

Serving your personal journey toward enlightenment...

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

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

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



The Epidermis of Reality

“The rose imparts its fragrance, not in many ways but only one. Those who have not the sense of smell will miss it. You cannot feel the fragrance through the tongue or the ear or the skin. So may you not receive spirituality except through the spiritual sense.”

... Gandhi

I am truly blessed to live a joyfully full life. The wonderful souls I have the honor to walk this journey with are life-giving and a true gift from Source—whether through my therapy, counselling, or coaching practice; through the many study and discussion groups I am grateful to facilitate; through public speaking; through chaplaincy/ministerial visitations; through daily contemplative sharing across many social media outlets; and through OM websites.

A common theme is rising to the surface in many of the holy encounters I share with souls: the questioning of reality itself, the part we play in that reality, and the limits we place on our reality. All this thinking about reality got me thinking about my reality, how I see the world around me and what may exist beyond my bodily vision.

I want to invite you, right now—while you are reading this passage—to hold out one of your arms, and with the opposite hand give your forearm a gentle squeeze. You may notice that your forearm is pliable. It moves and gives way to the pressure you place upon your body as you gently squeeze it. You may be able to feel the muscles and tendons inside your arm. Science also informs us there are bones and other biological matter within our body, not to mention organs and extraordinarily complex networks for fibres and transmitters that allow our bodies to, hopefully, function synergistically.

Covering this masterful piece of art—our body—is an epidermis. This epidermis is what science calls ‘skin’. Actually, the epidermis is made up of many layers of skin to create this coating that covers our entire body. Granted, there are openings in the body. Examples include our eyes, ears, nose and mouth (there are others you can probably think of). Occasionally, through these openings, body fluid is expelled. For example, if we accidentally cut ourselves, bodily fluid is expelled from the body. But for the most part, this epidermis we call skin encases us in what we call a body. This epidermis holds everything together. We can poke at our bodies; we can bend ourselves into contortions; we can even break an internal component of our body; but the epidermis holds everything together—in its rightful place.

Another interesting thought came to me about the body. I thought of my heart, my physical heart. I am told it resides in my chest cavity. I am told its only function is to pump and regulate the flow of blood throughout my body. As far as I am aware, the heart, or any other internal part of my body, is not aware of its existence outside of the physical body. That is, it is only aware of its existence within the context of where it is inside a physical space. It has no awareness of an existence outside of itself.

As I began to look at this concept of a body and its epidermis that holds everything together, I began to contemplate how arrogant I have been to think this concept of an epidermis over my body is the only example of this exquisite relationship in my life—in my reality. I began to ponder the possibilities of applying the physicality of my body—the epidermis holding my body together—to the world around me and my reality. “What if...?”, I asked myself. “What if, there is another layer of



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this exquisite relationship in life?". I asked myself, "What if all that I see with my body's eyes, all the people, all the things, all the interactions, everything, is merely another epidermis, the epidermis of my reality?!"

This epidermis of reality is merely another layer that holds everything together in an exquisite relationship. Just as I can with my physical body: I can 'poke' at my reality, as in have an experience in life; I can bend my reality into contortions, as in do something really different with my life; or I can even break an aspect of my reality, as in experience a crisis in my life that shocks me and forces me to see my life differently. But there is something that holds everything, every blessed element of it, together.

There are very few who ever move beyond their ego-centric, arrogant sense of self to become aware that everything that is their reality is merely a covering—an epidermis—over their physical sight. Even fewer have the awakening experience of actually peeking through that epidermis to realize our reality is merely a veil, a sheath, a thin curtain, that stands between us and true peace, joy, and love.

Ask yourself this... "What holds my reality together? Everything around me, the people, the places, the things I see, the interactions I experience on a daily basis? What keeps all of this in its rightful place? What holds all this together?"

I have found my answer. My wish for you is that you find yours.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

Do you need protection or are you strong enough to protect yourself? Cultivating self awareness allows me to see how I have the inner power to choose my feelings regardless of what others say or do. The quiet practice of watching my reactions and choosing the feelings I wish to have, strengthens me internally. To be protected means I can remain myself no matter what comes at me from the outside. Today let me protect myself by choosing my own feelings.

Whatever enthusiasm I do something with; I will receive the return of it. If I do something with compulsion or resentment I will always feel discontent. If I do something for show, I will feel empty. Wrong motives create resentment and fatigue. Today let me do everything with genuine enthusiasm.

When I see a situation with the vision of one aspect of time, it limits my understanding. When I consider the perspective of the past, present and future, I begin to understand the past contributing to the current situation and anticipate potential future implications. To look at situations like this is to create perspective -- seeing the benefit of each moment in the context of its past and future. Today let me expand my time horizon.

Be generous like nature. One apple seed does not produce one apple. It produces a tree which produces thousands of apples, year after year. In the same way, let me not measure one for one in my relationships. Let me continue to give, because each act of generosity produces a thousand acts of generosity. Today let me be generous.

When you have real self-esteem you are happy to make yourself dispensable. Only when I share what I know will others become capable to take over from me. A true sign of self-respect is to share what I know and help others grow and learn. To think I am the only one who can do something, is arrogance. Today let me make myself dispensable.

To see the ideal outside of you is to create idols. It can become a habit to see ideal images outside ourselves in others. To do so is to become a worshiper; someone who looks outward for greatness and does not see the greatness within. When I allow myself to be inspired by the greatness I see in others and then turn inwards to find this quality within myself, I reclaim my own greatness.

Relationships are an exchange of energies. If I am in pain and the other is in pain then we exchange the energy of pain. For this reason many relationships are full of pain. When I am full of love and the other is full of love then the relationship will be full of love. To enter a relationship looking for the other to give me happiness or love to make up for the pain I feel is to begin a habit of taking, not giving. This eventually drains the relationship. Today let me transform a habit of taking to a habit of giving by bringing love to my relationships.

Your internal state creates the reality of your external world. Although the world is round there was a time when everyone thought the world was flat. This internal reality created fear about falling off the edge and significantly curtailed travel - except for a hardy, courageous few. In the same way, my inner reality - what I believe - will significantly impact my experience of the external world. Today let me catch any limiting internal beliefs and expand them so I can enjoy a more unlimited external world.

It is wise to bend rather than break. As situations arise around me that demand a response, I can choose to respond in a rigid fashion or to bend with grace and dignity and mold myself to accommodate the situation. When I use my power to accommodate I bring comfort to myself and others. Today let me choose to bend rather than break.

Unity is harmony within and amongst people. It is built with a shared vision for the good of all and a common goal. Unity is appreciating the value of each person and their unique contribution. When there is willingness to accommodate others, unity blossoms. Today let me approach all situations with an eye to creating unity.

When I believe I own someone or something, I give life to the illusion of ownership which blocks out the truth that everything in the universe is constantly moving. Desire to hold onto something and own it as "mine" causes me pain and discomfort and creates disharmony. While many 'things' will come to me in this life, I possess nothing. Today, I can let go, with my mind, of anything I am holding onto as a possession.

I am a being who does not over-think, over-speak, or over-act because I understand the value of my own energy to bring benefit to the world. Today let me concentrate the energy of my thoughts, words and actions so that they can provide stability and peace in an unstable and a peaceless world.

Every time I use the words 'have to' I am saying I would rather not be where I am right now and doing what I am doing at this moment. If I keep thinking in this way in one area of my life, it becomes a habitual thought pattern, which soon turns up in my attitude everywhere in my life. Let me transform any reluctance in my life today by re-affirming my choices about where I am and what I do.

Wisdom never fights, it waits patiently, speaks positively, releases easily, sees benefit in everything and envisions a future of abundance...knowing that all needs will be met at the right moment, in the right way.

When we are enlightened we realize that real rest is possible only when we become free of illusion and we no longer struggle against life. Illusion is the idea that people should be, and do, what we want them to. The truth is; all is as it should be. This means I can be easy on myself, easy with others and easy with the world around me. Today let me quit forcing, end the struggling and...relax!

Humility grows a little more each time I step away from my own feelings and opinions and genuinely listen to the experience of another human being. Humility is dedication to the extent that no acknowledgement is sought for the self. Only when I have learned to value others no more or less than I value myself can I be said to be truly humble. Today let me practice humility – the art of knowing why I am wonderful and why others are wonderful as well.

Time, which changes people, does not alter the image we have retained of them. Each of us and our experiences are molded and crafted by the hands of time on the journey through life. However, I may keep an outdated vision of myself or my friends and loved ones, as if they hadn't changed. By keeping old images in my mind I trap people in the past. Today let me release myself and others from the cage of the past and see them with new eyes.

Honesty is to speak that which is thought and to do that which is spoken. To be truly honest I must ensure that there are no contradictions or discrepancies between my thoughts, words or actions. This is known as aligning every thought, word and deed with my highest truth. When I notice myself out of line, I gently bring myself back to my internal integrity. Today let me be honest.

When I understand how the subtle power of thought purifies the mind and liberates one from negative attitudes, I can choose pure thoughts. Thought is the seed of cause and effect. Thought is active energy present everywhere. I can choose to follow the subtle trajectory of how thought moves from awareness, to attitude, to my perception of situations and my vision of others, to the actions I choose. Today let me choose thoughts of pure intention and pure feelings in order to liberate myself from negativity.

To exercise the mind means to create a stable consciousness. That means if I create a thought of peace, I have the power to experience that thought for as long as I want. When I practice with such thoughts during the good times, my mind remains healthy and ready for difficult times. Today let me practice creating powerful thoughts, experiencing them by holding them and strengthening the mind for future need.

To stay content and happy I can remember what has helped me, uplifted me and made my life worthwhile. I can forget the old, the things of no value, and anything that has stolen my dreams. I will grow and progress in life by remembering what motivates and inspires me. Today let me choose to forget weaknesses and mistakes and remember all that inspires me.

When I get caught up in the repetitive thoughts about my finances, my possessions or my relationships with others, I become tied in waste thoughts. Freeing my mind from these repetitive thoughts allows me to use this energy to offer encouragement or support where needed. Today let me turn my thoughts away from the details of my own daily life and increase the scope of their influence by focusing on bringing benefit to the world.

The wind may blow from any direction, but the direction in which I go depends on how I set my sails. Today let me set my sails in the direction of my highest principles before I encounter any storm and then if the storms come, my direction is well set.

Solutions come easily from a calm mind. When my mind is agitated it is difficult for me to experience clarity. Just as a life raft lost on a choppy sea is difficult to find, so too, when my mind is churning, it is difficult for solutions to be seen. Today let me calm my mind as a first step in finding solutions and enjoy the visibility of a calm surface.

What does it mean to become pure? I call out for help when I am experiencing vulnerability, helplessness, or powerlessness in this world. Aim is to become empowered so that we no longer cry out in distress. Very simply, when I begin to turn towards my inner spiritual resources, I begin to empower myself rather than relying on my relationships, possessions, position or events to fill me with a sense of well being. Today let me focus on becoming pure by turning to my own untainted inner core of spiritual virtues and powers.

Be thoughtful, independent and gracious in victory and defeat. When I am dependent on situations or people being a certain way, I become angry and unable to tolerate change. When I am independent from all things and people, yet connected through love, I am able to bend and be flexible. Today let me be independent and flexible.

The lotus is a symbol of purity. Its roots are in the mud, but the flower remains above dirty water. Today let me live a lotus life and be in the world, but unaffected by its impurities.

Sometimes feelings of unhappiness emerge even though there is no current situation or cause or very small situations occur but the sadness that follows is disproportionately overwhelming. I can understand that I have an internal store of sorrow that has accumulated over a long period of time. When I have the practice of cleaning out feelings of sorrow as they arise and end my day by letting go of any feelings of sorrow accumulated throughout the day, I am able to free myself from accumulating more sorrow inside. Today let me free myself from sorrow by letting go.

Rather than being quick to judge, be quick to forgive. It is a familiar habit to criticize others, if not out loud, then in our minds. It is possible to have a regular internal dialogue with the self involving criticism of others, of situations or of myself. This habit drains energy from the soul leaving it weary and disheartened. Today let me turn my inner dialogue into a constant, friendly conversation offering acceptance, generosity and gentleness.

Steer easily through life by keeping a light touch on the controls and a strong sense of humor. So often I may find myself moving through life with a tight grip of control, trying to make situations or people behave according to my wishes. When I realize that everyone has their own unique role in this drama of life, I can lighten up control and enjoy the ride of life. Today let me bring humor and a light touch to everything I do.

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

3. Poem

From Fear to Love and Forgiveness

What is this cancer inside me?
The fiery anger that lingers,
In its thin disguise...
The coldness and the brittleness
That comes from my pores
At a moment's notice.

Could it all be fear,
And nothing but fear?
Is there no roadmap
That can lead me to peace
And freedom?

Can I really feel
Whole and at one
By simply crossing
The bridge of forgiveness?

Why does something
That seems so simple
Bring out my greatest
Resistance?

Obstacles, obstacles, obstacles.
Is that all there is to life—
A series of obstacles
Separating me from others?

When will I awaken to
The full awareness
That all obstacles
Between myself and others
Are self-imposed?

I have manufactured them
Through my own fear of love
And my own fear of God.

Gerald G. Jampolsky

4. Quote or Question

"Our own life is the instrument with which we experiment with the truth" . -- Thich Nhat Hanh

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'.

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

At the Orphan Wisdom School, the cold northern winds gently blow through towering pine trees and the trickle of icy water can be heard streaming through the hinterland. It is in this peaceful, wintery space that Stephen Jenkinson helps others learn the skills of deep living and making human culture. What is the meaning of death? What is depression? How can repay the debt of being human? These are some of the questions that arise at the Orphan Wisdom School. In this article, Ian MacDonald shares stories from a night with Jenkinson, Much of Jenkinson's wisdom draws from the dying. As someone who headed the counselling team of Canada's largest home-based palliative care program for five years, Jenki "Life does not give life. It's the end of life that gives life a chance. The world whispers, 'all that we need of you is that you be human.'" <http://www.dailygood.org/story/491/the-meaning-of-death-stephen-jenkinson-ian-mackenzie/> **Be The Change:** "The world whispers, 'all that we need of you is that you be human.'" Take a deep breath today and respond to the whisper of the world by being yourself.

"Control is one of humankind's greatest illusions. Let's face it -- even with all the information available and expansive educational preparation -- unexpected events often interfere with our plans and our best efforts to control an outcome or an event (and even ourselves!). And what happens to us, to those around us, and to the teams and organizations we lead when things get disrupted?" Find out from Janice Marturano, the Vice President for General Mills, Inc. and the Founder of the Institute for Mindful Leadership as she discusses how meditation and mindfulness will improve your leadership skills and make you happier at work. <http://www.dailygood.org/story/500/the-illusion-of-control-janice-marturano/> **Be The Change:** When asked, "Are you able to be fully attentive to a conversation?" only 34 percent of participants answered positively. Pay attention to how you listen today, and see if you can strengthen your ability to be present in every situation.

Why should we control our minds? The wisdom of the ages and now, modern neuroscience, shows that "a human mind is a wandering mind and a wandering mind is an unhappy mind." On the other hand, being in the "flow", or being completely present to the moment, is linked to greater happiness. And achieving this state of mind isn't as ambiguous as one might think. It simply involves effectively controlling attention, and from that, the control of emotions naturally emerges. This article shows the remarkable evidence behind how skillful training of the mind can lead to more presence and joy. <http://www.dailygood.org/story/507/can-you-learn-to-control-your-mind-richard-davidson/> **Be The Change:** According to this article, we spend about 47% of our waking lives in a state of mind wandering. Try to be in the "flow" by focusing for a few minutes on a single thing, like washing the dishes or observing your breath.

At just 52 years old, and after having lost nearly everything, John Kralik found himself in a desperate search --a search for just one thing for which he might feel thankful. His search led him to a walk along a mountain road, where his mind sifted through the details of all of his most recent troubles. It was then that John realized, that he should find gratitude for all that he had, instead of focusing so much on all that he had lost. It was in this moment, that John resolved to find opportunities for sharing his gratitude with others

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each day. Read how a simple act of writing daily thank you notes, led to a most brilliant life change.

<http://www.dailygood.org/story/511/a-grateful-heart-john-kralik/> **Be The Change:** Just for today, hold open a door, smile to the cashier and say 'thank you' for all those little things that often go unnoticed. Smile big, and let others know how very much their kindness matters.

Through her work, Bronnie Ware, author of *The Top Five Regrets of the Dying*, has found a powerful way to use gentleness, loving kindness and humor to help celebrate both the strength and vulnerability of life and living. In this delightful interview, Bronnie shares what she has learned while working in palliative care and how her meditation practice saved her life. <http://www.dailygood.org/more.php?n=5651> **Be The Change:** Don't wait for tomorrow to come to enjoy the many, most beautiful things that make your heart smile big. Go for a walk in the woods, share a moment or two with a friend, but above and beyond all else remember that these are the moments that will carry you through to the end.

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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 – You Are Not Who You Think You Are

Wow! What does that mean? Am I not a person, male or female, old, young, in school, working, retired, parent, partner, single, child, sibling, etc? Is there more to me than all my descriptors? Am I more than my thoughts, my feelings, my sensations, my beliefs? Am I defined by my past? Who am I? Why am I? Getting to the point in life where you are asking these questions is a wonderful place to be. It means you are no longer buying into the small version, the small picture of who you are. It means you are ready to change to grow into an expanded version of you. I think we all have glimpses from time to time in which we realize we are more than a just person inhabiting this body, that there is something much bigger, grander, more expansive happening to us. And it is in those times we are nudged to start looking within to see who we really are.

It is then we start to wonder about life, existence, who we are, why we are, what this is all about. The small picture, the one that says I am a physical being whose beliefs and thinking creates my reality has not turned out to be very pleasant or rewarding so far. It has been filled with ups and downs, fears, insecurities, worries, anxiety, pain, suffering and loss. At times it is filled with joy such as periods of falling in love, having a baby, or any exciting new challenge. But these periods do not happen consistently. Finding peace, love, joy, freedom has not been attainable from the perspective of the small consciousness of the physical human. At times you may have tried meditation and have found yourself to be experiencing a peaceful, expanded part of yourself that you would like to maintain, but it eludes you when you return to wakefulness.

So what is the answer to living an expanded version of you? First it is necessary to change your thinking; change your outlook on what life is. We think we are it, we are in control, and we create our reality. We are the boss of our life, we are in charge. This is an old, harmful, limiting paradigm. The truth is we are part of an infinite Consciousness that is omniscient, omnipotent and omnipresent. It is all wise, all knowing, all powerful and we are part of that just as is all sentient life. We do not create our reality as much as this Consciousness creates with us what will unfold in our lives. We have a choice to tune into that wise, benevolent guidance that is Consciousness, Life, or we can butt our heads against it by being resistant, thinking we are the boss and not accepting Life as it unfolds. There is a grand plan for all existence. We can line up with it, be in the flow with it, or we can continue to resist and fight it, living in fear, anger, and conflict. It is your choice. Go with the flow. Learn to listen to the still, quiet voice within that lovingly, wisely guides you.

You are One with the Whole. One within Consciousness. You couldn't be alone if you tried. When you embrace the boundless, timeless, spaceless (in other words, you are not defined by your physical body) expression of your True Self, your life in the physical realm changes dramatically to one of ease, grace, freedom, peace and flow. No matter what shows up you embrace it knowing it is just an experience created by Consciousness, just part of the great play of Life expressing. Relax, lighten up, and let Life guide you to live in freedom and peace. Practice letting go of your judgments and let the divine flow of life guide you where you need to be: remembering who you are: Consciousness, One, I Am, All that Is.

There is a wonderful AA expression: Let Go and Let God. This is a perfect way of expressing--- let Consciousness/God/I Am/ Life be your guide. As the drop of water does not control the ocean neither do we, small expressions of Consciousness, run the show. Let Life/Consciousness's loving, benevolent, wise, supporting Beingness embrace you and go with its flow. Your life will change dramatically as you line up with Source. Your fears, worries, anxieties will fall away being replaced by ease, grace, acceptance, love, freedom, and joy. No more need to live small. Remember who you are,

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Consciousness with a big 'C'. Making the shift to living your expanded self can be easier than you think. You will be guided when to make that shift and start waking up. Go within, listen.



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

7. Doug Henderson, Ph.D – Spiritual Dowsing

Taking Out the Garbage or Put Your Hands in the Air and Move Away From The Dogma!

I am a facilitator for the world's two best quantum biofeedback technologies. They are quite specific. During an in office session, the client is hooked up to a harness and they can view on a screen exactly what they are most reactive to and what is going on and what needs to be energetically balanced. However, anyone can uncover their unconscious core issues and make correction by simply learning how to Dowse!

It is my intention to teach a Spiritual form of Dowsing that clears Core Issues and we learn to become clear and open channels for purposes of healing our self and others and morphing into something so much greater than we think we are.

The bottom line as I see it is, we create all dis-ease by our own negative thinking. The Institute for Heart Math will tell you that 96.6% of all our thoughts are negative. This means that 97% of the time we are out of alignment with Creation. If that is the case, we are in a state of fear 97% of the time because there are only two emotions; Love or Fear. The challenge is that unless someone is totally terrified they don't have any awareness or understanding that they are operating from fear. Yet any kind of self-doubt, any kind of egoic response, concern or perception - and all perception is egoic - is based in fear. We have no idea that we are interpreting about 10,000 bits of information a second and projecting it onto the world we perceive. So, the body and the conscious mind require re-training because the sub-conscious mind (soul) simply accepts what the conscious mind dwells upon and projects it onto the world. This is how we create our own personal heaven or hell. This is why Thought Awareness is very important and why learning to constantly make better choices is so important.

The pendulum helps us to make those better choices. You can be healed of whatever, but if you go back to the same old thought patterns, you simply re-manifest the very symptoms that you were healed of, in which case healing has not occurred. Only when the mind heals, does the body follow, otherwise we are still in conflict with our Self. This is our learning process. No one else can do it for you. Nothing outside yourself can do it for you. The body and the conscious mind needs to be re-trained and then we will call better vibrational states and experience to us but first we have to have the awareness to stop the process we have created.

To paraphrase Einstein; "When you are digging a hole, you have to know when to stop." Also from Einstein; "You cannot solve a problem from the same level of consciousness that created it." This is why I spend my time counseling clients and assisting clients in how to raise their level of consciousness. Once you have raised your level of consciousness to a certain point, all dis-ease begins to drop away.

Once we bring our self into proper energetic alignment and maintain it, then we can be of assistance to others. As we go through this process our vibrational state will improve and our very presence will help to raise the vibrational state of

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others. If we truly want Peace, we have to become the Peace. If we want Abundance, we have to become the vibrational state of Abundance. If we want Wellness, we have to become the vibrational state of Wellness. If we want Love, we have to become the vibrational state of Love. When I say we, I am referring to the conscious mind (egoic mind) desiring to better understand the I am Presence that functions each and everyone of us. It may be the intellect of the ego that starts the process of desire but at a certain point it is surpassed. The process will collapse quantum lifetimes of learning for you!

If enough of us have the willingness to do this, to learn this and go on to teach this; we will not only be healed, we will help to heal the world! Along the way, the magic of the pendulum will no longer be required. You see, we only use any form of magic (what we don't understand) until we no longer need it. Until then, we need a means of communicating with the Subconscious Mind/Soul. Along this Journey of No Distance our powers of discernment improve to such an extent, that we no longer need the pendulum because each of us is now living in the Zone as a pure and perfect channel!

Sound like a plan?

If you are interested in learning how to dowse, please contact me at the co-ordinates below and when sufficient interest is established a time and place will communicated.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. Three years ago, Doug started a program called the “Tune Me Up Program” that is having extraordinary results raising clients levels of consciousness/awareness. Go to:

www.quantumru.com to read unsolicited experiences. Seven years ago, Doug had 4 different cancers, refused conventional therapy and developed protocols that worked for him and his

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

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

Every thought you generate, every flower you pick, every moment you breath and speak— all personal and universal communication—touches, blends, flavours and colours all living experiences in other countries, worlds and dimensions. There is no place where you are not. Upon your earth these living energy patterns may be perceived as circular, spiral and cyclical.

These ideas are presented today so that you may fully realize the importance of your life's creations. They are not limited to your third dimension for how can you localize love, compassion and consciousness? Your gentle act reaches far beyond the immediacy of the individual you are helping, for your sweet energy signature flows freely and joyfully into eternity.

What then, dear people, is your primary responsibility in this time of transition?

In answer, we would continue on the subject of circular, spiral and cyclical patterns.

The most economical and rewarding geometry is the rounded form for this encourages the movement of harmonious progress. Nothing is stymied or forgotten in a corner. If you sit quietly you will witness an outer circular energy movement of the physical body which is also experienced within its every cell . If you examine your routine life patterns you will also observe a circular movement. However, the elegant soul will continually express itself within the human and, in time, will incite the individual to push upwards to a higher level of spiritual understanding. It is the individual's free will which determines the extent and depth of his or her soul's pushing upwards to transform a circular pattern into an elevated spiral form, establish there a cyclical pattern and eventually live a more expanded circular form.

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Within the human lie the emotional and mental bodies, which request balance, respect and healthy development. With the increase of spiritual awareness upon your planet, your citizens are asked to ensure that their psychological and physiological structures maintain equilibrium as they simultaneously grow in the upward spiral towards greater consciousness and action. They are also requested to respect the patterns of others who, too, are moving into expanded inner and outer worlds of Light.

Let us illustrate these ideas in the following example.

Imagine that, in walking through a formal garden of flowers, you follow the path of the lilies. Some time later you tire of this pathway (no matter how beautiful the lilies seem) and, in lifting your head, you realize that you have travelled in a circle. What has occurred? *You have tired of the experience.* In recognizing this fatigue you consciously choose something greater and more fulfilling. Perhaps you decide to sit down and, with closed eyes, sense the beauty and peace of the environment.

This simple example demonstrates the movement of a circular pattern to the heightened field of the spiral. To fully absorb the experience of a particular spiral pattern, the individual is encouraged to live and maintain a fresh cycle of the understanding gleaned from the spiral-form experience. Once this cycle is integrated, the individual may then decide to move into a new circular pattern to live fully, in the outer world, this elevated way of being and doing. Later, this individual may then once again be led by spiritual guidance to the next sacred pattern on the upward path. Hence, the primary responsibility that you hold upon your earth at this time is to radiate the purest essence of Light through the pattern you are experiencing. In this way, you continue to unfold the noble spiritual essence of your world and participate more fully in the many dimensions of divine and eternal life.



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

9. Dr. Nancy Cleaves – The Voice of the Ancients

“We are the ancestors: those who honoured the spiritual path, walked in mutual respect with all living creatures; we are the keepers of the sacred circle which has been broken by the self-serving generations. Millions of our people have been killed and our culture stolen. Yet, we are peacemakers and hold sacred space for you to return to your tribal teachings and join our circle again. Only together can we heal Mother Earth and living species.”



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

10. Robyn Lebron – Native American Faith Traditions

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

In our next excerpt, we take a step into the religion of the Native American peoples. Although they share characteristics of the other "nature based" religions like Shamanism going back as far as 10,000 years, the tribal groups started to coalesce much later on in history. The hundreds of tribal groups of North America maintained individual traditions that were adapted to their regional environments, although elements of these traditions were sometimes passed from one group to another through trade, migration, and intermarriage. Each community maintained its characteristic worldview, passed down its own myths, and conducted its own rituals.

With the coming of the Europeans, Native Americans experienced a series of dislocations from which they are still struggling to recover. A large number of tribes migrated to the Western part of the country. In the midst of these crises, Native Americans turned to their own religious traditions to understand and ease their plight. At the same time, missionaries attempted to convert them from their traditional religions to Christianity. Native American prophets who claimed to have received revelation from the aboriginal deities, often in dreams and visions, have frequently shown evidence of Christian influence in their moral codes, their missionary zeal, and their concern for personal redemption and social improvement. The revivals of preachers such as the Iroquois Handsome Lake in 1799 and the Salish John Slocum in 1882 spawned new religions — part native, part Christian — that have endured in their respective communities to the present day. With roots in ancient tribal traditions, the Native American Church has evolved into a 20th century religion. It functions like other religions, offering spiritual guidance to its members, but it employs peyote as its sacrament. Quanah Parker is credited as the founder of the Native American Church Movement, which started in the 1890s. Parker adopted the peyote religion after reportedly seeing a vision of Jesus Christ while suffering from a near fatal wound following a battle with Federal Troops. When the Creator is acknowledged as the Christian God, the peyote ritual blends traditional native beliefs and Christianity. Perhaps because it provided a powerful alternative to both ancient tribal religions and Christianity, the Peyote religion spread like wildfire. Native American Church of North America is one important place where Christianity and indigenous beliefs intersect. This part of the story of the relationship of the Christian churches with First Nations peoples, many of whom are devout and active Christians themselves, will continue to unfold in the coming years.

The indigenous peoples of North America perceived themselves as living in a cosmos pervaded by powerful, mysterious spiritual beings and forces that support human life. The entire created world is, in turn, seen as alive, sentient, and filled with spiritual power, including each human being. The sense of the interrelationship of all of creation of all two-legged, four-legged, winged, and other living, moving things (from fish and rivers to rocks, trees and mountains) may be the most important contribution Indian peoples have made to the religions and spirituality of the modern world. What Christian missionaries and others often dismissed as animism or polytheism was actually a unique way of seeing in the entire world; a wondrous creation in which humanity bears a special responsibility. Christian missionaries often completely missed the sense of a single creating Spirit that permeates most First Nations' sacred systems. Most Native Americans believed in a Great Mystery or Great Spirit that under lays the complexity of all existence. In practice, many Native Americans interacted less with a supreme being than with various subordinate powers believed to be useful in particular circumstances. During the assimilation of Christianity, many of these practices could be compared to worshipping the "one true God", but praying to angels and saints.

Note Due to variations within First Nations this is only a fraction of the information available.

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

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love everyone, regardless of faith, motivated her to write "*Searching for Spiritual Unity...Can There Be Common Ground?*" She and her husband, Rev. Bob Lebron, live in Wisconsin with their dogs and cats. Robyn can be reached by phone at 608-354-5566, by email at rockin-robyn@msn.com or through her website at <http://www.aninterfaithsearchforunity.com/>.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

11. Good News Of The Day

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

Research shows that most people spend up to 50 percent of their time in their heads - a tendency that does nothing to increase our happiness and in fact has been proved to be detrimental to it. Instead of being habitually consumed by thoughts of the past or of trying to control the future, mindfulness is a way of engaging with the present moment. It's a mode of being that helps increase clarity and peace of mind. This delightfully illustrated piece offers up five practical ways in which we can bring mindfulness to the mundane. <http://www.dailygood.org/story/497/5-ways-to-bring-mindfulness-into-everyday-life-headspace-com/> **Be The Change:** Experiment with bringing the art of mindfulness into ordinary activities this week. For inspiration here is a short article that describes art as 'attention to everyday living'. <http://www.awakin.org/read/view.php?tid=727>

At one of the busiest intersections in Los Angeles, California stood a person, destitute and holding a sign which read simply, "Can you spare a moment? Blessings appreciated." Most cars passed by without notice, as seems to have become the analogy in how many of us live our lives. To those passing by, this was just another homeless person looking for a handout. They had no way of knowing that this "outcast" was actually a highly successful Hollywood film maker seeking a new perspective on life and living. Read how one simple act of standing alone on an exit ramp forever changed this writer's perspective. <http://www.dailygood.org/story/498/encounters-on-the-exit-ramp-optimus-outcast/> **Be The Change:** Make it a point to be aware of those around you, and reach out to help in a time of need. Make it a practice to see yourself in the eyes of others you meet.

What purpose does the feeling of wonder serve? It seems to have three essential components: sensory, cognitive, and physical, as in that breathless moment when we gasp and say 'Wow!' Finally, it has a dimension that can be described as spiritual. In other words, wonder seems to unite science and religion. This thoughtful essay shares more. <http://www.dailygood.org/more.php?n=5610> **Be The Change:** As you look at the world this week, find opportunities to wonder, and to say "Wow!"

At the Orphan Wisdom School, the cold northern winds gently blow through towering pine trees and the trickle of icy water can be heard streaming through the hinterland. It is in this peaceful, wintery space that Stephen Jenkinson helps others learn the skills of deep living and making human culture. What is the meaning of death? What is depression? How can repay the debt of being human? These are some of the questions that arise at the Orphan Wisdom School. In this article, Ian MacDonald shares stories from a night with Jenkinson, Much of Jenkinson's wisdom draws from the dying. As someone who headed the counselling team of Canada's largest home-based palliative care program for five years, Jenki "Life does not give life. It's the end of life that gives life a chance. The world whispers, 'all that we need of you is that you be human.'" <http://www.dailygood.org/story/491/the-meaning-of-death-stephen-jenkinson-ian-mackenzie/> **Be The Change:** "The world whispers, 'all that we need of you is that you be human.'" Take a deep breath today and respond to the whisper of the world by being yourself.

"The idea of fulfilling work -- a job that reflects our passions, talents, and values-- is a modern invention. Open Dr. Johnson's celebrated Dictionary, published in 1755, and the word "fulfillment" doesn't even appear. But today our expectations are higher, which helps explain why job satisfaction has declined to a record low of 47 percent in the U.S., and is even lower in Europe. If you count yourself amongst those who are unhappy in their job, or at least have that occasional niggling feeling that your work and self are out of alignment, how are you supposed to go about finding a meaningful career? What does it take to overcome the fear of change and negotiate the labyrinth of choices, especially in tough economic times?" Author, Roman Krznaric, shares six pieces of essential wisdom drawn from some of the best thinkers in the field. <http://www.dailygood.org/story/499/6-ways-to-find-work-you-love-roman-krznaric/> **Be The Change:** Read "Your Job - A Manifestation of Your Spirit" -- a short passage about finding your true work, no matter what "job" you are in. <http://www.awakin.org/read/view.php?tid=483>

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"Control is one of humankind's greatest illusions. Let's face it -- even with all the information available and expansive educational preparation -- unexpected events often interfere with our plans and our best efforts to control an outcome or an event (and even ourselves!). And what happens to us, to those around us, and to the teams and organizations we lead when things get disrupted?" Find out from Janice Marturano, the Vice President for General Mills, Inc. and the Founder of the Institute for Mindful Leadership as she discusses how meditation and mindfulness will improve your leadership skills and make you happier at work. <http://www.dailygood.org/story/500/the-illusion-of-control-janice-marturano/> **Be The Change:** When asked, "Are you able to be fully attentive to a conversation?" only 34 percent of participants answered positively. Pay attention to how you listen today, and see if you can strengthen your ability to be present in every situation.

When you hear a song you like on the radio, do you check other stations to see if something better is playing? Do you have trouble settling for second best? If so, you may be what Wharton professor Adam Grant calls a "maximizer": someone who is always seeking the "best" in life. However, striving for the best doesn't guarantee happiness--in fact, sometimes it runs counter to it. Read on to hear Professor Grant's advice on how to balance the pursuit of what's "best" with a healthy appreciation for what may be "good enough". <http://www.dailygood.org/story/501/don-t-make-the-right-decision-make-the-decision-right-adam-grant/> **Be The Change:** If you're faced with a win-win decision today, be decisive! It could be ordering a sandwich, picking out a gift for someone, or deciding what to wear. Don't worry about making the right decision--make the decision right by committing to feel satisfied with your choice.

"Are you happy? Could you be happier? Gretchen Rubin was already "pretty happy" when she asked herself these very questions. In search of the answers, she started her own pursuit of happiness, which eventually became a New York Times bestseller titled, *The Happiness Project*. She has now written a second book, *Happier at Home*, based on the idea that the home is the foundation of happiness. Knowledge@Wharton recently spoke with Rubin about why happy people work more hours each week, how to make and keep happiness resolutions, how to ward off the three happiness leeches and how to start your own Happiness Project." <http://www.dailygood.org/story/503/gretchen-rubin-s-search-for-happiness-knowledge-wharton/> **Be The Change:** Come up with three happiness resolutions to jumpstart your very own Happiness Project.

Every year, Joan Wright-Albertini leads her first-grade students in transforming their classroom into a virtual rainforest, a desert, or an ocean -- whatever ecosystem interests her students the most. In recent years, she has also added to the months-long study of habitats an unusual, daring twist. Students come to class one day to find their ecosystem covered in a messy "oil spill." Deciding they want to do something about the situation, students join hands and clean up the mess on their own. View these poignant photos of the experience that deepens both the students' understanding of nature and belief in their ability to care for it. <http://www.dailygood.org/story/506/not-your-ordinary-first-grade-ocean-project-lisa-bennett/> **Be The Change:** Keeping in mind our deep connection to the natural world, do an act of kindness for the environment today.

Why should we control our minds? The wisdom of the ages and now, modern neuroscience, shows that "a human mind is a wandering mind and a wandering mind is an unhappy mind." On the other hand, being in the "flow", or being completely present to the moment, is linked to greater happiness. And achieving this state of mind isn't as ambiguous as one might think. It simply involves effectively controlling attention, and from that, the control of emotions naturally emerges. This article shows the remarkable evidence behind how skillful training of the mind can lead to more presence and joy. <http://www.dailygood.org/story/507/can-you-learn-to-control-your-mind-richard-davidson/> **Be The Change:** According to this article, we spend about 47% of our waking lives in a state of mind wandering. Try to be in the "flow" by focusing for a few minutes on a single thing, like washing the dishes or observing your breath.

We share this planet with seven billion others. What is our relationship with them? Are we a single unity? Do we belong to one of many tribal divisions? Are we individuals in a planet full of individuality? There is, of course, no single answer to these fundamental questions. Our sense of identity and diversity depends on context. But the way we conceive of our place among the people of the world has profound social, environmental, political, and ethical implications. The GoodPlanet Foundation asked people from all over the world a series of standard questions about the things they value. The survey examines their hopes, dreams, fears, and grounding principles. In bearing witness to the answers, the project allows us to explore the depth of our human commonality against the superficial visual and linguistic signs of difference. These sound-bites provide points of connection between ourselves and others. <http://www.karmatube.org/videos.php?id=4061> **Be The Change:** Learn more about the 7 billion Others project and take a look at more than 20 hours of video from your fellow human beings.

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At just 52 years old, and after having lost nearly everything, John Kralik found himself in a desperate search --a search for just one thing for which he might feel thankful. His search led him to a walk along a mountain road, where his mind sifted through the details of all of his most recent troubles. It was then that John realized, that he should find gratitude for all that he had, instead of focusing so much on all that he had lost. It was in this moment, that John resolved to find opportunities for sharing his gratitude with others each day. Read how a simple act of writing daily thank you notes, led to a most brilliant life change. <http://www.dailygood.org/story/511/a-grateful-heart-john-kralik/> **Be The Change:** Just for today, hold open a door, smile to the cashier and say 'thank you' for all those little things that often go unnoticed. Smile big, and let others know how very much their kindness matters.

You might call her an "evangelist for a balanced brain": Twelve years ago, at the age of 37, Dr. Jill Bolte Taylor, a Harvard-trained neuroanatomist and spokeswoman for the Harvard Brain Tissue Resource Center, had a stroke that traumatized her left hemisphere. After eight years of recovery, she recounts her experience of losing a former life and opening up to another of deep presence and laughter. Click through here to read her insights about making the leap from the analytical to the intuitive, and how we all can take control of our minds, here and now, to live more joyful and present lives. <http://www.dailygood.org/story/514/balancing-the-brain-toward-joy-david-kupfer/> **Be The Change:** After you are done reading this article, take a moment to notice where you are and what you are feeling. Welcome yourself into the present moment, no matter what you find!

In a world where the younger generation is pulled toward the newest gadgets and accumulating more of them, a father responded to his son's ambitious Christmas wish list with a simple act of service. In an attempt to have his son realize how much they already have and to feel gratitude for it, they made breakfast burritos and drove out to share them with the local homeless people on the street. The seed was planted and has since bloomed into a beautiful transformation for the family and the young man, as well as his friends. This article and video express the wonderful story of how it all unfolded. <http://www.dailygood.org/story/517/teens-deliver-33-000-burritos-to-the-homeless-the-huffington-post/> **Be The Change:** Share a meal with a less fortunate person this week, and remember to look them in the eye and smile :)

How would you live every day as if it were your last? Go skydiving? Attempt to ride a bull for 2.7 seconds? Kathleen Taylor has spent over 20 years as a counselor and community engagement facilitator for the dying and has found that in the last chapter of their lives, most people become their authentic selves. They become courageous - they change their minds, apologize, forgive... they find joy in the smallest moments. In this TEDx talk, Taylor urges us not to wait until we are at the end of our lives to find our true selves. <http://www.karmatube.org/videos.php?id=4029> **Be The Change:** Have you rethought your bucket list? What is at the top of your list now?

Through her work, Bronnie Ware, author of *The Top Five Regrets of the Dying*, has found a powerful way to use gentleness, loving kindness and humor to help celebrate both the strength and vulnerability of life and living. In this delightful interview, Bronnie shares what she has learned while working in palliative care and how her meditation practice saved her life. <http://www.dailygood.org/more.php?n=5651> **Be The Change:** Don't wait for tomorrow to come to enjoy the many, most beautiful things that make your heart smile big. Go for a walk in the woods, share a moment or two with a friend, but above and beyond all else remember that these are the moments that will carry you through to the end.

"If you think you're hearing the word 'empathy' everywhere, you're right. It's now on the lips of scientists and business leaders, education experts and political activists. But there is a vital question that few people ask: How can I expand my own empathic potential? Empathy is not just a way to extend the boundaries of your moral universe. According to new research, it's a habit we can cultivate to improve the quality of our own lives." <http://www.dailygood.org/story/518/six-habits-of-highly-empathic-people-roman-krznaric/> **Be The Change:** This article contains many suggestions to incorporate one of the empathy habits in your own life. Choose an empathy buddy with whom you can practice at least one of the habits every week for the next month, and share your experiences and insights with each other.

"We shut ourselves away from wounded places, psychologically, emotionally, and communally, but there is a better way to heal ourselves and our world." As earth-bound beings, when we witness the destruction of the natural environment, we find the darker parts of our humanity staring back at us. How do we heal our relationship with the land and with ourselves when such destruction can be so difficult to look at? In this article, Trebbe Johnson offers that the creation of "rituals" may serve as a path to reconciliation, awareness and action. As she says, "We cannot know the effect a ritual will have -- who will be moved to which acts, how the land will change. That is part of the beauty and power of ritual: we do it because we must. We do it out of love." <http://www.dailygood.org/story/515/rituals-for-wastelands-trebbe-johnson/> **Be The Change:** What natural place had importance to you growing up? If you're close enough, pay a visit and pay it forward

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with some gratitude to all the beings in the area. If you're far away, hold that place in your thoughts and send positive wishes out to the natural world.

"What do you do to escape from emotional pain? Do you drink or eat to excess to keep yourself, keep ridiculously busy, sit around hoping for a better future? It's human nature to do everything you can to avoid turning around and meeting the feelings that arise in you. But here's the problem. These temporary measures simply don't work. Addictions, compulsions, incessant mental spinning. They may dull the pain for a short time, but still it remains, barely below the surface, waiting for you to take a break from all your efforts to avoid it so it can tap you on the shoulder once again. "Remember me?" it says. So must you resign yourself to a lifetime of pain? No, because pain, even though it seems so real, is a thin veil that covers the truth of who you are." A writer shares three practices that have helped her in transforming painful experiences. <http://www.dailygood.org/story/502/the-treasure-at-the-heart-of-pain-gail-brenner/> **Be The Change:** When you find yourself weighted down with the pain of your past, use the three practices mentioned in the article, to discover the treasure at the heart of those painful emotions.

12. Your Job – A Manifestation of Your Spirit

Reprinted from www.awakin.org.

–by [Ric Giardino](#) (Sep 12, 2006)

[At your job], just as with prayer, any attempt to change the outer circumstances without making a change within the consciousness is pointless. In fact, to do so might be compared to believing it possible to change the configuration of a room by rearranging the reflections of that same room in a mirror. It won't work, you cannot move the reflected objects in the mirror, quite simply because they are only reflections. What will work is making an honest evaluation of how you are holding your job and the people in it in your consciousness and the extent to which you either made use of or ignored opportunities to use your job as a channel for good.



Recognize that this "good" may have absolutely nothing whatsoever to do with your specific job responsibilities, although it certainly can be related to them. The good you are able to do through your job is your "work."

I was an employee at Intel for nearly nine years. At various times during that period my job responsibilities included practicing software, contract, antitrust, trademark, and general business law. ... Those were my official job responsibilities; none of those was my "work." My job responsibilities were clearly delineated oftentimes in writing by the company, my manager, or myself; nowhere was there a written description of my "work," indeed, my employer would very likely have been shocked to know what I considered my "work" responsibilities to have been.

Within job categories, my duties stayed fairly much the same from day to day and in time I was able to perform them pretty much by rote. Meanwhile, my "work" changed minute-by-minute and required me to be very much in the moment or risk losing opportunities to do some good. There was a sense of structure and orderliness around the completion of responsibilities with my job; there was a sense of wide-eyed wonder, as well as a bit of uncertainty, about my "work." My job existed within the confines of a clearly defined space with precise boundaries; my "work" was living on the edge. [...]

Your job is a manifestation of your spirit in the physical world. You can pretend that this is not the case, basically ignore it, or you can consciously claim it.

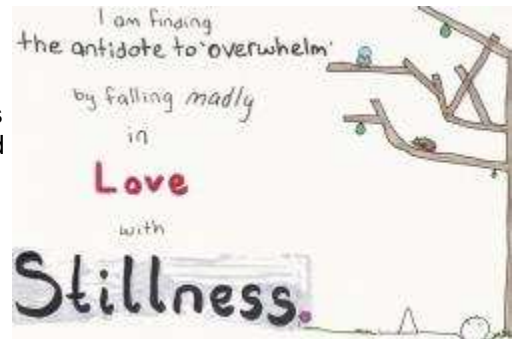
You get to choose.

13. To Be Simply, Radically, Absolutely Still

Reprinted from www.awakin.org.

—by [Gangaji](#) (May 27, 2013)

Sometimes, in a blessed life, there arises what we call the spiritual search, the search for God, the search for Truth. There is a recognition that the usual means of taking care of this command just doesn't take care of it. There is a putting aside of what we have called mundane existence and a turning of one's attention toward spiritual life. Unfortunately, the same conditioning that directed the mundane life usually also attempts to direct the spiritual search, and it, then, becomes a search for spiritual pleasure, spiritual comfort, spiritual security. Sooner or later there has to be a disillusionment with that search also. [...]



I got a note this afternoon from someone asking, "Which world religions are your principles based upon?" Well, I haven't made a study of world religions, except superficially, but what I have seen is that at the heart of every human being, there is a command to find this that I am calling right now, "happiness." But I have discovered that it is impossible to find happiness. As long as you are seeking to find happiness "somewhere," you are overlooking where happiness is. I would say the same in reference to God. As long as you are seeking to find God in some place, you are overlooking the essential truth of God, which is Omnipresence. When you seek to find happiness someplace else, you are overlooking your true nature which is happiness. You are overlooking yourself.

So this teaching is the invitation and the challenge to stop overlooking — to simply, radically, absolutely, Be Still. To put aside, at least for a moment, all of your ideas of where God is, or where Truth is, or where you are. All of your ideas of what God, or Truth, or you have to give or receive. Put them aside. Be still. Stop looking anywhere. Stop seeking. Simply be. Not be in a stupor, or be in a trance, or even be like a cow is being in a field, but deeper than that, so that the revelation of Omnipresence can be recognized, can be revealed, the revelation of your true nature. I don't mean your personality. I mean deeper than your personality and present in all the fluctuations of your personality. Be still in the presence of that. Not be still to create that. Not even be still to invite that. Be still simply to recognize what is always here, who you always are.

14. The Shambhala Warriors' Weapons

Reprinted from www.awakin.org.

—by [Dugu Choegyul](#) (Jun 03, 2013)

There comes a time when all life on Earth is in danger. Great barbarian powers have arisen.

Although these powers spend their wealth in preparations to annihilate one another, they have much in common: weapons of unfathomable destructive power, and technologies that lay waste our world. In this era, when the future of sentient life hangs by the frailest of threads, the Shambhala warriors appear.

The warriors have no home. They move on the terrain of the barbarian powers. Great courage is required, both moral and physical, for they must go into the heart of the barbarian powers to dismantle their weapons, into the places where the weapons are created, into the



corridors of power where decisions are made.

The Shambhala warriors are armed only with the weapons of compassion and insight. Both are necessary. Compassion gives them the energy to move forward, not to be afraid of the pain of the world. Fueled by compassion, warriors engage with the world, step forward and act. But by itself compassion burns with too much passion and exhausts us, so the second weapon is needed -- insight into the interdependence of all phenomena.

With that wisdom we see that the battle is not between "good guys" and "bad guys," because the line between good and evil runs through every human heart. And with insight into our profound interrelatedness, we discern right action, knowing that actions undertaken with pure intent have repercussions throughout the web of life, beyond what can be measure or discerned.

Together these two weapons sustain the warriors: the recognition and experience of our pain for the world and the recognition and experience of our radical interconnectedness with all life.

-Adapted from Dugu Choegyul, as recounted by Joanna Macy

15. Beggarly, Friendly, and Kindly Giving

Reprinted from www.awakin.org.

—by [Stephen Levine](#) (Jun 24, 2013)

The greatest gift is the act of giving itself. Traditionally, three kinds of giving are spoken of. There is beggarly giving, which is when we give with only one hand, still holding onto what we give. In this kind of giving we give the least of what we have and afterward wonder whether we should have given at all.

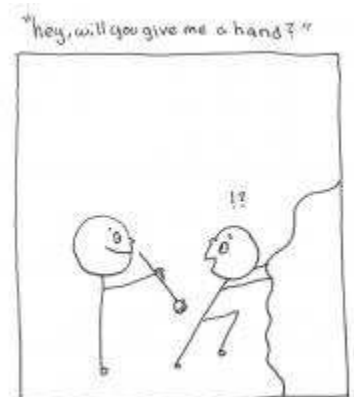
Another kind of giving is called "friendly" giving, in which we give openhandedly. We take what we we have and share it, because it seems appropriate. It's a clear giving.

Then there's the type of giving that's called "kingly" giving. That's when we give the best of what we have, even if none remains for ourself. We give the best we have instinctively with graciousness. We think of ourselves only as temporary caretakers of whatever has been provided, as owning nothing. There is no giving; there is just the spaciousness which allows objects to remain in the flow.

We've all experienced these kinds of giving in our lives; giving from us and giving to us. We all know what it feels like when we hold on to what we give, when we're giving, attached to a particular response to the gift: "Will I be loved because I gave this gift?" We're attached to ourselves being the giver. It's not such wholesome giving. We've also given when we felt it right to let something go into another's hands, just let it flow right through. That's the kind of giving that comes through people who are healers. They don't hold onto it -- the life energy moves right through them. There's no one healing; there's just healing coming out. That's the kingly kind of giving.

More generally, as we grow into ourselves, we find ourselves giving, sharing openhandedly, and honestly. That feels good. That bring us to the kind of friendship, the kind of love that nurtures growth.

Indeed, giving can become a whole practice in itself. Many times in our meditation, we become beggarly and we don't give ourselves away. We hold back, we resist certain states of mind, giving ourselves practice with the one hand, pulling it back with the other. We're constantly checking how we're doing, measuring who we are now, evaluating. But as we awaken, more and more we come to give ourselves away.



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And as we gradually give more of ourselves to ourselves, we naturally give more of ourselves to others. There is a way we are with people which makes it easy for them to be themselves. We're not being someone who encourages to act in any other way. We're an open space, holding to nothing, giving it all away.

--Stephen Levine, in Gradual Awakening

16. Futility of Search

Reprinted from www.awakin.org.

—by *Author Unknown* (Jul 15, 2013)

The disciple looked at the Master. So calm and peaceful while he himself was so agitated, restless and confused.

He asked the Master, "What do you know that I don't know?" And the Master simply replied, "I know nothing."

"But you understand something that I don't." The Master said, "I have understood that there is nothing to understand."

The disciple persisted, "But I see that you have reached." In a matter of fact tone, the Master added, "Yes I have reached where I was."

"Yet, I can see you have become extraordinary."

Master: "No, I have become very ordinary. I only accepted things as they are."

The disciple was frustrated now. "Master, don't speak in riddles. Just tell me what I should do?"

Master: "You have to do nothing, just be. Just allow life to flow, don't interfere. Rest in your beingness."

However, the disciple was lost, and even more frustrated. His mind wanted activity while the Master kept pointing out that there is nothing to do, just rest.

Finally out of compassion, the Master suggested, "Watch your breath, watch the rising and falling of your stomach, focus on your third eye, on the bottom of your spine, chant your mantras and all that. They are basic activities to quiet the mind. When you give a tree to a monkey, the monkey goes up and down till he become tired. Then he finally rests. In that resting, insight finally awakens. "



17. Emotions for Liberation

Reprinted from www.awakin.org.

--by [Sally Kempton](#) (Jul 29, 2013)

Many years ago, I walked into the kitchen of my guru's ashram, and found him shouting at the cooks. Force- waves of anger were bouncing around the room, almost visible to the naked eye. Then, in mid sentence, he turned, saw us standing there, and smiled. The energy in his eyes went soft. 'How did you like the show?' he asked. Then, chuckling, he slapped the head cook playfully on the back, and walked away. The cooks giggled, and went back to work, galvanized by the energy he had injected into the afternoon.

That moment changed my understanding about emotions. The clarity and fluidity with which he had shifted from intense anger to good humor was only part of it. More interesting, I felt, was the fact that he had been using anger as a teaching tool. Was he really angry? I don't know. All I know is that he seemed able to ride the wave of his anger with perfect easiness, and let it pass without a trace.

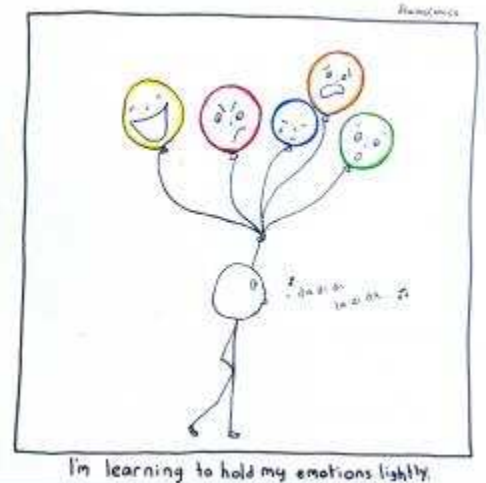
One of the ideals of yogic freedom is detachment from emotions. It's a basic axiom, in fact, that an advanced practitioner has perfected the ability to control, transcend, or at least be a disengaged witness of his emotions. Yet because we have so few models of what genuine detachment looks like, we tend to confuse yogic detachment with being buttoned up, or unemotional, or indifferent.

My teacher was modeling something quite different. As I saw it at the time, he was demonstrating a kind of freedom in emotions. This allowed him to work with emotional expression as an artist or an actor might work with a palette of feelings in order to inspire others, or induce a shift in the situation around him. The secret was that he was able to be conscious within the emotion.

Most people assume that a good spiritual practitioner never gets carried away by emotion -- at least not by negative emotion.

Yet the deeper truth is that spiritual practice will not eliminate negative emotions. Emotions are part of the palette of life, part of the way consciousness moves. Not only can't you get rid of them, but you'd feel empty and impoverished if you did. Practice can change your relationship to emotions, so that instead of being swamped by certain feeling states, you can hold them, contain them, see into their essence, and ultimately, use emotions in the service of your liberation.

--Sally Kempton, in [Using Emotions for Liberation](#)



18. Be Love Now

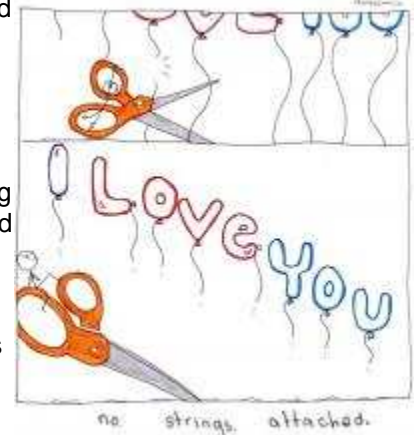
Reprinted from www.awakin.org.

—by [Ram Dass](#) (Aug 05, 2013)

Imagine feeling more love from someone than you have ever known. You're being loved even more than your mother loved you when you were an infant, more than you were ever loved by your father, your child, or your most intimate lover—anyone. This lover doesn't need anything from you, isn't looking for personal gratification, and only wants your complete fulfillment.

You are loved just for being who you are, just for existing. You don't have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success—none of that matters. No one can take this love away from you, and it will always be here.

Imagine that being in this love is like relaxing endlessly into a warm bath that surrounds and supports your every movement, so that every thought and feeling is permeated by it. You feel as though you are dissolving into love.



This love is actually part of you; it is always flowing through you. It's like the subatomic texture of the universe, the dark matter that connects everything. When you tune in to that flow, you will feel it in your own heart—not your physical heart or your emotional heart, but your spiritual heart, the place you point to in your chest when you say, "I am."

This is your deeper heart, your intuitive heart. It is the place where the higher mind, pure awareness, the subtler emotions, and your soul identity all come together and you connect to the universe, where presence and love are.

Unconditional love really exists in each of us. It is part of our deep inner being. It is not so much an active emotion as a state of being. It's not "I love you" for this or that reason, not "I love you if you love me." It's love for no reason, love without an object. It's just sitting in love, a love that incorporates the chair and the room and permeates everything around. The thinking mind is extinguished in love.

If I go into the place in myself that is love and you go into the place in yourself that is love, we are together in love. Then you and I are truly in love, the state of being love. That's the entrance to Oneness.

-- Ram Dass, excerpted from "Be Love Now"

19. What Do I Really Need Right Now?

Reprinted from www.awakin.org.

—by [Sharon Salzberg](#) (Aug 12, 2013)

An essential question we might ask ourselves is, 'What do I really need right now, in this moment, to be happy?' The world offers us many answers to that question: You need a new car and a new house and a new relationship and . . . But do we really? 'What do I lack right now? Does anything need to change in order for me to be happy? What do I really need?' These are powerful questions.

"When I have gone on retreat in Southeast Asian countries there is generally no charge for staying at the monasteries or

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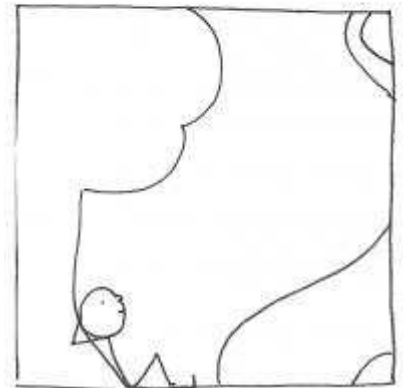
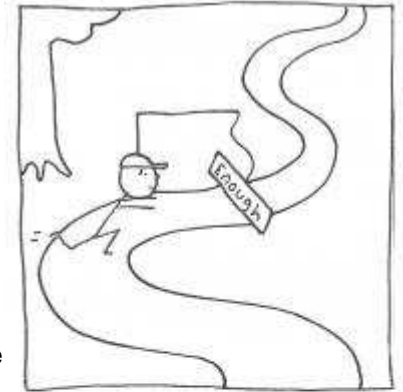
the retreat centers, where all of the food is donated. Often it is donated by groups or families who come to the center to make the offerings. I'm sure that all of these groups of people offer absolutely the best that they can afford, but each day what is provided can differ quite a lot depending on the circumstances of those who are donating. Sometimes it is a lavish, bountiful feast. Sometimes it is quite meager, because that is all that the family can provide.

"Time after time, I went into the dining room for a meal and looked at the faces of the people who had made the offering, since they commonly come to watch you receive it. They would look radiant, so happy that they'd had an opportunity to feed us, to offer something that would help sustain us. They seemed so happy that we were going to be meditating, exploring the truth, and purifying our minds and hearts on the strength of their offering. In that moment, when they were so genuinely grateful for the chance to give, I would ask myself, 'What do I really need right now in order to be happy?'" I realized that I was getting fed a lot more by their joy and delight than I was by the actual food.

"The Dalai Lama has said, 'If you are going to be selfish, be wisely selfish.' In other words, if we carefully look at our lives we can see that we spend an awful lot of time looking for happiness in the wrong places and in the wrong ways. We yearn to be happy, and this is right. It is appropriate; all beings want to be happy. The problem is not in the urge, or yearning, but in our ignorance. So very often we don't know where happiness is to be found — that is, true and genuine happiness, abiding happiness — and so we flounder, and we suffer and cause suffering to others.

"As I go through all kinds of feelings and experiences in my journey through life — delight, surprise, chagrin, dismay — I hold this question as a guiding light: 'What do I really need right now to be happy?' What I come to over and over again is that only qualities as vast and deep as love, connection, and kindness will really make me happy in any sort of enduring way."

-- Sharon Salzberg, excerpted from ["The Kindness Handbook: A Practical Companion"](#)



Enough.

20. 7 Billion Others

Reprinted from www.KarmaTube.org.

We share this planet with seven billion others. What is our relationship with them? Are we a single unity? Do we belong to one of many tribal divisions? Are we individuals in a planet full of individuality? There is, of course, no single answer to these fundamental questions. Our sense of identity and diversity depends on context. But the way we conceive of our place among the people of the world has profound social, environmental, political, and ethical implications. The GoodPlanet Foundation asked people from all over the world a series of standard questions about the things they value. The survey examines their hopes, dreams, fears, and grounding principles. In bearing witness to the answers, the project allows us to explore the depth of our human commonality against the superficial visual and linguistic signs of difference. These sound-bites provide points of connection between ourselves and others. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=4061>.

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21. The Power of Listening

Reprinted from www.KarmaTube.org.

There is an important difference between hearing and listening. Hearing is one of our natural senses; listening requires focus and attention and is an intentional act. In this TEDx talk, Leon Berg, a trainer in Council facilitation at the Ojai Foundation, explores this ancient practice of survival (based on traditions of storytelling) and shows us how important it is to resolve conflicts in our daily lives - among our partners, children, parents and colleagues, as well as in schools and prisons - for our emotional and physical wellbeing. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=4285>.

22. Opus – A Short Film

Reprinted from www.KarmaTube.org.

Steven Boyer's short film explores the importance of the connections we make with others, often through unexpected happenstance, for creating meaning in our lives. Opus follows the story of Michael Parker, a high school student faced with completing "compulsory volunteerism" in order to graduate on-time. The experience is vacuous until he strikes-up a friendship with one of the patients at the clinic where he works. The relationship is transformative for both of them. Michael's community service gig no longer entails simply putting in the hours, it is a practice where he deeply participates in the dance of generosity. Follow this link to the video... <http://www.karmatube.org/videos.php?id=4147>.

23. Rethinking the Bucket List

Reprinted from www.KarmaTube.org.

How would you live every day as if it were your last? Go skydiving? Attempt to ride a bull for 2.7 seconds? Kathleen Taylor has spent over 20 years as a counselor and community engagement facilitator for the dying and has found that in the last chapter of their lives, most people become their authentic selves. They become courageous - they change their minds, apologize, forgive... they find joy in the smallest moments. In this TEDx talk, Taylor urges us not to wait until we are at the end of our lives to find our true selves. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=4029>.

HEART AND SOUL ADVERTISEMENTS:

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

24. Spiritual Resources

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

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

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

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

25. 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.

26. 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.

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.

27. Spirituality Discussion Groups

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

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28. A Course in Miracles Study Groups

A Course in Miracles is a self-study course in personal and spiritual transformation. Spiritual Guidance nurtures a community of students who study *A Course in Miracles*. If you or someone you know would like to participate in this community, please contact us at rmeagher@servingyourjourney.com or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servingyourjourney.com/page04.html>). One of the A Course in Miracles study groups is tailored to the needs of those persons working through the [12-Step Program](#) as part of their recovery from alcohol, narcotics, gambling, overeating, or any other form of substance abuse.

29. 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@servingyourjourney.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

30. Supporting Spiritual Guidance

Spiritual Guidance is an interfaith ministry initiative based in Ottawa, Ontario, Canada that works with people to explore their spirituality. We offer four primary services:

- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.

To learn more about the above-mentioned services, refer to the Services page of our website (www.servingyourjourney.com).

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

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

1. Please go to the home page of our website (www.servingyourjourney.com) and click on



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

31. Meditation Series

Meditation Series

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



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

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

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

32. Interfaith Community Celebration

Interfaith Community Celebration

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

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

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

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

Food: Enjoy sharing light communal offerings, potluck style.

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



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

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

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

33. 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.

34. Hebrew Multifaith Golden Rule Poster Now Available Free Online

Dear interfaith colleagues around the world:

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

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

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

https://www.scarboromissions.ca/Golden_rule/docs/hebrew_poster.pdf

Peace
Paul McKenna

Scarboro Missions Interfaith Dept.
2685 Kingston Rd.
Toronto, Ontario
Canada M1M 1M4
tel. 416-261-7135 ext. 296
www.scarboromissions.ca

35. 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

September 2013 e-Newsletter

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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*.

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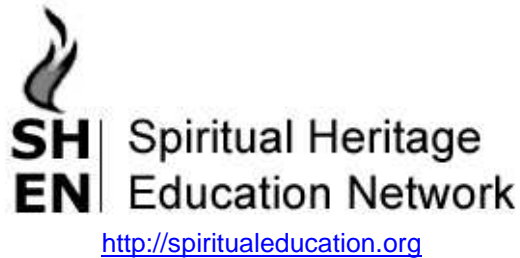
Richard Harvey

Mob: Spain (0034) 680 741 108

Tel: Spain (0034) 958 953 033

www.therapyandspirituality.com/

36. Fourth Annual Reflective Conference: Education to Globalize the Human Mind



International, Intergenerational, Interactive and Experiential

Fourth Annual Reflective Conference Education to Globalize the Human Mind

Unmask Your Ego: Know the Real You

Purpose:

To promote the integration of diversity in our community,* in our country, and* in the world which is fast becoming a global village.

September 28-29, 2013

Lyle S. Hallman Faculty of Social Work

Wilfrid Laurier University

120 Duke Street West, Kitchener, Ontario N2H 3W8

Conference Presentations

Dr. Kamran Mofid

[Towards an Education Worth Believing In - Education as Transformation: A Conversation with Dr. Mofid](#)

Dr. Doris Jakobsh

[What does Sikhism have to offer a curriculum on Education to Globalize the Human Mind?](#)

Dr. Orest Bedrij

Your Miracles after Miracles	Merin Shobhana Xavier North American and South Asian Sufism
Dr. Atif Khalil Meister Eckhart & the Mystics on Detachment	Rob Faust Behind the Mask / Beneath the Ego
Che Kothari The Spirit in Hip Hop	Lois and Kuruvila Zachariah Evaluative Plenary Session

Registration Fee

Early Bird: General In August	C\$69.00
Early Bird: Student In August Student ID required	C\$39.00
General Registration In September	C\$89.00
Student Registration In September Student ID required	C\$49.00

Limited Seating

[Click here to register online.](#)
Note reduced fee for
registration in August.

Or you may want to register by mailing the contact information of the participants and a check for Spiritual Heritage Education Network Inc. to cover the registration fee(s) to the following address:

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Spiritual Heritage Education Network Inc.
14B Charles Street West,
Kitchener ON N2G 1H2
Canada

For further information:

Visit: <http://spiritualeducation.org/work/confnext/info>,

E-mail: SHENMeet2013@spiritualeducation.org, or

Call: (226) 240-0364

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](#)

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

Facebook: www.facebook.com/Servingyourjourney