=talk\\_of\\_the\\_week\\_button](http://www.ted.com/talks/bernie_krause_the_voice_of_the_natural_world.html?utm_source=newsletter_weekly_2013-07-20&utm_campaign=newsletter_weekly&utm_medium=email&utm_content=talk_of_the_week_button).

## HEART AND SOUL ADVERTISEMENTS:

*Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to [newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 30. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page ([www.servingyourjourney.com](http://www.servingyourjourney.com)). There is a plethora of articles, poems and meditations, books, organizations, practitioners and videos to browse.

In addition, the resources page contains a listing of almost 400 spiritual centres and retreats throughout North America (some international centres and retreats are represented). In parallel with the master list of spiritual centres and retreats, Spiritual Guidance maintains two other indexes. The first is an index by region, state or province throughout North America. The second index is by faith tradition, denomination or community including, but not limited to:

- Buddhist centres, temples, priories, and monasteries
- Christian retreat centres, abbeys and monasteries; including monastic communities such as the Jesuit, Oblate and Benedictine communities (includes denominations such as Catholic, Lutheran, Anglican, Baptist, Protestant, Pentecostal, Episcopal, Presbyterian, Methodist, etc.)
- Eco-wellness and nature-oriented-and-focused centres and retreats
- Hindu and other ashrams
- Jewish retreat centres
- Shaman centres
- Sufi retreat centres
- Taoist retreat centres
- Theosophical retreat centres
- Non-sectarian, non-denominational, inter-faith community centres and retreats (e.g., Brahma Kumaris, Sri Chinmoy, etc.)

If there is a specific spiritual centre or retreat you have in mind and/or are looking for, or you would appreciate some assistance in narrowing your search or exploring options (based on faith tradition, denomination, community, region, state, province or city), please contact Spiritual Guidance. We will be honored to assist you. Our contact information is at the very bottom of this e-newsletter.

## 31. Spiritual Exploration and Soul Coaching

Spiritual Guidance can work with you to serve your individual needs, whether to receive spiritual guidance, engage in dialogue about your life, or explore and develop your spiritual practice. Spiritual Guidance works collaboratively with aspirants to guide them through an exploration of their life to realize inner peace, joy, love, gratitude, compassion and forgiveness.

Guided sessions are typically held one-on-one at a location comfortable for the individual requesting guidance. Your guide may encourage a first meeting in a neutral, public setting to explore whether *Spiritual Guidance* can assist you at this time in your spiritual journey. Spiritual Guidance also offers spiritual exploration and life coaching services via an **international Skype practice**.

Each guided session may include a variety of activities—not limited to talking, walking, hiking, meditation, guided imagery and/or readings—that the individual requests and feels comfortable with. The purpose of these activities is to create a comfortable atmosphere for the individual to listen to their soul and explore their spiritual existence.

Hourly and daily rates, dependent on the nature of the guidance or coaching requested, can be discussed with Spiritual Guidance.

Please contact Spiritual Guidance if we can be of service. Our contact information is at the very bottom of this e-newsletter.

## 32. Spirituality Workshops



## Spiritual Guidance Presents

### “Exploring Spirituality”

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

### “The Laws of Spirit”

We live our lives surrounded by the ‘laws of the land’. Many of these laws are intended as a basis for social order. However, these human-made laws pale in comparison to a higher order of laws that weave themselves into our

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

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

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

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

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

## “Forgiveness”

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

**To register your interest for any of the above workshops**, please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).

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

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

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

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

## 33. Spirituality Discussion Groups

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

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## 34. A Course in Miracles Study Groups

*A Course in Miracles* is a self-study course in personal and spiritual transformation. Spiritual Guidance nurtures a community of students who study *A Course in Miracles*. If you or someone you know would like to participate in this community, please contact us at [rmeagher@servinyourjourney.com](mailto: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.

## 35. Serving Your Loved-Ones

Do you have a loved-one who is seriously ill, dying or who has recently died? If so, Spiritual Guidance extends a heart-felt offer to serve your loved ones. Many believe they are helpless in assisting their loved-ones during times of terminal illness and/or when they are dying. Many believe there is nothing that can be done to bring their loved-ones peace or to ease their suffering. Furthermore, many believe that after their loved-ones have died, there is nothing that can be done to continue guiding them to a peaceful passing and rebirth. This is not the case.

Spiritual Guidance is offering to extend the ancient Buddhist practice of 'Phowa' for your loved-ones to guide them to a peaceful passing and rebirth. If you are asking yourself, "If I or my loved-one is not Buddhist and/or does not believe in Buddhism or any form of God, is there any conflict?" The simple answer is 'no'. The Phowa practice invokes the 'truth' of compassion and love that crosses faith / spiritual traditions and beliefs.

If Spiritual Guidance can be of service to you in this way, please:

1. Email us a picture of your loved one (in a standard graphical format; for example: .jpeg, .gif, .pdf, etc.) to [rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com).
2. Provide your loved-one's name (first name is all that is necessary) and their date of death (if they have died).

We will add your loved-one's picture to our 'Phowa' practice wall and pray for them daily.

If you have any questions, you are invited to follow up with us. Our contact information is at the very bottom of this e-newsletter.

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

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## 36. 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](http://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](http://www.servingyourjourney.com)) and click on



the  button toward the bottom left of the home page.

OR

2. Please follow this link to make a donation via Paypal ([https://www.paypal.com/cgi-bin/webscr?cmd=\\_xclick&hosted\\_button\\_id=GRP5RLXSVRDFS](https://www.paypal.com/cgi-bin/webscr?cmd=_xclick&hosted_button_id=GRP5RLXSVRDFS)). If the donation link does not work when you click on it, please copy and paste the link into your web browser.

OR

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

679 Cooper Street  
Ottawa, ON K1R 5J3  
CANADA

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

Love and gratitude for your support and generosity.



## 37. Meditation Series

# Meditation Series

- When:** Saturdays, May 11, Jun 29, Aug 17, Oct 12, Dec 7, 2013, 7:00–9:00pm  
**Where:** Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa  
**Who:** Anyone wanting to share in a peaceful evening of meditation. All paths welcome.  
**How:** RSVP Robert at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).  
**Cost:** Invited donation of \$10 (or more) to defray facility rental cost.  
**Food:** Your contribution of light snacks for the social will be gratefully received.



You are invited to join us for these peaceful evenings of meditation and then socialize over light snacks. Your hosts for these evenings will be:

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

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

## 38. Interfaith Community Celebration

### Interfaith Community Celebration

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

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

**Where:** Contact Robert at [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com) or 613-204-0299 for details.

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

**Food:** Enjoy sharing light communal offerings, potluck style.

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



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

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

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

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## 39. 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](http://www.omwebsites.com/Services.html) 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.

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

Dear interfaith colleagues around the world:

[The Interreligious Coordinating Council in Israel](#) and [The Scarborough Missions Interfaith Department](#) (Toronto, Canada) are pleased to announce the publication of a Hebrew-language poster featuring texts of the Golden Rule in 13 religions. This striking multifaith poster has been produced in a number of languages around the world and has made a profound impact as an educational and interfaith resource.

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

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

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

Peace  
Paul McKenna

Scarboro Missions Interfaith Dept.  
2685 Kingston Rd.  
Toronto, Ontario  
Canada M1M 1M4  
tel. 416-261-7135 ext. 296  
[www.scarboromissions.ca](http://www.scarboromissions.ca)

## 41. Sacred Attention Training Course

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

**1-7 Sep 2013**

*with* **RICHARD HARVEY**

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

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

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

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

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

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

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

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

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

# Spiritual Guidance

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Serving your personal journey toward enlightenment...

**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)

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Richard Harvey

Mob: Spain (0034) 680 741 108

Tel: Spain (0034) 958 953 033

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

## 42. Third Crystal Heart Drumming Circle

### 3rd Crystal Heart Family Drumming Circle !

Saturday, August 17th, 2013 (rain date-Aug 24) 10:00 a.m. to 4:00 p.m.

3942 Rideau Valley Drive (at Prince of Wales where Jockvale ends)

**For Families and All Ages!**



Pot luck at noon (bring your chair, plate and utensils)

**Experience nature, drumming, singing, ceremony to honour Earth and ourselves as One!**

#### **Special Guests:**

*Judith Matheson - M C Holistic Teacher Integrative Spirituality –10 am*

*Lise Nickerson – Facilitator Cherokee Dance of the Four Directions –10:30 am*

*Joanna McMillan - Blessing of the Water Ceremony –11:30 am*

The program includes :

- Julie Tierney with sound healing - come prepared to dance
- Shelia Vaudrey Peace Flame Drummers teaching with extra drums plus artifacts and crafts for sale
- Offerings \$10 more or less to create abundance for gas expenses, honorariums for leaders
- A day of peace and harmony for your soul to be fed!

<http://birth2012ottawagatineau.wordpress.com/>

The Light Body Acceleration Clearings same day @ 4:30 pm with Catherine Green or Past Life & Spiritual Journey's with Allan Green—Sun. August 18/2013—Booked in Advanced

RSVP : Sylvia@globalwellness.ca or 613-721-0039

## 43. Certified Laughter Yoga Leader Training

### NEW EDUCATIONAL SEMINARS

Laugh Yourself Healthy, directed by Laughing Kathryn, offers Certified Laughter Yoga Leader seminars. In these delightful, interactive learning experiences, you'll become certified and affiliated with Dr. Katarias International Laughter Yoga University.

### **LAUGH YOURSELF HEALTHY WITH LAUGHTER YOGA IS AFFILIATED WITH DR. MADAN KATARIAS INTERNATIONAL LAUGHTER YOGA UNIVERSITY IN BANGALORE, INDIA**

**NOW ENROLLING for August 17 and 18, 2013, Hamilton, ON**

This weekend of laughter yoga fun and learning is for anyone who wants more laughter and joy in their life, and enjoy a weekend of healing and stress-busting laughter. In this experiential and empowering training, you will gain a thorough understanding of all aspects of laughter yoga, and receive certification as a laughter yoga leader from Dr. Katarias School of Laughter Yoga. Experience the fun of connecting with your inner joy and child-like playfulness as well as the freedom of liberating your laughter from logic and conditions.

During the weekend, you'll:

- learn the principles of laughter yoga
- learn how to introduce laughter yoga
- the 40 Foundation laughter yoga exercises
- develop leadership skills

This training will provide you with the confidence to lead laughter yoga sessions, start a laughter club, present laughter yoga to various groups while spending the entire weekend laughing, playing, dancing, bonding and meditating with a fabulous group of people.

Become part of the global movement to spread laughter for peace, joy and good health.

The two day process of training in laughter yoga provides certification at the level of Laughter Yoga Leader (CLYL). This training provides all the foundational concepts and practices that have been developed for leading a group through the process of a laughter session. The laughter session is easily modified to accommodate various levels of capability and content.

To change your life with laughter go to this link to read more.

<http://www.laughyourselfhealthy.ca/workshops.html>

Bring your friends and lets pack the place with laughter and levity! YEAH!

## Spiritual Guidance

Serving your personal journey toward enlightenment...

Kathryn Kimmins, Certified Laughter Yoga Teacher,  
[kathryn@laughyourselfhealthy.ca](mailto:kathryn@laughyourselfhealthy.ca)  
905-574-1765  
[www.laughyourselfhealthy.ca](http://www.laughyourselfhealthy.ca)

Have an amazing weekend. Take time to read your favourite book.

## Love & Laughter blessings,



**Kathryn** (HUGS!)

*Kathryn Kimmins, Certified Laughter Yoga Teacher, CLYT*  
Living Healthier Lifestyle Seminars through Laughter Yoga  
Concession on the Mountain Laughter Yoga Club  
[www.laughyourselfhealthy.ca](http://www.laughyourselfhealthy.ca)  
Hamilton, ON L8V 2R7  
[info@laughyourselfhealthy.ca](mailto:info@laughyourselfhealthy.ca)  
905.574.1765  
<https://www.facebook.com/kathryn.kimmins>  
[twitter](#)



## 44. Ascension Meditation for Love

### Ascension Meditation for Love

**When:** Saturday, August 17, 2013, 7:00 – 8:30pm (EST)

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

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

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

**Cost:** Invited donation of \$10 (or more) to defray facility rental cost.

**Food:** Your contribution of light snacks for the social will be gratefully received.



You are invited to join us for this peaceful evening of meditation to celebrate the splendour and truth of love. We welcome you to share in the unity of meditation with others and then to socialize over light snacks. Your hosts for the evening will be:

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

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

## 45. Worldwide Meditation for Love

### Worldwide Meditation for Love

On Saturday, August 17, 2013, 7:00 – 8:30pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting an evening of meditation for love. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. This meditation will invite you to celebrate the splendour and truth of love. If you would like to attend in person, refer to the following URL for more details: [http://www.servingyourjourney.com/Community\\_Announcements/Meditation\\_for\\_love.pdf](http://www.servingyourjourney.com/Community_Announcements/Meditation_for_love.pdf). If you cannot be physically with us but would like to grow in unity consciousness with others around the world, please join us from 7:00 – 8:30pm (EST) in the comfort of your own sacred space. If you do choose to participate, please let one of the hosts of this event know (see contact information at the bottom of this poster).  
Namaste.



You are invited to join us for this peaceful evening of meditation for love. Your hosts for the evening will be:

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

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

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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Linked In: [ca.linkedin.com/in/robertmeagher](http://ca.linkedin.com/in/robertmeagher)