

Serving your personal journey toward enlightenment...

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

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

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### What, exactly, have we lost?

*“Death is intrinsic to life. Our impulse to grow is closely allied to our intuition that death is inherent in life. To live fully we must open, not only to life but also to death. This is both a literal truth, since death inevitably follows life, and spiritual truth, since the body dies to the spirit. Death and life are inextricably bound. Breathing in, we invite life; breathing out, we touch death. Our lives move between and embrace both. To be truly alive is to be willing to die, because only when we are open enough to give ourselves totally to each moment do we emerge, refreshed, open, and available to the present.”* (Richard Harvey, *Your Essential Self*, p.174)

Last month (December) a great soul and spirit passed through the veil. This great soul and spirit went by the name of Nelson Mandela. By most standards his life was extraordinary. He was credited with changing an entire nation—maybe even changing the entire world. He was internationally recognized for his unwavering devotion to peace and reconciliation. But it is not the life and time of Nelson Mandela I want to talk about here. Many of you likely know far more about this great man than I do.

*“Death is opposite of birth. Death is not opposite of life. What takes birth dies but the life continues.”*

... Anonymous

*“For life and death are one, even as the river and the sea are one.”*

(Kahlil Gibran)

In the days following the passing of Nelson Mandela, newspaper and magazine headlines were devoted, in their way, to honoring the life of this man. TV and radio all dedicated newscasts to his passing. I remember glancing at our local newspaper headline the day after his passing. The headline read “The World Has Lost A Great Man.” I read the headline slowly, several times. My eyes focused in on the word

“Lost” in the headline. I knew what they were trying to say, but I just didn’t see it. Or should I say, I just didn’t see it the way they did.

While I have great compassion for anyone grieving over the passing of a loved one from this time and space, to imply we have ‘lost’ them because they are physically not here, no longer makes sense to me. Take Nelson Mandela for instance. His passing has not ‘lost’ us anything. His passing has ‘given’ many of us something we didn’t have when he was living in this time and space. We have ‘gained’ deeper insight and appreciation for this man, his life and his legacy.

*Those we love don’t go away.  
They walk beside us every day.  
Unseen, unheard, but always near.  
Still loved, still missed and very dear.*

(Anonymous)

As for Nelson Mandela’s physical presence...yes, he is no longer with us in physical body form, in this time and space. However, any of you who work with energy know that his soul, his spirit can be reached at any time. Anyone can be ‘with’ Nelson Mandela, or any other soul on the other side of the veil, at any time we please. We can still talk to the soul(s) and, if we learn how to listen, we can receive their response.

*"Death is a stripping away of all that is not you. The secret of life is to die before you die—and find that there is no death."*

(Eckhart Tolle)

Please do not misunderstand me. I am not saying people should not feel a sense of loss, or grieve, over the passing of a loved one. People should feel whatever it is they feel. I am merely suggesting that to imply we host 'lost' someone when they have passed over the veil is not a truth. Just because we cannot see someone or something with our physical eyes does not mean that person or that thing no longer exists.

My spiritual teacher, Richard Harvey, offers us some beautiful insight to the relationship(s) between the concepts of life and death, in his most recent book *Your Essential Self*:

*Passing from life, we are born into the unknown we call death. [p.175] Life and death comprise a single process. The moment of death is any moment. There are only moments before death and moments after death. So where is death? Death does not exist. It is merely the dark mirror, the empty screen on which we may project our fears. All that scares or attracts us about death is really about life. [p.176]*

I am blessed to have been brought the gift to communicate with souls who have passed over the veil. This gift is offered to humanity each day during my daily meditation and prayer vigil service through the Buddhist practice of *Phowa*. Through *Phowa* I have learned that our loved ones live on in another existence and can be reached at any time. We can communicate with them, and they can communicate with us. It is not like 'speaking' with someone here in this time and space, but it is communication just the same. It is also through the *Phowa* practice I have been brought the wondrous awareness of what we call the moment of 'death'. And I can share with you that 'death' is nothing. We simply take on another form of existence—an existence that is only pure peace.

*I wish you were here  
But you're not, you are there  
And there doesn't know how lucky it is*

(Anonymous)

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Contemplative Thoughts\*

When I look in a clean mirror I can see my physical body accurately. When I look in the mirror of my heart I can see my real self. Today let me realize who I am beneath the masks of the physical costume and the roles I play in life.

To the unenlightened, death comes but once a lifetime. To those who have chosen to become enlightened there are a thousand chosen deaths before it is time to leave the body and move on. This kind of death is the releasing of all my attachments, from false identity to opinions, from people to possessions. Cutting the subtle threads of attachment frees the spirit from fear and when the time comes to move on, it will be effortless. Dying alive is simply letting go of all I am holding fast to in my mind. It doesn't actually mean losing anything, it simply means changing my relationship with the things in my life. Today let me experience the living death of giving up dependencies.

True spirituality is incognito. True spirituality is being in the experience of my true self as a sentient being of spiritual energy in the physical costume of the body. This quiet awareness is based on an inward focus on the self and requires no big show or external demonstration. Paradoxically, when I am in my true spiritual awareness, I sparkle with the beauty of this natural, pure state. Today let me be aware of the incognito nature of my own spirituality.

It is not possible for you to NOT become who you are meant to be. There is no need to worry that I might not fulfill my potential because it is an unstoppable energy. Deep inside is a powerful drive to express my full potential. Subconsciously the soul makes choices to fulfill its own potential. Today let me trust my deep drive to become who I am.

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Truth never changes. Each person may have their own path to truth. However, to think that truth is a product of my own perception is to relegate myself to constant variation. My perceptions are influenced by so many things; by the mood I am in, the company I keep, the current world news. Truth, on the other hand, by its very nature would be unchanging—something I could always rely on, search for and ultimately find. Today let me consider the nature of Truth.

Honesty does not mean simply speaking your mind. Honesty means to be very clear about everything going on inside you. Where there is honesty, feelings become pure and clean. Honesty is where there are no other thoughts or feelings inside, than those that are pure and elevated. Today let me cultivate genuine honesty within myself and watch it reach out and touch others.

When I create thoughts or involvements based on pure intentions, they will flower and grow. However, if something is created with the seed of greed, anger, vengeance or attachment, it will be corrupted in its expression. Today let me ensure that everything I create starts with the seed of pure intention.

What lies behind us and what lies before us are tiny matters compared to what lies within us. When I take time to explore what lies within me, I will be thrilled and elated by the complexity, the beauty, and the power existing there. Today let me enjoy the vastness and awe of my inner world.

When I am a guest I am usually on holiday, away from my regular responsibilities and routines. I often find I have a lot of energy as I am not drained and burdened by duties and responsibilities. Even mundane activities become more fun as a guest. When I adopt the attitude of being a guest in my life, I begin to enjoy the extra energy that comes from being “on holiday”. Today let me experiment with the consciousness of being a welcome guest in my life.

When I learn to forgive and forget the past and not worry about the future, I will remain in the resent. By focusing on the present moment and making it high quality, I am sowing the seeds for a radiant future. Today let me be aware of the power of the present moment.

Now is the time to transform the world from the inside out. As human beings, it is the inner experience of greed, anger and insecurity that have degraded the world and now it is time for us to transform the world. Transformation begins inside each human mind and heart. Today let me create a noble and pure inner world for myself and let it reach out into the world.

Each person has a part to play in the drama of life. Actors in a play do not try to control each other's parts. When I stay focused on playing my part well I do not become distracted by other parts. Someone may have a part of giving sorrow, however this does not need to take me away from staying focused on my part to give happiness. Today let me stay focused on playing my part well.

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

## 3. Poem

### Two Kinds of Intelligence

There are two kinds of intelligence: one acquired,  
as a child in school memorizes facts and concepts  
from books and from what the teacher says,  
collecting information from the traditional sciences  
as well as from the new sciences.

With such intelligence you rise in the world.  
You get ranked ahead or behind others  
in regard to your competence in retaining

information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.

Jelaluddin Rumi

## 4. Quote or Question

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

## 5. This Month's Heart and Soul Picks

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

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

Our culture tends to be highly goal-focused, and even when we are not pursuing our goals, we distract ourselves with all sorts of media and entertainment. This article discusses the value of creating space to allow our minds to wander. The payoff of daydreaming can be immediate, in the form of a pleasant thought, memory, or insight, or it can be more long-term, in the form of understanding one's purpose or place in the world. Research shows that daydreaming and imagination are important facets of a healthy, satisfying mental life. Read on to learn more. <http://www.dailygood.org/story/587/the-art-of-constructive-daydreaming-maria-popova/> **Be The Change:** On your commute to and from work today, resolve to put away your phone or laptop and allow space for your imagination to take flight.

"The ability to forgive oneself for mistakes, large and small, is critical to psychological well-being. But self-forgiveness has a dark side. Research suggests that while it can relieve unpleasant feelings like guilt and shame, it can also reduce empathy for others and motivation to make amends. Is there a healthy way to forgive yourself?" Read on to learn four ways you can forgive yourself without compromising your ability to take responsibility for your actions. <http://www.dailygood.org/story/604/the-healthy-way-to-forgive-yourself-juliana-breines/> **Be The Change:** What is a mistake that you have made recently? How can you forgive yourself and still move forward positively, while still embracing the truth of what went wrong?

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Writing out a gratitude list can be a simple, yet profound act. "It's interesting, because so much of our lives are spent in unconscious mental habits. Without knowing it, we complain, we nitpick, we stress about little faults; we see the bad in people and situations. Changing that doesn't happen immediately. However, you can change a little at a time. Start with a small gratitude session, and really be thankful. Really feel the happiness that something or someone is in your life." <http://www.dailygood.org/story/585/the-thinking-habit-that-changed-my-life-leo-babauta/> **Be The Change:** Take a moment to make a list of the things you're thankful for. You just might be looking back on this moment years later, as the moment your entire life changed.

Martin Seligman, the father of positive psychology, theorizes that while 60 percent of happiness is determined by our genetics and environment, the remaining 40 percent is up to us. Through his research, Seligman discovered that happy people have consistent habits which may be introduced into our day to day life. Take a moment to read this delightful article, in which Seligman introduces the 16 habits of exuberant human beings. <http://www.dailygood.org/story/624/the-16-habits-of-exuberant-human-beings-kate-bratskeir/> **Be The Change:** Smile like you really mean it and listen when the moment truly calls for it. Try to incorporate at least one 'happiness habit' each day.

- 14. Art and the Practice of Being Yourself
- 17. A Letter From Fred
- 20. Living in Peace Project

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

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

### **6. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Inner Child Work is Not for Sissies**

This may sound harsh, but I have realized that not everyone has the courage and commitment to their ultimate healing to do the inner child work. It can be challenging at the beginning. After all, you are opening up a relationship with a hurt, angry and frightened child within that has felt lost and abandoned for a long time. All of a sudden *grown-up-you* comes along wanting to find how you can love and support this inner child to grow up to feel safe, loved, and worthy. Not an easy task, but definitely doable and very worth the difficulty and resistance you may face at the beginning. Once your little person decides, even reluctantly, to let you in, the healing begins.

At first it can be physically painful as you are now connecting with the pain the child has been carrying for a very long time. Usually we start connecting with the child around age 5 or 6. At that age, the child is able to communicate telling you what is felt, what is thought, how he/she is acting and why and what you can do to help. Generally your little being just wants to talk, to tell someone who cares how hard it has been and how very frightened they are. Your job is to love and support, encouraging them to share what has happened and how they have felt. Above all, they need respect and encouragement to connect with you, the inner loving parent, and to feel safe to share their feelings.

It can be a bit scary at the first when adult connects with the pain of your child within. With encouragement and support, wise and loving words, the child begins to release the pent up pain, anger and fear. You will feel it moving through, but it will not stay with you. You are grateful the child is releasing it in a healing connection with you and it is not spewing out, lashing out in ways that are destructive to your adult life. As you become to understand your little person more and more you will understand where the fear, rage and sorrow you have been experiencing comes from. As you work with your inner child, your world will change, relationships of every kind will open up and blossom in ways you could never expect. Most of all your relationship with yourself will become more open with vastly increased understanding of your feelings, where they originate and what they are seeking from you.

As I said, the inner child work is not for sissies; the beginning is difficult. Working through the resistance of the inner child to trust you, feeling the pain, fear or anger of the child can be tough, but I guarantee you this work will change your life. Your relationship to your self can become clear as you see the conditioning you took on in your childhood. As soon as you could comprehend that you were a separate being from your mother you began to manipulate for love and validation. By the age of 8 most of us have created our life scripts, internalizing how we relate to the world, what it looks like to be a female or male, a child, a sibling, what moms and dads do, what parents are like, couples, how the family relates to each other, extended family, friends, the community, and on and on. And within this learning is the ever powerful search for love, acceptance, self-worth and safety. We very quickly learn as infants, toddlers and children what we have to do to be loved and validated so we can feel good about ourselves and have our needs met. The inner child work will take us into all of this, allowing the child to express with safety and trust what it needs to grow up strong, healthy, safe and balanced. We have the key to open the door for that to happen. Picking up that key and opening the door to the hidden world of your inner child takes courage, but if you persevere you will be rewarded beyond imagination. As the child heals, the games, the unexpected emotional outpourings of grief and rage, and the manipulation of others for love and security will stop. As you and your inner child heal, you will experience an inner strength and self-awareness you never knew possible. And from this place, life just gets better and better.



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

## 7. Doug Henderson, Ph.D – Gratitude, Grace, Willingness and Recognition

Each of us is a participant in a “Free-Will Universe,” doing the best that we can, trying to find our place in it. It’s challenging but we had the confidence in our abilities before we ever came in to experience the consequences of our actions. But stripped of all past learning, it’s not as easy as we thought. To experience free-will is to experience unconditional love! Unconditional love means that there is both light and dark and each of us makes the choice as to what it is we move toward. They are not opposites. Both are part of the “One Substance.” One cannot be recognized without the other. Both are light, of which there are many gradations that move from abundance to absence of light. At no point is there lack. Lack is simply a belief in something false that originates in fear. It’s like going down a set of stairs but a shadow falls across your path of vision and you can’t determine by sight, where the next step is. There is hesitancy and it requires faith and trust to extend your leg just as you did before to find yourself supported, just as before, and your journey continues. Once confronted fear is simply shadows to be laughed at.

All consciousness and its expansion is simply a recognition of something that was always there but never seen. This is why you can’t change what you don’t recognize. Or to paraphrase Albert Einstein;” You can’t solve a problem with the consciousness that created it.” He also pointed out that when you are digging a hole for yourself, you have to know when to stop. Progress is simply a change of mind arising from recognition. So how do you resolve any perceived problem or challenge? Or how do you move from what you don’t want to what you do want?

Begin by expressing gratitude for what you currently have. This places you in the now moment and sends a message of thanks for life itself. Gratitude is not expressed once happiness or a desired outcome is achieved. Expressing gratitude is a pre-requisite to recognizing happiness or manifesting a desired outcome. As in many things we have the accent on the wrong syl-lable. In this free-will universe, like recognizes like. It’s what I refer to as a homeopathic, reciprocal relationship with Creation. We have the ability to choose what it is we identify with. Spirit only identifies itself with those who recognize their identity with it! If you think about it, this is exactly how you operate. Hesitancy is a reflection of self-doubt (fear of shadows). Willingness is required to commune with Spirit in the present moment with genuine feeling. It also requires stating why you are grateful. To be grateful is to be blessed. It is a recognition of your completeness, your “wholeness” or “holiness.” Without this recognition we remain stuck. If you cannot recognize your own “Divinity,” (holiness) how can you create more of the same? Like only creates like. It’s an individual choice and an individual experience. It can bring us to joy or it can strip us of what we consider valuable and bring us to our knees. This is how our attention is captured and a recognition of something Greater substituted.

According to the Institute for Heart Math 96.6% of all of our thoughts are negative (fearful). It is the 3% that requires expansion! When we are in a state of fear (self-doubt, unworthiness etc.), we are in a delusional state. Delusion is a self-concept (consciousness) of being anything less than perfect. We seldom recognize our perfection because we have bought into appearance, the limitations of the body and the trappings of duality. But the senses that go beyond the body can provide a recognition of a true essence (an I AM Presence). Without the body there would be no recognition of a Greater Essence. The body is the vehicle of self-discovery. When you say, “I am,” or “I am Blessed,” it is a recognition or realization of something that was not known before. It is an act of “Sovereignty,” that removes the shackles of limited thinking and propels you to Unlimited Possibility!

You are not your “negative” thoughts or feelings. They are only momentary lapses of a lower self that has a role to play. Simply acknowledge it, thank it and choose a better outcome. In other words, “Grace it,” and get on with being more of what you truly are. What you truly are is, “Loved, Loving and Loveable.” There is no need for struggle or upset ever. This

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can be challenging to re-member in that moment when you are triggered. Just become more aware of any reaction that isn't loving. Developing this awareness creates "Spiritual Muscle. I advise myself and others to develop a trigger statement such as saying; "I Choose Love," three times. It helps to bring you back to where you prefer to be. You can also call upon "Grace Elohim," for support. (Do an internet search and see what comes up.) It's her function to relieve you of all past guilt, suffering and delusional thoughts. Try it. You might just be amazed at what happens.

You are a very, very powerful being. You've just bought into and identified with a delusional idea and made it a belief. A belief is really nothing more than an opinion. It is a prejudice based in delusion and fear with no supporting evidence. So, don't believe, choose to have experience, only the best experience. Wisdom and Mastery come from experience. Choose to identify with loving experience because Spirit will identify with those who identify with it. If you want a better life experience for yourself, express gratitude for what you have. Here is a format that you can use. "I am so blessed that \_\_\_\_\_ because \_\_\_\_\_. Thank You! Thank You! Thank You!

Here is the interesting thing. We believe (opinion) that time is linear but it isn't. Time is simply a coping mechanism that we created. Do you suppose there is time in eternity? Every experience we could possibly ever imagine, is simply waiting for us to call it to us. Creation is infinitely patient. Now, notice that I didn't say, "Everything" is waiting for us. We are here to have experience. Anything material is simply an instrument without meaning. We give everything meaning and in doing so, we provide an experience to our self. The recognition of what flows from this is a step toward mastery. But we have allowed our self to be conditioned to believe (have a false opinion) in the value of material things. In this case, the desire for "things" masters the individual. Once again, we may have the accent on the wrong syl-able.

Learn to speak to the Subconscious Mind, in the present tense of being so Blessed to have already received the outcome you desire. Imagine it and state the reasons why you are Blessed and see what happens. The Subconscious Mind simply accepts what the Conscious Mind impresses upon it. Do this regularly and Spiritual Muscle develops. Start a "Gratitude Book" and each day write down 10 experiences that Bless you. It requires "Willingness." Without "Willingness," the process of self-discovery is ignored, in which case Spirit is ignored. All processes begin with an invitation to invite a recognition of awareness. Think about it. You don't make a practice of going where you aren't welcomed why should an awareness of Something Grander come to you, if it is not welcomed and invited!

Do not make the mistake of imagining how outcomes will come about. This is none of your business. When you do, you are now interfering with natural processes and blocking the manifesting of the experience that is desired. Simply collapse time down to the ultimate outcome and allow Creation to create. Just have the Faith and Trust that, "It is so," and let it go. If there is any doubt at all in the process, you are once again interfering with the process by inserting delusional thoughts that are not in alignment with the Creative process. As a species, we must learn to undo what it is that we don't want and focus in a relaxed way (contention) on what it is that we do want. Just keep writing and visualizing (using your inner eyes) your desired outcome only, and stating new and different reasons why and how the outcome Blesses you.

One more point, what you ask for yourself must be asked for all mankind! Otherwise you are attempting to usurp "Oneness," and create a "Special" circumstance for yourself to the exclusion of all other forms of "Individuated Spirit." There is no such thing as "Specialness or Privilege." To have, just be Blessed. In the recognition of being Blessed, the Blessing will manifest, if you are paying attention. Those who appear to have more than you are simply a reflection of your own delusional thinking. Forgive yourself, Grace yourself, Bless yourself, expand your 3% state and your dreams will come.

Namaste



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

## 8. Kathryn Kimmins – Winter Wonderland Brings Much Laughter to One and All

"I trust all the holiday spirit of Christmas is bringing you great joy, peace and love, lest we forget plenty of laughter.

I anticipate over the holiday season, you'll have plenty of fun skating, snowshoeing, igloo building, and snowflake catching.....hohoho, hahahahaha?

Call me if you need your laughter buddy along-side you giggling like a snow angel.

Yesterday I had so much fun with my seven year old granddaughter. We had breakfast with Santa, then handed out candy canes to all the merchants and shoppers in our cozy little community. We ran into Rapunzel, Sleeping Beauty and Belle, the three princesses from Disney and had so much fun laughing and asking the kinds of questions you can only ask in person.

Just to make it perfect, Santa brought the snow with him. It was like the north pole. Snowflakes falling and blizzarding all around. It was such a magical day for my granddaughter and I. I was transformed from a grown up to a child.

If you know me very well, you know that I tend to be a positive person. I try to always look for the good, the pure and the positive in every situation I encounter.

Zig Ziglar once said, "I am so optimistic that I go after Moby Dick in a row boat and take the tartar sauce with me!" That's a worthy goal and one that I try to pursue.

Laughter Yoga helps people change perspective and see the bigger picture including possible actions to take instead of hurdles to overcome. Whether you train as a Laughter Yoga Leader or experience the two days living laughter, these techniques will provide you with ideas and ways in which you can improve all areas of life including your health, your relationships, your work situation and your outlook. It only requires you to laugh for no reason - every day. Do laughter, Be laughter and Know laughter!

Laughter Yoga is an exercise technique, yes, but it is so much more than that. It is really a way of life. It is about living authentically, joyfully and with great compassion. It is about empowering you to help make world peace a reality.

So, as you move toward your future, don't be afraid to look back and laugh. Your past can be a source of great wisdom in teaching you what to do as well as what not to ever do again! Allow yourself some laughter and reflection time this week to look back on your past. Feel it, embrace it, accept it, forgive it, and then release it with laughter. You will be amazed at the freedom you feel and will be able to rise to a whole new level of life!"

Namaste, Shanti, Agape!



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** An enthusiastic and infectious 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 – January 2014

### Codes and Patterns of Holy Energy (Part One)

In previous messages we have spoken on the importance of the shining God Particle found in all cells of physical matter, reminding humanity of its essence and origin as Light of the Creator. Through the proper use of free will, individuals, communities and nations can together fuse this God Particle, to strengthen the upliftment of the physical and mental forms, demonstrating thereby, greater Love, wider mind and more comprehensive scientific, technological, and artistic achievements. Let us then expand these views to you.

As you well know, all individuals upon your earth carry within their physical bodies certain codes which disclose information of a psychological and physiological order. There is a belief in your world that these codes are predetermined, binding individuals to them. At times this is true, but not always. The genetic tendency of an individual may present him or her with the awareness of a possibility to decide whether to translate this genetic probability into a third-dimensional reality or not. As you progress in your scientific research, you begin to witness that your machines are performing tasks of genetic modification which you may also perform individually through the lifting up of the human mind to the Divine mind, shifting, therefore, attention from the personal self to the universal and sacred higher Christ Self.

We approach this subject today for presently upon your earth there is an outpouring of spiritual essence—perceived by your inhabitants as cosmic, holy energy—which continues to imbue all living matter with joy, oneness, spiritual resolve and Christ action. This celestial energy is radiating from within the very essence of the God Particle which lies far beyond all life and dimensions as understood by the people on your world. This universal radiance is specifically coded to each human being so that it can be absorbed in the best possible manner. Although your instruments can observe and register this holy energy, the decoding of this marvellous influx is the sole responsibility of the individual. You are reminded that all beings possess the gift of free will. Hence the action to decode is dependant on the person's desire to do so.

What then is this decoding?

It is the unravelling of sacred patterns that lie deep within you. Once these patterns have been inwardly perceived by the human being, they automatically extend themselves outwards and inwards to receive the corresponding patterns being sent from the divine universe of the God Particle. The absorption of such vast and perfect codes of correspondence will magnify your understanding, love, and appreciation of your planet and the universe. You will then joyfully employ your gifts to create miracles which will refine the energy frequency of your world.

“How can I then place myself in harmony with this sacred, universal energy?” you ask.

The most efficient manner to decode is through the surrendering of the self to its inner spiritual environment. In so doing, you are relinquishing a tight, personal world view and opening up to the God realization that all life is precious, based on and impregnated with unconditional Love. With this understanding, you forge a spiritual space for connection and decoding.

It is of paramount importance at this time upon your planet that humanity embrace its Divine Creator by recognizing that all people are sacred creations of unlimited possibility.

Kindly remember that you are the flower which turns towards the sun and brings hope and realization to humankind.



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

## 10. Dr. Nancy Cleaves – The Void

What I have left  
comes to greet me.  
That which I have let go of  
fills me  
I detach from everything and everyone  
so that the void can embrace me.

Mystery is the Parent of Intelligence  
Smile at the brilliant answers  
the astounding revelations  
and say,  
“I’m just passing through.”



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

## 11. Robyn Lebron – Soka Gakkai

*This is the 12<sup>th</sup> article in a long series of contributions by Robyn from her book “Searching for Spiritual Unity...Can There Be Common Ground?”*

Our next religion was one that actually came out of an interest to improve the education of children in Japan. The founder, Makiguchi was developing an educational theory that was in stark contrast to the methods in use in Japan at the time, placing priority on the happiness of the children and inspiring in them the will to study, rather than the educational orthodoxy that sought to produce obedient subjects of the state. At the age of 60, he embraced Nichiren Buddhism and combining his previous theories with Buddhism, established the *Soka Gakkai* (Society for the Creation of Value). The organization steadily developed into a body promoting social and religious reform through the practice of Nichiren Buddhism, seeking to empower ordinary people to become self-reliant individuals. Soka Gakkai is based on Nichiren Buddhist teachings, so to understand this new Japanese Religion, we must delve into the old. Nichiren felt passionately that Buddhism should enable people living in the real world and facing real problems to become empowered and change their lives for the better. Nichiren Buddhism stresses the profound connection between one's own happiness and the happiness of others. When we strive to work for the happiness of others as well as of ourselves, we are able to achieve great personal satisfaction in life. Nichiren's teachings assert that each individual, regardless of gender, ethnicity, capacity or social standing, has the power to overcome life's inevitable challenges, to develop a life of great value and creativity and to positively influence their community, society and the world.

Makiguchi felt called to promote an active, socially engaged form of Buddhism as a means of self-empowerment a way to overcome obstacles in life and tap inner hope, confidence, courage and wisdom. His convictions continue to inspire and

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inform the peace activism and social engagement of the Soka Gakkai in Japan. The society's promises to help adherents achieve happiness and success appealed to millions of Japanese in the difficult years of the postwar era; the movement also stresses the need for world peace. A devoted disciple, Daisaku Ikeda had also experienced the horrors of war as a youth and was determined to dedicate his life to building peace. He had joined Soka Gakkai when he was 19 years old and became an outspoken advocate. Central to Ikeda's thinking was the idea that a self-directed transformation within the life of each individual, rather than societal or structural reforms alone holds the key to lasting peace and human happiness. This is expressed most succinctly in a passage in his best-known work, *The Human Revolution: "A great revolution of character in just a single individual will help achieve a change in the destiny of a nation and, further, will cause a change in the destiny of humankind."*

In 1975, Soka Gakkai International (SGI) was formally founded, with Daisaku Ikeda as its president. SGI characterizes its organization as both a support network for practitioners of Nichiren Buddhism and as a global movement for peace education and cultural exchange. One of SGI's basic principals states: SGI shall, based on the Buddhist spirit of tolerance, respect other religions, engage in dialogue and work together with them toward the resolution of fundamental issues concerning humanity.

Under the leadership of Ikeda, the SGI experienced enormous growth. It has now spread to over 190 countries and has 2.26 million members outside Japan; in Japan there are 10 million members. Today, the SGI has developed into one of the largest and most dynamic movements of socially engaged Buddhism in the world. The core philosophy of the SGI can be summed up by the idea that the self-motivated inner change of a single individual positively affects the larger web of life and results in the rejuvenation of human society.

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



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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 12. Good News Of The Day

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

"We have lost Nelson Mandela, unequalled patron saint of equality, peace, and human rights. But while the body might be gone, the spirit remains forever with us -- a spirit that not only changed political history, but also tirelessly elevated humanity into a higher version of itself." Maria Popova shares timeless wisdom from Mandela's remarkable life.

<http://www.dailygood.org/story/617/timeless-wisdom-from-the-late-nelson-mandela-maria-popova/> **Be The Change:**

The next time you have occasion for bitterness or resentment against someone, take a moment to remember Mandela's spirit and honor it in your own heart.

Our culture tends to be highly goal-focused, and even when we are not pursuing our goals, we distract ourselves with all sorts of media and entertainment. This article discusses the value of creating space to allow our minds to wander. The payoff of daydreaming can be immediate, in the form of a pleasant thought, memory, or insight, or it can be more long-term, in the form of understanding one's purpose or place in the world. Research shows that daydreaming and imagination are important facets of a healthy, satisfying mental life. Read on to learn more.

<http://www.dailygood.org/story/587/the-art-of-constructive-daydreaming-maria-popova/> **Be The Change:** On your commute to and from work today, resolve to put away your phone or laptop and allow space for your imagination to take flight.

"The ability to forgive oneself for mistakes, large and small, is critical to psychological well-being. But self-forgiveness has a dark side. Research suggests that while it can relieve unpleasant feelings like guilt and shame, it can also reduce empathy for others and motivation to make amends. Is there a healthy way to forgive yourself?" Read on to learn four ways you can forgive yourself without compromising your ability to take responsibility for your actions.

<http://www.dailygood.org/story/604/the-healthy-way-to-forgive-yourself-juliana-breines/> **Be The Change:** What is a mistake that you have made recently? How can you forgive yourself and still move forward positively, while still embracing the truth of what went wrong?

Writing out a gratitude list can be a simple, yet profound act. "It's interesting, because so much of our lives are spent in unconscious mental habits. Without knowing it, we complain, we nitpick, we stress about little faults; we see the bad in people and situations. Changing that doesn't happen immediately. However, you can change a little at a time. Start with a small gratitude session, and really be thankful. Really feel the happiness that something or someone is in your life."

<http://www.dailygood.org/story/585/the-thinking-habit-that-changed-my-life-leo-babauta/> **Be The Change:** Take a moment to make a list of the things you're thankful for. You just might be looking back on this moment years later, as the moment your entire life changed.

The Okanagan People practice bio-regionally self-sufficient economies and believe that the total community must be engaged in order to attain sustainability and survival. The word "cooperation" is insufficient to describe the organic nature by which members of this community nurture the voluntary care of each other and of other life forms, the practice of which they hold to be an essential foundation for everyday living. Jeannette Armstrong, who was born into the Okanagan living community, shares more about this deep philosophy in which she was raised. <http://www.dailygood.org/story/600/let-us-begin-with-courage-jeannette-armstrong/> **Be The Change:** Before making a decision, the Okanagan People consult the "elders" who wish to protect tradition, the "mothers" who are concerned about the well-being of the family, and the "fathers" who are concerned with security and shelter, and the "youth" who possess creative energy and a yearning for change. Next time you have to make a decision, practice getting in touch with these four parts of your inner being for a more balanced outcome.

"Photojournalist Peter Menzel's visual anthropology captures the striking span of humanity's socioeconomic and cultural spectrum. In 'Material World: A Global Family Portrait', Menzel traveled to 30 different countries, found a statistically average family in each country, and photographed them outside their home, with all of their belongings. The result is an

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incredible cross-cultural quilt of possessions, from the utilitarian to the sentimental, revealing the faceted and varied ways in which we use 'stuff' to make sense of the world and our place in it." This piece showcases some of these stunning photos that pose interesting and profound statements about the material world.

<http://www.dailygood.org/story/621/material-world-a-portrait-of-the-world-s-possessions-maria-popova/> **Be The**

**Change:** If you could place all of your belongings outside of your home, what would the collage of your material possessions look like? With this mental image, select one thing that is precious to you and give it away.

Aristotle believed courage to be the most important quality in a man. "Courage is the first of human virtues because it makes all others possible," he wrote. Today, it's one of the more neglected areas of positive psychology, but recent research has begun to move toward an understanding of what courage is and how we might be able to cultivate the ability to face our fear and make decisions with greater fortitude. This article shares six ways to loosen the grip of fear on your life, and become more courageous than you ever imagined. <http://www.dailygood.org/story/622/the-science-of-conquering-your-fears-carolyn-gregoire/> **Be The Change:** Implement the tips shared in this article, and discover your wealth of untapped courage.

Daniel Goleman, renowned author and psychologist, writes that the ability to focus on one task to the exclusion of others is a lost art for many. Yet the skill of focus is connected to greater happiness, better relationships, and increased productivity. He writes that balancing inner, other, and outer focus are keys to success. Inner focus involves paying attention to our values, intuition, and ways of responding, other focus translates to presence and empathy for others, and outer focus refers to being aware of systems and trends in society. One key to finding that balance is understanding how our minds and hearts work. This article shares more. <http://www.dailygood.org/story/605/are-we-losing-our-focus-jill-suttie/> **Be The Change:** As you go through your day today, make an extra effort to focus on the activity of the present moment.

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Health psychologist Kelly McGonigal urges us to see stress as a positive. If you believe that your body is energized and preparing you to take action, your physical stress response changes, with no negative effect on your heart. Watch this TED talk, in which McGonigal reveals a surprising mechanism for stress reduction: reaching out to others.

<http://www.karmatube.org/videos.php?id=4495> **Be The Change:** Consider re-thinking a long-held belief. What is the best mistake you've ever made?

Leo Tolstoy, the author of literary epics such as 'War and Peace' and 'Anna Karenina', is most often thought of as one of the 19th century's greatest novelists. However, "few are aware that he was also one of its most radical social and political thinkers. During a long life from 1828 to 1910, Tolstoy gradually rejected the received beliefs of his aristocratic background and embraced a startlingly unconventional worldview that shocked his peers. Tracing his personal transformation offers some wise -- and surprising -- lessons for how we should approach the art of living today."

<http://www.dailygood.org/story/632/six-life-lessons-from-leo-tolstoy-roman-krznaric/> **Be The Change:** Take a lesson from Tolstoy to transform yourself, whether it's pausing from your work or daily routine to help somebody, or listening to someone whose views differ from your own.

Martin Seligman, the father of positive psychology, theorizes that while 60 percent of happiness is determined by our genetics and environment, the remaining 40 percent is up to us. Through his research, Seligman discovered that happy people have consistent habits which may be introduced into our day to day life. Take a moment to read this delightful article, in which Seligman introduces the 16 habits of exuberant human beings. <http://www.dailygood.org/story/624/the-16-habits-of-exuberant-human-beings-kate-bratskeir/> **Be The Change:** Smile like you really mean it and listen when the moment truly calls for it. Try to incorporate at least one 'happiness habit' each day.



## 13. Is It Really Worth It?

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

--by [Patty De Llosa](#) (Nov 18, 2013)

It's been difficult to accept that I'm often a battleground for several sides of myself, which seem to act in opposition to one another. Is there any solution to feeling so divided? Krishnamurti said, "In division there is insecurity, in war there is uncertainty. But when the mind sees the danger of division very clearly – not intellectually, not emotionally, but actually sees it – then there is a totally different kind of action." That new action lies at a level above the yes- and-no level on which we live, and a new attitude can help us find the way to it. The Jungian concept so often mentioned by Marion Woodman suggests we can approach it by "holding the tension of the opposites." If we can resist the magnetic attraction of one side of any situation long enough to acknowledge both sides, however painful that may be, we rise above division, rather than imprisoning ourselves in it.

The other day I woke up feeling tired and semi-depressed. A slight headache accompanied me through the morning as I went about my duties. At about noon, I suddenly remembered I had made the commitment the night before to go to the park right after breakfast. "No time," I thought, "and besides, I don't feel like it." How many times have I heard myself say that before! But in spite of my resistance, just before lunch I gave up writing and, grumbling that a Tylenol would probably serve me better, I plodded to the park, promising myself that it would be a quickie of a walk.

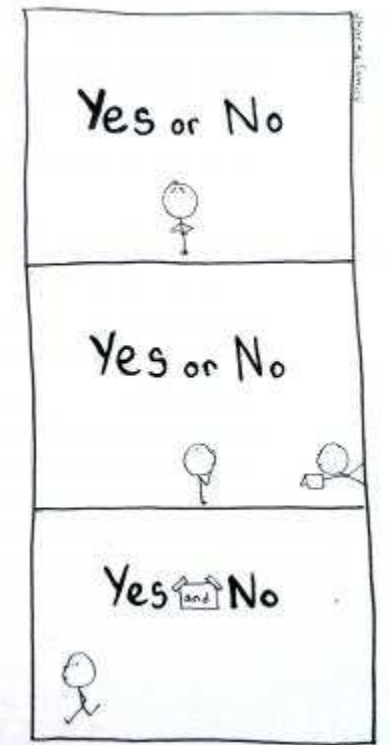
Once out the door, to my surprise, I felt better right away, and by the time I reached the park my headache had disappeared. Soon I was sitting on a bench in the springtime cool, surrounded by trees, bathed in sun and bird song. I heard a kind of singing in my soul. Amazed at the change, I asked myself: *Why* was it so hard to get here? *Who* in me thought it was more important to feel depressed or spend hours writing at my computer? *What* in me opposes what another part of me obviously wants and needs? Are the interests of my head demanding control over my heart and body? ...

The next time I resisted a walk in the park I began to dialogue with this "stuck-in-the-mud" part of me. "Why such obstinate refusal? What's the problem?" I asked myself. An inner voice responded with a sigh, "Is it really worth it?" "Worth what?" I queried. Then, from deep in another part of my inner landscape a new voice interrupted this plaintive exchange, exclaiming, "*Worth all the time it takes!*"

Somebody besides the writer and problem-solver in me needs my time and isn't getting enough. That little interior dialog helped me see that with all I tried to accomplish, I was allowing no time for my deeper self, for my own expansion into awareness of the present moment...

This return to presence gives me the opportunity to appreciate what we usually ignore because we're too busy: the present tense of our life, which provides fresh perceptions of ourselves and the rest of the world. If we refuse it, we are cut off, sadly unaware of what we've lost. When we choose to be quiet and listen attentively to our own inner voices, we create space for something else to fill us besides that "know-it-all" ego. But, mired in duties, we don't always welcome the new possibility. Like the biblical Jacob, we often wrestle with our angels and try to defeat them. - See more at:

<http://www.awakin.org/read/view.php?tid=980#sthash.n9l53krt.dpuf>



## 14. Art and the Practice of Being Yourself

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

--by [Stanley Kunitz](#) (Nov 25, 2013)

There isn't only one kind of artist in the world, one way of becoming an artist. There is, above all, a need to articulate your own source of being so you will recognize the source and know who you are. How could you be an artist if you didn't explore your own inner life? There is something in the human being I would call, in the most general terms, a need to transcend the corporeal being and become a person identified by his or her individuating qualities...

As Blake put it, "We must create a system or be enslaved by another man's." You have to practice being yourself and not merely exist as a number in a world of billions of numbers...

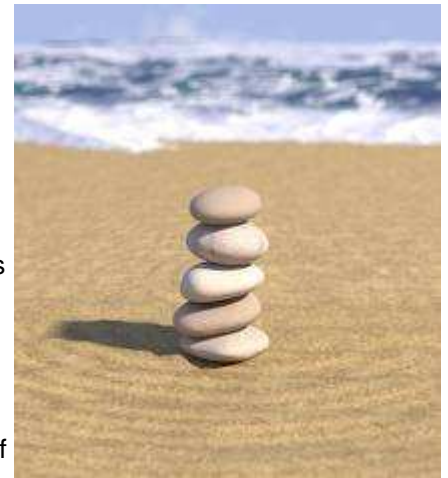
The creative gift has very complex origins; you're accumulating and digesting experience, trying to discover its meanings, instead of stuffing it into a closet and moving on to whatever happens to you next. Every experience you have is a lesson in how to live for the next one and if you never learn anything from the experiences of the past, you never mature either as a person or as an artist.

My sense is that you're born with a more or less empty vault. Perhaps the first experiences are even before that, in the womb, and the vault begins to fill with jewels or painful memories. Each memory of a disastrous experience is there, not only as a wound but as a warning. You have to learn how to recognize the return of the same dilemma you've been through before. You have to look at the tag and the price.

Different kinds of memories enter into the making of the self, but among those, there are a few absolutely central memories. They may be traumatic, but they are the crystallization of the creative person's treasure house...

In a sense, all creativity is a process of giving meaning to what is on a universal scale meaningless. The plant and the poet and the gardener collect these disparate, disorganized raindrops, sun rays, passing birds and make something formal. Creativity gives form to what is in nature ambiguous, suggestive. Language wasn't there at the beginning. It was created after people had gone through all sorts of experiences and needed to become expressive in order to give meaning to life...

As an artist, you are a representative human being – you have to believe that in order to give your life over to that effort to create something of value. You're not doing it only to satisfy your own impulses or needs; there is a social imperative. If you solve your problems and speak of them truly, you are of help to others, that's all. And it becomes a moral obligation. - See more at: <http://www.awakin.org/read/view.php?tid=978#sthash.EcYPMlfe.dpuf>



## 15. Indulge an Attachment

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

--by [Roger Walsh](#) (Dec 02, 2013)

One of my meditation teachers was a man who had devoted many years to spiritual practice. He had studied many spiritual texts, lived in monasteries under austere conditions, and done long meditation retreats. He had had some very deep experiences. Yet in spite of all this he still had one problem he had not been able to overcome: he was utterly attached to sweets. In fact, he spent a significant amount of the very little money he had buying them.

Finally, one day he went to the market with a large box. Going from one sweet stall to another, he filled the box with delicacies until his money ran out. Then he went home, laid the sweets on his table, and meditated. When his mind was clear, he took his first mouthful.

Summoning all his awareness, he noted every aspect of the experience. He observed his eager anticipation as he reached for the first morsel, the sensations as the sweets filled his mouth, and the first taste of sweetness and the rush of pleasure that immediately raced through his mind. Then he watched himself swallow and immediately reach for more.

Mouthful after mouthful, sweet after sweet, he continued to eat and observe. After a while, he began to notice a change. The sharp, sweet taste began to cloy rather than stimulate, and the rush of pleasure disappeared.

Still, he continued eating and watching. Now the eager anticipation became distaste. The intense sweetness, which had initially seemed so exciting, now felt vaguely sickening, and the sight of the remaining sweets only increased the feeling. He continued to eat until he had to force himself to eat another sweet. By the time he finally got up from the table, he had cured his attachment to sweets forever.

Of course, indulging a craving is no guarantee of a cure. If it were, alcoholics would drink themselves sober instead of dead. However, when indulgence is used occasionally and skillfully, with careful awareness and in the context of a spiritual practice, it can sometimes be very valuable. - See more at:

<http://www.awakin.org/read/view.php?tid=961#sthash.UMTqLpzp.dpuf>



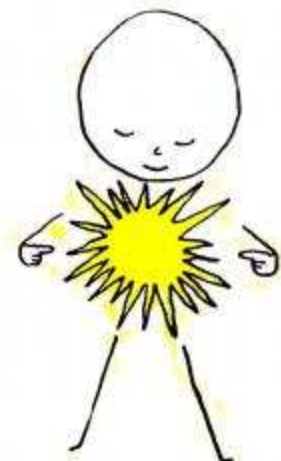
## 16. Pablo Neruda's Greatest Lesson from Childhood

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

--by [Lewis Hyde](#) (Dec 09, 2013)

Playing in the lot behind the house one day when he was still a little boy, Neruda discovered a hole in a fence board. "I looked through the hole and saw a landscape like that behind our house, uncared for, and wild. I moved back a few steps, because I sensed vaguely that something was about to happen. All of a sudden a hand appeared--a tiny hand of a boy about my own age. By the time I came close again, the hand was gone, and in its place there was a marvellous white toy sheep.

"The sheep's wool was faded. Its wheels had escaped. All of this only made it more



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authentic. I had never seen such a wonderful sheep. I looked back through the hole but the boy had disappeared. I went in the house and brought out a measure of my own: a pine cone, opened, full of odor and resin, which I adored. I set it down in the same spot and went off with the sheep.

"I never saw either the hand or the boy again. And I have never seen a sheep like that either. The toy I lost finally in a fire. But even now...whenever I pass a toyshop, I look furtively into the window. It's no use. They don't make sheep like that anymore."

Neruda has commented on this incident several times. "This exchange of gifts---mysterious---settled deep inside me like a sedimentary deposit," he once remarked in an interview. And he associates the exchange with his poetry. "I have been a lucky man. To feel the intimacy of brothers is a marvellous thing in life. To feel the love of people whom we love is a fire that feeds our life. But to feel the affection that come from those whom we do not know, from those unknown to us, who are watching over our sleep and solitude, over our dangers and our weaknesses---that is something still greater and more beautiful because it widens out the boundaries of our being, and unites all living things.

"That exchange brought home to me for the first time a precious idea: that all humanity is somehow together...It won't surprise you then that I have attempted to give something resinous, earthlike, and fragrant in exchange for human brotherhood...

"This is the great lesson I learned in my childhood, in the backyard of a lonely house. Maybe it was nothing but a game two boys played who didn't know each other and wanted to pass to the other some good things of life. Yet maybe this small and mysterious exchange of gifts remained inside me also, deep and indestructible, giving my poetry light."

- See more at: <http://www.awakin.org/read/view.php?tid=981#sthash.Dj06pi4M.dpuf>

## 17. A Letter From Fred

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

It didn't exactly conform to the rules of the online video contest for up-and-coming singer/songwriters, but when producer Jacob Colgan received 96-year-old Fred Stobaugh's handwritten lyrics in a mania envelope, it was an entry he couldn't ignore. Fred penned the song "Oh Sweet Lorraine" in memory of his recently departed wife of 72 years; but, as his letter to the studio said, "I don't sing. It would scare people." See how Jacob helped bring Fred's words to the ears of the world.

- See more at: <http://www.karmatube.org/videos.php?id=4398#sthash.44rW37bK.dpuf>

## 18. "We Can" – Theme Song for A School District

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

In 2012, the students at École Puntledge Park Elementary School in Courtenay, British Columbia, Canada completed a self directed project called "I Can" with the goal of making the world a better place. The project was so powerful that the teachers and staff decided to make "I Can" the school's theme for 2013, and adopted Jesse Ruben's, "We Can" as their song. This inspirational video captures Jesse's life-changing visit to the students in this small valley on Vancouver Island. -

See more at: <http://www.karmatube.org/videos.php?id=3813#sthash.Vnjlt3Ew.dpuf>

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## 19. Make A Difference

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

We all know it feels nice to give. But how many of us would give away a sudden windfall, particularly if it meant foregoing some luxuries that you'd never dreamed possible? This lovely little film, set in rural India, illustrates just how fun generosity can be when done with sensitivity, spontaneity, and stealth. - See more at:

<http://www.karmatube.org/videos.php?id=4354#sthash.95WVhT4t.dpuf>

## 20. Living in Peace Project

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

The Living in Peace Project - a self sustained community established in Karamea - one of the most scenic places in New Zealand - inspires travelers to learn who they truly are by experiencing Permaculture. This lifestyle is based upon the principles of sustainability, care for the earth, self expression, harmony, art, joy, fun, love, freedom and quality of life among others. The Living in Peace Project creates a synergy of travel, art, education and Permaculture, to offer a genuine travel experience. The founder of this community in NZ believes that the collective imagination of all travelers has helped Karamea be the place it is today and that the whole experience improves the quality of life of all visitors. Check out how this former traveler now stays at his home as the world comes to pay him a visit. - See more at:

<http://www.karmatube.org/videos.php?id=3431#sthash.NniBwNTN.dpuf>

## 21. Giving is the Best Communication

Watch this touching YouTube video for a dramatic portrayal of the power of giving. The sub-titles are in English. But the message of non-judgement and giving are universal. Follow this link to the video...

<http://www.youtube.com/watch?v=7s22HX18wDY>.

## HEART AND SOUL ADVERTISEMENTS:

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

### 22. Spiritual Resources

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

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

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

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

## 23. Sacred Attention Therapy

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

## 24. Spiritual Exploration and Soul Coaching

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

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

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

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

Please contact Spiritual Guidance if we can be of service, at [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com) or 613-204-0299.

## 25. 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

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

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

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

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

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

## “Forgiveness”

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

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

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

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

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

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

## 26. Spirituality Discussion Groups

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



## 27. A Course in Miracles Study Groups

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

## 28. Serving Your Loved-Ones

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

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

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

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

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

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

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 29. 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](http://www.servingyourjourney.com)).

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

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

1. Please go to the home page of our website ([www.servingyourjourney.com](http://www.servingyourjourney.com)) and click on



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street  
Ottawa, ON K1R 5J3  
CANADA

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

Love and gratitude for your support and generosity.

## 30. 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.

## 31. 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).**

## 32. Sacred Attention Therapy Training Course

*The*  
**SACRED ATTENTION  
Training Course**

**A Week-Long Intensive**

*at*

**Cortijo Llano de Manzano Personal & Spiritual Growth Center**

*in*

**Andalucia, southern Spain**

**30 March-5 April 2014**

*with* **RICHARD HARVEY**

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

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

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

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

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

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

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

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

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

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

**Dates:** 30 March-5 April 2014

**Price:** 1250 Euros (950 concessionary rate).

The Richard Harvey/Therapy & Spirituality Bursary Fund: No one is excluded from participating for lack of funds. If you are unable to afford the concessionary rate, contact Richard at <http://www.therapyandspirituality.com/contact-us.php> to apply for an assisted place. If you would like to know how you can contribute to the bursary fund and support this work see <http://www.therapyandspirituality.com/offer-support.html>.

**Booking:** If you have any questions, doubts or need for clarification, please don't hesitate to contact me directly by email, telephone, or Skype. My contact details are at <http://www.therapyandspirituality.com/contact-us.php>.

When you are ready to book, send a message via <http://www.therapyandspirituality.com/contact-us.php> stating your wish to enrol. On receipt of a confirmation email, you will be asked to pay a non-refundable deposit of 50% by bank transfer (details will be sent) or via PayPal. Participants are restricted to a maximum of 8, so please book soon to ensure your place.

**The Venue:** Cortijo Llano de Manzano Personal and Spiritual Growth Center, Canar, nr Orgiva, (Granada) Spain (see <http://www.therapyandspirituality.com/location-alpujarras-spain.html> for more information).

**Travel:** Full travel details are at <http://www.therapyandspirituality.com/travel-information-alpujarras.html>.

**Accommodation:** The course is non-residential. Scroll down to the bottom at <http://www.therapyandspirituality.com/travel-information-alpujarras.html> for local accommodation websites. Alternatively you may want to book accommodation in "The Ruin" (see "The Simple Retreat" at <http://www.therapyandspirituality.com/retreats.php>) or on request I may be able to put you in touch with local course participants who are willing to offer accommodation.

### **Some further information:**

Participants are encouraged to prepare for this week-long intensive by considering the following:

Read Richard's books *Your Essential Self* (published by Llewellyn Worldwide on 8 July) and *The Flight of Consciousness*

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

Spend some time exploring the Therapy and Spirituality website, particularly the plentiful articles, video talks, Q &A, and other miscellaneous writings. The predominant theme underpinning Richard's work and representing his innovative and radical psycho-spiritual approach to the modern era is presented in the *Three Stages of Awakening* (summarized in *Your Essential Self*).

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

The three stages are summarized briefly here:

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

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

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

### **2. The Change into Authenticity: The Psychology of Transformation**

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

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

### **3. The Source of Consciousness: The Psychology of Transcendence**

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

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

## **33. 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!

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

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

Sylvia Parker  
Global Wellness  
Manotick ON  
613-721-0039



## 34. 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 2<sup>nd</sup> and 4<sup>th</sup> week

**Time:** 7pm – 8pm **Cost:** \$10/pp

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

**When:** Wednesday, every 3<sup>rd</sup> 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](mailto:info@laughyourselfhealthy.ca)  
Website: [www.laughyourselfhealthy.ca](http://www.laughyourselfhealthy.ca)



## 35. TAO Crystals – 40% Off all Retail Items in January



We are pleased to offer crystals, Himalayan bath salts and many other gift ideas, jewelry, workshops, smudge, Tibetan and Crystal Singing Bowls, geodes and Feng Shui items.

**40% OFF ALL RETAIL ITEMS  
IN JANUARY 2014**



Located at Rockcliffe Crossing  
355 St. Laurent Blvd.  
Ottawa, On,  
K1K 2Z7  
[www.taocrystals.ca](http://www.taocrystals.ca)  
[www.facebook.com/taocrystals](http://www.facebook.com/taocrystals)

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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Ottawa, ON K1R 5J3  
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Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](#)

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

Facebook: [www.facebook.com/Servingyourjourney](http://www.facebook.com/Servingyourjourney)