

Serving your personal journey toward enlightenment...

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

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

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

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	3
1. Personal Story of Spiritual Lessons	3
2. Contemplative Thoughts*	4
3. Poem	6
4. Quote or Question	7
5. This Month's Heart and Soul Picks	7
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	9
6. Doug Henderson, Ph.D – What is Not versus What Is!	9
7. Geoff Straw – Accept Peace	10
8. Kathryn Kimmins – Laughter is The Shortest Distance Between Two People – Victor Borge	11
9. Regiena Heringa – Notes from the Light – December 2013	11
10. Dr. Nancy Cleaves – Live Life	12
11. Robyn Lebron – The Church of Jesus Christ of Latter-Day Saints	13
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	15
12. Good News Of The Day	15
13. A Guide to Life's Turning Points	17
14. Do We Use Thought, or Does Thought Use Us?	18
15. Reaching Underneath Our Protective Shell	19
16. Why Do We Shout in Anger?	20
17. Riding Out Fear	21
18. While You Were Sleeping	21
19. How to Change the World	21
20. To Love At All	21
21. The Sea of Vulnerability	22
22. Compassion Unlimited	22
23. Grateful: A Love Song to the World	22
HEART AND SOUL ADVERTISEMENTS:	23
24. Spiritual Resources	23
25. Sacred Attention Therapy	24
26. Spiritual Exploration and Soul Coaching	24
27. Spirituality Workshops	24
28. Spirituality Discussion Groups	25
29. A Course in Miracles Study Groups	26
30. Serving Your Loved-Ones	26
31. Supporting Spiritual Guidance	26
32. Meditation Series	28
33. Interfaith Community Celebration	29
34. OM Websites	30
35. The Novena Teachings – A Series of Nine Psycho-Spiritual Online Lectures	30

Serving your personal journey toward enlightenment...

36.	Sacred Attention Therapy Training Course.....	32
37.	Celebration Circles – Awakening Global Hearts of Humanity – Connecting with Our Resonance!	34
38.	Ascension Meditation for Peace.....	36
39.	Worldwide Meditation for Peace	37
40.	Hamilton Grooves with Laughter Yoga	39

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Beware of the temptation to perceive yourself unfairly treated

*“Life is remembrance in forgetfulness.
Forgive what ought to be forgiven;
Forget what ought to be forgotten.”*

... Mata Amritanandamayi

Whenever I have a moment of sadness, suspicion, anger, resentment, fear, or any other light-less thought, I remind myself of a very wise saying... “Beware of the temptation to perceive yourself unfairly treated.” (A Course in Miracles T-26.X.4.1)

When we allow ourselves to think we are unfairly treated, a cornucopia of downward-spiralling thoughts, actions and behaviors, none of which are helpful to our inner peace, unravels and unfolds. As Spiritual Guide and Teacher, Regiena Heringa, offers in this month’s “Notes from the Light – December 2013” (see article below), when we perceive ourselves as unfairly treated, we become a voluntary participant in blocking the light to enter our lives.

The size or amount of sadness, suspicion, anger, resentment, fear, or other related emotions, does not matter. These light-less emotions are confused perceptions and block knowledge. The simple presence of these emotions shuts the door to true perception. The belief that someone else has treated you unfairly is another form of the projected idea that you are deprived by someone else, and not yourself.

The ego plays tricks on us all the time. We continuously look for excuses to blame others. We purposely turn away from the opportunities and gifts to turn inwards and discover that we have no enemies but ourselves.

Be aware, there is another layer of ego at work in the correction of “the temptation to perceive yourself unfairly treated.” (ibid.) As the Course talks about, when we initially resist “the temptation to perceive yourself unfairly treated” (ibid.), we are seeking to find an innocence that does not belong to the ‘other’ person but to ourselves alone. This separation—the thought we are separate from our brother/sister—is at the cost of the other person’s guilt. These separation thoughts are born from the belief that in order for one to be innocent, the other must be guilty. One person has to be wrong in this exchange—you, or the person who made you feel unfairly treated.



Like with almost everything in the Course, truth and reality is the opposite of the world we see. To heal ourselves from the “temptation to perceive yourself unfairly treated”, we must recognize that the world ‘is’ fair and that any unfairness has been brought to our light within for healing. It is from this place of inner light that all unfairness will be replaced with love.

Serving your personal journey toward enlightenment...

If you find yourself in a state of being tempted to “perceive yourself unfairly treated”, I invite you to recite this affirmation to yourself (inspired by the Course):

By this do I deny the loving light that resides within me.
And I would rather know peace than see this unfair treatment,
Which by the light of Divine Source within me shines away.

All love to you on this beautiful day.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Contemplative Thoughts*

In today's world force is used in subtle and gross ways. In my own life I may have a habit of using subtle force to get what I want. When I begin to explore and experience spiritual power I find that things begin to happen in my life without the need for force. When faced with force from another person, it is my own power of silence, self respect, stillness and courage that can transform the outcome of the situation. Today let me accumulate inner power and transform force.

Staying calm when all around you is in crisis and chaos is only possible when you are grounded in the power of your inner peace. When I get sucked into others' dramas and dilemmas I can easily be shaken by the emotions of others. When my emotions are triggered I lose connection with my inner core of peace. When I remind myself that peace is my natural state, I give myself permission to be at peace regardless of what is happening around me. Today let me practice maintaining peace in the face of chaos.

I can only understand myself and who I am when I am stretched to the maximum. Just as I cannot see what a bud will become until it has fully blossomed and stretched into its full shape, in the same way a person cannot know their own inner capacity until it has been stretched and shaped into its ultimate beauty. Today let me extend myself by giving all that I have and see who I am.

When I detach from my weaknesses, they die. Most of us react with disgust or disheartenment to our own weaknesses. Ego's trick is to get me to over-focus on my weaknesses in order to justify a negative reaction; such as self loathing. Ego is fortified when it hides my original, pure self. Today let me choose to focus on my original self and weaken ego's hold on me.

Obstacles will come. External obstacles provide a mirror for me to examine what I can change in myself. Is the situation revealing that my attitude needs to change? My thinking? My way of doing something? Today let me change myself and use the power generated from conquering internal obstacles to clear external obstacles.

Relationships are full of karma. They are a great source of joy and the laboratory in which we settle all our previous karma. Relationships can feel like a trap, a distraction, an attraction, a sidetrack or an attachment. Clean relationships feel free, respectful and empowering. Today let me create clean relationships.

When the soul steps away from its center – a connection with the peaceful, powerful core of the self – a hole is created. This hole is experienced as loneliness, sadness, emptiness or boredom. Rather than trying to fill this hole with distractions, entertainment, stimulation and addictions, I can simply step back into my center. Today let me reconnect with myself.

Serving your personal journey toward enlightenment...

To get angry is to lose your honor. When a person gets angry it is said that a photo impression of them is left in the minds of others for six months. During this time the image repeatedly flashes on the screen of another's mind, fixing this vision. Feelings of anger emerge when I am sad, ashamed, hurt or afraid. Today let me take care of my honor by spending a few minutes to check, detect and release any emotions that might cause anger.

If someone tried to give me a handful of raw garbage, I would probably not take it. However, I may take someone's sorrow in the form of frustration, anger or hopelessness. I do not need to accept this any more than I would accept garbage. Today let me free myself from the habit of taking sorrow.

Spiritual strength is revealed in gentleness. Unlike physical strength that demonstrates itself through force, dominance and manipulation; spiritual strength is expressed through consistent kindness and gentleness. Without spiritual strength a person is too soft and must protect that softness through force. When I have spiritual strength I have the power to sustain gentleness. Today let me strengthen my capacity to be gentle.

Keep your intellect clean and clear. When I hold onto issues in my mind it blocks my catching power. Catching power is the subtle ability of the intellect to catch a vibration or insight revealing an understanding needed in the moment. When I keep my intellect free to catch these insights I become free from confusion. Today let me have a clean, clear intellect.

The greatest illusion comes from attachment. Believing that something is mine leads me to hold on and control people and situations, justifying this control by the right I have as an owner. Spiritually, I own nothing; I am a trustee for everything and everyone that I come into contact with. Today let me practice being a trustee.

In a world that says there are many truths it becomes difficult to see anything bigger than one person's truth. When these "truths" collide there is conflict and war. The truth is that everyone is looking for the experience of peace, love, respect and happiness. Today let me join together with my human family and enjoy the truth of our common journey.

True regard for the self is to honor the "being", the spiritual silent observer who is me, inside this physical costume and inside this personality. True regard for the self is to treat the self with kindness, gentleness and dignity at all times. Today let me have regard for the self and have the same regard for all other living beings.

To become rigid is to become an obstacle in life. When I am stuck in an opinion or a certain frame of mind, my energy becomes solid. When my energy does not flow, I am unable to move gracefully with life and its currents. Today let me soften any solid attitude or opinion and flow with life.

Attraction causes suffering. When I am attracted to something I become trapped in it like a web. There is an exclusive focus on the thing I am attracted to excluding everything around it. It is subtle at first but over time I am not able to become free even if I wish. This is the difference between creating relationships and being in bondage. Today let me create relationships within which I feel free.

Recognize your own specialty. A specialty is a positive quality that requires no effort to use, it comes naturally to me in everything I do. When I do not recognize my own specialty, I need others to appreciate and validate me. But when I am aware of my own specialty, I can honor it with humility and self respect and I need no attention or appreciation to validate myself. Today let me honor my own specialty.

The true meaning of responsibility is the ability to respond. Whatever I think, say, do or feel - these are my responses for which I, and no one else, am responsible. I have been taught to think that I am justified in reacting and that it is understandable to blame people or situations for my reactions. When I do this I end up feeling imprisoned by others and by my circumstances. When I break the spell and see through the illusion that others create my feelings, I can take full responsibility for my response abilities and as a consequence, I will always feel that I hold my destiny in my own hands. Today let me be a free spirit.

The power of Truth is such that you need never be concerned about proving it. You need only be concerned with being it and living it. Truth is always revealed, at the right moment, at the right place. Today let me stay close to Truth.

Most people's lives are fear driven because they believe there is a time coming when they will cease to exist. Physical bodies end, this is the law of the material world. However the laws of the spiritual dimension are the laws of energy. And energy cannot be destroyed. To know I am a being of spiritual energy, means to know that I am eternal. This

Serving your personal journey toward enlightenment...

creates a profound sense of security and allows me to live a life that is not fear-driven. Today let me be secure in the awareness of my spiritual identity.

Identification is a very human phenomenon, which happens in all societies and cultures, though, at different levels. For example if someone praises the hat you are wearing, you may experience a certain pleasure. If someone criticizes the hat, you may feel hurt or insulted. Why should you feel displeasure if the hat is criticized? By identifying with the hat, you are subconsciously thinking that the hat is "I". This is why praise or the criticism of the hat is taken personally. An identity has taken birth based on the hat. There are many things that we subconsciously identify with: clothes, objects, like our car or our house, people, towns, religions, ideas and so on. Today let me be aware of what I subconsciously identify with.

It takes time but eventually the eyes adjust to darkness. In the same way, the soul has the capacity to cope with difficult situations, learning to see in the dark. How, then do I know when I am in spiritual darkness? How do I know when I am using the habit of coping to stay in the dark rather than choosing light? Today let me choose to be in the light rather than cope with darkness.

When I have feelings of dislike for something or someone I cause division in the atmosphere. Dislike is divisive. Without meaning to, I polarize people and situations with any subtle thoughts of dislike. Today let me generate the energy of harmony for all.

See the reality of the present moment. It is a spiritual weakness to hold images of the past as if they were current reality. Although I may have experiences from the past that are unpleasant or limiting, they are truly in the past. The fact that I am hanging on to these old images means I will project them onto my current situation and not see the present reality accurately. To remove the lens of weakness is to see what really IS. Today let me see what is.

Within the current obstacle is the solution needed to overcome it. These adverse situations that look like they could bury us, have within them the very real potential to make us unshakeable. When we face our problems with this conviction we are able to respond to them without giving into panic, bitterness or self pity. Today let me see the solutions hidden inside problems.

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

3. Poem

In Your Light I Learn...

In your light I learn how to love.
In your beauty, how to make poems.

You dance inside my chest,
where no one sees you,

but sometimes I do,
and that sight becomes this art.

Jelaluddin Rumi

4. Quote or Question

"I see my path, but I don't know where it leads. No knowing where I'm going is what inspires me to travel it." (Rosalia de Castro)

5. This Month's Heart and Soul Picks

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

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

Although it might sound like a bunch of self-help hooey-woeey, students at Harvard University have been flocking to take part in a bespectacled professor's course that tries to impart the wisdom of ancient Chinese philosophers. With the bold claim that "this course will change your life," instructor Michael Puett teaches how the smallest of actions -- as simple as a smile or a wave -- can have the most profound ramifications. <http://www.dailygood.org/more.php?n=5760> **Be The Change:** Take note of your day-to-day activities that make you become aware of things that awaken positive and excited feelings.

Have you ever stopped to look back and reflect on the journey of your life thus far? Do you wonder what it would be like if at different phases in the past, you had the wisdom you have now from lessons learned through the years? "The "Up" documentaries have followed 14 people from ages seven to 56 - - and in the process illustrated recent discoveries about the science of a meaningful life." Their findings reflect insights on notions like happiness and purpose which are commonly known, however become deeply compelling when seen in the context of real lives and people.

<http://www.dailygood.org/story/540/life-lessons-from-56-up-jeremy-adam-smith/> **Be The Change:** Talk to someone who has known you since childhood and reflect on your own journey of life to see what lessons you have so far, and how you can live your future informed by the wisdom of the past.

Professor Roy Baumeister wonders why parents often say: 'I just want my children to be happy,' rather than: 'I just want my children's lives to be meaningful.' Yet we fear meaninglessness, and when we lose a sense of meaning, we get depressed. What is this thing we call meaning, and why might we need it so badly? This thoughtful article shares more. <http://www.dailygood.org/more.php?n=5734> **Be The Change:** We often find meaning in the little things we do, and in relationships. Look for what you really care about, and honor it with your attention.

Among many other assignments, Americ Azevedo, philosopher, author and lecturer of peace studies, now leads a meditation class with 603 students in one of the largest lecture halls on the UC Berkeley campus. He has taught university classes in philosophy, religion, leadership, finance, business and information systems, and held the first podcast at UC Berkeley in 2005. He now co-teaches a class on inner-to-outer social change and focuses on building a more human world in this age of technology. It all began when he was bullied and called stupid as a child, and found a way to relate to his bullies and rid himself of the epithet. Read his story... <http://www.dailygood.org/story/606/truth-demands-to-be-lived-richard-whittaker/> **Be The Change:** Think twice before you apply labels to yourself or other people even in your mind. Give them and yourself the benefit of the doubt!

"Robert Emmons, perhaps the world's leading scientific expert on gratitude, argues that gratitude has two key components, which he describes in a Greater Good essay, "Why Gratitude is Good."

Serving your personal journey toward enlightenment...

<http://www.dailygood.org/story/512/what-is-gratitude-the-greater-good-science-center/> **Be The Change:** Plant seeds to cultivate your own grateful garden by writing a gratitude letter, or starting a gratitude journal.

"Food brings people together and nourishes not just their body but their soul, their mind and their spirit... That is why it is so important what kind of food you are eating. If you eat food that is tasteless, sprayed with chemicals and wrapped in plastic then your soul and spirit will not be nourished. We should eat wholesome food for a wholesome life." These are the words of Satish Kumar, founder of the Small School in Hartland England, and someone who once walked 8,000 miles from India to America to deliver packets of peace tea to the leaders of the world's then four nuclear powers. Read on to hear more insights into the power of baking and breaking bread together.

<http://www.dailygood.org/more.php?n=5566> **Be The Change:** Find a time this week and bake and break some bread!

13. A Guide to Life's Turning Points
15. Reaching Underneath our Protective Shell
16. Why Do We Shout in Anger?
17. Riding Out Fear
19. How to Change the World
21. The Sea of Vulnerability
23. Grateful: A Love Song to the World

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

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

6. Doug Henderson, Ph.D – What is Not versus What Is!

Last week in our dowsing class we were talking about how a "left spin," is an "undoing" of what we don't want and a "right spin," is a replacing of what we don't want with what we do want. The "right spin," requires knowing what you do want. For many the process may start out in a material way but grace has a way of propelling us beyond the jaundiced version of wanting: "Oh Lord won't you buy me a Mercedes-Benz. My friends all drive Porsche's, I must make amends."

The process of truly discovering what you want is life itself. The process leads to the discovery that it is not a thing that you want. The thing is simply a representation of "what is not." It is the experience or the feeling behind the wanting that you desire. But a thing will not sustain a real desire. The intention behind the desire determines to what extent we progress or become stuck. Intention is the connection to the Divine that is present in all healing.

We are attracted to "what is not," or what we don't want, because we want to control the journey, the experience, the process of our evolution, and in the wanting we miss the possibility of allowing for something different. The paradox is that in order to arrive at "what we do want," we have to give up control to something so much greater than we think we are and in the "giving up," in the surrender, we allow for different possibilities. It requires trust and faith in something not currently known in a conscious way but something known in a primal way. So, the process of wanting or desiring becomes an allowing of "what is," or a "desirelessness," in which "what is not," disappears and "what is," appears. This is the change of perception or "corrected perception."

It is from this place of "desirelessness," that all power is made known to us. This is how we "involve." It's an inside job with a Creator Source whereas evolution is as a victim or subject of environmental criteria or circumstance. It really is both. The process may begin with a desire for change but the allowance for something different becomes a "turning over," a surrender of what is desired. It is a complete dis-entanglement of expectation or outcome that creates a "desirelessness," where there are no other images or icons; only faith in, "what is."

The first step in the process is in recognizing a pattern of being caught up in "what is not." The process begins with a realization of something that appears outside of us like a moth attracted to a flame that gets burnt to a crisp. But that was simply an aspect of our own process that we denied and recognized in the moth or in a deer caught in the headlights of an on-coming tractor trailer. The outcomes are the same. So, the belief which is merely an opinion or the attraction to "what is not," is part of the evolutionary process. However, the recognition of "what is," is a part of the involutory process. Both are of the same substance. In each case, the "old self," must die to allow for the "new self," to emerge. Much like a caterpillar to a butterfly, that has no idea what it is becoming. One example is traumatic, brought on by the resistance of its own thought processes and the other is so much gentler brought on by the power behind the growth of imaginal cells. One is a belief or identification with separation or lack of connection and the other is a recognition and allowance that springs from connection.

Now, here is the bottom line: I can do nothing for you but work on myself with my Self. You can do nothing for me but work on your self with your Self. Each of us is a characterization of Spirit.

Now, here is the promise; When I commune with Spirit, Spirit communes with me. We are one substance. What I do affects you and what you do affects me.

Serving your personal journey toward enlightenment...



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

7. Geoff Straw – Accept Peace

These are channeled works through Geoff Straw from Divine Source.

Invite Peace in and it surrounds you.

“Today, I invite Peace in.”

“Today, I accept the Peace of GOD.”

Let this be your mantra, that no form of negativity be allowed to disturb the Peace of GOD, the Peace that passeth all understanding.

All things return to a peaceful state eventually.

Peace is yours - ACCEPT IT!

What could be easier than to accept what already exists?



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 qwstraw@sympatico.ca.

Serving your personal journey toward enlightenment...

8. Kathryn Kimmins – Laughter is The Shortest Distance Between Two People – Victor Borge

I received this story from a friend just recently and it rings so true in my heart.

A Hindu saint who was visiting the river Ganges found a group of family members on the banks, shouting in anger at each other. He turned to his Disciples smiled and asked. 'Why do people shout in anger at each other?' The disciples thought for a while, one of them said, 'Because we lose our calm, we shout.' 'But, why should you shout when the other person is just next to you? You can tell him what you have to say in a soft manner.' asked the saint. The Disciples gave some other answers but none satisfied the other disciples. Finally the saint explained, 'When two people are angry at each other, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other to cover that great distance. What happens when two people fall in love? They don't shout at each other but talk softly, because their hearts are very close. The distance between them is either nonexistent or very small...' The saint continued, 'When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they even need not whisper, they only look at each other and that's all. That is how close two people are when they love each other.' He looked at his disciples and said. 'So when you argue do not let your hearts get distant, do not say words that distance each other more, or else there will come a day when the distance is so great that you will not find the path to return.

Try holding the hands of a family member, friend or stranger, laugh together and feel the joy within.

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/>.

9. Regiena Heringa – Notes from the Light – December 2013

The Christ Light and the New World

Your world is unraveling. To you it seems that it is falling apart and falling down into a deep abyss of chaos and darkness. This is exactly what the forces of darkness wish you to believe. And so, if you believe this, you have become a voluntary participant in their most dangerous game. We say this is "dangerous," because it implies that you have left the Source of Life and passed on to and into the Destroyer of Life. This is threaded with danger, for darkness is danger and the Light is love and liberty.

Life is holy. You, who breathe in the Light, will receive a commission, a life direction of happiness. We can assure you of this. Do not get caught up in the seemingly welcoming arms of the darkness, but stay steady and true on the path of enlightenment.

Your world is not falling apart. It is simply finding itself once again in a steadfast beat of sacredness. There is a God. There is an all-encompassing universal Force of order, truth, justice and love. There is a Christ and this Christ will come once again to your Planet to remind its people that they are a divine creation from the universal Force named God.

Serving your personal journey toward enlightenment...

This Christ will come in a fury of Light that none will be able to deny. The brilliance of His countenance will be unparalleled. People upon your planet will sigh and cry and laugh with relief for the very light within their own bodies will reflect the Light of the World and Worlds.

This is true and shall never be denied.

When we once said "Prepare the way of the Lord," it was not an admonition, but in the hope that you would realize the truth that all ways will be made straight and perfectly poised in Him and with Him.

This time is now upon you. Do not concentrate your efforts on resisting the darkness, but place your attention on becoming good people of kind heart and open mind. If you spend even a moment within yourselves, you will understand fully that Life is, and continues to be, in perfect order and great intelligence.

Do not be fooled. Do not be persuaded to think or to act against your will which dictates truth and righteousness. Stand tall and strong in the realization that this new and courageous world is cemented in the very Light of the Christ. It has always been so and it shall always be so, for ever and ever, without end. Amen.



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

10. Dr. Nancy Cleaves – Live Life

Live Life

Life is a process of grief
Grieving the loss of who or what
We thought we were or weren't,
So that we can embrace our unity of soul:

One drop in the ocean of love,
One breath in the wind
One flame in the fire of passion
One flower of beauty in Life's meadow,
One pearl of sand on Life's shore

As we awaken
We are content
Yielded to the current
Anchored in the flow
There is no past
And nowhere to go

Life is us
We are life
Forever and always

And distant past
Live in this moment
That lasts and lasts.....



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

11. Robyn Lebron – The Church of Jesus Christ of Latter-Day Saints

This is the 11th article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"

The Church of Jesus Christ of Latter-day Saints (LDS) is the next religion in our series. As a church, they have been around since 1830, but believe that they are a restoration of the church as it was originally established by Jesus Christ when He was on the earth. The name "Mormon" comes from a book of scripture called the Book of Mormon which they believe is another testament of Jesus Christ. The Book of Mormon documents the descendents of an ancient prophet, Lehi, who took his family from Jerusalem and was led to what is now North and South America. The highlight of the book is a visit by the Savior after His death and resurrection in Jerusalem

The church teaches that God the Father, Jesus Christ, and the Holy Ghost are "one Godhead" but separate persons: a) They are one Godhead. b) They are one in spirit, mind, and purpose. c) They hold the keys to govern and preside over the cosmos (one in power and authority). Three distinct beings, as well as three distinct persons. "God has a body that looks like yours, though His body is immortal, perfected, and has a glory beyond description. God the Father is understood to be *the literal* Father of the spirits of all mankind. He is also understood to be the Father of Jesus' spirit body and His physical body. He knows you personally and loves you more than you can comprehend. According to their beliefs, Jesus is the Divine Son of God the Father of heaven and earth, the Creator of all things from the beginning; delivered to the earth by the Virgin Mary. They believe Jesus lived a sinless life, and that his suffering at Gethsemane, the shedding of His blood, His crucifixion, His death and resurrection were sufficient to satisfy the demands of eternal justice and make an infinite atonement for the sins of all humanity.

For members of the church, the greatest commandment is to love God with all their heart and the second is to love others as they love themselves. It is important to note that faith in God is more than a theoretical belief in Him; it is a principle of *action and power*. To have faith in God is to be willing to act on your belief in Him. Having faith causes you to try as hard as you can to learn about and become more like your Savior. The ordinance of Baptism is necessary to enter the Kingdom of God, thus everyone must have the opportunity to be baptized, including those who have died. Heavenly Father has provided a way that all may have the opportunity to accept, or reject, the gospel of Christ and be baptized even after death. The Apostle Paul also taught about baptism for the dead: "Else what shall they do which are baptized for the dead, if the dead rise not at all? Why are they then baptized for the dead?" 1 Cor 15:29.

The LDS Church believes that in the spirit world, your memories of this life and the knowledge you have gained on Earth will remain with you. Death will not change your personality or your desire for good or evil. If you choose to follow Jesus Christ during your life on Earth, you will be at peace in the spirit world. Those who choose not to follow Christ and do not repent will be unhappy. That will be the "hell" that many experience. The realization of what could have been, and an eternity of regret.

Serving your personal journey toward enlightenment...

The LDS Church teaches that obedience to God's commandments are shown through our "works" and we are cleansed from our sins, thus making us worthy of eternal life *but* we can only be cleansed from our sins because of the atonement of Jesus Christ. Thus we must have *both* faith in Christ and good works to be saved, and to have eternal life. They do believe that everyone will be saved from physical death and have a perfect, resurrected body, but the final reward will vary based on the individual. While they understand that no man will ever gain salvation through their own works alone, Latter-day Saints believe that men need to do more than merely *profess* a belief in the Lord, Jesus Christ to gain salvation.

The plan of salvation, or "The Great Plan of Happiness", as taught by the church, describes humanity's place in the universe and the purpose of life. The church teaches that there was a pre-mortal existence, a place which existed prior to mortality in which all people and all life were created in spirit form. Central to this is the notion that humans existed as spirits before birth, were raised by Heavenly Parents and had essential human characteristics such as gender. This general idea is also stated as "We lived in the presence of God." God knew that you could not progress unless you came to Earth, where you would gain a physical body and would have experiences that would help you to learn and grow, fulfilling the purpose of the plan of salvation: to help you become more like your Heavenly Father. Specifically, He wants you to learn to control your body, to choose right over wrong, and to walk by faith in Jesus Christ. The purpose of an earth life was to give men the opportunity to demonstrate obedience to the commandments of God while outside of His presence. Understanding this eternal perspective can help you find happiness in your life, even amid trials and challenges. As a child of a loving Heavenly Father, you can view your struggles as stepping-stones bringing you closer to Him. Coping with calamities can strengthen you and call forth compassion, helping you learn, grow, and serve others. Dealing with adversity is one of the chief ways in which you are tested and tutored in mortality. Our loving Heavenly Father has the ability to compensate us for any injustices we may be called upon to endure in this mortal life.

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



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

12. Good News Of The Day

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

Although it might sound like a bunch of self-help hoey-woey, students at Harvard University have been flocking to take part in a bespectacled professor's course that tries to impart the wisdom of ancient Chinese philosophers. With the bold claim that "this course will change your life," instructor Michael Puett teaches how the smallest of actions -- as simple as a smile or a wave -- can have the most profound ramifications. <http://www.dailygood.org/more.php?n=5760> **Be The Change:** Take note of your day-to-day activities that make you become aware of things that awaken positive and excited feelings.

Have you ever stopped to look back and reflect on the journey of your life thus far? Do you wonder what it would be like if at different phases in the past, you had the wisdom you have now from lessons learned through the years? "The "Up" documentaries have followed 14 people from ages seven to 56 -- and in the process illustrated recent discoveries about the science of a meaningful life." Their findings reflect insights on notions like happiness and purpose which are commonly known, however become deeply compelling when seen in the context of real lives and people. <http://www.dailygood.org/story/540/life-lessons-from-56-up-jeremy-adam-smith/> **Be The Change:** Talk to someone who has known you since childhood and reflect on your own journey of life to see what lessons you have so far, and how you can live your future informed by the wisdom of the past.

"We live in an age of profound disruptions. Global crises in finance, food, fuel, water, resource scarcity and poverty challenge every aspect of our societies. These disruptions also open up the possibilities for personal and societal renewal. To seize these possibilities we need to stop and ask ourselves some basic questions: why do our actions collectively create results that so few people want? What keeps us locked into old ways of operating? And what can we do to transform the root problems that keep us trapped in the patterns of the past?" Read on to hear the thoughts of Otto Scharmer, senior lecturer at MIT and founding chair of the Presencing Institute. <http://www.dailygood.org/story/577/from-ego-system-to-eco-system-economies-otto-scharmer/> **Be The Change:** Write a letter to yourself as if sent from someone in the future. See if this future figure has any advice to offer for what you can do now to be a part of the shift from an ego-system to a new eco-system.

"When I was a child, I wanted to be a hermit. I can remember in particular a strange background desire I had for some years to live alone in a pine forest. Why a pine forest? I have no real idea. I have never spent much time at all in a real pine forest. But that was where I wanted to be. I could imagine myself dwelling in the dark, dank heart of a pinewood. Life there, I knew, would be more intense, more magical, than life at home. For a time, as a romantic and imaginative child, I entertained the idea that my desire to be surrounded by pines was due to my having been a Viking in a previous life... But beyond the Viking theme, there was something else in here: something about being alone. Wild loneliness, ringing like a bell. A sense of connection to something far greater than me, in a place which is not controlled by my kind, and is not in thrall to us. A sense of smallness, from which can come greatness." This beautiful article shares more about the productivity of retreat. <http://www.dailygood.org/story/537/40-days-the-productivity-of-retreat-paul-kingsnorth/> **Be The Change:** Take the time to retreat from your day-to-day routine, and make a genuine effort to reconnect with yourself and your natural surroundings.

Professor Roy Baumeister wonders why parents often say: 'I just want my children to be happy,' rather than: 'I just want my children's lives to be meaningful.' Yet we fear meaninglessness, and when we lose a sense of meaning, we get depressed. What is this thing we call meaning, and why might we need it so badly? This thoughtful article shares more. <http://www.dailygood.org/more.php?n=5734> **Be The Change:** We often find meaning in the little things we do, and in relationships. Look for what you really care about, and honor it with your attention.

Serving your personal journey toward enlightenment...

Steve Lewis has seven kids and 16 grandchildren crowding into a life lived at the loud edge of chaos, so any quietly intimate moments with his five-year-old granddaughter are rare. He is touched as she wishes him a long life in her own way. This beautiful piece shares more. <http://www.dailygood.org/story/586/a-five-year-old-s-reflections-on-life-and-death-steve-lewis/> **Be The Change:** Open the doors of your heart to the wisdom of children and their needs this week...

Estonia's capital, Tallinn, is considered to be one of the world's leading technological cities - a city in which the majority of transactions occur online. But nestled deep within the constructs and limitations of this digital world, there resides one group -- whose sole purpose it is to harness the true power of the Internet for good. This "Bank of Happiness" doesn't transact in currency or credit, rather, it utilizes the good energy of over 2,000 like-minded, people from all over the world to connect or to offer services free of charge. Read more from NPR ... <http://www.dailygood.org/more.php?n=5635> **Be The Change:** We have so much to offer this world. Today, take inventory of the many ways you might help provide comfort and service to others within your community. Be proactive, volunteer...but mostly, get involved in creating a global happiness exchange.

"On a fine summer morning in Vancouver, British Columbia, a graduate student approached passersby with a box of envelopes and an unusual request: "Are you willing to be in an experiment?" If people said yes, she asked them how happy they were, got their phone number, and handed them one of her mysterious envelopes. When people opened the envelope, they found a five dollar bill, accompanied by a simple note. For some of them, the note instructed: Please spend this \$5.00 today before 5 pm on a gift for yourself or any of your expenses (e.g., rent, bills, or debt). Others found a note that read: Please spend this \$5.00 today before 5 pm on a gift for someone else or a donation to charity. In addition, some people got similar envelopes, but with a 20 dollar bill rather than a five. Armed with this extra bit of cash and their instructions about how to spend it, people went on their way. That evening, they received a call asking them how happy they were feeling, as well as how they had spent the money. How did their purchases affect them? This article shares the answer... <http://www.dailygood.org/story/603/how-to-make-giving-feel-good-elizabeth-w-dunn-michael-i-norton/> **Be The Change:** Be a smile inducer, try and find little ways to give daily.

Among many other assignments, Americ Azevedo, philosopher, author and lecturer of peace studies, now leads a meditation class with 603 students in one of the largest lecture halls on the UC Berkeley campus. He has taught university classes in philosophy, religion, leadership, finance, business and information systems, and held the first podcast at UC Berkeley in 2005. He now co-teaches a class on inner-to-outer social change and focuses on building a more human world in this age of technology. It all began when he was bullied and called stupid as a child, and found a way to relate to his bullies and rid himself of the epithet. Read his story... <http://www.dailygood.org/story/606/truth-demands-to-be-lived-richard-whittaker/> **Be The Change:** Think twice before you apply labels to yourself or other people even in your mind. Give them and yourself the benefit of the doubt!

"It's easy to give thanks for the blessings that we do have. Love, family, friends, bounty. These are the hugs and warmth and praises analogous to a soothing back rub or an aromatic cup of tea. For these, we are thankful daily. They make us feel good and we expect and receive them with little to no toll." But then there are the things that do take a toll -- like our insecurities, flaws, sadness, and even the flu. In the haze of these difficult moments it can be challenging to see the blessings, but they are there. This article prompts us to develop clarity and be grateful for the opportunities that are presented to us -- beginning with a list of 21 things for which to be thankful. <http://www.dailygood.org/story/555/giving-thanks-for-21-blessings-in-disguise-belinda-munoz/> **Be The Change:** Reflect upon a difficult moment in your life -- and its hidden blessing. Give thanks, and share it with others as part of the 21 day gratitude challenge! <http://www.dailygood.org/more.php?n=5682a>.

"If I asked you to judge how smart someone is, you'd know where to start. But if you were going to assess how wise that person is, what qualities would you consider?" In this compelling article, Dr. Adam Grant discusses the latest research on determinants of wisdom and some of the outcomes of living a wise life. <http://www.dailygood.org/story/607/how-to-think-like-a-wise-person-adam-grant/> **Be The Change:** One quality of the wise is the practice of aiming to understand someone rather than passing judgment. Think of one person who you have dismissed as being a bad person because of what they have done in the past. How can you understand their behavior instead of judging it?

What motivates us to work? Contrary to conventional wisdom, it isn't just money. But it's not exactly joy either. It seems that most of us thrive by making constant progress, meeting challenges, and feeling a sense of purpose. In this TED talk, behavioral economist Dan Ariely presents several eye-opening experiments that reveal our unexpected and nuanced attitudes toward meaning in our work. <http://www.karmatube.org/videos.php?id=3966> **Be The Change:** The next time

Serving your personal journey toward enlightenment...

you do a mundane task, think about a way to find even a small meaning to the work -- it may make a bigger difference than you think.

Sometimes the issues ailing our world seem so huge, and our ability to resolve them so small. The story of Katrell Christie, however, and her ability to react with a sincere generosity in the face of a seemingly challenging social issue, gives hope and inspiration. After listening to the story of three orphaned girls on a trip to India, she promised to return and help -- and though she did not know how in the beginning, she was able to put her head, heart and hands together in service: using profits from her Atlanta tea shop to finance their college educations.

<http://www.dailygood.org/more.php?n=5619> **Be The Change:** Has there been someone to whom you've been meaning to return to serve? Take steps today towards making it happen.

"Having a parent that listens creates a child who believes he or she has a voice that matters in this world," says Rachel Macy Stafford, a young mother who, in this digital age, has made the life changing decision to go completely 'hands free'. She did so to ensure her children always knew, that their voice in this world matters. "Because," she continues, "someday our children will find themselves in a difficult situation and they'll have a choice -- either to suffer in silence or speak up. And perhaps that is the moment they will remember your eyes, the nodding of your head, your thoughtful response. And suddenly they will be reminded that their voice holds value." Read more about the "Hands Free" movement -- and how it has the potential to be transformative. <http://www.dailygood.org/story/588/when-you-listen-to-a-child-rachel-macy-stafford/>

Be The Change: Experiment with setting down your electronic devices for a period, and really tuning in to that which matters most to you.

"Robert Emmons, perhaps the world's leading scientific expert on gratitude, argues that gratitude has two key components, which he describes in a Greater Good essay, "Why Gratitude is Good."

<http://www.dailygood.org/story/512/what-is-gratitude-the-greater-good-science-center/> **Be The Change:** Plant seeds to cultivate your own grateful garden by writing a gratitude letter, or starting a gratitude journal.

"Food brings people together and nourishes not just their body but their soul, their mind and their spirit... That is why it is so important what kind of food you are eating. If you eat food that is tasteless, sprayed with chemicals and wrapped in plastic then your soul and spirit will not be nourished. We should eat wholesome food for a wholesome life." These are the words of Satish Kumar, founder of the Small School in Hartland England, and someone who once walked 8,000 miles from India to America to deliver packets of peace tea to the leaders of the world's then four nuclear powers. Read on to hear more insights into the power of baking and breaking bread together. <http://www.dailygood.org/more.php?n=5566> **Be**

The Change: Find a time this week and bake and break some bread!

13. A Guide to Life's Turning Points

Reprinted from www.awakin.org.

--by Brian Browne-Walker (Oct 21, 2013)

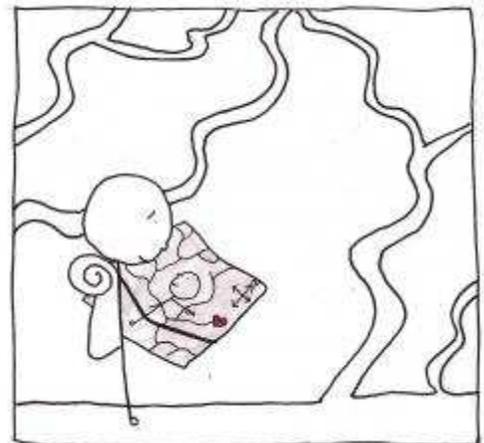
Progress is made in steps, not in leaps. Move only as far as the opening allows. Remain neutral and tolerant of adversity. When in doubt, remain still.

By accepting things as they are and not making fruitless comparisons to the situations of others, or some imagined ideal, one engages the power of the Creative.

Though outer conditions appear unpromising, success is possible if you look faithfully for the good in others, yourself, and the situation.

It is a time for moderation in everything. Moderation of enthusiasm keeps you balanced.

Moderation of despair deepens your understanding.



Accept natural limitations. When there is an opening, go forward with balance.

When the way is closed, withdraw willingly into stillness.

Do not enter rashly into a conflict, stand quietly in the center and keep your balance. This enables a true and lasting resolution to be found.

Shock frightens us, and at first we are convinced that it is bad. When we learn the lesson that it has come to teach, we are thankful for it.

Restless effort undermines one's interests. It is unwise to charge repeatedly at a closed door. Withdraw into stillness and accept both the challenges and the blessings of the day.

The difficulty is coming to a close, but only if one is firm against harshness, doubt, and despair. Help only comes when there is room for it to enter.

One who gives up a stubborn and harsh way of acting will not regret it. No harm comes if you soften now.

Abandon ambitions, anxieties, and agendas. What is necessary and worthwhile arises from the stillness within.

A true change of heart is possible when we accept the necessity of adversity. Peace comes when we discontinue the strivings of the ego.

Look not at the outward situation, but at the effects of your own thoughts and actions.

Through self-contemplation and self-correction, you arrive at a proper understanding.

Remain patient until the Creative does its work. Modesty will bring greater rewards than the aggressive maneuverings of the ego.

The solution to every situation is always available. By remaining open, innocent, and moderate, you allow the Creative to aid you. Do less, not more.

-- Brian Browne-Walker, excerpted from, "The I Ching or Book of Changes: A Guide to Life's Turning Points"

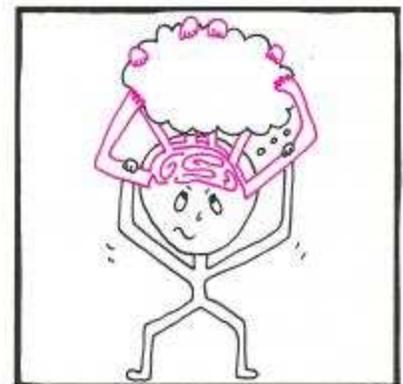
14. Do We Use Thought, or Does Thought Use Us?

Reprinted from www.awakin.org.

--by [Dada](#) (Oct 28, 2013)

Have you ever looked meditatively into the cause-and-effect of thought, into the birth and death of thought, the cycle that creates fear and conflict with resultant sorrow?

Every expression of thought-emotion consumes psychic force, and every projection of thought drains the vital source. Each one is blessed with a specific unit of valuable life energy. Constant depletion of your energy through the mechanical activity of chronic and compulsive habit patterns is utterly stupid and in vain. Indiscriminate and ceaseless psychic activity results in energy dissipation, causes mental exhaustion and invites psychosomatic disorders.



Dear mind, DROP IT.

Serving your personal journey toward enlightenment...

Very few thoughts are necessary for daily living and functioning. One need not use thought when it is not necessary. Thought need not function automatically.

But now there's no ending of thought, even when we retire to bed. Surprisingly, in sleep, too, the thought process goes on and on. The mind projects fantasies and fears. And even while asleep, it indulges in unfulfilled plans and pursuits. This wishful play of mind is constant and continuous. Living is nothing more than this chain of thoughts!

Like the pumping of the heart, the mind remains ever active throughout the lifetime, busily creating and then trying to solve conflicts. We are rarely at ease and never at fully tranquil rest. [...]

You think that you use thought but I doubt it. It is thought that uses you, uses your life energy, by dominating, grabbing and dictating to it, and by possessing people and things.

Thought is a possessive, aggressive, dominant force, subduing and hindering the creative source. Realizing the limitation of thought, its exclusive pursuits and mediocre nature, mechanical habit patterns and subtle compulsions, is understanding. It is the beginning of the awakening of intuitive intelligence.

The world needs the discovery of such intelligence to experience a new-dimensional existence: a path of impersonal understanding, a way of happy and creative living, the life of freedom and peace. Meditative watchfulness generates a new insight, keeping one free, independent and whole with in, to function spontaneously as a creative being. Then within the field of human sensitivity, a new energy source will emerge. The dawn of a new impersonal intelligence shall swell and burst within the heart.

15. Reaching Underneath Our Protective Shell

Reprinted from www.awakin.org.

--by [Pema Chodron](#) (Nov 04, 2013)

There's a slogan in the Mahayana teachings that says, "Drive all blames onto oneself." The essence of this slogan is, "When it hurts so bad, it's because I am hanging on so tight." It's not saying that you should beat yourself up. It's not advocating martyrdom. What it implies is that pain comes from holding so tightly to having it our own way, and that one of the main exits we take when we find ourselves uncomfortable, when we find ourselves in an unwanted situation or an unwanted place, is to blame.



We habitually erect a barrier called blame that keeps us from communicating genuinely with others, and we fortify it with our concepts of who's right and who's wrong. We do that with the people who are closest to us and we do it with political systems, with all kinds of things that we don't like about our associates or our society. It is a very common, ancient, well-perfected device for trying to feel better. Blame others. Blaming is a way to protect your heart, trying to protect what is soft and open and tender in yourself. Rather than own that pain, we scramble to find some comfortable ground.

The slogan is a helpful and interesting suggestion that you could begin to shift that deep-seated ancient habitual tendency to hang on to having it on our own terms. The way to start would be first, when you feel the tendency to blame, to try to get in touch with what it feels like to be holding on to yourself so tightly. What does it feel like to blame? What does it feel to reject? What does it feel like to hate? What does it feel like to be righteously indignant?

In each of us, there's a lot of softness, a lot of heart. Touching that soft spot has to be the starting place. This is what compassion is all about. When we stop blaming long enough to give ourselves an open space in which to feel our soft spot, it's as if we're reaching down to touch a large wound that lies right underneath all that protective shell that blaming builds (...)

Serving your personal journey toward enlightenment...

Compassionate action starts with seeing yourself when you start to make yourself right and when you start to make yourself wrong. At that point you could just contemplate the fact that there is a larger alternative to either of those, a more tender, shaky kind of place where you could live.

This place, if you can touch it, will help you train yourself throughout your life to open further to whatever you felt, to open further rather than shut down more. You'll find that as you begin to commit yourself to this practice, as you begin to have a sense of celebrating the parts of yourself that you found so impossible before, something will shift in you. Something will shift permanently in you. Your ancient habitual patterns will begin to soften and you'll begin to see the faces and hear the words of people who are talking to you.

If you begin to get in touch with whatever you feel with some kind of kindness, your protective shield will melt and you'll find that more areas of your life are workable. As we learn to have compassion for yourself, the circle of compassion for others - what and who you work with, and how - widens.

16. Why Do We Shout in Anger?

Reprinted from www.awakin.org.

--by [Unknown](#) (Nov 11, 2013)

A saint who was once visiting a river to take a bath found a group of family members on the banks, shouting in anger at each other. He turned to his disciples, smiled and asked.

'Why do people in anger shout at each other?'

The disciples thought for a while, then one of them said, 'Because we lose our calm, we shout.'

'But, why should you shout when the other person is just next to you? You can as well tell him what you have to say in a soft manner,' asked the saint.

The disciples gave some other answers but none satisfied the other disciples.

Finally the saint explained,

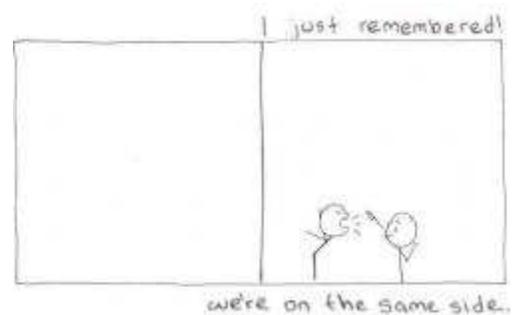
'When two people are angry at each other, their hearts distance a lot. To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other to cover that great distance.'

What happens when two people fall in love? They don't shout at each other but talk softly, because their hearts are very close. The distance between them is either nonexistent or very small...'

The saint continued, 'When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they need not even whisper, they only look at each other and that's all. That is how close two people are when they love each other.'

He looked at his disciples and said,

'So when you argue do not let your hearts get distant, do not say words that distance each other more, or else there will come a day when the distance is so great that you will not find the path to return.'



Serving your personal journey toward enlightenment...

17. Riding Out Fear

Reprinted from www.KarmaTube.org.

Join Casey Adam Miller on his bicycle journey across America to speak with people about finding meaning in life. Why the bike? Because cycling filled him with dread. "If I wanted to understand how meaning is created," said Casey, "then I had to make myself vulnerable, raw, and open to the question." - See more at:

<http://www.karmatube.org/videos.php?id=2796#sthash.H1MYtpXd.dpuf>

18. While You Were Sleeping

Reprinted from www.KarmaTube.org.

Exams are always stressful. How many of us have fallen asleep in the library or study room, cramming for the next exam? Josiah Ng knows first-hand what exam time is like in a competitive management university. So, he and his friends got together to try and change the culture - by performing small acts of kindness for those students asleep over their books. Watch what happens "While You Were Sleeping." - See more at:

<http://www.karmatube.org/videos.php?id=4408#sthash.4OTR3DEV.dpuf>

19. How to Change the World

Reprinted from www.KarmaTube.org.

John Paul Flintoff gives us the happy news that you can, and you do, and you will, change the world. He won't tell us how to do it, but gives us examples of people who have changed the world through their actions, and some guidelines. First, ask yourself: "What would you do if you knew you couldn't fail"? Then, to break things into small steps, ask: "What can you do in the next 24 hours"? And, find some allies - ask people to help you. Finally, emphasize the positive. "To be truly radical is to make hope possible rather than despair convincing." ~ Raymond Williams. - See more at:

<http://www.karmatube.org/videos.php?id=4386#sthash.ONbm7p11.dpuf>

20. To Love At All

Reprinted from www.KarmaTube.org.

"To love at all is to be vulnerable," cautioned C.S. Lewis in his treatise, "The Four Loves." But to lock one's heart safely away poses a still greater risk: "It will not be broken; it will become unbreakable, impenetrable, irredeemable." As sweetly illustrated in this short clip from zenpencils.com, there may be a degree of peril in opening oneself to the possibility of heartbreak, but the risks of loving are well worth the rewards. - See more at:

<http://www.karmatube.org/videos.php?id=4409#sthash.4f35RokS.dpuf>

21. The Sea of Vulnerability

Reprinted from www.KarmaTube.org.

Dr. Fred Luskin contends that we exist in an absolute sea of vulnerability - we have no control over most of what is truly important to us, like love. So, we need to have compassion for how hard it is to be a human being who can be hurt in so many ways. Dr. Luskin, Director of Forgiveness Projects at Stanford University, advises us not to make enemies of people that pierce our vulnerability. He likens lack of forgiveness to a solar eclipse: something gets in the way of the sun during an eclipse, and we make believe the sun is gone. Forgiveness is moving away from the eclipse and seeing the sun again - nothing changed except our perception. - See more at:

<http://www.karmatube.org/videos.php?id=4410#sthash.ZMVdy21A.dpuf>

22. Compassion Unlimited

Reprinted from www.KarmaTube.org.

Writer and filmmaker Pavithra Mehta explores the spiritual and ethical commitments that have driven innovation at one of the world's most interesting and successful enterprises, India's Aravind Eye Hospital. In a country where blindness is a fatal disease and more than 80% of it is surgically repairable, Aravind has grown from an 11 bed clinic to the largest eye-care system in the world. Aravind delivers nearly 400,000 sight-restoring surgeries annually, manufactures the necessary medical devices and surgical goods to the highest international standards, trains ophthalmology residents from the leading medical schools in the United States and Europe, and actively teaches its innovations and methods to any eye hospital that wishes to use its model. Discover the audacious business plan, which allows Aravind to achieve financial sustainability while providing the vast majority of its patient care at absolutely no cost. Its secret? An ethos of compassion and excellence. - See more at: <http://www.karmatube.org/videos.php?id=4498#sthash.kYZRVbQ1.dpuf>

23. Grateful: A Love Song to the World

Reprinted from www.KarmaTube.org.

Musicians Nimo Patel and Daniel Nahmod brought together dozens of people from around the world to create this beautiful, heart-opening melody. Inspired by the 21-Day Gratitude Challenge, the song is a celebration of our spirit and all that is a blessing in life. For the 21 Days, over 11,000 participants from 118 countries learned that "gratefulness" is a habit cultivated consciously and a muscle built over time. As a famous Roman, Cicero, once said, "Gratitude is not only the greatest of virtues, but the parent of all others." This soul-stirring music video, created within a week by a team of volunteers, shines the light on all the small things that make up the beautiful fabric of our lives. - See more at:

<http://www.karmatube.org/videos.php?id=4460#sthash.A28oV3KD.dpuf>

HEART AND SOUL ADVERTISEMENTS:

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

24. Spiritual Resources

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

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

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

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

25. Sacred Attention Therapy

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

26. Spiritual Exploration and Soul Coaching

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

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

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

Hourly and daily rates, dependent on the nature of the guidance or coaching requested, can be discussed with Spiritual Guidance. In most cases, Spiritual Exploration and Soul Coaching services are offered on a donation basis.

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

27. Spirituality Workshops

“Exploring Spirituality”

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

“The Laws of Spirit”

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

Serving your personal journey toward enlightenment...

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

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

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

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

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

“Forgiveness”

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

To register your interest for any of the above workshops, please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@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.

28. Spirituality Discussion Groups

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

29. A Course in Miracles Study Groups

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

30. Serving Your Loved-Ones

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

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

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

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

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

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

Shanti, Namaste, Agape,

Rev. Robert Meagher
Spiritual Guidance

31. 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.servingyourjourney.com).

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

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

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



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

32. Meditation Series

Meditation Series

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



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

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

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

34. 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.

35. 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.

2013

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).

36. 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*).

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

The three stages are summarized briefly here:

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

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

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

2. The Change into Authenticity: The Psychology of Transformation

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

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

3. The Source of Consciousness: The Psychology of Transcendence

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

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

37. 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!

Serving your personal journey toward enlightenment...

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

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

Sylvia Parker
Global Wellness
Manotick ON
613-721-0039

38. Ascension Meditation for Peace

Ascension Meditation for Peace

When: Saturday, December 7, 2013, 7:00 – 8:30pm (EST)

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

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

How: RSVP Robert at 613-204-0299 or rmeagher@servingyourjourney.com.

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

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



Please join us for the peaceful and peace-filled evening of meditation. We welcome you to share in the unity of meditation with others and then to socialize over light snacks. Your hosts for the evening will be:

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

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

39. Worldwide Meditation for Peace

Worldwide Meditation for Peace

On Saturday, December 7, 2013, 7:00 – 8:30pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting an evening of meditation for peace. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. If you would like to attend in person, refer to the following URL for more details: http://www.servingyourjourney.com/Community_Announcements/Peace_poster.pdf. If you are not able to with us physically, but would like to grow in unity consciousness with others around the world, please join us from 7:00 – 8:30pm (EST) in the comfort of your own sacred space. If you do choose to participate, please let one of the hosts of this event know (see contact information at the bottom of this poster). Attached to this poster is a visualization you may enjoy during your meditation. Namaste.



You are invited to join us for this peaceful and peace-filled evening of meditation. Your hosts for the evening will be:

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

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

Worldwide Meditation for Peace Visualization

Allow yourself to be in this present moment as you let go, allowing your body to become relaxed. And with each breath you take, feel yourself becoming more and more peaceful, more and more relaxed. Your mind is still, your emotions are calm.

Now feel your energy fields all around you becoming peaceful – like waves of an ocean becoming calmer and calmer.

And as you feel relaxation and wellbeing growing within you, you feel so grateful for this precious gift of peace flowing through all your body, your mind and energy fields.

You may imagine this state as a beautiful peace rose, its glorious yellow petals tinged with a soft pink colour. And if you like, you can visualize this rose in the centre of your chest – in your heart chakra.

Now extend this gift of peace to everyone meditating in the room with you. And to all those who are meditating at this time in other cities and countries. Feel your connection with everyone, giving and receiving the gift of peace and allowing peace to grow in this way.

Now imagine peace building even more as it flows all through your city, across your country and around the world. You might see the image of the beautiful peace rose encompassing the whole world.

Imagine how our world will be when it's at peace – as if in this very moment peace is embraced by people everywhere.

Feel how it will be when the world is at peace – feel it within yourself, **as if it's happening right now**. We're living in a world of peace. What does that look like to you? How does it make you feel? What do you see as you imagine a world at peace? The more vividly you see and feel this, the more real your experience is and the more power you generate.

Feel your gratitude for the peace that is growing everywhere on our planet!

And for the peace that's growing within ourselves – as we do all we can to learn and grow, to take care of ourselves and become instruments of peace in the world.

40. Hamilton Grooves with Laughter Yoga



Hamilton Grooves with Laughter Yoga

Laugh Stress Away with Child-like Play

Two locations to choose from

Location: Caroline Place Retirement Residence
118 Market St, Hamilton

When: Tuesday, every 2nd and 4th week

Time: 7pm – 8pm **Cost:** \$10/pp

Location: Synchro- nicities
219 Ottawa St. N, Hamilton

When: Wednesday, every 3rd week

Time: 7:30 – 8:30pm **Cost:** \$10/pp

All ages are welcome

Take the laughter challenge, 6 classes for \$50

Contact: Kathryn Kimmins
Certified Laughter Yoga Teacher
Direct: 905-574-1765
Email: info@laughyourselfhealthy.ca
Website: www.laughyourselfhealthy.ca



Spiritual Guidance

Serving your personal journey toward enlightenment...

December 2013 e-Newsletter

Page | 40

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](#)

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

Facebook: www.facebook.com/Servingyourjourney