

Serving your personal journey toward enlightenment...

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

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

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



When Will We Learn to Take Responsibility For Our Lives?

“Live your own life. That is to say, where you are, with what you are, and with who you are.”

... Swami Prajnanpad



When will we learn that no one, and no thing, outside of us controls how we see the world? When will we learn that we are 100% responsible for our lives? When will we learn that we are 100% responsible for the world we see and how we react to the world we see?

In our ego-based existence, we become trapped in a thought system that informs us what is happening outside of us influences how we feel and react. This thought system frames our existence. We are easily persuaded that our existence, our well-being, is entirely dependent on what is happening around us, outside of us. This thought system sees us reacting to everyone and everything as if we have absolutely no control over our lives, how we see the world, how we react to the world we see, and what role we play in the world we see.

Like with most everything in the ego-based world, it is almost completely opposite to truth and reality. Take for example how we ‘see’ the world. In the ego-based existence, we think we see with our eyes. This is a commonly accepted truth about our world. Yet science and spiritual teachings inform us differently. We see with our mind. First comes a, or the, thought. A thought about a person, place, event, thing, or whatever it is we think. This thought is projected outward and our eyes, being the receptors of our outward projections, receive the cues from our projected, outward reality and bring it back inside for our brains to process. But the convoluted process begins with a thought, our thought.

Who made this thought? Who created this thought? Where did it come from? Did you need permission to have this thought? If so, from whom?

Every thought we have comes from us; no one else. No one, and no thing, outside of us gives us our thoughts. We are the source, creators, projectors, and receptors of our thoughts. There is a Zen saying... “If you do not get it from yourself,

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where will you go for it?" If we are not the source, creators, projectors, and receptors of our thoughts, then who or what is? It certainly is not someone or something outside of us.

When we begin to take responsibility for our thoughts, our lives, we initiate a process whereby we can cultivate peace. Swami Sivananda shares "A desire arises in the mind. It is satisfied; immediately another comes. In the interval which separates two desires a perfect calm reigns in the mind. It is at this moment free from all thoughts, love or hate...complete peace equally reigns." For as long as we think what is outside of us controls how we see the world, our opportunity for peace is jeopardized. So what do we do with these seemingly external events and experiences in our lives? We simply observe them. Nothing more; nothing less. No judgement. No expectations. Simply observe. Hsu Yun says it best... "The best way is just to observe the noise of the world. The answer to your questions? Ask your own heart."

*When you move amidst the world of sense, free from attachment and aversion alike, there comes the peace in which all sorrows end, and you live in the wisdom of the Self.
(Bhagavad Gita)*

Our mind is an amazing instrument; powerful beyond most people's comprehension. But our mind can get us into all sorts of trouble. Quieting our mind not only facilitates inner peace but it makes it possible for us to see our outer world more peacefully. When Dogo was asked about the mind's extraordinary powers, he responded... "If you want to see, see at once. When you begin to think, you miss the point!"

When you begin to take responsibility for your life, you have begun to understand you are responsible for what you see. When you begin to understand you are responsible for what you see, you begin to understand you can create the world you want to live in. When you begin to create the world you want to live in, your life and everyone's life around you is transformed.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Anthem

The birds they sang
at the break of day
Start again
I heard them say
Don't dwell on what
has passed away
or what is yet to be.

Ah the wars they will
be fought again
The holy dove
She will be caught again
bought and sold
and bought again
the dove is never free.

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Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.

We asked for signs
the signs were sent:
the birth betrayed
the marriage spent
Yeah the widowhood
of every government—
signs for all to see.

I can't run no more
with that lawless crowd
while the killers in high places
say their prayers out loud.
But they've summoned, they've summoned up
a thundercloud
and they're going to hear from me.

Ring the bells that still can ring ...

You can add up the parts
but you won't have the sum
You can strike up the march,
there is no drum
Every heart, every heart
to love will come
but like a refugee.

Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.

Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That's how the light gets in.
That's how the light gets in.
That's how the light gets in.

Leonard Cohen

3. Quote or Question

All the principles of heaven and earth are living inside you. Life itself is truth, and this will never change. (Anonymous)

4. This Month's Heart and Soul Picks

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

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

When photographer David Ulrich faced losing his sight he had a life-changing experience, less under the dominion of ego, and more open to life, to people, and to the changes inherent in our lives. He discovered that "The nature of our perceptions is relative and depends on our state of awareness and state of being." Follow his journey to another kind of seeing... <http://www.dailygood.org/story/630/awakening-sight-david-ulrich/> **Be The Change:** Open your inner eyes this week and open to see what's around you through awareness of where and who you are.

One of the paradoxes of our times is the fact that many people would like to simplify their lives, yet the world grows only more complex. Complexity has taken over how we attempt to get things done in organizations, communities and governments. We can't seem to do anything simply anymore. Yet real change is possible, and it begins with the simple act of people talking to one another about what they care about. Author Meg Wheatley shares more... <http://www.dailygood.org/story/614/some-friends-and-i-started-talking-margaret-wheatley/> **Be The Change:** This week try to simplify your life, and bring what you really care about to your exchanges with others.

How do we look upon the brokenness of ourselves and the world, and in fixing our gaze, relinquish our desire to fix or change? Is it possible to just be with what is broken, to look, and in looking, come to love? Click here to walk with Trebbe Johnson through the clearcut forests of Vancouver, and journeys towards an acceptance of the world as it is. <http://www.dailygood.org/more.php?n=5623> **Be The Change:** Is there a place or circumstance where you avert your gaze? If so, commit to looking closer this week, and to be present with that discomfort.

- 15. Deep Inquiry: Not for the Faint of Heart
- 16. Direct Action in Love
- 18. Empathy vs. Sympathy

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).

5. Doug Henderson, Ph.D – Healing – It's An Inside Job

Intention is 97% Of all healing! The other 3% is not our function to know but to have Faith that it is done without self-doubt! It involves the use of mind. It's an inside job! It requires what Neville Goddard called, "Contention." This is attention in a relaxed and focused way. If at any time you are attempting to force your will upon any process, you are now interfering with Creation itself. We must learn to come from Power and not force. Power requires peace, stillness, gratitude, grace, willingness and the recognition that your desire is already present. Any agitated state prevents you from seeing what is already present. It's like a pendulum that swings from side to side, from extreme to extreme. All of "Oneness" resides in the swing but to connect with "Oneness" the swing must slow down to the fulcrum or center of the swing where peace resides. When the pendulum is in full swing there is no recognition of peace at all, it simply blows by undetected. The paradox is that we must become calm and unattached to outcomes to detect the presence of our very own "Oneness."

Connect: All of Creation operates in a circular or spiral fashion. As above so below, or as micro so macro. In other words what we do with intention on a micro level affects the macro level and vis versa! By gently massaging the palm of your hand in a counter clock wise fashion or spinning the pendulum in a left spin; we are removing what we don't want. When we gently rub the palm in a clockwise fashion or spin the pendulum with a right spin we are now adding what we do want. The trick is to know what it is that you want because the egoic mind spends 97% of its time focused on what it doesn't want! It's the 3 % that needs to maximize potential. **Note: In the commands below; RS indicates Right Spin or motion of touch and LS denotes Left Spin or motion of touch.**

You might begin by massaging the palm of your hand or spin your pendulum over the palm of your hand or place the tips of the little finger, index finger and thumb (the sign for "I Love You.") over the heart and apply Ho'oponopono statements from the Huna. The following statements are used by Dr. Ihaleakala Hew Len, PhD, with great success. Use them to talk to the cells of your body and/or Higher Self. They are; "I Love you!" (RS) "I am Sorry!" (LS) "Please, Forgive me!"(RS) "Thank you!(RS) If you are not in the habit of talking to your Higher Self, you might massage the palm of your hand or place the "I Love You" sign over the heart and say something like the following: **Note: The "I Love You" sign placed over the heart can also be used for the statements at the end of the article.**

"To the 70 trillion or more cells of my Physical Body and to All Etheric Bodies; I Love You, for all the wonderful, loving work that you do to sustain me despite my poor habits and my absence of awareness. I am Sorry that I haven't spent more time with you. Please, Forgive me! I need your assistance at this time. I am going to spend time with you daily to better understand who I am and just how Powerful I am. I will be providing commands and directions of what I would like you to accomplish (as we are one,) and I require your full co-operation as I speak to you from a quiet, loving state. Thank you!

Self Mastery 2.0: The following, "All Encompassing Commands," are a shortened version for daily application. They have been chosen because additional outcomes will flow from these commands. Their effect is cumulative. Apply these commands for 60 days without fail and see what happens. Almost every cell of your physical body is being replaced at about once every year. Rather than re-installing old patterns and programming that may not be providing your desired outcomes, here is an opportunity to install, "Self Mastery 2.0." Just imagine how evolved you will be if you actually do this daily for one year

If you dowse; (Use the hand with the palm up as a "10 Chart, "the fingers representing even numbers and the spaces between the fingers – odd numbers.) Apply your opening protocol asking; can I, should I, may I ask questions and provide

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commands that raise my level of conscious? If a yes response is obtained, hold your pendulum above the palm and right spin your dowsing abilities up to 100% accuracy. Check your accuracy. Now, state the commands, (listed below) one at a time and spin your pendulum over the palm in the appropriate direction until it breaks its circular motion and then use your hand chart, to determine what percentage of improvement has taken place? Ask; "With one representing 10% and 10 representing 100% what percentage has been achieved?" If 100% has not been achieved keep doing it until it has. In the beginning this can take some time. If it takes a very long time, you can give the command to the Dowsing System to continue on its own and you will check back in a few minutes, and go on to another command. After all, we are multi-dimensional beings. With each daily application, the length of time to do each command shortens.

If you know muscle testing, massage the palm of your hand in a circular motion until you intuitively feel that you have achieved 100% in the moment, then use "The finger lock technique" to re-test and ask if 100% has been achieved or not. Continue until 100% rectification is achieved for each command listed below.

If you know Emotional Freedom Technique, the commands listed below can be applied to formulate your own personal statements. However, determining to what extent commands have been absorbed is challenging with this method. The value of EFT is that the intention of the statement unblocks any blockages of light or love in the meridian system which distributes light to every cell of the body. Just have faith that correction is taking place because it is.

If you do not dowse, muscle test or know EFT; Ask, that your intuitive abilities are maximized and simply massage the palm of your hand in the appropriate fashion and ask that you be provided with an indication of when you have achieved 100% rectification. Or you can simply place the "I Love You" sign over the heart and say the statements while in a relaxed and focused state. Repeat each request a minimum of 9 times each, with feeling. Even if you are not achieving 100% rectification in the moment, the cumulative effect of doing this exercise daily will provide results because you are building awareness and re-programming your-self for something better. This is important because we are in a reciprocal, homeopathic relationship with Spirit/Energy where like attracts like! It is advisable to keep a journal and document even the slightest changes you are noticing. This will also help develop awareness. After 60 days of doing the exercise, review your notes and notice your progress. This can be quite helpful because we tend to forget where we were at the beginning and accept and integrate where we are now as the "new baseline" or standard. It is also advisable to do this protocol at bedtime so that beneficial statements are being received and applied to the subconscious mind, while you sleep. Record your dreams.

Recognizing What Your Soul Truly Wants! Close your eyes, go to a quiet centered state, visualize a tube of violet-white light approximately 3 feet in diameter that completely surrounds you and within that tube of light another tube of golden-white light approximately 3 inches in diameter that streams down from above, enters the crown of your skull and passes down through the center of your body to the center of the planet. The golden-white light is unconditional Love. Now, spin your pendulum or muscle test or use EFT or gently stroke your hand in a circular fashion or place the "I Love You" sign over the heart and say with feeling:

1. Maximize Self Love - I Love You, Smile and say Name (Use 3 finger technique over Heart)
2. Activate "Inner Senses." (RS)
3. Access Higher Self (RS).
4. Balance Polarity (RS)
5. Balance "Anima" and "Animus." (RS)
6. Maximize Gratitude for all Life and Experience. (RS).
7. Maximize Healing Ability. (RS)
8. Balance all Physical and Etheric Systems (RS)
9. Unblock all Blockages to Love and Light.(LS)
10. Maximize Discernment. (RS)
11. Transcend all non-beneficial Thoughts, Emotions, Feelings and Beliefs/Opinions (RS)
12. Release all Vows, Contracts and Agreements. (LS)
13. Maximize Forgiveness (RS)
14. Optimize Corrected Perception. (RS)
15. Optimize Consciousness (RS)
16. Optimize Lightbody. (RS)
17. Optimize Heart Centeredness. (RS)

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18. Optimize Self Actualization (RS),
19. Radiate Love, Peace, Bliss and Joy. (RS)
20. Thank You! Thank You! Thank You! (RS)

Note: The Palm of your hand and heart are doorways or portals to other dimensions or worlds! The electromagnetic field around the heart is 5,000 times greater than that around the skull.

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 to read unsolicited experiences. Seven years ago, Doug had 4 different cancers, refused conventional therapy and developed protocols that worked for him and his clients benefit from same. Doug can be reached by phone at 613-233-3888, by email at drdoug88@rogers.com, or via his website at www.quantumru.com.

6. Geoff Straw – Let God Be My Partner Today

These are channeled works through Geoff Straw from Divine Source.

We would say: CONGRATULATIONS! You are clearer and more aware of the necessary steps to be taken to get to your destination of a happier existence and a clearer mind. Too often you doubt yourself, and this causes an inner conflict which brings about unhappiness. Trust the inner voice of Spirit and be gladly guided.

For Spirit always seeks to guide you, dear Son. We always seek a greater partnership with you to bring about a more complete healing inside of you, and thus a healing outside in your world.

“Let GOD be my partner today.”

This affirmation is a good reminder that GOD is all that you need to best fulfill your inner reservoir. Seek no other but HIM.



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

7. Kathryn Kimmins – What’s Your Passion in Life

When you sit back and think about your life, what activity or moments have excited you more than any others? Take a moment to reflect on this.

Whatever pops into your head is your true passion. Turning that passion into your reality is your destiny. When we heed the call of our deepest desires, we fulfill our true destiny. We often feel the pull of our passions when we are young and free of life’s demands and responsibilities. For many of us, we’re taught to say goodbye to our passions as we cross the divide between childhood and adulthood, because bills still need to be paid. We reminisce about the “good old days” when we were younger and didn’t have any responsibilities, and could do what our hearts told us to do. Yet passion is what drives us to be the very best individuals we can be.

Set aside one hour today to do something you thoroughly enjoy. It doesn’t matter what it is...whether it’s a walk in the woods, reading a good book, a good laugh watching a movie or with friends or creating a delicious meal. Do it purely for the joy of the activity. As you settle in for sleep tonight, revisit the experience in your mind, considering why this activity excited you or brought you joy. Set the intention to awake the next day in this same state of mind and heart. If an hour per day sounds like too much, start with 10 minutes, then increase each day by another 10 minutes.

Have the happiest day of your life, so far!!!!



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/>.

8. Regiena Heringa – Notes from the Light – February 2014

How do you wish to mold your life? What are the values, the interests and the gifts you desire to understand and develop?

Though you may find confusion around you, the strengthening of your inner divine centre will automatically invite you to pose these questions.

What then is the purpose of existence?

This question has been asked for centuries upon your planet. The fundamental reason for human existence is for humanity to reach out and accept its true destiny, common to all beings everywhere—perfection. Think not that this is unattainable. Quite on the contrary. The quintessence of materiality is perfection for physical worlds are projections of the infinitely loving imprint of God-essence.

You may ask, “If this is so why then do I witness non-perfection in my world?”

To answer this question, we would respond with another. How often do you refine your thoughts, feelings and actions with the conscious knowledge of living love? Although you may state that this is impossible, kindly reflect upon the following: the rightful place of all matter is found in the harmonious perfection of the God core. Your soul, perpetually flawless and brilliant, no matter the thoughts you generate or the actions you pursue, resonates only to the ecstasy of pure Love,

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thereby demonstrating the harmonics of divine perfection. Each time you touch your inner soul presence through prayer, quietness, meditation, good thought and right action, you consciously choose to become infused with this sacred outpouring of universal and cosmic perfection. Consequently, you become unified with the sacred Creator, with your soul, and with all creation, smoothing out the wrinkles of your third-dimensional world and bringing it into alignment with other worlds who also witness, absorb and live in this universal and cosmic vibration of perfection. All life within, upon, outside and beyond your planet, forever pulsates to the sacred essence of this perfection for that is the original and natural state of life.

Kindly remember that it is you, through your own free will, who decides to consciously evade your perfect origin by denying the infinite goodness of your soul.

Although you may say this world view is difficult to assume, we state that it is most easy. In centering yourself to your divine essence, you find your natural habitat within the universe. In truth, you are moving towards your original home—your sacred soul which has always lived and will always live in perfection, this soul which moves and lives within the very arms of the God Principle of Love.

Hence we ask you the following: what is the spiritual imprint you wish to leave upon this fine planet as you make your way upwards to a higher way of being? What values do you desire to explore and develop? What ideal do you wish to be to your fellow citizens? How willing are you to inspire others to investigate the exquisite path of spiritual self-discovery?

The inhabitants of your world are progressively moving into greater action. This allows your fine people the wondrous opportunity to align outward movement with the natural inner home of perfection.



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

9. Dr. Nancy Cleaves – Control

Whatever you run from
you can ne'er escape,
and that which you hold
is what you forsake.

That which you judge
has become your torment,
and the one you exclude
just took your seat at the
heavenly banquet
of Love

Now you serve, and serve well oh *master*.
Wear the apron of intolerance,
until you are ready, with tears, to wash up.



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

10. Robyn Lebron – Scientology

This is the 13th article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"

Scientology is the next faith practice we will investigate. The word Scientology literally means "the study of truth." It comes from the Latin word "scio" meaning "knowing in the fullest sense of the word" and the Greek word "logos" meaning "study of." The Church of Scientology sprouted from the creative genius of Lafayette Ronald Hubbard. Born in 1911, he spent much of his childhood on his grandfather's ranch while his parents served abroad in the US Navy. During the 1920s, Hubbard started to visit his parents as a teenager in Asia, where he was introduced to Taoism, Buddhism, and other eastern philosophies. As a child he read extensively, and by the age of twelve was studying the theories of Freud.

In April 1950, Hubbard and four others (an attorney, a publisher, a doctor and an engineer) established the Hubbard Dianetic Research Foundation in New Jersey, to coordinate work related for the forthcoming publication, *Dianetics: The Modern Science of Mental Health*. This book described mental techniques designed to clear the mind of unwanted sensations, irrational fears, and psychosomatic illnesses. Some practitioners of Dianetics reported experiences which they believed had occurred in past lives, or previous incarnations. In early 1951, reincarnation became a subject of intense debate within Dianetics. This was an important factor in the transition from secular Dianetics to the religion of Scientology. The goal of Scientology would be to fully rehabilitate the spiritual nature of an individual, including rehabilitating all abilities and realizing one's full potential. In 1954, the first Church of Scientology was established in Los Angeles, California. The Church of Scientology has pursued an extensive public relations campaign for the recognition of Scientology as a religion.

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A number of governments now view the Church as a religious organization entitled to protections and tax relief, while others continue to view it as a pseudo religion or cult. The differences between these classifications have become a major problem when discussing religions in general and Scientology specifically.

Scientology says they believe in The Supreme Being, whatever you believe that to be. They do not really worship God in the same sense Christians do. The nature of the Supreme Being is revealed personally through each individual as they becomes more conscious and spiritually aware. There exists a life energy or force beyond and within all. They teach that Man consists of three parts. The first of these is the spirit, *the thetan* (from the Greek letter *theta*, meaning "thought" or "spirit"), which is the individual himself. It is the most important of the three parts of man. The second of these parts is the mind. The thetan uses his mind as a communication and control system between himself and his environment. The third of these parts is the body. The body is not the person. Hubbard describes many key Incidents said to have occurred to thetans during the past few trillion years. Some incidents are unusual and traumatic events said to have happened to thetans millions of years ago. This trauma is said to linger for years and causes unresolved psychological problems in the present day.

In Scientology, founder L. Ron Hubbard used the term "space opera" to describe what he said were actual extraterrestrial civilizations and alien interventions in past lives. It is a basic belief of Scientology that a human being is actually an immortal spiritual being, that is presently on planet Earth in a body. The thetan has had innumerable past lives and it is accepted in Scientology that the thetan's arrival on Earth came from extraterrestrial cultures. The teachings bear similarities to Gnostic thought and ancient Hindu myths of creation and cosmic struggle. According to Scientology, when we die, we lose our physical body and go to Heaven (which is actually a mental processing station where our memories are erased), after which we return to Earth and attach ourselves to new bodies. Thetans are believed to be reborn time and time again in new bodies through a process called *assumption* which is analogous to reincarnation. Like Hinduism, the Scientology emphasis on the importance of present (or future) consequence of past actions also resembles the concept of karma. Rebirths continue until one consciously confronts all pre-birth, current-life, and previous-life traumas and realizes one's true nature as an immortal spirit -- transcending matter, energy, space, and time. His experience extends well beyond a single lifetime. His capabilities are unlimited, even if not presently realized -- and those capabilities can be realized.

Scientology describes itself as the study and handling of the spirit in relationship to itself, others, and all of life. One purpose of Scientology, as stated by the Church of Scientology, is to become certain of one's spiritual existence and one's relationship to the Supreme Being. Based on the belief that you cannot free yourself spiritually without working to free others, Scientology has founded and supports many organizations for social betterment, particularly in the areas of drug abuse, crime, psychiatric abuse, government abuse of law, human rights, religious freedom, education, and morality. Scientology strongly favors the use of their methodology for spiritual/mental healing over the use of conventional treatment.

Scientologists also celebrate religious holidays depending on other religious beliefs, as Scientologists very often retain their original affiliations with faiths in which they were raised. Scientology states that it is compatible with all major world religions.

The Creed of the Church of Scientology says: *"We of the Church believe: ... That all men have inalienable rights to their own religious practices and their performance". The Church of Scientology believes "that Man is basically good, that he is seeking to survive, [and] that his survival depends on himself and upon his fellows and his attainment of brotherhood with the universe"--* from Church of Scientology's statement of beliefs.

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



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

11. Good News Of The Day

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

Approximately two-thirds of our waking life is spent at work, and yet only one-third of employees report that they are engaged with their work. Yet, the opportunities for finding or amplifying meaning at work are abundant. These range from finding a sense of purpose, receiving prestige, actualizing one's self through learning and accomplishment, and being part of the social fabric of a work community. In this article, the Greater Good Science Centre presents eight possibilities for being attuned to or creating value at work. <http://www.dailygood.org/story/626/8-ways-to-find-more-meaning-at-work-morten-hansen-dacher-keltner/> **Be The Change:** Reflect on your own or engage with your colleagues and supervisors about honing one or more of the eight avenues of finding meaning at work.

"Happiness isn't the opposite of depression -- resilience is, according to psychologist Peter Kramer. Think of the people you most admire -- many of them didn't get where they are just by sailing through life without any negative experiences or failures. Most of them distinguished themselves by their ability to get right back up every time they fall, a truism reflected in countless inspirational quotations on the power of perseverance." This article presents seven habits of highly resilient people, with practical ways that you can improve your own ability to cope with life's challenges.

<http://www.dailygood.org/story/618/how-to-bounce-back-from-failure-carolyn-gregoire/> **Be The Change:** When faced with rejection, practice one of the seven habits listed in this article. To step it up, encourage a friend to use these habits or learn more about how inspiring individuals have harnessed their resiliency to create change.

<http://www.dailygood.org/story/442/the-power-of-creative-constraints-pavithra-mehta-and-suchitra-shenoy/>

When photographer David Ulrich faced losing his sight he had a life-changing experience, less under the dominion of ego, and more open to life, to people, and to the changes inherent in our lives. He discovered that "The nature of our perceptions is relative and depends on our state of awareness and state of being." Follow his journey to another kind of seeing... <http://www.dailygood.org/story/630/awakening-sight-david-ulrich/> **Be The Change:** Open your inner eyes this week and open to see what's around you through awareness of where and who you are.

One of the paradoxes of our times is the fact that many people would like to simplify their lives, yet the world grows only more complex. Complexity has taken over how we attempt to get things done in organizations, communities and governments. We can't seem to do anything simply anymore. Yet real change is possible, and it begins with the simple act of people talking to one another about what they care about. Author Meg Wheatley shares more...

<http://www.dailygood.org/story/614/some-friends-and-i-started-talking-margaret-wheatley/> **Be The Change:** This week try to simplify your life, and bring what you really care about to your exchanges with others.

So here is the situation: the brain we have inherited from millions of years of evolution is both a gift and a curse, if not understood and used wisely. But if we can come to understand why and how to cultivate compassion within us, we can begin to become the people we want to be. In this article, discover how you can make a commitment towards becoming more compassionate. <http://www.dailygood.org/story/616/cultivating-compassion-paul-gilbert/> **Be The Change:** Want some ideas on how to refocus your mind on becoming more compassionate? Take a moment and find a quick tip that might work for you. <http://www.dailygood.org/more.php?n=5732a>

How do we look upon the brokenness of ourselves and the world, and in fixing our gaze, relinquish our desire to fix or change? Is it possible to just be with what is broken, to look, and in looking, come to love? Click here to walk with Trebbe Johnson through the clearcut forests of Vancouver, and journeys towards an acceptance of the world as it is.

<http://www.dailygood.org/more.php?n=5623> **Be The Change:** Is there a place or circumstance where you avert your gaze? If so, commit to looking closer this week, and to be present with that discomfort.

Imagine a life filled with beautiful twists and turns that still leaves you unfulfilled. For Laura Lavigne, it felt like slow death until one day someone asked her, "If you could start any center, what would it be?" In that moment, the idea for the

Serving your personal journey toward enlightenment...

Anacortes Center for Happiness was born -- an organization founded with a mission to spread of joy, smiles, and a splendid sort of silliness. It was then that Laura realized her true purpose in this world. Read more to discover how one woman's quest for happiness has helped transform lives. <http://www.dailygood.org/story/628/clear-skies-and-a-chance-of-joy-audrey-lin/> **Be The Change:** Whether standing in line, or rushing for the bus -- there will always be an opportunity to connect with a fellow human being. Discover and cherish these moments in each day; and, in doing so, share your joy with this world.

Does your life feel busy or cluttered? Clearing out our mental and emotional closets starts with an honest appraisal of where and how we live, and letting go of what is simply taking up space. In an era when filling our homes and our calendars has become a cultural fixation, this can mean breaking old habits and the severing of ties with our beloved "stuff." While it may not be easy, the Greater Good Science Center in Berkeley lays out four steps to get us started. <http://www.dailygood.org/story/609/how-to-eliminate-junk-stimulus-greater-good-berkeley/> **Be The Change:** What's one thing you can let go of tomorrow? Find something you can give away to a friend or to those in need.

"I believe it is possible that we can turn today's breakdown into a planetary breakthrough on one condition. We can do it if we can break free of a set of dominant but misleading ideas that are taking us down." Francis Moore Lappé began her journey as an environmental author and activist with the publication of her bestselling cookbook, *Diet for a Small World*. In her latest book, *EcoMind*, she outlines a new approach to addressing our interconnected environmental crises by shifting from a wholly quantitative framework to a qualitative, relational understanding of the issues we face. These and other insights arise in talking about her book with Fritjof Capra of the Center for Ecoliteracy. <http://www.dailygood.org/story/610/hope-is-what-we-become-in-action-center-for-ecoliteracy/> **Be The Change:** After reading this article, what is one influence in your life that helps to generate a feeling of scarcity or fear? How can you change your relationship with this part of your life?

"Giftivism: the practice of radically generous acts that transform the world. History has seen giftivists in all corners - Gandhi, Mother Teresa, Martin Luther King, Nelson Mandela and so forth. People who believed that when we change ourselves, we can fundamentally change the world. But this ability isn't restricted to social change giants. The seeds of giftivism lie in each of us. But to tap into it we have to do something all these people did. We have to upturn one of the core assumptions of economics - the assumption that people always act to maximize self-interest. The assumption that we are inherently selfish beings. Giftivism flips that idea on its head. What practices, systems and designs emerge when we believe people WANT to behave selflessly?" In this heart-stirring talk filled with real-life stories, writer Pavi Mehta describes the path of Giftivism and the vast potential it holds for returning us to the priceless. <http://www.dailygood.org/story/644/giftivism-reclaiming-the-priceless-pavithra-mehta/> **Be The Change:** Practice a radically generous act today that transforms your world.

"Natalie Batalha hunts for "exoplanets" -- Earth-sized planets beyond our own solar system -- that might have liquid water and harbor life. ...And, I've never met anyone who speaks more intriguingly than Natalie Batalha about the connection between science, love, and gratitude for life. She is a luminous voice for the way exploring the heavens -- as we do that now -- is bringing the beauty of the cosmos and the exuberance of scientific discovery closer home to us all. <http://www.dailygood.org/story/580/on-exoplanets-and-love-krista-tippet/> **Be The Change:** Want to get a better glimpse of the cosmos, or actually become involved in a real-life project? Visit Zooniverse.org for a chance to experience the thrill of discovery. <http://www.dailygood.org/more.php?n=5728a>

12. What to Remember When Waking

Reprinted from www.awakin.org.

--by [David Whyte](#) (Dec 30, 2013)

In that first hardly noticed moment in which you wake,
coming back to this life from the other
more secret, moveable and frighteningly honest world
where everything began,
there is a small opening into the new day
which closes the moment you begin your plans.

What you can plan is too small for you to live.
What you can live wholeheartedly will make plans enough
for the vitality hidden in your sleep.

To be human is to become visible
while carrying what is hidden as a gift to others.
To remember the other world in this world
is to live in your true inheritance.

You are not a troubled guest on this earth,
you are not an accident amidst other accidents
you were invited from another and greater night
than the one from which you have just emerged.

Now, looking through the slanting light of the morning window
toward the mountain presence of everything that can be
what urgency calls you to your one love?
What shape waits in the seed of you
to grow and spread its branches
against a future sky?

Is it waiting in the fertile sea?
In the trees beyond the house?
In the life you can imagine for yourself?
In the open and lovely white page on the writing desk?

- See more at: <http://www.awakin.org/read/view.php?tid=994#sthash.V5kdx5oY.dpuf>



13. Aliveness and Harmony

Reprinted from www.awakin.org.

--by [Christopher Alexander](#) (Jan 06, 2014)

A man is alive when he is wholehearted, true to himself, true to his own inner forces, and able to act freely according to the nature of the situations he is in.

To be happy, and to be alive, in this sense, are almost the same. Of course, a man who is alive, is not always happy in the sense of feeling pleasant; experiences of joy are balanced by experiences of sorrow. But the experiences are all deeply felt; and above all, the man is whole; and conscious of being real.

To be alive, in this sense, is not a matter of suppressing some forces or tendencies, at the expense of others; it is a state of being in which all forces which arise in a man can find expression; he lives in balance among the forces which arise in him; he is unique as the pattern of forces which arises is unique; he is at peace, since there are no disturbances created by underground forces which have no outlet, at one with himself and his surroundings.



This state cannot be reached merely by inner work.

There is a myth, sometimes widespread, that a person need do only inner work, in order to be alive like this; that a man is entirely responsible for his own problems; and that to cure himself, he need only change himself. This teaching has some value, since it is so easy for a man to imagine that his problems are caused by "others." But it is a one-sided and mistaken view which also maintains the arrogance of the belief that the individual is self-sufficient, and not dependent in any essential way on his surroundings.

The fact is, a person is so far formed by his surroundings, that his state of harmony depends entirely on his harmony with his surroundings.

Some kinds of physical and social circumstances help a person come to life. Others make it very difficult.

-- Christopher Alexander, in *The Timeless Way of Building*

- See more at: <http://www.awakin.org/read/view.php?tid=985#sthash.AVBLsRC8.dpuf>

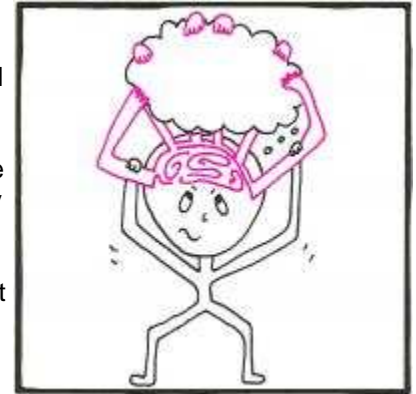
14. Attachment is Habitual Thinking

Reprinted from www.awakin.org.

--by [Miao Tsan](#) (Jan 13, 2014)

We all judge our experiences through the filter of habitual thinking. In other words, we are unconsciously driven by how we think, and how we think determines the feelings and opinions we develop toward people, objects and situations. But such opinions and perceptions only distort reality, and unfortunately, we cannot help but interpret reality through self-centered thinking. For example, when we find ourselves in an unsatisfactory situation, we feel angry. We can't help it. We characterize the experience as bad. But each thought we have also presents an opportunity for change, since every thought is independent and rootless, being empty in nature.

Each thought arises and dissolves simultaneously. Regardless of what the prior thought might have been, the potential for the next thought is unlimited: It can turn toward an infinite number of possible directions and destinations, because a free mind does not have to hold onto a particular trajectory in its thought-movement, nor do thoughts have to follow one another in a fixed pattern. Only due to the habitual mental tendency does our mind functioning become set on a certain predetermined path. The so-called habitual tendency (or unconscious mode of mind functioning) refers to the fact that the mind becomes preoccupied by certain thoughts. When one of those thoughts appears, it necessarily triggers a set of corresponding reactions. We experience these reactions with strong inertia. Our habitual mental tendency is the direction our thoughts take when we don't consciously overcome this inertia to free them from the path of least resistance.



Dear mind, DROP IT.

Uncontrollable reactions – especially anger, sadness or sensual indulgences – often become stubborn, nearly unstoppable attachments. It is as if we are an old phonograph record that keeps skipping at the same spot. Attachment is habitual thinking or an idea that occupies and disrupts our inner peace. When the mind becomes dependent on certain people and situations and repeats the same thoughts, it is attachment. When certain people, objects and situations continually bring out the same reactions and emotions in us, this is attachment. When we feel the urge to seek approval from a certain individual or take possession of certain objects, this too is attachment.

Various forms of attachment compel us to repeat thoughts and emotional responses that solidify the mental doors through which we perceive and judge the world. A life driven by attachment will be characterized by the repeated manifestation and deterioration of similar issues and problems.

--Miao Tsan, from "Just Use This Mind"

- See more at: <http://www.awakin.org/read/view.php?tid=986#sthash.dJwy1Snz.dpuf>

15. Deep Inquiry: Not for the Faint of Heart

Reprinted from www.awakin.org.

--by [Gangaji](#) (Jan 20, 2014)

Authentic spiritual inquiry reveals the joy of fresh insights and revelation, just as artistic or scientific inquiry does, but if we cling to the latest insight as a thing we know, that thing grows stale.

To be of real spiritual value, inquiry must be alive and fresh. Regardless of what we remember or have discovered from the past, each time we truly inquire, we return to not knowing what the outcome will or should be. No doctrine is needed for discovery. No concepts of multiplicity, duality, or non-duality are needed. In fact, we must put aside all of our doctrines and concepts for our inquiry. All that is needed is the willingness to be unattached to the outcome, conscious, and truthful.

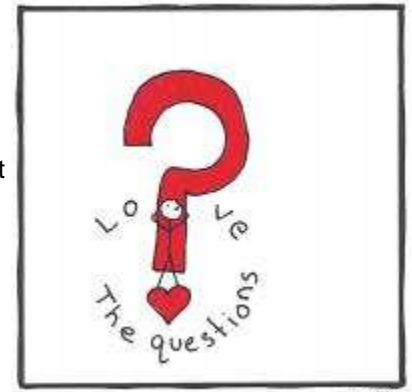
Deep inquiry is not for the fainthearted or weak-minded. It is for those who are ready and willing, regardless of fears and discomforts. It is the challenge and invitation to mature. It is the invitation to give up past reliance on others' discoveries while allowing those discoveries to encourage and even push us into our own inquiry.

Inquiry is not a coping mechanism. It is not present in human consciousness to provide certainty or comfort, except the sublime certainty that one has the capacity to discover truth for oneself. It is a stretching mechanism. It calls on the mind to stretch beyond its known frontiers, and in this way inquiry is support for maturing and evolving the soul. It frees us from the need to define ourselves to experience being ourselves. It is both humbling and a source of profound joy, but it does not provide a neat package of new definitions and stories.

The challenge in inquiry is to be willing to directly discover what exists with no reference points. Inquiry is no small challenge, for it requires facing the death of the inner and outer worlds as they have been constructed with no knowledge of what will take their place. We have the experience of releasing our constructed world when we fall into sleep, and we cherish and need this experience for our well-being on all levels.

The challenge of inquiry appears in releasing the constructed world while remaining conscious.

- See more at: <http://www.awakin.org/read/view.php?tid=987#sthash.XKSGMZhb.dpuf>



16. Direct Action in Love

Reprinted from www.KarmaTube.org.

"Love is listening, observing, validating and empathizing." In this TEDx talk, educator and "empathetic first responder" Catherine Cadden shows us, through personal stories, that we can all access empathetic connection with another human being at any moment by responding to their basic needs of respect, compassion, interdependence, trust, and harmony. Cadden has chosen to work in the education system because she believes that children who have the opportunity to practice peace in the classroom will effect the change we need to create a peaceful society. Her work now extends to 6 continents and thousands of people supporting and inspiring the practice of being nonviolent. - See more at: <http://www.karmatube.org/videos.php?id=4119#sthash.Ouko42FU.dpuf>

17. Ten Moments to Restore Your Faith in Humanity

Reprinted from www.KarmaTube.org.

Every day, we are bombarded with images of death and destruction and stories that focus on the problems of the world. No wonder more people today are pessimistic about the future than those that think life will improve. Take less than two minutes of your time to focus on these ten moments that will restore your faith in your fellow human beings. - See more at: <http://www.karmatube.org/videos.php?id=4337#sthash.Dwrwk5oi.dpuf>

18. Empathy vs. Sympathy

Reprinted from www.KarmaTube.org.

Empathy and sympathy are not just two different approaches to confronting the emotional challenges of others; they are diametrically opposite responses in many important ways. Sympathy places another's problems at a distance from us, places us in a position of superiority, and "drives separation", says the film's narrator, Dr. Brené Brown. Empathy, on the other hand, requires that one internalize the feelings of another. That shared experience drives interpersonal connection, she says. "What makes things better is connection." - See more at: <http://www.karmatube.org/videos.php?id=4646#sthash.FnINjORo.dpuf>

19. Plant Trees

Reprinted from www.KarmaTube.org.

In a short, simple, yet touching film, a first-time animator captures the contagion of stewardship and compassion for our planet. When one man decides to nurture nature, others lend their support. Enjoy and share this important message. - See more at: <http://www.karmatube.org/videos.php?id=3534#sthash.sOEFu91S.dpuf>

HEART AND SOUL ADVERTISEMENTS:

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

20. Spiritual Resources

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

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

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

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

21. Sacred Attention Therapy

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

22. 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. To schedule an appointment, please contact Spiritual Guidance at rmeagher@servingyourjourney.com or 613-204-0299.

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

Serving your personal journey toward enlightenment...

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

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

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

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

"Forgiveness"

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

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

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

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

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

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

24. Spirituality Discussion Groups

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

25. A Course in Miracles Study Groups

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

26. Serving Your Loved-Ones

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

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

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

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

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

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

Shanti, Namaste, Agape,

Rev. Robert Meagher
Spiritual Guidance

27. Supporting Spiritual Guidance

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

- Sacred attention therapy
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.
- Daily contemplative sharing
- OM websites

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

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

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

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



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

29. 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.

30. 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

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steps in your inner growth and personal development, discover guiding principles for the inner journey, learn to connect with your inner wisdom and deepen in profound relationship to yourself and others, and develop a heart-centered life filled with wise inner guidance, clarity and compassion

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

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

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

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

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

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

Dates: 30 March-5 April 2014

Price: 1250 Euros (950 concessionary rate).

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

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

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

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

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

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

Some further information:

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

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

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

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

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The three stages are summarized briefly here:

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

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

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

2. The Change into Authenticity: The Psychology of Transformation

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

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

3. The Source of Consciousness: The Psychology of Transcendence

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

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

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

Ottawa Citizen Building
1101 Baxter Road
Ottawa On

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

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

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

Sylvia Parker
Global Wellness
Manotick ON
613-721-0039

32. Hamilton Grooves with Laughter Yoga



Hamilton Grooves with Laughter Yoga

Laugh Stress Away with Child-like Play

Two locations to choose from

Location: Caroline Place Retirement Residence
118 Market St, Hamilton

When: Tuesday, every 2nd and 4th week

Time: 7pm – 8pm **Cost:** \$10/pp

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

When: Wednesday, every 3rd week

Time: 7:30 – 8:30pm **Cost:** \$10/pp

All ages are welcome

Take the laughter challenge, 6 classes for \$50

Contact: Kathryn Kimmins
Certified Laughter Yoga Teacher

Direct: 905-574-1765

Email: info@laughyourselfhealthy.ca

Website: www.laughyourselfhealthy.ca



33. Hsüan-Hsüeh On-line Discourses



The Hsüan-Hsüeh Discourses

Five **Online** Talks with questions, discussion, and sharing, **live**, with psychotherapist and spiritual teacher **Richard Harvey**, author of *Your Essential Self* and *The Flight of Consciousness*

RICHARD HARVEY



Each of these psycho-spiritual talks takes a Taoist story and relates it to a passage from another spiritual tradition before relating and extending the themes to Richard's sacred-spiritual model of human growth and development for the modern era.

Between February and April 2014 I will be giving this series of five talks, one a fortnight for five weeks. These discourses explain the dynamics of wisdom, the first stage of ego-transcendence, the relationship of destiny to individual potential, spiritual baptism, and, finally, sacred and spiritual wordless teaching. At the end of the lectures questions, discussion, and sharing are invited.

Each lecture is 1½ hour long and given over a Skype conference call and includes radical new spiritual practices for psycho-spiritual practitioners, students, and seekers. Each lecture may be taken separately or as a part of a longer training.

"Nothing is greater than the human heart." —Richard Harvey

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

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

Times: 16.30-18.00 Central European Time (CET). **Please check carefully for your time zone equivalents.**

Dates:

Penetrating Wisdom 12 Feb

The story of Huang-ti, the Upanishads' 'Carrying Fuel,' and the Journey Around the Self

Transcending Separation 26 Feb

The Empty Boat, Jesus' Dictum of Turning the Other Cheek, and the Second Stage of Awakening

Locating Destiny 12 Mar

The Sacred Tortoise, the Gospels' Temptations of Christ, and Capacity, Potential, and Destiny

Spiritual Baptism 26 Mar

The Useless Tree, Martin Buber's *philosophia vera*, and Deep Spirituality

The Ocean of Stillness 09 Apr

The Nameless Tao, the Legend of Bodhidharma, and the Third Stage of Awakening

Prices:

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

Special Offer: Book the complete Hsüan-Hsüeh Online Discourses, five discourses in all, in advance for 160 Euros (25% discount).

Booking:

To make a booking please use our booking form to apply for the course(s). When you have received a confirmation email, please pay a 50% deposit by Paypal or credit card (using our online facilities), and then pay the balance before the course starts.

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 please contact Richard to apply for an assisted place. If you would like to know how you can contribute to the bursary fund and support this work please see offer suport.

For more information on how the Hsüan-Hsüeh Discourses came into being, please see my article below "A Glimpse of the Divine: The Background and my Life-Preparation for the Hsüan-Hsüeh Discourses."

For information and booking visit: <http://www.therapyandspirituality.com/courses.html>

A Glimpse of the Divine

The Background and my Life-Preparation for the Hsüan-Hsüeh Discourses

It is a hard one to put across to people who don't get it, but teaching spirituality involves *letting go*. You simply dive in! It is not information, as I have been discussing elsewhere. It is not knowledge (in the sense of learning by rote). It is wisdom in the sense of aligning yourself or tuning in to a vast impersonal flow of Truth.

This word truth also is contentious. For when I and other spiritual teachers use the word truth, most of the time, we mean Truth. Truth with a capital "T" is the Truth which participates in no opposites. It is not the opposite of a lie, some deceit or falsehood. This Truth *is* and if you were to further the explanation you could say that Truth is absolute (whereas truth—with the small "t"—is relative).

My life seems to have been a journey to Truth, to a direct apprehension of the Absolute. It has become as real as the relative world to me. When I was younger it was actually *more* real than the relative world in my experience. This life, this personal-impersonal procession of moments has been a kind of return, but more accurately discovering anew, the Reality (with a capital "R") that I occupied unselfconsciously when I was very young.

One of my teachers, also my therapist, was an enthusiastic Taoist. So was I. It was one of many points of convergence. Some years after our meeting, a psychic dowser, the late Pat Densham of Dartmoor England told me that we had been Taoist monks together in a previous life. This somehow fit. His gift of Thomas Merton's *The Way of Chuang Tzu* led directly to my book *Tao's Gift* (which is a phrase from the book). I had puzzled over Chuang Tzu since I was twenty-five. I had puzzled over the *Tao Te Ching* even longer.

One morning while reading John Wu's popular translation of the *Tao Te Ching* in the Shambhala pocket edition, the Tao and its resurgent opacity simply opened up for me. And I fell in laughing. I could only think—not that I was thinking all that much—that it was and had always been so very simple. I had tried to understand inscrutable, timeless wisdom with my small mind. It was like trying to fit the ocean into a pint pot. Something broke open inside me and the doors to the treasure house yielded and in I came.

My background in Taoism has been punctuated by work with Chungliang "Al" Huang of the Living Tao Foundation, the marvelous teacher who wrote *Embrace Tiger, Return to Mountain* (as well as co-writing *Tao: the Watercourse Way* with Alan Watts) and Richard Dror (of the Taoist Center, Vermont, USA). I also studied with many different Tai Chi masters. This training may have saved my life (although I am prone to exaggeration, but I'll let you judge). When I was working in Skyros running meditation groups and therapy courses on a personal growth holiday, I learnt windsurfing with another gifted teacher who I only remember as Bob. Bob showed me the basics and I took to it because water is my element and I reveled in the freedom of slicing through the waves in the wind as a contrast to the in-turned intensity of the workshops I was facilitating during the day.

One time, feeling confident, I took off on my own and sped out further than ever before into the Mediterranean Sea. My hair was flying, the sun was shining, and it was glorious. I don't know if you have ever done this and it may be different for an experienced windsurfer, but my experience was that there was some point at which you simply fall. You maintain balance, endurance, and vigor, then at some point there's a call to just let go and you fall in. It's really all part of the fun. So I had got to this point and I was on the verge of letting go and savoring the pleasure of relaxing my muscles, releasing the boom, loosening my legs, and falling in when I looked straight down only to find that the sea was a quaking mass of Portuguese Men O'War, as far as the eye could see, a field of purple just below the surface of the water.

Survival instincts kicked in and I adapted to the new movement in a way that, had I not practiced Tai Chi, I am not sure I could have pulled off. Swinging around I maintained perfect balance and poise, becoming one with the windsurfer that kept me a merciful distance from the insurgent stings of the venom of the Portuguese Men O'War. I have never flown as quickly as I did back to the beach.

Tai chi gives you balance and poise and much more. Taoist literature speaks of this balance and poise, which are crucial for the spiritual life. We occupy a space between heaven and earth and through this space we can reach to the farthest ends of the universe and beyond, into the furthest reaches of time and into eternity. To occupy this body and this space and reach this far into the astral and etheric bodies demands some balance, some poise and equanimity.

Serving your personal journey toward enlightenment...

Balance and poise of movement but also curiously the total lack of thinking got me out of the clutches of the shoal of the Portuguese Men O'War. The inspiration for the Hsüan-Hsüeh Discourses has settled over me in a similar fashion. The idea of lectures based on the Tao gestated in me for a while as I wrote pieces on love and maturity for the present series of online talks, the *Novena Teachings*. Then one day it erupted in me like a newborn teaching, ready and freshly prepared.

The first discourse is "Penetrating Wisdom." The story of Huang-ti came to me in a book I have owned forever it seems—*The Wisdom of the Taoist Mystics* by D Howard Smith. I had picked it up in the marvelous Inner Bookshop in Oxford in the 1970s. This story reminded me of another favorite of mine, this time from the *Upanishads*; the story of Indra and Prajapati. Both stories explore the sublime theme of returning to the teacher for deeper levels of wisdom and the dissatisfaction with anything but the full truth. Most fascinating is the motif in the Upanishads story of carrying fuel, the symbolic and perhaps practical gift of fuel or willingness to learn and a symbol of the energy required to see discipleship through to spiritual enlightenment. I have related these stories and their themes to what I have come to call the Journey Around the Self (which was a longtime working title for *Your Essential Self*. It is also the title of part 2 of my book *The Flight of Consciousness*).

In the process of self-discovery we journey around the self. The first time is a revelation, an awakening of sorts. On the second revolution we etch in more detail, getting a fuller picture and deepening in self-awareness. On the third revolution we pick up on what was missed the first and second times. If and when we begin to venture on a fourth my view is that we should be cautious and suspicious. Some simply coast around the self for multiple times, immersed in the ride and oblivious to the reasons for taking the journey in the first place. It becomes an obsession and gets nowhere. Therefore I have set a boundary in my own work. I will accompany clients on a first and second journey and I will complete the third revolution too with the strong intention to leave the viewing at the end of it. But I will not set off on a fourth revolution (other than in very rare circumstances).

The fourth, fifth, or sixth revolutions are almost certainly an avoidance of the second stage of awakening (see my book *Your Essential Self*), which is the flowering of a human life. So if you are a practitioner, a counselor, a therapist, or a guide, be wary of the addiction to self-discovery that keeps your clients in a negative vortex of self-concern and morbid fascination with the past. Allow them to discover a way out of this addiction to the small self and lead them on, wherever you can and wherever it is appropriate, to the further challenges of the mature life of authenticity and heart. Much will depend on their innate potential and capacity. This is the theme of "Locating Destiny," a later discourse in the Hsüan-Hsüeh series.

The famous empty boat story from the Chuang Tzu is a story that once heard is never forgotten. Its impact lies in its immediacy. Who does not identify with the desire to blame someone when something happens to them, to the illusion of the ghost in the action? Who has not bashed their head on a low roof beam? Or caught their clothing on a low-mounted hook in the kitchen? Or felt that the world or life itself is somehow against them?

Chuang Tzu illustrates memorably and powerfully the ephemeral nature of our emotions, the fleetingness of our reactivity, and the very core of the constellation of our egoic complex: self-importance.

What could be more apposite than the furtherance of this insight in Jesus' dictum to turn the other cheek? And finally this inferred dichotomy in the frisson between self and other and its transcendence in my model at the second stage of awakening is the subject of "Transcending Separation," the second discourse in the series.

Throughout the previous series of online lectures I have been giving since 2012 Truth has been irresistible in its reaching out and longing for expression. When it meets the longing and the reaching out in you something miraculous and profoundly simple occurs. It is three-fold. First, recognition. The Truth is impersonal and familiar to us all regardless of the level of intellect or acumen. If anything it relies on our readiness, openness, and willingness to listen and hear. The recognition of Truth is universal, common to all who are present and available to it.

Second is an overwhelming feeling of relief that you have found IT: that which is immutable and deathless. It is the understanding that what you have always suspected was real, that which may have alienated you from others and for whose sake you may have suffered ridicule and humiliation is demonstrable, near-tangible, and spoken.

Third is the insight, breakthrough, or expansion that constitutes the next step in your psycho-physical development. This opening is either in your heart or the higher *chakras* or energy centers of your psycho-physical system. You may feel this

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as a shuddering, a jumping, or some mental/physical disturbance. But this resolves in a resettling and a fresh centering of your consciousness in your psycho-physical organism.

Essentially what characterizes this is *letting go*. For it is not only the spiritual teacher who must let go, the student-devotee of the spiritual path must also let go.... profoundly. You must let go of opinions, prejudices, bigotry, judgment, and finally thoughts, altogether. Then you align yourself or tune in to transcendent Wisdom.

The vast impersonal flow of Truth offers us a glimpse of the Divine. Here in the Hsüan-Hsüeh Discourses we will join together on the journey to Truth, celebrate existence, and behold the shining state of the Source, our Divine nature through human form.

34. Ascension Meditation for Healing

Ascension Meditation for Healing

When: Saturday, February 22, 2014, 7:00–8:30pm (EST)

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

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

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

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

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



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

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

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

35. Worldwide Meditation for Healing

Worldwide Meditation for Healing

On Saturday, February 22, 2014, 7:00 – 9:00pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting an evening of meditation for healing. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. If you would like to attend in person, refer to the following URL for more details: http://www.servingyourjourney.com/Community_Announcements/Healing_poster.pdf. If you are not able to with us physically, but would like to grow in unity consciousness with others around the world, please join us from 7:00 – 9:00pm (EST) in the comfort of your own sacred space. If you do choose to participate, please let one of the hosts of this event know (see contact information at the bottom of this poster). Attached to this poster is a visualization you may enjoy during your meditation. Namaste.



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

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

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

Worldwide Meditation for Healing Meditation

This is a meditation for healing for ourselves, for others and for the Earth. In it, we will charge ourselves with healing light, allowing it to flow through all our body and being – raising our vibration, bringing healing to ourselves, and connecting us with our higher self. Then we will send healing light to others and to the Earth.

But first, take some nice deep breaths and allow your body to relax. And with each breath, become more and more peaceful, more and more relaxed. Your thoughts are still, your emotions are calm.

So to begin, imagine you are standing under a waterfall of sparkling light. Your body and aura are becoming more and more radiant. Feel light flowing through your body. Just thinking of light will rejuvenate your body at a cellular level and raise your vibration. Allow yourself to merge with your higher self, for as we think of light we begin to vibrate with our higher self. That's our true Self, the part of us that's loving, that's united with our divine Source and all creation. Just having the intention to connect with your higher self is all you need to do.

Imagine making your energy as beautiful as possible. Let it come into your spine; imagine your spine as a rod filled with light extending above your head and below your feet. And from your spine, radiate light outwards, filling all your body. Send light into your cells, right into your DNA. Completely fill your body with light. You may see it as a colour – gold perhaps or a bluish-white? Make the light's intensity and radiance just right for you.

Now imagine this light as a cocoon all around you, in front and back, above your head and below your feet. See it filling all of your aura. You are completely surrounded by this sphere of dazzling beautiful light.

Now that you are filled with light, you can send light through you to bring peace, order, harmony and healing to whatever you focus on. You change the energy of whatever you send light to into a higher, finer vibration. So in the next few minutes, I'll be silent as you imagine a burst of light flowing through you to anything or anyone you feel would benefit from it. You can imagine light flowing through your hands, your heart, or the top of your head. You may want to send light to yourself – to some part of your body where you're having problems. Or it could be to your feelings or some issue you're struggling with.

And you can send healing light to someone you know, or to a relationship or a situation in your life. You don't have to figure out how to do it; just imagine radiating the light to whatever or whoever you wish, knowing that your love goes with it. Say to yourself, "May the highest will be done through me" – and know that it will be used for the highest purpose of the other person or situation.

Know also that you can do this healing light practice at home whenever you wish – sending light to yourself, to others and to situations that need to be resolved. Realize that all the light you send will come back to you multiplied many times. Every moment you spend sending light increases your radiance, helping you to be more effective in whatever you do.

So we'll take a few moments of quiet to send healing light. (After a few minutes:) Now, for the last part of this visualization, we will send light to our planet. See the Earth surrounded and sustained by light. You may get an image or a symbol of this – so gently focus on that. Imagine the Earth as healed and whole, a planet of light and of love. Feel this within yourself – as if it's happening right now. We're living in a healed world, a world of light and love. What does this look like to you? How does it make you feel? The more vividly you see and feel this, the more real your experience and the more power you generate.

Now feel your gratitude for the healing that is spreading everywhere on Earth.

And for the healing of ourselves, as we do all we can to learn and grow, to take care of ourselves and become instruments of light and healing in the world.

Meditation

Now we'll begin our silent meditation of about 30 minutes. You can meditate as you normally do. You can focus on a mantra, such as OM or So Hum (I am That). Or focus on your breath. Or just be still, immersing yourself in the silence deep within.

36. The Wonder of You – A Course for Women

The Wonder of You!

A course for women of self-care and empowerment through meditation and other self-healing processes

by Jennifer Bernius

I'm delighted to offer this course again for women who want to discover and learn to care for themselves as the treasure that they are. It's a golden opportunity for those who are ready to dive within and realize how incredibly vast and magnificent we are. And that the love, happiness and peace that we've looked for in the world lie within our own selves!

In my last Wonder of You! course, three lovely women joined me in eight peaceful gatherings of sharing, support and meditation. They had come to the course with a desire to stop over-giving to others, sacrificing their own needs and desires. Caring for and pleasing others came easily to them, but they were much less certain of their own feelings and of how to care for and fulfill themselves.

From the start, they committed to daily meditative practices, including mantra meditation, relaxation and breathing exercises, and mindfulness. As they began to put their health and wellbeing first, they began to feel calmer in stressful situations, and to be more aware of their own needs, thoughts and reactions.

One woman had given everything to her family for years, and now decided it was time to give to herself. "In the past," she said, "if my husband asked for something, I'd get right to it. Now I speak my mind honestly and freely. I sacrificed myself, but now I give with a sense of freedom. That huge burden on my back isn't there anymore."

Another woman had been feeling anxiety for years, but found huge relief from her meditations and from learning to be kinder to her mind. By the end of the course, she reported that a recent medical test she'd taken revealed a drop of 100 points in her cortisol levels. And how free she felt from learning to speak her mind and be true to herself!

The women's work on themselves greatly benefited their families, as well. One woman's husband began to meditate regularly, while the son of another woman started practicing mindfulness in university.

Mantra meditation again will be the foundation of the course I'm offering this winter. Regular practice of this powerful, life-changing technique will help you connect with your Higher Self and let go of beliefs in unworthiness and smallness that have imprisoned you.

You'll feel a welcome calm as you release stresses and worries that have deprived you of joy. As your consciousness rises, you'll be more vibrantly alive and aware. Increased mental clarity will help you see how you diminish yourself through unhelpful thoughts and beliefs. You'll be freer, more confident, as you learn to think in truthful, more loving ways.

What relief you'll find as you learn to stay more centred and balanced – not overwhelmed by others' demands! By practicing mindfulness, you'll be more focused, able to enjoy life *now*. You'll discover that living from the "inside out" is a road to freedom, allowing you to be inner-directed and authentically yourself.

You'll learn to care for and love yourself in what you think, feel and do. By writing daily in your kindness journal, you'll note the many ways you've treated yourself kindly. You'll welcome a new-found respect for your emotions when you learn to embrace them as the voice of your inner child. The priceless emotional freedom technique, along with affirmations, will help you release painful emotions and choose more loving, truthful ways to think and feel.

Other priceless techniques that will be offered include the practice of listening to your Higher Self to receive its messages, and the art of manifestation – of harnessing the power of your imagination and of light to create what you want.

Jennifer Bernius teaches group, corporate and private classes in yoga-inspired meditation and personal development. The knowledge and practices she's been teaching for over 25 years have helped many people overcome stress and anxiety, and enjoy more peaceful, fulfilling lives. For information on The Wonder of You! course or other courses, call 613-721-3787 or email jenbernius@gmail.com.

The Wonder of You!

Are you ready to discover the treasure that you are?

A course for women of self-care and empowerment through meditation and other self-healing processes

In this course of personal transformation, you'll learn

- Mantra meditation. Calm your body and mind. Connect with your Higher Self – the Source of love, truth and power within you.
- Mindfulness. Learn to be more centred, inner-directed and aware in the moment.
- Techniques to love yourself and others more by releasing limiting thoughts and beliefs.
- Ways to be free of fearful emotions. Embrace them! Emotional freedom technique, inner child work.
- The art of manifesting what you want with light.
- Ways to receive guidance from your Higher Self.

Wed., Feb. 19 – April 9

(8 weeks) 7 – 9 p.m.

Cost: \$250 (16 hours)

Call Jennifer Bernius at **(613) 721-3787**

jenbernius@gmail.com

Spiritual Guidance

Serving your personal journey toward enlightenment...

February 2014 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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