

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



We Are Always Exactly Where We Need To Be

“Since it is all too clear it takes time to grasp it.”

... Women

Have you ever headed out on a day-or-other-trip, not knowing where you were going? I did recently, and the lessons learned were profound.

A couple of months ago my partner and I headed off on a day trip to a (relatively) near-by location to visit with his family. These daytrips were becoming increasingly rare, as the side-effects of my partner's parkinson's drug regimen increasingly keeps him (us) close to home.

Before leaving on this day trip, I used the wonderful on-line utility, Mapquest, to map out our journey. My partner had also written down directions; but his constantly-tremoring hands made it difficult for me to decipher the instructions.



It was a beautiful drive, northward, to a mountainous region of a neighboring province. We were having a great time enjoying the scenery and each other's company. The warm, summer air was still blessing and caressing us with its healing energy.

My trusted Mapquest directions served us well, right up to the point where we were on the road that the destination cottage was supposed to be located on...

As we turned on to the road where the cottage was to be located, we began to look for the cottage where my partner's family was located. We read the numbers on the cottages and began to realize that the numbers did not, as is normally the case, increase sequentially as one proceeded down the road. This confusion and frustration on our parts grew as we were not able to locate the number of the cottage we were to visit.

We drove up and down this road a couple of times, more and more baffled by the irregular civic address numbering schema, or lack therefore. We began to wonder if we were ever going to find the destination cottage.

We had been driving for a couple of hours and this turn of events felt anti-climactic to say the least. I began to wonder if, or how much, we were lost. Was it possible there was more than one "Chemin de la Lac" in this province and we were at the wrong one!?

After driving up and down this road several times, I gestured to my partner that we should pull over at a point in the road just up ahead. I wanted to take a little mental rest, catch my breath, and review our directions and instructions.

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I remember thinking to myself... "Oh dear God, where are we!?" I asked my partner for his hand-written directions and we began to compare notes. To my dismay, it appeared we had two, very different sets of instructions. My thoughts of if, or how much, we were lost begin to rise up like a volcano preparing to erupt.

As these emotions reached a crescendo, an arm thrust itself through the opened passenger window and wrapped itself around my partner's neck. I was momentarily shocked by the scene...but when I heard a giggling voice associated with the arm's motion, my fear backed off. And it was then I realized the arm was that of my partner's sister who was greeting him with joy and excitement.

As the scene unfolded over the next few moments, we both became aware that the spot we had stopped at to check our bearings was directly in front of the precise cottage we were to have visited on that day. We had arrived! Hallelujah!!!

We are never not exactly where we are supposed to be. Said positively, we are always exactly where we are supposed to be.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

The most important conversation I can have today is the conversation I have with myself. If my internal conversation is pushy, I will feel pushed around. If my internal conversation with myself is unkind or critical I will feel criticized all day. When my conversation with myself is kind and patient I will offer kindness and patience to others. Today let me improve the quality of my conversation with myself.

All things have their time. All things have their answers. All things have their right to be. When I accept this reality, all things come into harmony. Today let me accept with patience and equanimity the inevitable unfolding of events, knowing answers will be found and I will experience harmony.

The main spiritual effort of this time is to merge expansion into essence. When I allow my mind to get caught up in the expansive details of situations, feelings and stories of others, I begin to lose touch with my own essence. The world is full of expansive stories all intensifying the current drama of life. When I choose to apply the powerful brake of my mind, I am able to merge all the expansion into essence in a second. Today let me practice merging expansion, conserving my energy and staying close to myself.

When I look at other people and the world, seeing their 'differences' I am sometimes deceived into believing that the differences are more significant than the similarities. At their core, every soul wants peace, happiness and love just as I do. Every soul has the same virtues I do; love, kindness, courage, etc but each to a different degree and mixed in a unique way. When I remember this, I bring harmony to otherwise disharmonious situations. Today let me bring harmony into situations by seeing our core similarities.

Thoughts take more time and space in our lives than actions. At the end of the day when I discover I am tired, yet I have done little physical work with the body, it is usually a result of how I have used my mind throughout the day. I have had on average 50,000 thoughts each day and depending on their quality, they either drag me down or lift me up. Today let me make sure that the time I spend thinking creates inspiring and nurturing thoughts for the soul.

Live simply. It is a nice idea, but our lives are more complicated and complex than ever. What can I simplify today - my desk, perhaps my thoughts, a meeting? Simple means easy. Simple means asking, "Is this really necessary?" Simple means keeping it short but sweet. Simple means keeping the focus of my attention on what I need to do now. Today let my mantra be "keep it simple."

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Real gentleness in a person is the power that sees, understands, yet never interferes. It is possible to be violent in very subtle ways as we move through life. To interrupt someone when they are speaking or to shatter the energy of a room with loudness or sharp humor are subtle forms of violence. Today let me experience my innate gentleness and move through life with non-violence.

When I have developed some degree of inner peace I can hear the voice of my own wisdom and know how and where to give energy for the greatest benefit. If I am lost in inner turmoil, I am unable to see what is needed in any situation. I tend to react according to my own inner struggles. Today let me create peace in my mind for even a moment, and then watch the clarity that results.

When you are aware and accept that everything around you is constantly changing, and that you have no control over 99.99% of it, you are able to embrace change like a close friend! Change is like a river, constantly flowing and moving things around. The river of life is constantly bringing me ideas, people, and situations. When I see each one as an opportunity to be enriched or to enrich others, to grow and to learn, then I flow with the river of life and enjoy the ride. Today let me play with the opportunities created by change.

There is a silence into which the world cannot intrude. There is an ancient peace I carry in my heart that I have never lost. There is a love I have missed for so long that I will always come back to it. Today let me remember my ancient peace and eternal love by going into silence.

To build a great wall, you must lay one brick as perfectly as a brick can be laid, then do it again and again and again. When I make small efforts consistently day after day I will succeed in creating whatever I wish to create. Rather than seeking explosive experiences, huge realizations or great leaps, when I dedicate myself to small, consistent efforts, a great wall will be created. Today let me choose a small effort and make it consistently.

Look at specialties and weaknesses will be erased. When I look at people's strengths and special qualities, their weaknesses become less pronounced in my mind. As weaknesses fade from view, strengths take over. Today let me focus on what is special and unique about each person I meet.

In the silence of libraries quiet minds are relaxed and they can concentrate easily and create more freely. I can imagine I am in the library of my mind, browsing the accumulated wisdom on the shelves of my life - listening to the silence, aware of the stillness. Now let me really listen, hear, think and create. Today let me nurture the loving connection between silence and creativity inside myself.

To have constant awareness of the present moment is to befriend time; it allows us to be ready for what the next moment will bring. In silence and stillness I can step out of time, observe with detachment what has passed, what is happening and what is to come. Today let me step back from time, observe it and experience the freedom of a moment of timelessness.

Replace the words "I have to" with "I choose to" and notice the difference in how you feel. When I accept that my actions are my choice, then I am able to feel a sense of self mastery in my life. I notice that I am able to be proactive and create my own future. Today let me consciously choose every action I perform including the ones I do for others.

Thoughts have great power. Thoughts are like seeds I plant in my mind. The more I hold onto a particular thought, the more power I invest in it. Inspiring thoughts give me energy and strength. Negative thoughts rob me of power and make me feel tired and strained. I am by nature positive. Negativity is the result of faulty thinking, conditioned over time. I may not be able to control other people but I can control what I think. Today let me transform old patterns of thinking by being patient with myself and planting beautiful seeds of pure thought.

Life means change, movement and growth. When the storms of change and inconstancy are swirling around me, I need the inner eye of stillness and stability to give me the inner strength to cope. It provides me with the platform for clear decision making and powerful thoughts. Anchored in the eternal unchanging truths of spirituality, I need not resist change but embrace it. Today let me embrace change from my point of stillness and stability.

Thinking too much shrinks my heart. Spiritually, the heart is the soul's capacity to love. When I am confused or afraid I think too much, trying to understand. When this leads to overthinking I become more confused and also disheartened. In

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that moment what is needed is heart; to comfort me until clarity comes. Today let me bring big heartedness to a world in confusion.

Break the pressure habit. Pressure has become a habit. We have become accustomed to the experience of pressure as if it was normal. This pressure comes from outside in the form of deadlines or expectations from others. It also comes from the inside in the form of desires and expectations. This is not a natural state. Today let me release expectations and desires and reclaim my natural state of inner peace.

Sometimes life lessons are so subtle that I would miss them unless they came to me in a big bold package. When big events, big conversations or big reactions come in front of me, they are there to help me learn a valuable life lesson. Today let me see the subtle lesson inside the big package.

Only when I realize the value of my life can I help others. Each soul is valuable. This value lies NOT in what I accomplish or achieve, nor does my value lie in how many friends or contacts I have, nor does my value lie in the possessions I accumulate. Value is inherent. Today let me honor my value.

Deep inside my consciousness is an oasis of peace. This is the molten core of the soul, but it is not hot, it is cool. It is a source of power that fuels the mind and intellect to create powerful thoughts and make accurate decisions. When I learn to go to this center, I am able to chill out in one second, anywhere, anytime. Today let me visit my inner oasis.

Gentleness is not a lack of strength but a great power that does not force or disturb. The greatest weakness is to become aggressive when frustrated or unfulfilled. It takes great strength to remain gentle in the face of the world's injustices and aggression. Today let me experience the strength of gentleness.

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Insecurity creates dependency in relationships. To create strong, healthy relationships I must find ways to create a deep inner sense of security. When I allow insecurity to direct my social interactions, my relationships are weak and needy. Today let me connect to a deep sense of security within myself as I interact with others.

It is commonly thought that freedom means to be able to do what I want, when I want, with whomever I want. In reality this is a very limited definition of freedom. That which binds me most is a mindset that limits possibilities. Any thinking that limits my true expression, my own happiness or my ability to give to others is more restricting than a cage. My ultimate freedom is the freedom to choose my own attitude. Today let me release any mindset that binds me and experience true freedom.

As my awareness, so is my attitude. As my attitude, so is my vision. As my vision, so is the way I treat others and how I treat others creates my world. It all begins with my awareness. If my awareness, the backdrop of my inner world, is dark, then I see with fear and suspicion. When I pay attention to create an inner awareness of appreciation and regard, then I see others in this way, creating behaviors of trust and a world of wonder. Today let me focus on creating an awareness of radiance.

When I criticize or condemn someone, I confine them to the prison of my negative vision of them. This means that in my presence they will not feel free to express their true self. They will be closed, cautious and self protecting. Today let me free all the people I am condemning to the prison of my judgment by releasing them from my judgment.

When the thoughts we think are the same as the words we speak, others will feel our integrity. People can feel when my thoughts are not the same as my words, as if they can read my thoughts. Today let me make my words congruent with my thoughts.

If I throw a stone into a pond, the ripples come straight back to me. When I realize that what I do will come back to me, I pay more attention to the quality of my thoughts, my words and my actions. This simple attention increases the quality of everything I do and I experience a high quality return. Today let me pay attention to the ripples I am creating for myself.

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Seeing beyond problems helps find real solutions. To be lost in the consciousness of the problem is to lose perspective. When I still my mind, I am able to experience intuitive insight into what will truly resolve a problem. Often it is a change of attitude or heart, or a subtle shift in my approach that will influence a beneficial outcome. Today let me use spiritual solutions in practical ways by stilling my mind and experiencing clarity and a change of perspective.

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

3. Poem

The Journey Continues

I walk in your footsteps,
A moment behind, a moment ahead, present.

There is never a moment we are apart,
I feel your presence in my life.

The peace and joy I live is yours,
It belongs to everyone.

The blessing that is you is a comfort, a joy, a gift,
We are walking this path together.

There is no distance where love resides,
Our oneness is the light of the ages.

Our fears and pain are cleansed when we let the light return,
From where it came—within us.

Rev. Robert Meagher

4. Quote or Question

“Peace we achieve when we do not expect anything from the world but only give, give and give unconditionally what we have and what we are.” (Sri Chinmoy)

5. This Month's Heart and Soul Picks

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

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

"It is vital to make a distinction between feeling grateful and being grateful. We don't have total control over our emotions. We cannot easily will ourselves to feel grateful, less depressed, or happy. Feelings follow from the way we look at the world, thoughts we have about the way things are, the way things should be, and the distance between these two points. But being grateful is a choice. A prevailing attitude that endures and is relatively immune to the gains and losses that flow in and out of our lives." When we approach all of life with a grateful mind, we'll find that our own gratitude provides the greatest light. Read more of this insightful article, on why gratitude, particularly during the hardest of times, is quite often the very thing we most need. <http://www.dailygood.org/story/532/how-gratitude-can-help-you-through-hard-times-robert-emmons/> **Be The Change:** Take a moment to pause between reaction and action. Make a conscious effort today, in all circumstances, to embrace a state of gratitude.

"A recent study by Matthew Killingsworth and Daniel Gilbert sampled over 2,000 adults during their day-to-day activities, and found that 47 percent of the time, their minds were not focused on what they were currently doing. Even more striking, when people's minds were wandering, they reported being less happy. This suggests it might be good to find ways to reduce these mental distractions and improve our ability to focus. Ironically, mind-wandering itself can help strengthen our ability to focus, if leveraged properly. This can be achieved using an age-old skill: meditation. Indeed, a new wave of research reveals what happens in our brains when our minds wander -- and sheds light on the host of cognitive and emotional benefits that come with increased focus." This article shares more about the mind that wanders and its "remedy". <http://www.dailygood.org/story/539/how-to-focus-a-wandering-mind-wendy-hasenkamp/> **Be The Change:** This week experiment with setting aside some time each day to observe and focus your mind, through stillness and silence.

"We construct the experience of time in our minds, so it follows that we are able to change the elements we find troubling -- whether it's trying to stop the years racing past, or speeding up time when we're stuck in a queue, trying to live more in the present, or working out how long ago we last saw our old friends. Time can be a friend, but it can also be an enemy. The trick is to harness it, whether at home, at work, or even in social policy, and to work in line with our conception of time. Time perception matters because it is the experience of time that roots us in our mental reality. Time is not only at the heart of the way we organize life, but the way we experience it." This article explores Claudia Hammond's book, "Time Warped: Unlocking the Mysteries of Time Perception" -- "a fascinating foray into the idea that our experience of time is actively created by our own minds, and how these sensations of what neuroscientists and psychologists call 'mind time' are created." <http://www.dailygood.org/story/550/unlocking-the-mysteries-of-time-maria-popova/> **Be The Change:** Notice your own perception of time this week and how it shifts when you try and live more in the present.

- 12. True Meditation Has No Direction
- 15. Dropping That Drug
- 17. The Second Glance
- 18. Where Is Home?
- 20. Throw It Away – Esperanza Spalding

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. Geoff Straw – I Receive the White Light of God’s Love Today

Remember this affirmation often throughout your day today, as it reinforces your receiving bountiful blessings from the Spirit, who always seeks to impart this wonderful shining Love.

It is a Light that surrounds you always, but you can increase and strengthen it if you choose to do so and call it forth knowingly and forcefully.

Do not be hesitant! Be bold at affirming this Love in your life. It is your true helper, your friend and your healer.

It increases your power in the world, so that you may do more good deeds of healing and working miracles. It is truly, we would say, your eternal salvation. Therefore, invite it in!!

AND IT WILL FLOOD INTO YOUR LIFE!

A Light does surround you, and it guides your way as you embark on the new journey, such that things will fall into place easily and swiftly.

You need not concern yourself with details; simply be there, and all unfolds for the best possible course.



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

7. Kathryn Kimmins – You're Beautiful Just the Way You Are

In a world where ego resides and one's image defines us, there is a story of an elderly Chinese woman who had two large pots, each hung on the ends of a pole which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water.

At the end of the long walks from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments.

But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After two years of what it perceived to be bitter failure, it spoke to the woman one day by the stream.

'I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house.'

The old woman smiled, 'Did you notice that there are flowers on your side of the path, but not on the other pot's side?'

'That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them.'

For two years I have been able to pick these beautiful flowers to decorate the table.

Without you being just the way you are, there would not be this beauty to grace the house.'

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. So let go of ego, laugh at your own flaws and take each person for what they are and look for the good in them.

To all of my laughter friends, "You are amazing, you're great, you are fantastic, you're beautiful, let's not forget sexy.....and Perfect in every way.

Remember to smell the flowers and dance and laugh heartily every chance you get.



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

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

The God Particle (Part One)

It is to be remembered that physical worlds have a myriad of self expressions. Your earth houses a third- dimension physicality; other worlds and existence may possess a two-dimensional or a tenth dimensional reality. To your linear perspective, the greater the dimension, the less dense its material nature. It is a little like eating a sweet. In savouring the candy your inner awareness expands and the candy itself slowly disappears! We can playfully further this example by asking you to replace the words “sweet” and “candy” with the precious words “Divine Creator.” In so doing, you glean that all worlds lie within the self.

No matter the sphere or dimension of existence, physical worlds lie within other material worlds. You, as a physical being are a tangible part of these overlapping and intertwining material universes.

Indeed here we speak only of the physical aspect of creation. As you well know, the material aspects of creation are presented to you, dear people of this fine planet, to recall that your physical projection is a reflection of your inner life as holy spirit. The more you allow yourselves to be permeated with the sacredness of the Creator, the more glorious your outer projection.

What then, is this gracious link between the inner and outer worlds that breathes harmony and divine elegance in all life?

We choose to name this link The God Particle.

It is understood that in your microscopic world, physical matter may express itself in many ways: by fluctuating, changing shape, disappearing and reappearing. Seemingly, certain natural laws on your planet insist that matter remain stable and localized. However, in truth, this is not so. Even in your third-dimensional world, matter can vanish, travel, modify and re-surface. *No material substance is static.* All is in perpetual movement and it is the God Particle which holds the fluctuating worlds together in a harmonious whole, nourishing the interior worlds of sanctity and bridging the inner to the outer realms of life expression.

The God Particle can be perceived in your world as the ultimate point of Light embedded within your beings which emanates perfection, loving binds your spiritual essence to its core and ensures the joining of all dimensions and worlds. This God Particle also lies beyond your existence, forever anchoring all life within its omnipresent Self. It can be imagined as the perfect sphere, the quintessential expression of First Cause, untouched by free will.

How then do I access this gracious Particle, you may ask?

All beings automatically live within the splendour of this God Particle.

The question to be pondered is, rather, the following: if, I unknowingly already exist within the very arms of First Cause—God—then how much more meaningful and influential will my personal and planetary life be when I consciously choose to exist and to expand within the essence of this God Particle?

In the next message, we will speak of a former earth civilization which demonstrated conscious living in this God Particle and the significant destiny of your world and its people.



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 Way of the Mystic

“Blessed are the pure in heart for they shall see God” (Beatitude – Jesus)

I believe we live in a time where the heart of the mystic in all of us is yearning to be awakened. Being raised in a fundamental Christian circle, studying theology and eventually becoming a pastor, I never heard of any ‘mystics’, but I was most certainly a seeker of the One who is Mystery. From the moment I surrendered to God at the age of 18, I sought to *know* this Being for myself. I searched the scriptures for a single focus and found the above verse – the words jumped off of the page! So I studied every scripture that had the word ‘pure’ or ‘heart’ in it and came to the grand conclusion that if I cultivated true unconditional love for everyone in my heart – that my heart would be purified and my eyes would eventually be opened – to see. I prayed, fasted, studied, chose to do my best to become a lover and memorized whole passages of scripture – especially anything to do with God being our Dwelling Place, Secret Place and my favourite from the Psalms “that I might dwell in the House of the Lord, to behold the beauty of the Lord and to meditate in His temple.” (Ps. 21:4) I believe I express myself the best in my poetry.

The Search for You



You are the Cosmic Thread
weaving all creation
into a tapestry of delight.
You are the stars
that shine,
and the darkness of night,
The waves of the ocean
and a drop of water
as it kisses the land.
You are the shore,
a comfort to walk,
and a pebble of sand.

You! You!
Oh how I searched for You!
My soul longed to know You.
I was consumed;
I was desperate.
I looked for You
As if You were somewhere,
in some place,
at some time,
a moment of true encounter.
All I found was confusion,
and unrest.
I loved You at my worst.
I loved You at my best.
Nothing!
Then,
Like a summer breeze,

a flash of lightning,
a Lover's tease,
a Dream awakening,
there You were,
everywhere,
every place,
every time.
You!

So yes, as the poem indicates, I never found the One I searched for – She found me! After twenty years of this seeking, serving, loving and being as devote as I could, everything I loved came to a grinding halt and even the little grinds blew away into the wind: marriage and ministry over, children acting out their pain, no sense of any identity and only tiny specks of glass from a broken heart remained under my feet – if I moved the wrong way, I felt I would fall into an abyss. I felt God couldn't find anything good in me to bless; I was an outcast. Yet, I did say to God in a serene moment, after one year of trying to keep my twins in a youth group and on the narrow path – to no avail – “Either there is something wrong with You and You are not who I think you are, or there is something wrong with me. Well I see your Beauty everywhere, there is certainly nothing wrong with you. There must be something wrong with me. I have to leave this life as I know it, so that I can look at it and see what is wrong.” And I did. I purposely didn't open a bible nor darken a church door, except for a specific invitation, for what became a six year period.

Then, on October 8, 1998 at around 2:30 or 3:00 pm, as I was walking on my trail, I felt like a ping of lightning on my heart. I began to weep and weep and said over and over “OK”. In that instant, I was connected to everything and everything was alive and dancing in sacred beauty. God was everywhere and I was in a state of blissful peace. At first I thought I might go crazy, a good crazy mind you, as I was not in control. Over time, the awareness settled and I was led across the path of the Aramaic scholar Neil Douglas-Klotz with his translations of the words of Jesus (who fits better to be seen as a Middle Eastern mystic), the Sufis, the teachings of mystics in all religions and my own further studies in a doctorate program in California lead by Matthew Fox.

It has been almost fifteen years since that time. What a journey! As I reflect, I can honestly say that I am grateful for all the passages and experiences. There seems to be a common theme in all of the stories of any mystic I have read – deep hunger for God, disciplined choices, hardship and betrayal in one form or another, a sense of abandonment from God, great loss, depth of emotional pain, and in a time unexpected – the Great Invitation to Divine Intimacy, either gradually or, as in my case, in an instant.

All religions speak of the Divine as Unconditional Love. In retrospect, it seems clear now, if I wanted to experience the Beloved, my soul had to be transformed into unconditional love so that love could commune with Love. That would mean, getting rid of fears, healing wounds, softening pride etc. It's not about achieving any measure of perfection in behavior or acquiring great wealth of knowledge. It's about the pure intention of the heart. Our souls are like gardens – humility the cultivator, tears – water, and the seeds – all forms of love. We dig out the stones of pride; weed away the distractions and attachments, fill in the holes of fear with fresh fertile soil of peace and the Sun shines when and where It will. There are storms, crop failures, just when you think you are ready to experience God, more pruning, and on and on. It is a journey with no end, ever. I wrote down this quote a long time ago and am not sure of the source, but it reads, “When God finds the heart thus thoroughly grounded and turned toward Him, the Godhead nakedly descends unto the pure, waiting soul drawing it up to its uncreated Essence.” The Beloved is the One who decides when the soul is ready to be encountered. Every seeker I have talked to says that the Beloved came by surprise and once She did, the realization that God was there all the time, in the seeking. It is the opening of eyes. (a wonderful poem by David Whyte by the same title.)

The way of the mystic is the way of love, of seeking Truth, of surrendering moment by moment to the realm of Grace. Don't let me mislead you, there were and always are, millions of times when one wants to give up, scream in sheer agony, and even end it all. Some have done and that is such a loss. We come from the vast expanse of the Universe, as a seed of Beloved through the womb of humanity – we feel separate, alone and afraid. The only consolation is coming back to our true home, aware of our true identity as one with the One in the all.

I would like to share one more important phase of my journey thus far. After ten years of listening, a lot of weeping, and my formal studies, I was led to write a book, 'A Story to Live By'. It is the story of our soul's journey as expressed in the

cosmic design of this Universe. Before writing this book, the Beloved's voice was so clear. Then after, there was a shift, which I believe is the reward of the mystical path. Again, let me express my heart through a poem.

UNION

*I always love to do what You tell me,
But now there is no telling.*

*For so long I followed
Your every whisper,
eagerly obeying Your command,
heeding Your wishes
Before You could speak them,
because I love to study
Your face;
I know by Your expressions – what
Your desires are
long before
they are voiced.*

*I just wanted to be
the best daughter
You ever had.
Remember?
As I surrendered
in that cold,
converted sunroom,
so terrified – alone,
fear and pain my constant companions.
But You came –
a ray of joy that
pierced my soul.
I knew it was You,
because it was to You I called
over and over in night's despair.*

*And now – all these years,
I have so many journals,
and travel logs plenty,
treasure chests full
of memories;
as we hunted in dark caves
and conquered mountains.
Our only weapon was Love,
And the reward was Grace.*

But now,

*I can't follow You any more,
Can I?
You – my Only Other;
my Thou; my Praise;
my Worship;
my Thirst; my Plenty.*

I was sad somehow;

*I knew we would never be the same;
I was losing the Only You I had known.
Like a maid in waiting,
I could be nothing but still.
A shroud of Mystery was unveiling,
each Breath a holy chill.*

*Softly, reverently,
I felt Your arms of Love
enfold me,
with strokes of attentive art,
As in sweet caress,
You carried me
over the threshold of my heart.*

*And there we remain,
always in my bedchamber
lying wait for each other,
always at my kitchen table
sharing counsel sweet,
always in my salon,
on my front porch,
in my garden.*

*You and I
living the vow we took
to be
One.*

The reward of the mystical path is profound in every way – union with the Beloved. When I look at this poem, the last stanza looks like a chalice, sitting on a table (humanity) and under the words 'to be one' from our Beloved. We are the chalice that we seek. The wine is the nectar of our Beloved!

Blessings and peace to all.



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.

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10. Robyn Lebron – The Bahá'í Faith

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

As we continue our series on World Religions & Faith Practices, let us jump forward in time to a religion that is on the other end of the time line. The Bahá'í Faith is the youngest of the world's independent religions. *Bahá'í* is derived from the Arabic word *Bahá*, meaning glory or splendor. Millennial fervor gripped many peoples throughout the world during the first half of the 19th century; Many envisioned that a new spiritual age was about to begin. In Persia, in 1844, a young merchant, the Báb, announced that he was the bearer of a long promised divine revelation destined to transform the spiritual life of the human race. Although the young merchant's name was Mírzá Alí-Muhammad, a descendant of the prophet Muhammad, he took the name *Báb*, which means Gate in Arabic. His coming represented the door through which the universally anticipated Revelation of God to humanity would soon appear. The central theme of his major work was the imminent appearance of a Messenger from God, Who would be far greater than the Báb and whose mission would be to usher in the age of peace promised in Islam, Judaism, Christianity and all other world religions. This Messenger was Bahá'u'lláh, who was declared by the Báb in 1863 to be the one we were waiting for.

The Bahá'í believe the universe has been created by a single supernatural Being. Although we may have different concepts of God's nature, we may pray to Him in different languages and call Him by different names, Allah or Yahweh, God or Brahma, we are speaking about the same unique Being. The differences are due to the varying cultures and eras in which the messages were propagated. Throughout history, God has revealed Himself to humanity through a series of divine Messengers, each of whom has founded a great religion. The Messengers have included Abraham, Krishna, Zoroaster, Moses, Buddha, Jesus and Muhammad. This succession of divine teachers reflects a single historic plan for educating humanity about the Creator and for cultivating the spiritual, intellectual and moral capacities of the race. Each of the prophets had a broader, more advanced revelation, which was needed at that stage of man's spiritual evolution. The Bahá'í Faith is the current stage in the evolution of religion. Bahá'u'lláh attributed the differences in teachings of the great religions not to any human fallibility of the Founders, but rather to the different requirements of the ages in which the revelations occurred.

Jesus, in the Baha'i view, was not God's son in a biological sense; but God's spiritual Son. For the Baha'i Faith, the essential point is that Jesus represented the Godhead on Earth, His station is highly exalted and honored and in His time He was the Voice of God on earth. Jesus Christ was also considered a Prophet and one of the Messengers of God. His teachings are considered essential reading and the message He brought was from God, as is true of all the divine Messengers before and after Him. Bahá'u'lláh's claim is that he is a Manifestation of God in the line of succession of the Prophets of the world religions. Bahá'u'lláh's mission is to take humanity on to the next stage of its development. The social and spiritual teachings that Bahá'u'lláh has brought are the teachings which will unite the world and bring about the fulfillment of the prophecies to be found in all of the religions of the world about a great day when there will be a golden age for humanity. Bahá'ís claim, therefore, that Bahá'u'lláh is the figure anticipated in the scriptures of all the religions of the world. He is the Everlasting Father and Prince of Peace foretold in the Hebrew Bible and expected by the Jews, the return of Christ awaited by Christians, the Great Announcement about which Muslims are told in the Qur'an, Shah Bahram of Zoroastrian scriptures, Kalki Avatar foretold in Hindu scriptures and Maitreya Buddha that Buddhists are awaiting.

They believe in reality there is only one religion, *the religion of God*. This one religion is continually evolving and each particular religious system represents a stage in the evolution of the whole.

To read more get your copy of "*Searching for Spiritual Unity...Can There Be Common Ground*"



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Robyn Lebron was baptized as an infant in the Lutheran Church, but her individual walk with God didn't happen until many years later. After experiencing many different churches and attending an off-campus four year seminary, her spiritual journey with God grew deeper and richer. Her desire to share the concept that we are called to love everyone, regardless of faith, motivated her to write "*Searching for Spiritual Unity...Can There Be Common Ground?*" She and her husband, Rev. Bob Lebron, live in Wisconsin with their dogs and cats. Robyn can be reached by phone at 608-354-5566, by email at rockin-robyn@msn.com or through her website at <http://www.aninterfaithsearchforunity.com/>.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

11. Good News Of The Day

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

In a dominant paradigm weighted towards self-interest and self-orientation, we must make a special effort to question our mode of being. Can we afford to be narrowly self-focused? Can we grow to anywhere near our true potential if we look out only for ourselves? What role do kindness and compassion play in bridging a world that is growing increasingly fragmented? What follows are five powerful reasons to be kind, articulated by some of the greatest minds and hearts from around the globe. <http://www.dailygood.org/story/527/5-reasons-to-be-kind-kindspring/> **Be The Change:** Build your kindness muscles this month. Join thousands of others in the transformative 21- Day Kindness Challenge that starts on September 11th! <http://www.dailygood.org/more.php?n=5709a>

"Mindfulness meditation" is a growing movement, but can it unstick the modern political gridlock? Congressman Tim Ryan thinks so, and is calling for a "quiet revolution" in America. "Practicing mindfulness may not get everyone on the same page in detailed policy terms, he believes, but it could help to find more common ground between different views." This interview with Ryan shares more of his work on bringing mindfulness to the table -- including starting a 'quiet time caucus' on Capital Hill. <http://www.dailygood.org/story/508/mindfulness-in-politics-michael-edwards/> **Be The Change:** Experiment with a 'quiet time caucus' at work or at home to encourage greater collaboration and mindfulness.

"I go to the library in Santa Monica to write quite often. The other day, I went there to get some work done, and I see this man standing and looking at some books. New nonfiction. He has a sign on his chest that says "Be Love." I ask him if I can take a picture, and he happily obliges. I turn around to get some money in my wallet. (He's homeless -- that much is evident.) I turn back around, and he's taken the sign off. "Picture's free," he says, "but you have to wear this for two hours." Read on to find out how this unexpected interaction transforms this writer's day and touches those around her. <http://www.dailygood.org/story/531/be-love-jennifer-pastiloff/> **Be The Change:** Create your own signs that can positively impact those around you.

"People talk about how if they win the lottery they can help so many people. You hear that all the time. But if you start actually doing small acts... it really is a great way to see the human connection and how little things really do matter -- even if it's just a compliment or a smile. It doesn't necessarily have to do with money." Geoff Nedry is a long-time kindness agent who early on found an unexpected partner in spreading smiles: His 5-year-old daughter Rachel. Read on to learn about this charming duo's powerful adventures in giving -- and the profound transformative effect it had on their family and beyond. <http://www.dailygood.org/story/519/kindness-journey-an-interview-with-geoff-nedry-richard-whittaker/> **Be The Change:** Commit to adding some individual acts of grace to the world. The 21-Day Kindness Challenge starts tomorrow, September 11th. Sign-up here and join thousands of others in rippling out the good! <http://www.dailygood.org/more.php?n=5631a>

"It is vital to make a distinction between feeling grateful and being grateful. We don't have total control over our emotions. We cannot easily will ourselves to feel grateful, less depressed, or happy. Feelings follow from the way we look at the world, thoughts we have about the way things are, the way things should be, and the distance between these two points. But being grateful is a choice. A prevailing attitude that endures and is relatively immune to the gains and losses that flow in and out of our lives." When we approach all of life with a grateful mind, we'll find that our own gratitude provides the greatest light. Read more of this insightful article, on why gratitude, particularly during the hardest of times, is quite often the very thing we most need. <http://www.dailygood.org/story/532/how-gratitude-can-help-you-through-hard-times-robert-emmons/> **Be The Change:** Take a moment to pause between reaction and action. Make a conscious effort today, in all circumstances, to embrace a state of gratitude.

Being a parent in this fast-paced world often means constantly fighting the clock to maintain control, make appointments, and complete to-do lists. What effect does this constant rushing have on our parenting and on our children? Rachel Macy Stafford was blessed with a laid-back, carefree, stop-and-smell-the roses type of daughter who made her ask this difficult

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question and who opened her eyes to a new way of parenting. Rachel, creator of the blog "Hands Free Mama" is committed to "letting go...to grasp what really matters." This beautiful blog post describes how her daughter taught her to stop saying "hurry up" and to live a life more centered on the things that really matter.

<http://www.dailygood.org/story/530/the-day-i-stopped-saying-hurry-up-rachel-macy-stafford/> **Be The Change:** Instead of pulling out your cell phone or other device when you have some spare moments today, choose to deeply take in your surroundings and notice the beauty in the ordinary that is all around you.

Have you witnessed another person's vulnerability and unabashed surrender to their pain in a way that leaves you in a deep and humbled awareness of your own wounds? In this piece Hannah Brencher writes with a poetry that captures the rawness of our shared human experience. She reminds us of the bond and companionship that is ironically inherent in one of the most complex human emotions -- Loneliness. <http://www.dailygood.org/story/524/we-have-never-been-alone-hannah-brencher/> **Be The Change:** Take upon the challenge of sharing your own unspoken vulnerability with someone this week.

"A recent study by Matthew Killingsworth and Daniel Gilbert sampled over 2,000 adults during their day-to-day activities, and found that 47 percent of the time, their minds were not focused on what they were currently doing. Even more striking, when people's minds were wandering, they reported being less happy. This suggests it might be good to find ways to reduce these mental distractions and improve our ability to focus. Ironically, mind-wandering itself can help strengthen our ability to focus, if leveraged properly. This can be achieved using an age-old skill: meditation. Indeed, a new wave of research reveals what happens in our brains when our minds wander -- and sheds light on the host of cognitive and emotional benefits that come with increased focus." This article shares more about the mind that wanders and its "remedy". <http://www.dailygood.org/story/539/how-to-focus-a-wandering-mind-wendy-hasenkamp/> **Be The Change:** This week experiment with setting aside some time each day to observe and focus your mind, through stillness and silence.

On a not-so-uncommon trip to find herself after high school, Maggie Doyne ended up founding an orphanage and building a school in rural Nepal by the age of 23. It started when she made eye contact with an orphan girl in a small village who was carrying a heavy pack of stones to make money. Maggie saw, in that moment, what so many spiritual leaders have tried to distill in their teachings -- she knew that the little girl was no different from her. Maggie used her limited cash to send as many orphaned girls to school as she could, until all she had left was a ticket home. When she got back to the states, she babysat and bake-saled her way to raising enough to open an orphanage. And that was only the beginning. <http://www.dailygood.org/story/536/talking-good-with-maggie-doyne-rich-polt/> **Be The Change:** Keep your eyes open today and do one thing to support someone. Get creative and navigate beyond your own restrictions and boundaries. Maybe there's something big or small that you can do that will happily change another's life.

"We construct the experience of time in our minds, so it follows that we are able to change the elements we find troubling - whether it's trying to stop the years racing past, or speeding up time when we're stuck in a queue, trying to live more in the present, or working out how long ago we last saw our old friends. Time can be a friend, but it can also be an enemy. The trick is to harness it, whether at home, at work, or even in social policy, and to work in line with our conception of time. Time perception matters because it is the experience of time that roots us in our mental reality. Time is not only at the heart of the way we organize life, but the way we experience it." This article explores Claudia Hammond's book, "Time Warped: Unlocking the Mysteries of Time Perception" -- "a fascinating foray into the idea that our experience of time is actively created by our own minds, and how these sensations of what neuroscientists and psychologists call 'mind time' are created." <http://www.dailygood.org/story/550/unlocking-the-mysteries-of-time-maria-popova/> **Be The Change:** Notice your own perception of time this week and how it shifts when you try and live more in the present.

"Today we're so steeped in consumer culture that we head to the mall even when our houses and garages are full. We suffer angst over the adequacy of our belongings and amass crushing credit card debt to, as the author Dave Ramsey says, buy things we don't need with money we don't have, to impress people we don't like..." Annie Leonard, the creator of Story of Stuff drives home an idea with true revolutionary potential, "As individuals, we can use less stuff if we remember to look inward and evaluate our well-being by our health, the strength of our friendships, and the richness of our hobbies and civic endeavors." <http://www.dailygood.org/story/560/how-to-be-more-than-a-mindful-consumer-annie-leonard/> **Be The Change:** For the next week, when you find yourself about to purchase something, ask yourself these three deliberate questions: Is my life currently functioning without this object, and if so, can it continue to? Who might have made this product and how was their labor compensated? Is there a way that I can borrow/share this product with neighbors and friends, instead of buying my own?

12. True Meditation Has No Direction

Reprinted from www.awakin.org.

—by [Adyashanti](#) (Aug 19, 2013)

True meditation has no direction or goal. It is pure wordless surrender, pure silent prayer. All methods aiming at achieving a certain state of mind are limited, impermanent, and conditioned. Fascination with states leads only to bondage and dependency. True meditation is abidance as primordial awareness.

True meditation appears in consciousness spontaneously when awareness is not being manipulated or controlled. When you first start to meditate, you notice that attention is often being held captive by focus on some object: on thoughts, bodily sensations, emotions, memories, sounds, etc. This is because the mind is conditioned to focus and contract upon objects. Then the mind compulsively interprets and tries to control what it is aware of (the object) in a mechanical and distorted way. It begins to draw conclusions and make assumptions according to past conditioning.

In true meditation all objects (thoughts, feelings, emotions, memories, etc.) are left to their natural functioning. This means that no effort should be made to focus on, manipulate, control, or suppress any object of awareness. In true meditation the emphasis is on being awareness; not on being aware of objects, but on resting as primordial awareness itself. Primordial awareness is the source in which all objects arise and subside.

As you gently relax into awareness, into listening, the mind's compulsive contraction around objects will fade. Silence of being will come more clearly into consciousness as a welcoming to rest and abide. An attitude of open receptivity, free of any goal or anticipation, will facilitate the presence of silence and stillness to be revealed as your natural condition.

As you rest into stillness more profoundly, awareness becomes free of the mind's compulsive control, contractions, and identifications. Awareness naturally returns to its non-state of absolute unmanifest potential, the silent abyss beyond all knowing.



13. Kindness: The First Gift

Reprinted from www.awakin.org.

—by [John O'Donohue](#) (Aug 26, 2013)

There is a kindness that dwells deep down in things; it presides everywhere, often in the places we least expect. The world can be harsh and negative, but if we remain generous and patient, kindness inevitably reveals itself. Something deep in the human soul seems to depend on the presence of kindness; something instinctive in us expects it, and once we sense it we are able to trust and open ourselves. Here in Conamara, the mountains are terse and dark; left to themselves they would make for a brooding atmosphere. However, everywhere around and in between there are lakes. The surface of these lakes takes on the variations of the surrounding light to create subtle diffusions of color. Thus their presence qualifies the whole landscape with a sense of warmth and imagination. If we did not feel that some ultimate kindness holds sway, we would feel like outsiders confronted on every side by a world toward which



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we could make no real bridges.

The word *kindness* has a gentle sound that seems to echo the presence of compassionate goodness. When someone is kind to you, you feel understood and seen. There is no judgment or harsh perception directed toward you. Kindness has gracious eyes; it is not small-minded or competitive; it wants nothing back for itself. Kindness strikes a resonance with the depths of your own heart; it also suggests that your vulnerability, though somehow exposed, is not taken advantage of; rather, it has become an occasion for dignity and empathy. Kindness casts a different light, an evening light that has the depth of color and patience to illuminate what is complex and rich in difference.

Despite all the darkness, human hope is based on the instinct that at the deepest level of reality some intimate kindness holds sway. This is the heart of blessing. To believe in blessing is to believe that our being here, our very presence in the world, is itself the first gift, the primal blessing. As Rilke says: *Hier zu sein ist so viel* — to be here is immense. Nowhere does the silence of the infinite lean so intensely as around the form of a newly born infant. Once we arrive, we enter into the inheritance of everything that has preceded us; we become heirs to the world. To be born is to be chosen. To be created and come to birth is to be blessed. Some primal kindness chose us and brought us through the forest of dreaming until we could emerge into the clearance of individuality, with a path of life opening before us through the world.

The beginning often holds the clue to everything that follows. Given the nature of our beginning, it is no wonder that our hearts are imbued with longing for beauty, meaning, order, creativity, compassion, and love. We approach the world with this roster of longings and expect that in some way the world will respond and confirm our desire. Our longing knows it cannot force the fulfillment of its desire; yet it does instinctively expect that primal benevolence to respond to it. This is the threshold where blessing comes alive.

14. Honor The Seed

Reprinted from www.awakin.org.

—by [Jim Ewing](#) (Sep 03, 2013)

Honor the seed. The words seem so simple. This is knowledge that was passed down to me from my father. Yet, today, those simple words — and sentiments — are so forgotten.

My father, a big, raw-boned man with giant, calloused hands big as catchers' mitts and shoulders broad enough to carry my sister and me as kids around the yard for an hour without tiring, grew up on a farm in Mississippi. Despite moving to the city and working behind a desk in his adult years after World War II, he still had a lot of 'country' in him. Some of it was, well, rather rude — others of it, wise. As deep and fertile as the soil, as lasting as the seasons.

It was my father who taught me how to 'taste' soil to see if it 'was any good.' If the soil tasted flat, it needed fertilizer; metallic, it needed more organic matter; if it tasted tart, it needed lime. His method was intuitive and, I guess, a matter of taste. Literally.

The admonition to care for society to the 7th generation includes the careful harvesting of seeds from the crops and the planting of the best of them in the following growing season. It is a way of life that ensures the health and continuity of society. It is a nourishing way of life for all the people, not just a few, and not only those living, but a mindful setting aside of health and well-being for future generations, as well.

The seed is more than an agricultural product. It is at once a symbol of hope, of a new generation, and a predictor of the future. If we are not careful with the seeds we plant, and conscious of what we are doing, we will reap a certain harvest based on what we have planted. Feast? Famine? Future? Or end? Those are the seeds we are planting today with our



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modern industrial society.

We cannot go back to a society where small farmers lived in isolated villages in rural settings that lasted essentially the same for generations. But we can learn from our ancestors in this New Age we live in and choose the type of future we want for ourselves, our children and our children's children to seven generations. That's the responsibility we have to follow some simple, time-honored advice: Honor the seed.

15. Dropping That Drug

Reprinted from www.awakin.org.

—by **Anthony de Mello** (Sep 09, 2013)

If we really dropped illusions for what others can give us or deprive us of, we would become alert. The consequence of not doing this is terrifying and inescapable -- we lose our capacity to love. If you wish to love, you must learn to see again. And if you wish to see, you must learn to give up this drug. It's as simple as that. Give up your dependency. Tear away the tentacles of society that have enveloped and suffocated your being. You must drop them.

Externally, everything will go on as before, but though you will continue to be in the world, you will no longer be of it. In your heart, you will now be free at last, if utterly alone. Your dependence on your drug will die. You don't have to go to the desert; you're right in the middle of people; you're enjoying them immensely. But they no longer have the power to make you happy or miserable. That's what aloneness means. In this solitude your dependence dies. The capacity to love is born. One no longer sees others as means of satisfying one's addiction.



Only someone who has attempted this knows the terrors of the process. It's like inviting yourself to die. It's like asking the poor drug addict to give up the only happiness he has ever known. How to replace it with the taste of bread and fruit and the clean taste of the morning air, the sweetness of the water of the mountain stream? While he is struggling with his withdrawal symptoms and the emptiness he experiences within himself now that his drug is gone, nothing can fill the emptiness except his drug. Can you imagine a life in which you refuse to enjoy or take pleasure in a single word of appreciation or to rest your head on anyone's shoulder for support? Think of a life in which you depend on no one emotionally, so that no one has the power to make you happy or miserable anymore.

You refuse to need any particular person or to be special to anyone or to call anyone your own. The birds of the air have their nests and the foxes their holes, but you will have nowhere to rest your head in your journey through life. If you ever get to this state, you will at last know what it means to see with a vision that is clear and unclouded by fear or desire. Every word there is measured. To see at last with a vision that is clear and unclouded by fear or desire. You will then know what it means to love.

16. Meditate Like Christ

Reprinted from www.awakin.org.

—by [Krishna Das](#) (Sep 16, 2013)

One day a Canadian man arrived for his first visit with Neem Karoli Baba (Maharaj-ji). He didn't know much about Maharaj-ji but had heard about him. Maharaj-ji didn't give lectures or formal teachings; didn't write books; and, as far as I know, didn't formally initiate people. He just kept shining like the sun. Flowers don't need to read a manual on how to bloom in the sunshine. So when Maharaj-ji asked this man why he'd come and what he wanted, he was unsure how to respond. Finally, he replied, 'Can you teach me how to meditate?'

"Maharaj-ji's response was: 'Meditate like Christ. Go. Sit in the back of the temple with the other Westerners.'

"The guy came to the back, and we asked him about his darshan. He told us that Maharaj-ji had said to meditate like Christ. At first we were surprised. 'What! Meditate like Christ! What does that mean?' But then we thought about it. We were always trying to get Maharaj-ji to tell us what practice to do, but he'd never give us any specific instructions about yoga or meditation. Now he'd said this. If he said it, he must know how Jesus meditated. We decided to ask him about it. We were so excited — we were going to get the secret teachings at last!

"Later in the day, when Maharaj-ji came to the back of the temple to hang out with us, [one among us] broached the subject that had us all buzzing. 'You said to meditate like Christ. How DID he meditate?'

"It seemed as if Maharaj-ji was about to answer, but instead his eyes closed and he sat there completely still, completely silent. It felt like he'd totally disappeared. In all the time I'd been with him, I'd only seen him sitting motionless like this a couple of times before. It was extraordinarily powerful, as if the whole universe had become silent. Then a tear came down his cheek. We were in awe. After a couple of minutes, his eyes half opened and, with great emotion, he quietly said, 'He lost himself in love, that's how he meditated. He was one with all beings. He loved everyone, even the people who crucified him. He never died. He is the atman [soul]. He lives in the hearts of all. He lost himself in love.'

Once again, Maharaj-ji had gone right to the heart of it all. I was stunned. There was nothing I wanted more than to be able to lose myself in love, but there was nothing that seemed farther away. As Kabir once said, "It is easy to bear the heat of fire and likewise it is possible to tread the edge of the sword. But to sustain an unchanging love is a most difficult business."



17. The Second Glance

Reprinted from www.KarmaTube.org.

Have you ever cringed at the sight of a human being who is physically disfigured? David Roche, who was born with a facial disfigurement, spent years trying to hide from himself. At middle age, he discovered his inner beauty, his spirit and his strength, and he has dedicated his life to helping all people find the inner beauty within themselves and in others. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2419>.

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18. Where Is Home?

Reprinted from www.KarmaTube.org.

Pico Iyer has spent his life in motion, traversing the globe and moving fluidly in-and-out of cultures. Who better, then, to examine the meaning and importance of "home" in a world that is ever more mobile and multicultural? In this TED Talk, Mr. Iyer argues that the stillness of rootedness is increasingly important in this "age of movement," even if the place with which we most strongly identify does not signify "where we come from" in conventional ways. "Home," he says, "is not the place where you sleep; it is the place where you stand." Follow this link to the video...

<http://www.karmatube.org/videos.php?id=4336>.

19. Lose Your Ego, Find Your Compassion

Reprinted from www.KarmaTube.org.

Imam Feisal Abdul Rauf has devoted himself to healing relations between Muslim-Americans and their neighbors, and bringing that message of peace to the wider Muslim world. In this TED talk, Feisal Abdul Rauf combines teachings of the Qur'an, stories of Rumi, and examples of Muhammad and Jesus, to demonstrate that only one obstacle stands between each of us and absolute compassion - ourselves. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=3862>.

20. Throw It Away – Esperanza Spalding

Reprinted from www.KarmaTube.org.

"You can never lose a thing if it belongs to you," intones the silken, dreamlike voice of bassist Esperanza Spalding, as she covers Abbey Lincoln's poetic meditation on the pointlessness of attachment and the power of generosity. "The hand's unclenched and open / Gifts of life and love it brings / So keep your hand wide open / If you're needing anything." Follow this link to the video... <http://www.karmatube.org/videos.php?id=3139>.

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.

21. 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.

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22. Sacred Attention Therapy

Sacred Attention Therapy references the etymological meaning of therapy ("attending to soul") and is based on Richard Harvey's ground-breaking approach to depth psychotherapy (<http://www.therapyandspirituality.com/>), and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/human-awakening.html>). For more information about Sacred Attention Therapy, visit this website (<http://www.sacredattentiontherapy.com>). Hourly rates may apply. To schedule an appointment, please contact Spiritual Guidance at rmeagher@servingyourjourney.com or 613-204-0299.

23. 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. In most cases, Spiritual Exploration and Soul Coaching services are offered on a donation basis.

Please contact Spiritual Guidance if we can be of service, at rmeagher@servingyourjourney.com or 613-204-0299.

24. 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 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.

25. Spirituality Discussion Groups

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

26. A Course in Miracles Study Groups

A Course in Miracles is a self-study course in personal and spiritual transformation. Spiritual Guidance nurtures a community of students who study *A Course in Miracles*. If you or someone you know would like to participate in this community, please contact us at rmeagher@servinyourjourney.com or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>).

27. 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 heartfelt 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:

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

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

If you have any questions, you are invited to follow up with us. You can contact us at rmeagher@servinyourjourney.com or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher
Spiritual Guidance

28. 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:

- Sacred attention therapy
- 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.
- Daily contemplative sharing
- OM websites

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



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

29. 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.

30. Interfaith Community Celebration

Interfaith Community Celebration

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

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

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

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

Food: Enjoy sharing light communal offerings, potluck style.



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

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

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

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

31. 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.

32. The Novena Teachings – A Series of Nine Psycho-Spiritual Online Lectures

The
**NOVENA
TEACHINGS**
*A SERIES OF NINE
PSYCHO-SPIRITUAL ONLINE LECTURES*

1. Surrender
2. Relationships
3. Anger
4. Now
5. Disenchantment
6. Love
7. Maturity
8. Devotion
9. Awareness

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

<http://www.therapyandspirituality.com/courses.html>
*Nine live psycho-spiritual talks followed by questions and sharing
with a worldwide audience*

|

Between September 2013 and January 2014 I will be giving nine new lectures online. Each lecture explains and clarifies crucial aspects of the psycho-spiritual journey in the modern era. At the end of the lectures questions and sharing are invited.

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

Times: Wednesday 16.30-18.00 CET
Please check carefully for your time zone equivalent.

18 Sep **Surrender**
02 Oct **Relationships**
16 Oct **Anger**
30 Oct **Now**
13 Nov **Disenchantment**
27 Nov **Love**
11 Dec **Maturity**
2014
15 Jan **Devotion**
29 Jan **Awareness**

|

“Nothing is greater than the human heart.” ~ Richard Harvey

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

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

Dates: as above

Times: 16.30-18.00 Central European Time CET.

Please check carefully for your time zone equivalent.

Price: 40 Euros per discourse. (A concessionary rate of 20 Euros is made available to students who are unable to afford the full fee.)

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: Please pay via <http://www.therapyandspirituality.com/pay-online.php>. Select “course”, the course title, and the amount then proceed making your payment online. A Booking Confirmation will be sent to you. Payments are non-refundable.

Special Offer:

Book the complete *Novena Teachings* Online Lectures, nine discourses in all, in advance for 270 Euros (25% discount).

33. Sacred Attention Therapy Training Course

The
**SACRED ATTENTION
Training Course**

A Week-Long Intensive
at
Cortijo Llano de Manzano Personal & Spiritual Growth Center
in
Andalucia, southern Spain
30 March-5 April 2014

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

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.

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

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

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

Times: Sun 30 Mar – 4.00pm to 8.00pm
Mon-Fri 31 Mar-4 Apr – 8.00am to 2.00pm
Sat 5 Apr – 8am to 12 noon followed by a celebration meal

Dates: 30 March-5 April 2014

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 current series of lecture-seminars online (see Courses <http://www.therapyandspirituality.com/courses.html>)

Spend some time exploring the Therapy and Spirituality website, particularly 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* (summarized in *Your Essential Self*).

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

The three stages are summarized briefly here:

1. The Process of Self-Discovery: The Psychology of Personality

Our small sense of self, which we experience as character, is a reflection of our deeper self. But when we become attached to the small self we deny ourselves freedom. We partly do this through clinging to the small sense of self and living in a prison of emotional and behavioral patterns which effectively have us going round in circles without any memory that we have repeated life experiences which are dictated to us from our conditioning. To conceal this from ourselves we use our character as a defense.

Our character has to be brought consistently to awareness until it becomes transparent to us and we can, not shed it, but understand it for what it is, live with it in a positive way and become empowered to make new choices. This is the work of personal therapy and the aim is to resolve the unfinished business of our early life experiences.

2. The Change into Authenticity: The Psychology of Transformation

When we have recognized and shed our attachment to our small sense of self we are faced with the fact that, since we are not our character, we don't really know who we are. There follows a great adventure in authenticity. We confront our fears and desires in a radical way and ask, "If I am not willing to be who I really am, then what is the meaning of my life?"

Thus we cross a threshold of truth and sincerity to fundamental change. No longer are we driven by the compulsions of our habitual emotional and behavioral drives and living in a prison of our own making. We have become genuine, real and our relationships to life and to others are transformed by this new understanding. This is the work of depth psychotherapy and the aim is to become responsible and authentic.

3. The Source of Consciousness: The Psychology of Transcendence

The true Self is the state of perfect freedom in which we transcend the human conditions of fear and desire. We reach a deep understanding of the body-mind and soul as incarnate spirit and practice living out of emptiness and not-knowing. This is how we learn to truly be, beyond separation and attachment. It is the state of non-ordinary ordinariness, wisdom and unity. It is experienced by many temporarily but it requires great courage and determination to remain in it.

This is the work of psycho-spiritual psychotherapy and the aim is to live in the present moment beyond memory of the past or fear of the future, centered in the spiritual realms beyond the personal, being perfectly natural and ultimately oneself.

34. Ascension Meditation for Mother Divine

Ascension Meditation for Mother Divine

- When:** Saturday, October 12, 2013, 7:00–8:30pm (EST)
- Where:** Subud Centre, 357 Wilmont Avenue (Westboro), Ottawa. If you cannot be with us in person, please meditate at this time wherever you are. You will be linking in consciousness with people all around the world.
- Who:** Anyone wanting to share in a peaceful evening of meditation. All paths welcome.
- How:** RSVP Robert at 613-204-0299 or rmeagher@servinyourjourney.com.
- 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.



Mother Divine is known by different names: Adi Parashakti or Bhagavathi in Hindu mythology or tradition; Blessed Virgin Mary in Roman Catholicism; Shekhinah in Judaism; Lady Master Venus in Ascended Master teachings; and Gaia in ancient Greek mythology. She is in everything; she is the Divine Essence that lives within all beings. Join us for this evening of meditation to honour Mother Divine. We welcome you to share in the unity of meditation with others and then to socialize over light snacks. Your hosts for the evening will be:

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

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

35. Worldwide Meditation for Mother Divine

Worldwide Meditation for Mother Divine

On Saturday, October 12, 2013, 7:00 – 8:30pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting an evening of meditation for Mother Divine. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. Mother Divine is known by different names: Adi Parashakti or Bhagavathi in Hindu mythology or tradition; Blessed Virgin Mary in Roman Catholicism; Shekhinah in Judaism; Lady Master Venus in Ascended Master teachings; and Gaia in ancient Greek mythology. She is in everything; she is the Divine Essence that lives within all beings. Join us for this evening of meditation to honour Mother Divine. If you would like to attend in person, refer to the following URL for more details: http://www.servingyourjourney.com/Community_Announcements/Mother_Divine_poster.pdf. If you are not able to with us physically, but would like to grow in unity consciousness with others around the world, please join us from 7:00 – 8:30pm (EST) in the comfort of your own sacred space. If you do choose to participate, please let one of the hosts of this event know (see contact information at the bottom of this poster). Namaste.



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

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

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

Serving your personal journey toward enlightenment...

36. Celebration Circles – Awakening Global Hearts of Humanity – Connecting with Our Resonance!

Ottawa Citizen Building
1101 Baxter Road
Ottawa On

Guest speakers and small circle sharings starting Thursday, Oct. 24! Nov. 28! and Dec. 19! And into 2014!

Speaker for Oct. 24 Celine Cloutier of www.essences.ca Join us as we share who we are that is our passion. That which gives our life deep meaning and purpose. Where service is the ultimate! These are evenings to create sacred space to meet and to make each other bigger! By listening or also sharing who we are and how the speakers message spoke to us in small circles, we will go away all the richer in our own knowingness of greater clarity for the reason we have come! For more information or to offer your story for sharing up to twenty minutes as a key note speaker please contact Sylvia Parker at 613-721-0039 or Judith Matheson at 819-684-3099. Abundance offerings will be welcome and prayers of thanks to all in gratitude. Time and space to net work and meet other like minded people will also be a significant part of these evenings to inspire and uplift our hearts and our imaginations to new choices!

Deep thanks
Judith Matheson
Heart + Soul Light Centre
Gatineau/Aylmer QC
819-684-3099

Sylvia Parker
Global Wellness
Manotick ON
613-721-0039

Spiritual Guidance

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](#)

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

Facebook: www.facebook.com/Servingyourjourney