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***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.

## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	3
1. Personal Story of Spiritual Lessons	3
2. Contemplative Thoughts*	4
3. Poem	7
4. Quote or Question	7
5. This Month's Heart and Soul Picks	7
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	9
6. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Sweet	9
7. Doug Henderson, Ph.D – I Am Only Ever Experiencing Myself	10
8. Geoff Straw – The Warmth Which You Seek	11
9. Kathryn Kimmins – Lion Laughter Exercise	12
10. Regiena Heringa – Notes from the Light – November 2013	13
11. Dr. Nancy Cleaves – The Lord is my Shephard – I Shall Not Want	14
12. Robyn Lebron – Moravian	14
13. Hope Bradford – Soul Journeys	16
OTHER GIFTS AND E-NEUWORTHY ITEMS:	17
14. Good News Of The Day	17
15. To Separate and Unify	19
16. The Committee of the Mind	20
17. Liberation is Not A Spectator Sport	20
18. To Have Without Holding	21
19. My Neighbor Ray	22
20. The Living Bridges of Meghalaya	22
21. Where the Love is: Everywhere	22
22. Food for the Soul	23
23. I Choose Love	23
24. Practicing Mindfulness with Children	23
25. Finding Love	23
HEART AND SOUL ADVERTISEMENTS:	24
26. Spiritual Resources	24
27. Sacred Attention Therapy	25
28. Spiritual Exploration and Soul Coaching	25
29. Spirituality Workshops	26
30. Spirituality Discussion Groups	27
31. A Course in Miracles Study Groups	27
32. Serving Your Loved-Ones	27
33. Supporting Spiritual Guidance	28
34. Meditation Series	30
35. Interfaith Community Celebration	31

Serving your personal journey toward enlightenment...

36.	OM Websites.....	32
37.	The Novena Teachings – A Series of Nine Psycho-Spiritual Online Lectures .....	32
38.	Sacred Attention Therapy Training Course.....	34
39.	Celebration Circles – Awakening Global Hearts of Humanity – Connecting with Our Resonance! .....	37

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Life is mandatory, worrying is optional

*“There is a solution to all of this—and it is right around the next corner. A few weeks from now you will not even be facing this problem. A few months from now, you will have forgotten you ever had it. A few years from now, you will wonder why you let yourself worry so much. I'm not trying to make light of it here. I just want to put it in perspective. Okay? Trust God here. Trust life. And breathe.”*

... Neale Donald Walsch

I recently had an epiphany. It was quite simple. Life is mandatory, but worrying is optional. To some this may sound childish and silly; to others obvious; and yet to others easier said than done.

To those who think this thought is childish and silly, you may be right. It is rather child-like to think it is optional to worry. Children have a far greater capacity than adults to live for the moment, to not get caught up in the future, to not worry. We adults could learn a thing or two from children!

To those who think that the saying ‘worrying is optional’ is obvious, you may be right. For these people they realize in every moment of every day we have a choice how we feel. And worrying is a choice; nothing more, nothing less. When we realize this simple, yet complex, truth we free ourselves from the anxiety and, sometimes, crippling fear associated with worry. We simply can choose to feel whatever it is we want to feel in any given moment. This is the gift of free will.

To those who think that ‘worrying is optional’ is easier said than done, you may be right and you are not alone. Many of us, including myself, know that worrying is a choice; but sometimes we have difficulty mastering our mind to allow the light to enter and wash away our illusions. Recently, during a bout of worry, my perception of the worry shifted when I realized the following...

*Any worry I may have on any given day WILL one day no longer exist. Something WILL happen to remove the worry from my life. Because any/all worries will some day no longer exist, I did not want to waste my life worrying about whatever it was I worried about. I want to use my time for loving service...not devolving worry. I decided then and there that no worry was worth wasting my time over because ALL worries will some day no longer exist. These realizations DO NOT justify or condone irresponsible behavior. These realizations simply allow me to free myself from the, sometimes, paralyzing grip of the fear that is at the root of my worries.*



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No matter what your worry(ies), you, and only you, can make your worry go away. The most potent tool for making your worry go away is your mind. No 'thing' and no 'one' outside of you controls how you see the world. If you continue to choose to worry, that is okay. Do not judge yourself. Just know you equally have the option of not to worry.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

Comparing yourself with others will leave you vulnerable on three counts: you will either feel inferior, superior or impressed. All three of these states are dangerous because they disregard the underlying principle of my true connection with others. When I am aware that my best connections are based on mutual love and regard, based on independently generated self-esteem, then I am able to stop comparing. Today let me protect myself from this vulnerability by turning my attention within, towards the experience of pure self-respect.

The greatest gift is love. Accepting others as they are is the ultimate act of love and the greatest gift in a world of conditions, limitations, criticisms and perfectionism. Today let me practice accepting myself and others without condition.

The world today encourages distraction and evasion as a way to experience happiness. But actually this takes me far away from myself and causes dissatisfaction. The true solution is to concentrate on what nourishes my spirit and gives me life. Today let me avoid distraction and feed my spirit with life giving thoughts and involvements.

Detachment is the secret to living lightly and lovingly. What do I need to detach from today? When I detach from people, outcomes, situations then I become free from worry and I can adapt to whatever comes up. Nothing can threaten me because it is only my dependency on a thing, a person or an opinion that can be threatened. Today let me release any attachments and become light.

There is great beauty in simplicity. Words and actions are enacted with great royalty, full awareness and with so much significance. Simplicity takes me away from artificiality; it accepts and in that acceptance shows grace and humility in every circumstance. Today let me act with simplicity and experience the grace of this in every action.

Transformation involves destruction and creation. The world today is experiencing both destruction and creation. I can see evidence of destruction in the environment, in wars, in the human spirit but can I see evidence of creation? Creation is very subtle and is found in a "newness" in my own attitude, an opening of hearts towards our human family and a growing commitment to peace. Today let me look for subtle signs of creation.

There is nothing more inevitable than the graying of hair and the crinkling of skin. Resisting it is like trying to hold back the tide of the ocean. Accepting it is the way into a graceful life. When I truly know myself as the spirit within the form, all the subtle tensions of aging are dissolved. I never age, never grow old, never die - only my body will. Today let me know myself as I truly am and experience freedom and grace as I age.

Mastering the mind means to let go of things that need to be gone. We all carry a psychic burden in our conscience of all the things we have left undone or the mistakes we have made. The ability to let go of these past events frees me to give my energy to the present moment. A stable healthy mind is one that has the ability to keep the necessary things and let go of the burdens. Today let me let go of a burden I no longer need to carry.

The one who pays attention to the essence can be of help to others. Every story has an essence and an expansion. When I focus my attention on the expansion of details I can easily get lost in side scenes or in the bog of complications. However, when I focus my attention on the essence or heart of the matter, I can see with clarity what

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needs to be done. In this way I can be helpful to others in having clarity and in saving energy. Today let me look for the essence.

What do I do when things are falling apart, there is chaos around me and I feel overwhelmed with too much to do? For most of us, the tendency is to work harder and think more trying to fix things. Instead, focus inside on creating a very powerful stage of deep silence and calm. The vibrations of this deep calm will act like a magnet and pull everything around you into alignment. Today rather than running around trying to fix everything, let me focus on creating the power to align.

If I make this moment happy, it will increase the chances of the next moment being happy also. My thoughts go in cycles which reinforce themselves. If I let my mind fall into a negative, downward cycle it requires enormous energy to turn this momentum around. However, when I catch myself in each moment and ensure considering an inspiring or a happy thought, then I begin a self-fulfilling positive cycle that is easy to maintain. Today let me create a virtuous cycle of happy and uplifting thoughts.

Diamonds look like stones until they are polished. When life feels rough I can remind myself of the diamond. I begin to sparkle more as I bring knowledge and understanding to life's challenges and allow them to grind off some of the dirt I have accumulated on my journey through time. Today let me sparkle by applying spiritual knowledge.

Ego is made of the false identities I carry and protect, thinking they are the real me. They are not me, they are identities I have created based on my qualities, my possessions or a position I have. When these images are challenged I become defensive, thinking the real me has been attacked. There is great relief when we recognize the false identities and stop defending them. Today let me treasure the real me, free from ego.

The future is not a gift, it is a creation. I create my life as I am living it. When I am aware that each day is my creation I invest carefully creating something beautiful to live within. Today let me be aware of my creation.

We can talk about ending war and we can march for ending war, we can do everything in our power, but war is never going to end as long as our hearts are hardened against each other. Today let me soften my heart towards myself and all others.

Keeping everyone's well being in mind, wherever possible, you use your own observations rather than second hand reports to choose a course of action. When I rely on second hand reports to make sense of situations, I disempower my own intuition. Today let me listen to my own inner voice and trust myself to make sense of situations.

Love is not an emotion; it is a state of being. In today's world love is considered an emotion; something that sweeps us away which we have become addicted to, seeking bigger, better doses of it as if it was not already inside of us. Love is my natural state of being, that I can access at will. Today let me be love-full.

Ego is a false image of myself created to prop me up and make me feel better, stronger, smarter etc. Ego exists to replace the shortage of real self-respect. It crumbles easily because its foundation is weak making me feel threatened or insulted. When I make sure I do the right thing even when it is hard, I begin to have faith in myself. This honesty increases my self-respect and I stop needing ego's false support. Today let me be honest and live my truth.

As soon as I allow my happiness to be dependent on anything outside, I make myself a slave to a condition, substance or a person. A slave is not free. And happiness is impossible if I am not free. This is why my happiness fluctuates. Real happiness does not shift up and down. Real freedom means that my happiness comes from the inside. Today let me find my happiness inside myself.

Bitterness is a result of sorrow. Having taken sorrow for so long it has accumulated in the soul as bitterness. Although cynicism and sarcasm are now in fashion, they are not the true reflection of the soul. My true nature is gentleness. Today let me be gentle and sweet.

I have used my mind to plan, analyze and think for so long that it has become tired. There are a thousand things to do, to think, and to say in this life but when I stop and bring my awareness into silence, I discover the few thoughts that are necessary in the moment, saving my time and energy. Today let me stop thinking so much and leave my mind open to inspiration.

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The most important part of you is your mind -- not your brain; the brain is the hardware and the mind is the software. Like a garden the mind returns fragrance and beauty according to the care invested. My mind will repay me with thoughts, ideas and visions of great depth and beauty when tended and invested with care. Today let me care for my mind, make friends with it, feed it healthy food, engage it in inspiring activity and exercise it with knowledge and wisdom.

Silence is sustaining. Thinking is expansive and takes my energy out of myself into the things I am thinking about. Focusing my attention inwards on silence and deepening this experience creates a feeling of great, concentrated power. This is the power needed to make any change in my life. Today let me accumulate the power of silence.

In today's world those with power have no ideas and those with ideas have no power. How does this apply to me? Where in my life do I have many ideas but no power to act on them? And where in my life do I have power but no focus? When my ideas line up with my willpower I can achieve anything. Today let me align my willpower with the ideas that matter to me.

Shining through your positive qualities is the way to conquer weakness. Our negative qualities take the shine off our positive ones. So often we get trapped in thinking about our negative qualities, further feeding them and ignoring the positive. When I mobilize my positive qualities, the weaknesses have less room to grow. Today let me turn my attention toward strengthening my positive qualities.

To make anything big or small depends on your own intellect. When I make something big, perceiving difficulties beyond my capacity I shrink in size. When I see myself as big and capable then difficult situations shrink. Today let me experiment with sizing things accurately.

When the feelings in the heart are true, then whatever the mind thinks will be right. The thoughts I have every day are a product of the attitude in my mind. The attitude in my mind is a product of what is in my heart. When I check that the feelings in my heart are true, then I will notice that the thoughts in my mind are of a high quality. Today let me check the feelings in my heart and bring quality thoughts and power to my mind.

Create inner strength. I have borrowed strength from my external circumstances for a long time. I have borrowed strength from my achievements, from others, from the roles I have played. Now is the time to remove my dependency on external sources and discover and develop my own inner resources. Today let me look within for strength.

Clean the memory track of the soul. Beneath the conscious memories lies an archive of unremembered memories, stored deep in the self. There are many beautiful memories I carry within me; however some of these memories are more like conditioned tracks that guide my behavior without me being aware of it. These are called habits or patterns and can operate like blind spots in the soul. By consistently "seeing" my pure and eternal qualities during meditation, I begin to "unpollute" or clear out the old memory track, freeing me to be truly me. Today let me delete the old files of pain and sorrow by focusing on only the pure, powerful and eternal in me.

Become an artist and paint your own picture of who you want to be. When I create a picture of who I want to be, I begin to destroy the old. By investing in creation, weaknesses that do not belong there will fade away. Today let me focus on creation.

We live in a world where big impact is created by leaving a big impression. However, true spiritual service is to touch hearts so they awaken without a feeling of debt. When I interact with others in such a way that they experience their own greatness they are left feeling stronger and more capable of bringing benefit in their world. This is the greatest impact we can have. Today let me move through life, leaving joy, without needing recognition.

The universe is not going to see someone like you again in the entire history of creation. It is wonderful to know that each soul is unique. This simple understanding can help me look out at the people in my life with deep appreciation for the kaleidoscope of unique qualities inherent in humanity. Today let me take joy in spotting uniqueness.

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



## 3. Poem

### When I see the light

When I see the light, I feel you in my heart.  
On golden-clad wings, your kindness soars through the dark.  
The meaning of your life, bubbling through our sorrow,  
Showing us which sparkling qualities of yours to follow.

May we realize that for life,  
Death need be in sight.  
May we celebrate you  
With love, pure and bright.  
May we feel your guidance,  
As we too for others care.  
May we keep in our hearts  
The memories of you most fair.  
May we know we need not look for you,  
For you are always here,  
The tinkling of your laugh, always near,  
Your constant smile, always clear.

When we look at your life, we celebrate much.  
For each one of our hearts, you were able to touch.

Xanthe Harvey

## 4. Quote or Question

"Peace is the manifestation of our inseparable oneness with all." (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'.

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

We all want to be happy. And, happiness is the one thing we wish most for those we love. So, why is it so difficult? And, why aren't we working harder to make happiness our priority? "If you want to feel good, do good" -- this is just one of the many brilliant points carried forward by the Action for Happiness, a group of like-minded individuals from all walks of life who are intent on creating the conditions for a much happier society. Through their dedication and hard work, they have developed "10 Keys for Happier Living" -- which are simple actions that, when taken, consistently lead people to happier and more fulfilling lives. Fitting that these 10 keys form the acronym "Great Dream." Read more to find out what you can do today to create a little more happiness in this world. <http://www.dailygood.org/story/556/ten-keys-for-happier-living->

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[actionforhappiness-org/](http://actionforhappiness-org/) **Be The Change:** Think of three small things you can do to brighten someone's day. Whether by way of telling a friend how much they mean to you, or simply by way of smiling at a stranger.

Is there any scientific basis for believing that love can stretch beyond the boundaries of our intimate relationships? What do the latest developments in human biology and psychology have to say? Barbara Fredrickson is better qualified than most other people to answer these questions. A professor at the University of North Carolina at Chapel Hill and a leading figure in the burgeoning "positive psychology" movement, Dr. Frederickson has worked to demonstrate that love for others -- all others -- can be consciously cultivated and applied in every sphere of life. This article shares more.

<http://www.dailygood.org/story/538/love-s-micro-moments-of-connection-michael-edwards/> **Be The Change:** Pick a time this week to bring love to a place in your life where it feels unexpected. Maybe it's at work, maybe it's walking down the street -- see what happens when you offer a small gesture of love when others don't see it coming.

Gordon Hempton says that silence is an endangered species. He's an acoustic ecologist -- a collector of sound all over the world. He defines real quiet as presence -- not an absence of sound, but an absence of noise. The Earth as Gordon Hempton knows it is a "solar-powered jukebox." Quiet is a "think tank of the soul." In this interview we take in the world through his ears. <http://www.dailygood.org/story/545/the-last-quiet-place-krista-tippett/> **Be The Change:** Make time for inner quiet this week by stopping sometimes, and turning away from ordinary sounds for a few minutes and listening to your own "thinktank of the soul."

Simplicity means taking charge of lives that are too busy, too stressed, and too fragmented. Simplicity means cutting back on clutter, complications, and trivial distractions, both material and nonmaterial, and focusing on the essentials -- whatever those may be for each of our unique lives. As Thoreau said, "Our life is frittered away by detail... Simplify, simplify." Or, as Plato wrote, "In order to seek one's own direction, one must simplify the mechanics of ordinary, everyday life." <http://www.dailygood.org/story/559/voluntary-simplicity-duane-elgin/> **Be The Change:** Duane Elgin mentions 8 ways to incorporate more simplicity in our lives. Look at your own routine and watch for opportunities to have less, want less, and live a more rich existence.

"Consider this: Negative attitudes are bad for you. And gratitude, it turns out, makes you happier and healthier. If you invest in a way of seeing the world that is mean and frustrating, you're going to get a world that is, well, more mean and frustrating. But if you can find any authentic reason to give thanks, anything that is going right with the world or your life, and put your attention there, then statistics say you're going to be better off." This article draws from contemporary neuroscience to make a compelling case for an attitude of gratitude. It also offers up three simple practices we can adopt to help build this important muscle.

<http://www.dailygood.org/story/578/the-neuroscience-of-why-gratitude-makes-us-healthier-ocean-robbins/>  
**Be The Change:** Commit to building your gratitude muscle!

16. The Committee of the Mind
18. To Have Without Holding
20. The Living Bridges of Meghalaya
21. Where the Love is: Everywhere
22. Food for the Soul
24. Practicing Mindfulness with Children

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

*Spiritual Guidance is honored to collaborate with other Spiritual Guides and Teachers to serve your personal journey toward enlightenment. If you would like to be a contributing Spiritual Guide and Teacher to this e-newsletter, please contact Spiritual Guidance (our contact information is at the very bottom of this e-newsletter).*

### 6. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Sweet

I can't seem to get this word out of my mind. A sweetness of life has come to reside in me that brings more and more sweetness to me by the minute. It is such a simple word; so precious. I see sweetness everywhere I look. The more I focus on sweetness, the more sweetness shows up. I know this applies to everything. What I focus on returns to me. To me sweetness is all wrapped up in beauty, love, gratitude and joy. There is an innocence that resides within the experiencing of sweetness as if I am seeing everything for the first time...the first sunset, the first flower, the first smile. Everything seems so new and so fresh. I am in love with sweetness. I am in love with beauty. I see it in every face I see, feel it in every breath, hear it in sound or silence. It is everywhere this sweetness and it is just waiting to express itself and be welcomed in.

" See beauty in unexpected places."--Mary Anne Radmacher

"Anyone who keeps the ability to see beauty never grows old." ---Franz Kafka

I remember years ago when the teenagers used to say " Sweeeet!" Something really good was sweeeet. This expression eventually became replaced with "bad" then "sick". Something really cool now is sick. The lovely word sweet was swept away by less appealing words. There is a lot of energy in a word. Beautiful words have beautiful sounds, have beautiful energy that resonate with the bountiful loving energy of the heart. Choose your words carefully. Just as we are advised to surround ourselves with good energy in terms of friends, home, entertainment and food, so too is it important to use high energy, loving words like sweet and beauty. If you want sweetness in your life use the word sweet more and more and see how the sweetness is reflected back to you. So also with love, grace, peace, joy, harmony. Practice using these and many other powerful and divine words and see how your life changes.

While you are increasing the use of powerful loving words, become mindful of **all** the words you use. Be as positive in your speech as you can be. Beware of words like hatred, violence, abuse, disgust, etc. These words carry a very unpleasant and negative energy and it is not what you want to surround yourself with. If you actively hate someone, that energy is very harmful to your heart/love vibration. I do not wish for you to deny the feeling, rather to work on bringing it to a less destructive vibration, one that will not damage your body. Dislike is less harmful to you than hatred. As you all know, the body hears every word you use. The body responds to every word you use and every thought you think. Good health requires good input from you in all ways, food, air, water, and most of all positive thoughts which lead to healing energy in the body.

We are not separate from anything, we are all part of the one substance, you may call it God or Source, it does not matter. Within the one substance is everything imaginable from what we would call negative or bad to the very highest vibration. It is all One and it is all Love. Good, bad it is all love as that is the energy of the one Source. Within that Source is all. Choose what you would like to align with. The energy of love, enthusiasm, gratitude is a more healing vibration than the energy of doubt, anger, conflict, envy, for example. So also with the words that express those feelings. Use loving words to inspire the action to infill your field with love. Use light filled words, the words love and gratitude wherever, whenever you can. Watch how your life changes. Use the words hate and anger and see how your life changes. When you use these words, hate and anger will continually show up for you reflecting back to you what you are putting out there. The divine universe loving gives back to you what you put out. If you want grace, ease, joy and love in your life, and who

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doesn't, do you think that will come to you by putting out a negative energy, using negative words? Absolutely not. You are a very powerful creator. Choose your words and thoughts carefully.

Use beautiful words; swear words will not raise your vibration. Gossip will not raise your vibration. You are in charge. No one else can tell you what you must say or how you must speak. Do yourself a favour and start listening to yourself and how you speak. Monitor your thoughts. Are they negative or positive most of the time? Do you see the world as beautiful, kind, sweet or as a chaotic, conflict filled mess? Your choice. Your thoughts. Your words. Choose wisely. Sweet!



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

## 7. Doug Henderson, Ph.D – I Am Only Ever Experiencing Myself

It seems these are very interesting times. But we knew that before we chose to come in and we still wanted to be here. This is the time that the Great Photon Belt is passing through our Galaxy cleansing all suns, all planets and all life forms - humans included whether we know it or want it. We knew and had prior agreement that when we passed through the birth canal and saw the light, amnesia would take over and we would experience separation from Source and have no memory of Source, prior incarnations, prior lessons or even current lessons. Now, that I think about it, the whole experience has been the inverse of going home. I am the uni-verse, but somehow I lost sight of that. That was the tough part, not remembering what I was supposed to be doing here in the first place! But we all wanted to be here to experience the great cleansing the Great Photon Belt would provide. The Divine Plan! We knew that this was Source's answer to separation. This would be the "quickening," to the "New Human." The morphing of the caterpillar to the butterfly. And we all wanted to experience the new human. It seemed like a good idea at the time but that was before time. And this is now! We all felt we could handle it. But the game was tougher than we thought. Nothing prepared us for either the density of 3D or the sudden onslaught of gamma photon radiation of 4th and 5thD after the insidious effects of duality. And now we are in the midst of it.

Those damn gamma rays are bringing on mystical experience and I'm just not ready for it. I'm still stuck in ego and the soul wants to expand. Trippy, very trippy. Reminds me of my hippy daze but it's no laughing matter. And those damn solar flares! I've experienced being nervous, anxious, worrisome, jittery, shaky, ungrounded, dizziness irritable, fearful, emotional outburst, lethargic, exhausted, heart palpitations, stomach upset, queasiness, memory loss, headaches, head pressure, ringing in the ears, the room spinning when I close my eyes but the one symptom that really burns my ass are those damn hot flashes and I'm not even female! Do you suppose there is some kind of gender fusion thing going on here? I wouldn't be surprised if I am burning off some karmic stuff held in cellular memory. I was probably a queen at some point or at least a wanna-be-queen in another lifetime. You never know; anything is possible.

The paradox is that if I identify with any of this, it just makes matters worse. I am so used to thinking about what I don't want 97% of the time and those damn photon rays are causing instant manifestation and to top it all off the Schumann wave seems to have collapsed from a 24 hr day to a 16 hour day to now it feels like a 12 hour day. Got to keep focused. Got to pay attention. Got to work with it. Think about what you do want! Peace. Joy. Love. But not in a forceful way. Oh yes, "contention," that's the word, focused but in a relaxed way. Breathe. Deep exhale. Again exhale. Again exhale. Damn this is just like giving birth!

Oh, I see what is going on here. I'm birthing the soul. I'm learning to come from the heart chakra. Spirit is taking over. Oh this is neat! For a long time, I felt that the light was dim in the pineal gland and no one was home but it feels like someone just turned a lamp on. I can feel myself calming down. Wow, I feel peaceful. Groovy! So this is what Bliss is like. Wow,

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look at those colors! Look at the light! So this is what happens when consciousness expands and vibrational rate increases. Wow, again it reminds me of my hippy daze and I didn't take anything. What happened to ego? Burnt off I guess, when the lamp went on.

But what if I didn't go with it? Unconditional love is a reciprocal relationship. You know what they say, what you resist persists. Yep, the pain the torment, the suffering - until we just let it go. They are just shadows in the mind that we've been boxing with and you can only bob and weave for so long until Spirit scores a knockout punch. But it's all good. It is what it is. But here is the promise. The more I commune with Spirit, the more Spirit communes with me. And the Love we create corrects all.



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

## 8. Geoff Straw – The Warmth Which You Seek

*These are channeled works through Geoff Straw from Divine Source.*

The warmth which you seek is all around you; it is in each smile on the faces of those you greet and pass by on the street.

It is only necessary to truly open your eyes to this miracle and cultivate a state of openness and receptivity. Often you are too busy rushing around from one moment to the next to truly realize what lies before you.

And so - we would suggest that you slow down somewhat and simply observe your surroundings when you are out with people. Be open and smile - and as the old saying goes, "When you smile, the whole world smiles with you."

Your affirmation for today, then, is " I notice and receive the warmth of others today."



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

## 9. Kathryn Kimmins – Lion Laughter Exercise

### Have you ever heard of the Lion Laughter Exercise?

The Lion laugh combines an old yoga exercise, the “Lion”, with modern Laughter Therapy. In the classical Hatha Yoga Lion Laugh, the eyes are wide open, the tongue is stuck out as far as possible, and your hands are beside your head as if they represent the lion’s mane. Instead of a deep roar from the gut, you produce a deep belly laugh. It relaxes and cleanses the organs and the neck area in particular is well supplied with blood. The thyroid (throat area) also has a detoxifying effect.



For those of you who have [Temporomandibular Joint Disorder](#) (TMD) you can help alleviate some of the symptoms when you open your jaw wide while inhaling and exhaling while laughing. It helps to rid your body of toxins, which then strengthens your immune system. It is a non-invasive facial which gives your eyes and face a stretch, prevents teeth grinding, and no plastic surgery is necessary to look younger and healthier.

Lion Laughter helps to oxygenate your blood, your lower back and lungs, massages your jaw and esophagus, which will then help you to swallow your food, a great perk for seniors.

Who would think that laughter could do so much?

### So how do you do the Lion Laughter Pose?

Begin by opening your mouth wide, open your eyes nice and big, stick out your tongue, raise your hands at eye level, spread your fingers, like the paws of a lion, bend over slightly and laugh for 30 seconds to a minute. Afterwards you will feel your heart pumping, you’ll feel exhilarated and you’ll increase blood supply to the thyroid gland.

And guess what, your heart will thank you and all your other vital organs will function better. To me, that’s better than jogging. Give it a try and send me an email and let me know what you think.

Today and every day, let’s roar with laughter!

Love and Laughter Blessings,



**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/>.

## 10. Regiena Heringa – Notes from the Light – November 2013

### The God Particle (Part Two)

Many years ago upon your planet, a vibrant and harmonious civilization followed the spiritual principles of the Divine Creator. Every thought, act and creative endeavour was a perfect emanation from God—First Cause. Beings in this civilization, although third-dimensional by choice, were not bound by any specific articulation of physicality. They enjoyed the freedom of experiencing other ways of thinking and doing, remaining fully attuned to the God Particle—this sacred and perfect link between the inner and outer worlds.

This people came to understand that their lives, in whatever dimension they explored, were infinitely and permanently linked to the God Particle. They understood that within each bodily cell, a perfect, all-powerful light is housed which radiates to all the other perfect points of light within all other cells of that one body, mind and heart and extends outwards to all other bodies. They realized that these sacred points of Light are anchored in the great God Particle which links and which surpasses all existence. They comprehended that, as individuals, they, through their life styles, could translate the perfect inner light into outer love towards themselves and towards each other. This civilization understood that, in creating a society for the betterment and the advancement of all, the God Particle vibrating within all the cells of this community could also be fused both to the God Particle radiating from other highly developed civilizations and to the omnipresent Particle Source Itself. This resulted in a tremendous planetary and universal force of Love-in-Creation-and-Action which prompted significant scientific and technological advances for their civilization as well as for your own. We state this, for presently upon your planet there are members of this evolved civilization who continue to walk among your people to counsel and to encourage.

Thus we wish to guide your attention to the destiny of your planet. With continued dedication, you may consciously direct your world onto the path of the God Particle. Kindly contemplate the following: all the cells in your bodies—physical, mental, emotional, spiritual— are founded on this sacred and eternal light of the God Particle. This same Particle is located in every other human upon your earth and in all other worlds and dimensions. This supreme Particle also lies beyond your world, vibrating Its perfection and purposefully directing all life back to Itself. As an individual awakens to the spiritual call, the light within the human begins to increase and the heart opens. Individuals then consciously realize that they are connected to something greater and an awareness of the supreme God Particle begins to stir within them. The more significant the individual's voluntary expansion into this Particle, the more substantial the attraction of others, and the greater the potential for establishing world communities anchored in this God Force —First Cause.

This can be your personal future and your world destiny. Even in these turbulent times, the sacred light of your citizens, communities and nations increases. Through divine direction, the radiance of the God Particle is being strengthened by numerous multi-dimensional civilizations who are assisting in the advancement and the upliftment of your own earth nation.

In truth, you are being called home to join the many communities immersed in the perfection of this Particle. As you awaken and your abilities and interests arise to contribute to the upward journey of your world, kindly remember that the universal pull of the brilliant God Particle welcomes you to the Source wherein you truly dwell.



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



## 11. Dr. Nancy Cleaves – The Lord is my Shephard – I Shall Not Want

*I want that  
I want to live in that place of no want*

*I want food. I want drink. I want companionship. I want entertainment.  
It never ends – always something crying out to be satisfied.  
Life becomes a quagmire of self-serving indulgences.  
More like a vacuum stealing all my attention.*

*So I am with You – Lord;  
No, I can't call you Lord.*

*Sweet Endearing One*

*I take my leave of beverages  
to sip on the wine of our embrace.*

*Nourish me not.  
Let my soul hunger remain.  
This breath I take  
is enough to sustain.*

*I will dance with Silence.  
Play sport with Love's air.  
Muse on the pleasures  
of my Shepherd's care.*



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

## 12. Robyn Lebron – Moravian

*This is the 10<sup>th</sup> article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"*

Our next Religion Excerpt is one of the first to break away from the Roman Catholic Church in 1467 CE. The official name of the church is *Unitas Fratrum*, but is more commonly known as the Moravian Church. The name *Moravian*



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identifies the fact that this historic church had its origin in ancient Bohemia and Moravia in what is the present-day Czech Republic. In the mid 9<sup>th</sup> century these countries converted to Christianity chiefly through the influence of two Greek Orthodox missionaries, Cyril and Methodius, but they were not yet organized into a specific church. The movement that became the Moravian Church was started by Jan Hus in the late 14<sup>th</sup> century. Hus was a Catholic Priest and the Dean of the Chapel at the University of Prague. He was immensely popular because he preached the simple Gospel of Christ in the language of the people. Unfortunately, when he began to speak out against the immorality of the clergy and other inconsistencies in the Church of his day, he made enemies in high places. These were the earliest Protestants, rebelling against Rome 60 years before Martin Luther began his reformation. Moravians have been seeking to be the church Jesus intended since its beginnings. The church began with the desire to practice faith simply centered on the *person* of Jesus rather than church tradition, based in His Word rather than human opinion, and lived out practically in a way that demonstrates the love of Jesus as much through actions as with words. The motto of the Moravian church is: "*In essentials, unity; in nonessentials, liberty; and in all things, love*". Today the Unitas Fratrum, which has asserted throughout its history that true Christian fellowship recognizes no barrier of nation or race, is still an international Unity with congregations in many parts of the world. For five centuries it has pointed towards the unity of the scattered children of God that they may become one in their Lord. The Unitas Fratrum cherishes its unity as a valuable treasure entrusted to it by the Lord. It stands for the oneness of all humankind given by the reconciliation through Jesus Christ. Therefore the ecumenical movement is of its very lifeblood.

To the Moravian Church "*Christ is all.*" They speak of their Church as "a Christ-centered church," a church that centers *all* on Him. And they mean it very literally. They make Christ and Christ alone their creed. This viewpoint of the presence of Christ in our life is very precious to them, and they carry it into the office or the mill, to the schoolroom or the market place. Whatever else may be in doubt: Christ is present with us.

They make no profession of being better than others. To do so would violate one of the most cherished principles of the Church for 560 years, the great principle of Unity. They acknowledge that different denominations have received many gifts and that the Church of Christ may be enriched by these many and varied contributions. Unintrusiveness is based on the Moravian belief that God positively wills the existence of a variety of Christian churches to cater for different spiritual needs. There is no need to win converts from other churches. One of their principles states: "We confess our share in the guilt which is manifest in the severed and divided state of Christendom. By means of such divisions we ourselves hinder the message and power of the Gospel. We recognize the danger of self-righteousness and judging others without love."

Moravians deem it a sacred responsibility and genuine opportunity to be faithful stewards of all God has entrusted to us: our time, our talents, and our financial resources. They view all of life as a sacred trust to be used wisely. "We will ever strive to manifest love towards all people, to treat them in a kind and friendly manner, and in our dealings with them to approve ourselves upright, honest, and conscientious, as becomes children of God."

Many Moravian Churches still teach "universal reconciliation", also called universal salvation; the Christian doctrine or belief that all can receive salvation, regardless of belief, due to the love and mercy of God. Universal reconciliation states that any person can eventually experience salvation. Most forms of the doctrine assert that the suffering and crucifixion of Jesus Christ is the mechanism that provides reconciliation for all humankind and atonement for all sins.

The motto, "in essentials, unity; in non-essentials, freedom; in all things, love," expresses the Moravian understanding that a life grounded in love allows wide diversity of theology and practice to thrive in the midst of a deeper unity.

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



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

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## 13. Hope Bradford – Soul Journeys

The gift of physicality affords not just one, but many experiences of the truth of who you are. My initial experience of the soul and the cosmic portals of birth and death happened during my pregnancy carrying my first child. In my third trimester, I remember having cried profusely; worried by a series of health concerns. Would the baby be OK? Would I be OK? I felt alone and depressed.

Suddenly before me, I saw a vision of a young boy. Platinum blond hair and blue eyes, he appeared to be about three years old.

“Don’t worry mother! I’ll be OK and you will be too!”

Then, as quickly as he had appeared, he disappeared.

Reassured by my vision, I knew there was nothing to be frightened of. Indeed, a few months later, a healthy baby boy was born. Realizing it was similar to a door opening to a formerly imperceptible world, the pre-birth vision of my son was my first conscious experience with the ‘other side’:

“The Authentic Self is the part of you that lives before and after this lifetime, that is eternal...When you leave [your experience here on earth] you have a lot more power. It won’t be ego-based power. Rather it will be beyond ego, beyond good and evil. In fact, ‘evil’ is just a label as everything is intermixed. The pendulum just appears to swing back and forth. Another life offers another opportunity, a chance to switch flavors so to speak. Taking oneself too personally, however, can cause a soul to get caught up, stuck in redundancy: in a particular (and perhaps unfortunate) ‘flavor’. In such instances, the individual is forgetting they have the ability to choose from a variety of flavors, lives.”-Kuan Yin  
What about animals? Do they possess souls? Judging from my own personal experience, I believe that they do. Indeed, Kuan Yin states “the earth teaches that everything is spirit”.

The year I went off to college in Southern California, my parents had planned a trip around the world. Knowing that they would be gone many months, they decided to rent our house. Leaving our beautiful Persian cat, Snowball, with the family who was renting the house, my parents and I took off our separate ways.

When I came to visit the family during Christmas break, I saw how wonderfully they were taking care of Snowball. Feeding her liver and cream as treats, the family constantly made sure that she was well fed and loved. While they mentioned the kitty sometimes seemed morose and to miss her owners, everything generally appeared to be going well.

Later that year, I received an emotional letter from my mother, (sent from France) explaining that she had just learned that Snowball had been hit by a car right in front of our house and had died instantly. I realized that no matter how well our beloved cat had been cared for, she likely missed us so much that she might have even been deliberately careless in her actions. For, all the time she’d lived with us, I never knew her to even cross the street. Additionally, there wasn’t much traffic in front of the house and the cars that occasionally did go by usually weren’t speeding.

One afternoon during the summer everyone had returned home, my mother told me an interesting story: “You know, shortly after I learned of Snowball’s death, I had a strange dream. In it, I saw that she had come and sat on my lap as if her soul wanted to reassure me she was doing OK and not to worry.”



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Hope Bradford is the author of several books revealing the spiritual teachings of Ascended Master Kuan Yin. For more information on these works please visit: [www.amazon.com/Hope-Bradford/e/B002BLLCLW](http://www.amazon.com/Hope-Bradford/e/B002BLLCLW).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 14. Good News Of The Day

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

"I think I have more compassion than if I had led a life where everything worked out exactly as I had planned or if I had never been wounded or if I had never been betrayed or I had never been harmed. I don't think I would be as good a person. I'm still aspiring to be a better and better person, but I think those disappointments have made me gentler with other people and their disappointments, the stuff that they have to carry around and endure." In this interview Elizabeth Gilbert discusses her life, her writing process, her new book and the importance of "stubborn gladness".

<http://www.dailygood.org/story/544/beyond-eat-pray-love-chantal-pierrat/> **Be The Change:** Try out writing as a spiritual practice and see if it allows you to access your mystical side.

"It is impossible to empathize with seven billion strangers," argues psychologist Paul Bloom in his essay, "The Case Against Empathy." And though, the immense power of empathy has been demonstrated time and time again, Bloom's statement poses an intriguing question -- why do we not respond equally to all stories? For example, why are we more likely to respond to the tragedy at Sandy Hook, than to the fact that 'twenty million American children go to bed hungry each night'? Bloom refers to the 'single identifiable victim' theory -- suggesting we are more likely to respond to stories which have been personalized. "Our hearts will always go out to the baby in the well," offers Bloom. But does this mean that empathy is limited? Author C. Daryl Cameron could not disagree more... <http://www.dailygood.org/story/552/can-you-run-out-of-empathy-c-daryl-cameron/> **Be The Change:** As you go about your day, make a special effort to empathize with the people who cross your path.

The 21-Day Kindness Challenge launched on September 11th. 98 countries. 6000 people. And a collective tidal wave of good that inspired many -- including young rapper-activist "Nimo" Patel at the Gandhi Ashram in India. Nimo wasted no time channeling that inspiration into an infectious music video. "Being Kind" was created on super short notice by an intercontinental crew of volunteers working out of their living rooms. It features footage from all over the world and heart-melting appearances by the children Nimo works with in the slums. Watch, listen, and prepare to smile big at this lyrical reminder that kindness really is "all we can leave behind." <http://www.karmatube.org/videos.php?id=4472> **Be The Change:** Send a note of gratitude to Nimo and friends for creating this beautiful song. <http://www.dailygood.org/?pg=contact&mid=78457>

Over the past 40 years we've seen a shrinking sense of community in America and this writer points at the design of our neighborhoods as a key factor in how to bring us back together. He writes about the New Urbanism, an "architectural movement to build new communities (and revitalize existing ones) by maximizing opportunities for social exchange: public plazas, front porches, corner stores, coffee shops, neighborhood schools, narrow streets, and sidewalks." <http://www.dailygood.org/story/534/how-to-design-our-neighborhoods-for-happiness-jay-walljasper/> **Be The Change:** A group of neighbors in Oakland tore down the fences in their backyard to make a common space. What's something small you can do to bring your neighborhood closer together? A block party this fall? Or a nice note dropped in someone's mailbox? Or...?

We all want to be happy. And, happiness is the one thing we wish most for those we love. So, why is it so difficult? And, why aren't we working harder to make happiness our priority? "If you want to feel good, do good" -- this is just one of the many brilliant points carried forward by the Action for Happiness, a group of like-minded individuals from all walks of life who are intent on creating the conditions for a much happier society. Through their dedication and hard work, they have developed "10 Keys for Happier Living" -- which are simple actions that, when taken, consistently lead people to happier and more fulfilling lives. Fitting that these 10 keys form the acronym "Great Dream." Read more to find out what you can do today to create a little more happiness in this world. <http://www.dailygood.org/story/556/ten-keys-for-happier-living-actionforhappiness-org/> **Be The Change:** Think of three small things you can do to brighten someone's day. Whether by way of telling a friend how much they mean to you, or simply by way of smiling at a stranger.

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Is there any scientific basis for believing that love can stretch beyond the boundaries of our intimate relationships? What do the latest developments in human biology and psychology have to say? Barbara Fredrickson is better qualified than most other people to answer these questions. A professor at the University of North Carolina at Chapel Hill and a leading figure in the burgeoning "positive psychology" movement, Dr. Frederickson has worked to demonstrate that love for others -- all others -- can be consciously cultivated and applied in every sphere of life. This article shares more.

<http://www.dailygood.org/story/538/love-s-micro-moments-of-connection-michael-edwards/> **Be The Change:** Pick a time this week to bring love to a place in your life where it feels unexpected. Maybe it's at work, maybe it's walking down the street -- see what happens when you offer a small gesture of love when others don't see it coming.

Gordon Hempton says that silence is an endangered species. He's an acoustic ecologist -- a collector of sound all over the world. He defines real quiet as presence -- not an absence of sound, but an absence of noise. The Earth as Gordon Hempton knows it is a "solar-powered jukebox." Quiet is a "think tank of the soul." In this interview we take in the world through his ears. <http://www.dailygood.org/story/545/the-last-quiet-place-krista-tippett/> **Be The Change:** Make time for inner quiet this week by stopping sometimes, and turning away from ordinary sounds for a few minutes and listening to your own "thinktank of the soul."

Dacher Keltner, director of the Berkeley Social Interaction Laboratory, investigates what it means to live a good and meaningful life from the fascinating perspectives of neurobiology, emotion science, and evolutionary science. Contrary to the idea that Darwin saw human beings as competitive and self-interested, Keltner argues that Darwin saw the human species as profoundly social and caring. He explains that humans have developed remarkable tendencies toward kindness, play, generosity, reverence, and self-sacrifice that are vital to our survival as a species and are experienced through emotions such as compassion, gratitude, awe, embarrassment, and mirth. He discusses findings from the science of happiness that uncover familiar ways in which such goodness can be cultivated in oneself and in others.

<http://www.dailygood.org/story/579/kindness-emotions-david-disalvo/> **Be The Change:** Experiment with one of the practices suggested in the article as a means to cultivating more goodness in your own life.

Simplicity means taking charge of lives that are too busy, too stressed, and too fragmented. Simplicity means cutting back on clutter, complications, and trivial distractions, both material and nonmaterial, and focusing on the essentials -- whatever those may be for each of our unique lives. As Thoreau said, "Our life is frittered away by detail... Simplify, simplify." Or, as Plato wrote, "In order to seek one's own direction, one must simplify the mechanics of ordinary, everyday life."

<http://www.dailygood.org/story/559/voluntary-simplicity-duane-elgin/> **Be The Change:** Duane Elgin mentions 8 ways to incorporate more simplicity in our lives. Look at your own routine and watch for opportunities to have less, want less, and live a more rich existence.

With so many self-help books and articles out there posing different theories about what leads to happiness in life, and so many passing fads and trends, how do we know when we've found the right tools that will lead us to a lifetime of joy? Since 1938, The Grant Study has followed 267 sophomores from Harvard University as their lives have unfolded, with the aim of documenting the key factors that contribute to success and failure, happiness and distress. After 75 years of interviews and assessments, they've found consistently that the answer to the question of happiness lies in love. And as it turns out, it's never too late to start loving. Read on to learn more about the study and the life of Godfrey Camille, who at the age of 35 turned everything around. <http://www.dailygood.org/story/573/what-are-the-secrets-to-a-happy-life-george-e-vaillant/> **Be The Change:** Take a moment to love yourself today - look in the mirror, and give yourself an affirmation! It all starts with you!

Meet audacious Audette Excel, former corporate lawyer and banker who uses her business and legal acumen to make money for the poor and to save the lives of thousands of mothers and children. Audette acts as a bridge between the nonprofit and corporate worlds and says that if you want to know who she truly is, you have to see her in the context of her work with the children of Nepal: "The truth of me is here, it's not dressed up in high heels and a business suit in Sydney." Read on to learn about this lovingly eccentric woman who insists that she is the "luckiest woman on the planet," and whose "dominant emotion is gratitude," even at the lowest points of her life. <http://www.dailygood.org/story/543/high-flyer-david-leser/> **Be The Change:** How can you bring a little more of who you are into your workplace today?

"Consider this: Negative attitudes are bad for you. And gratitude, it turns out, makes you happier and healthier. If you invest in a way of seeing the world that is mean and frustrated, you're going to get a world that is, well, more mean and frustrating. But if you can find any authentic reason to give thanks, anything that is going right with the world or your life, and put your attention there, then statistics say you're going to be better off." This article draws from contemporary neuroscience to make a compelling case for an attitude of gratitude. It also offers up three simple practices we can adopt

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to help build this important muscle. <http://www.dailygood.org/story/578/the-neuroscience-of-why-gratitude-makes-us-healthier-ocean-robbins/> **Be The Change:** Commit to building your gratitude muscle!

## 15. To Separate and Unify

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

—by [Mark Nepo](#) (Sep 23, 2013)

The destruction or healing of the world hinges on which way this thought unfolds. Whether we pull things apart or put things together makes all the difference. Indeed, human history has unfolded with one pilgrim taking things apart and another putting them back together, and on and on.

As an example, let's look at two very different explorers who both shaped the world as we know it: Christopher Columbus and Carl Jung. While Columbus crossed the ocean with the intent of breaking things down and retrieving whatever treasures he could find, Jung crossed an interior ocean with the intent of putting together whatever he might find to make treasures of what he already had.

We must ask what made one explorer set foot on a continent he'd never seen and proclaim, "This is Mine!", and what made the other bow and utter in humility, "I belong to this."

Perhaps the difference is that Columbus was searching outwardly with a predetermined sense of conquest when he reached the New World, and Carl Jung was searching inwardly with an undetermined sense of love when he reached the Unconscious. Both were clearly devoted to their search, but where Columbus was intent to separate and own, Jung was intent to unify and belong.

We must be watchful, for we suffer both the impulse to separate and own and the impulse to unify and belong. As our eyes shut and open repeatedly, we as builders take things apart and put them together repeatedly. Yet as wakefulness depends on keeping the eyes open, healing often depends on keeping things joined.

In love, in friendship, in seeking to learn and grow, in trying to understand ourselves, how often do we remove the wings of the thing before it has a chance to free us?



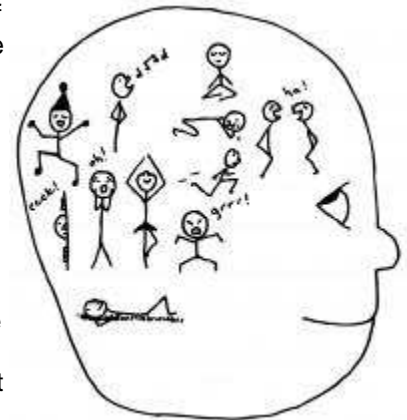


## 16. The Committee of the Mind

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

—by [Thanissaro Bhikku](#) (Sep 30, 2013)

There are many different ideas of “you” in your mind, each with its own agenda. Each of these “you’s” is a member of the committee of the mind. This is why the mind is less like a single mind and more like an unruly throng of people: lots of different voices, with lots of different opinions about what you should do. Some members of the committee are open and honest about the assumptions underlying their central desires. Others are more obscure and devious. This is because each committee member is like a politician, with its own supporters and strategies for satisfying their desires. [...]



One of the purposes of meditation is to bring these dealings out into the open, so that you can bring more order to the committee—so that your desires for happiness work less at cross purposes, and more in harmony as you realize that they don’t always have to be in conflict. Thinking of these desires as a committee also helps you realize that when the practice of meditation goes against some of your desires, it doesn’t go against all of your desires. You’re not being starved. You don’t have to identify with the desires being thwarted through meditation, because you have other, more skillful desires to identify with. The choice is yours. You can also use the more skillful members of the committee to train the less skillful ones so that they stop sabotaging your efforts to find a genuine happiness. Always remember that genuine happiness is possible, and the mind can train itself to find that happiness. [...]

There are many dimensions to the mind, dimensions often obscured by the squabbling of the committee members and their fixation with fleeting forms of happiness. One of those dimensions is totally unconditioned. In other words, it’s not dependent on conditions at all. It’s not affected by space or time. It’s an experience of total, unalloyed freedom and happiness. This is because it’s free from hunger and from the need to feed. But even though this dimension is unconditioned, it can be attained by changing the conditions in the mind: developing the skillful members of the committee so that your choices become more and more conducive to genuine happiness. [...]

You can think of the unconditioned dimension as like the fresh water in salt water. The ordinary mind is like salt water, which makes you sick when you drink it. If you simply let the salt water sit still, the fresh water won’t separate out on its own. You have to make an effort to distil it. The act of distilling doesn’t create fresh water. It simply brings out the fresh water already there, providing you with all the nourishment you need to quench your thirst.

## 17. Liberation is Not A Spectator Sport

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

—by [Adyashanti](#) (Oct 07, 2013)

The Way of Liberation is a stripped-down, practical guide to spiritual liberation, sometimes called awakening, enlightenment, self-realization, or simply seeing what is absolutely True. It is impossible to know what words like liberation or enlightenment mean until you realize them for yourself. This being so, it is of no use to speculate about what enlightenment is; in fact, doing so is a major hindrance to its unfolding. As a guiding principle, to progressively realize what is not absolutely True is of infinitely more value than speculating about what is.





Many people think that it is the function of a spiritual teaching to provide answers to life's biggest questions, but actually the opposite is true. The primary task of any good spiritual teaching is not to answer your questions, but to question your answers. For it is your conscious and unconscious assumptions and beliefs that distort your perception and cause you to see separation and division where there is actually only unity and completeness.

The Reality that these teachings are pointing toward is not hidden, or secret, or far away. You cannot earn it, deserve it, or figure it out. At this very moment, Reality and completeness are in plain sight. In fact, the only thing there is to see, hear, smell, taste, touch, or feel, is Reality, or God if you like. Absolute completeness surrounds you wherever you go. So there is really no reason to bother yourself about it, except for the fact that we humans have long ago deceived ourselves into such a confined tangle of confusion and disarray that we scarcely even consider, much less experience for ourselves, the divinity within and all around us.

The Way of Liberation is a call to action; it is something you do. It is a doing that will undo you absolutely. If you do not do the teaching, if you do not study and apply it fearlessly, it cannot effect any transformation. The Way of Liberation is not a belief system; it is something to be put into practice. In this sense it is entirely practical.

To read this book as a spectator would be to miss the point. Being a spectator is easy and safe; being an active participant in your own awakening to Truth is neither easy nor safe. The way forward is unpredictable, the commitment absolute, the results not guaranteed. Did you really think that it could be any other way?

## 18. To Have Without Holding

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

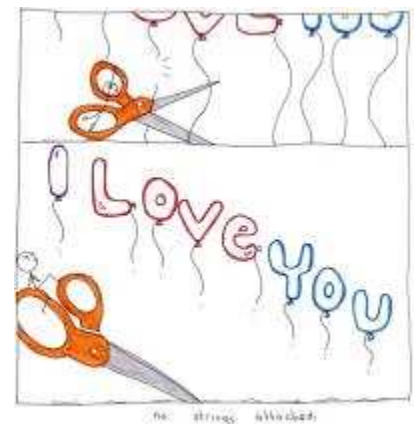
—by *Marge Piercy* (Oct 14, 2013)

Learning to love differently is hard,  
love with the hands wide open, love  
with the doors banging on their hinges,  
the cupboard unlocked, the wind  
roaring and whimpering in the rooms  
rustling the sheets and snapping the blinds  
that thwack like rubber bands  
in an open palm.

It hurts to love wide open  
stretching the muscles that feel  
as if they are made of wet plaster,  
then of blunt knives, then  
of sharp knives.

It hurts to thwart the reflexes  
of grab, of clutch; to love and let  
go again and again. It pesters to remember  
the lover who is not in the bed,  
to hold back what is owed to the work  
that gutters like a candle in a cave  
without air, to love consciously,  
conscientiously, concretely, constructively.

I can't do it, you say it's killing



Serving your personal journey toward enlightenment...

me, but you thrive, you glow  
on the street like a neon raspberry,  
you float and sail, a helium balloon  
bright bachelor's button blue and bobbing  
on the cold and hot winds of our breath,  
as we make and unmake in passionate  
diastole and systole the rhythm  
of our unbound bonding, to have  
and not to hold, to love  
with minimized malice, hunger  
and anger moment by moment balanced.

## 19. My Neighbor Ray

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

At age 90, Raymond J. Cleveland takes no medications and is pain free. He eats everything he pleases; sees well, rests well and IS well. His neighbor, Michael Glassoff, curious about this man whose eyes radiated with light and who waved at anyone who passed by with deep affection, asked Ray where he finds this overflowing joy. Watch this interview to hear Ray share his practical pointers on how to live a life of joy, free from anger. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=4329>.

## 20. The Living Bridges of Meghalaya

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

The northeast Indian state of Meghalaya is possibly the wettest place on earth. In these rainforests, bridges are not built - they are grown - from ancient roots and vines of trees stretched horizontally across rivers and streams. These bridges cannot be built in a lifetime, but once completed, will last for centuries. Sustainable living architecture that will live and grow for generations to come. Follow this link to the video... <http://www.karmatube.org/videos.php?id=2692>.

## 21. Where the Love is: Everywhere

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

Mainstream media is a downer. War, economics, natural disasters -- the emphasis is on the dark-side of the human experience. In this short film, the Fetzer Institute asks, "Where is the love?" It would be easy to assume it has gone missing. But, indeed, it is all around us. All we need to do is shift our focus. Follow this link to the video...

<http://www.karmatube.org/videos.php?id=4352>.

Serving your personal journey toward enlightenment...

## 22. Food for the Soul

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

As anyone who's ever made a habit of eating out can tell you, restaurant service can be unpredictable, unnerving and off-putting. The food can be late. Servers can be rude and management can sometimes seem indifferent to your complaints and needs. This isn't the case at Tim's Place in Albuquerque, N.M., where every meal is accompanied by a hug from owner Tim Harris, who has Down syndrome. At Tim's Place, Harris serves "breakfast, lunch and hugs, but hugs are the best part," he concedes...So far, according to the eatery's website, Harris has doled out almost 32,500 hugs. In fact, Harris greets and hugs every customer who comes through the door, plays host, serves food and oversees several employees. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3920>.

## 23. I Choose Love

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

Shawn Gallaway is a singer songwriter, visual artist, author and healer, traveling the world to share his message of healing through the arts. His "Conscious Music" raises awareness and inspires personal growth and global transformation through life-enhancing lyrics and melodies that activate the heart with healing love in honor of all life. You'll want to listen to the beautiful lyrics and watch this amazing video over and over again. Follow this link to the video... <http://www.karmatube.org/videos.php?id=1451>.

## 24. Practicing Mindfulness with Children

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

"Mindfulness is to know what is happening in yourself and in your environment; to take care of yourself, to treasure yourself and to listen to yourself - to love yourself. Mindfulness is love." ~ Sister Jewel, of the Plum Village meditation practice centre in France. When difficulties arise, children who have learned to be aware of their emotions and to calm their bodies, can transform those situations or their suffering. In this video, you can see how calm and serene one of the students, Jay, is, even during the interview and filming, often sitting with his eyes closed and deeply listening to the living examples of people who live mindfully at Plum Village. Follow this link to the video... <http://www.karmatube.org/videos.php?id=3266>.

## 25. Finding Love

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

Filmmaker and photographer Hailey Bartholomew recently moved to the beach and decided to test her theory that "what we see mainly depends on what we look for." In three weeks of walking the beach every couple of days, she and her family and friends found 352 heart rocks! In this sweet video, made on a shoestring budget (filmed on an iPhone and edited in iMovie), Hailey concludes that "If we choose to look for something beautiful in the people around us, we will find it." Follow this link to the video... <http://www.karmatube.org/videos.php?id=4163>.

## HEART AND SOUL ADVERTISEMENTS:

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

### 26. Spiritual Resources

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

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

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

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

## 27. 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](mailto:rmeagher@servingyourjourney.com) or 613-204-0299.

## 28. 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](mailto:rmeagher@servingyourjourney.com) or 613-204-0299.

## 29. 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](mailto:rmeagher@servingyourjourney.com).



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

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

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

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

## 30. 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](mailto:rmeagher@servinyourjourney.com) or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>). One of 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.

## 31. A Course in Miracles Study Groups

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

## 32. 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:

Serving your personal journey toward enlightenment...

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

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

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

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 33. 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](http://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](http://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](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.

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



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

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

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





## 36. 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.

## 37. 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).**

## 38. 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.

Serving your personal journey toward enlightenment...

**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*).

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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.

Serving your personal journey toward enlightenment...

## 39. 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](http://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

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

### **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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