

Serving your personal journey toward enlightenment...

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

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

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

# Spiritual Guidance

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## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Opinions are...opinions. Nothing else.

*“When another blames you or hates you, or people voice similar criticisms, go to their souls, penetrate inside and see what sort of people they are. You will realize that there is no need to be racked with anxiety that they should hold any particular opinion about you.”*

... Marcus Aurelius

I recently witnessed two all-too-familiar experiences regarding opinions. The first experience involved one person sharing an opinion and another person being upset at that opinion. The second experience involved a person sharing his opinion and then becoming upset that others did not change their opinion to align with his opinion. Two different situations but with some common teachings.

As I watched both these experiences unfold, I was gifted with the reminder that opinions are only opinions, nothing else. Opinions are neither right, nor wrong; they are neither good, nor bad. Opinions are just opinions. Opinions may not even be ‘truth’; for opinion is of perception, and perception is of the mind. Truth is not born in the mind; truth it is born in the heart.

When we find ourselves upset at someone else's opinion, we are allowing judgement to rule our thoughts and actions. Why do we choose to become upset at someone else's opinion? Why have we become so arrogant, and invested so much in the way we think, that we assume we are right and, automatically, someone else is wrong—simply because they hold a different opinion. Why do we lose our grounding when an opinion different than ours is shared with us? Are we really that weak in our conviction? Are we really that unstable in our state of mind? Are we really that untrusting of our God-given divinity to think that something or someone outside of us should alter or affect our state of being, here and now?

I was particularly grateful to my brother for the important lessons he was teaching me when he became upset that others did not change their opinion to align with his opinion. I was reminded that when we hedge our peace, joy and happiness on others accepting and/or adopting our opinions as their own, we give over our power to these people because we are giving over our power to something outside of us instead of staying grounded in our own internal strength and power. We are also allowing judgement to rule our thoughts by believing we are right and the other person is wrong. Our ego takes it one step further, however. It won't stop at just knowing we're right and the other is wrong. The ego wants to crush the other's will into submission by twisting and manipulating their way of thinking to align with our way of thinking—that is total domination. As Deepak Chopra shared in his book “How to Know God”, just some of the things the ego is motivated by is to (a) win; (b) have power over others; (c) be in control; and (d) do it all my way.

Opinions seem to be natural things to have. In the end, I am left wondering about the value of opinions as I recall Shunryu Suzuki's words... “I discovered that it is necessary, absolutely necessary, to believe in nothing.” What I think this Zen monk is offering us is that inherent in our beliefs are our opinions. Holding any opinion, firmly, creates beliefs and these elements create the conditions that cultivate judgement. And when we cultivate judgement, we cultivate dualism or separation. When we cultivate dualism or separation, we cultivate the conditions necessary for bigotry and prejudice.



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When we cultivate bigotry and prejudice, we cultivate the conditions necessary for hatred. And when we cultivate the conditions for hatred, we cultivate the conditions necessary for war. I am not saying that to have an opinion will, by default, lead to war. But I trust you can see a progression from opinion -> judgement -> dualism / separation -> bigotry / prejudice -> hatred -> war.

It's okay to have opinions. But let me ask you this...would you rather be right or happy?

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

The Dream that Must be Interpreted

This place is a dream.  
Only a sleeper considers it real.

Then death comes like dawn,  
and you wake up laughing  
at what you thought was your grief.

But there's a difference with *this* dream.  
Everything cruel and unconscious  
done in the illusion of the present world,  
all that does not fade away at the death-waking.

It stays,  
and it must be *interpreted*.

All the mean laughing,  
all the quick, sexual wanting,  
those torn coats of Joseph,  
they change into powerful wolves  
that you must face.

The retaliation that sometimes comes now,  
the swift, payback hit,  
is just a boy's game  
to what the other will be.

You know about circumcision here.  
it's full castration there!

And this groggy time we live,  
this is what it's like:

A man goes to sleep in the town  
where he has always lived, and he dreams he's living  
in another town.

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In the dream, he doesn't remember  
the town he's sleeping in his bed in. He believes  
the reality of the dream town.

The world is that kind of sleep.

The dust of many crumbled cities  
settles over us like a forgetful doze,  
but we are older than those cities.

We began  
as a mineral. We emerged into plant life  
and into the animal state, and then into being human,  
and always we have forgotten our former states,  
except in early spring when we slightly recall  
being green again.

That's how a young person turns  
toward a teacher. That's how a baby leans  
toward the breast, without knowing the secret  
of its desire, yet turning instinctively.

Humankind is being led along an evolving course,  
through this migration of intelligences,  
and though we seem to be sleeping,  
there is an inner wakefulness  
that directs the dream,

and that will eventually startle us back  
to the truth of who we are.

Jelaluddin Rumi

### 3. Quote or Question

"As you simplify your life, the laws of the universe will be simpler; solitude will not be solitude, poverty will not be poverty, nor weakness weakness." (Henry David Thoreau)

## 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'.

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

"The term "empathy" is used to describe a wide range of experiences. Emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. Contemporary researchers often differentiate between two types of empathy: "Affective empathy" refers to the sensations and feelings we get in response to others' emotions; this can include mirroring what that person is feeling, or just feeling stressed when we detect another's fear or anxiety. "Cognitive empathy," sometimes called "perspective taking," refers to our ability to identify and understand other peoples' emotions." This article explains why practicing empathy is essential, and ways to cultivate it in your everyday life.

<http://www.dailygood.org/story/625/what-is-empathy-http-gretergood-berkeley-edu/> **Be The Change:** Nurture your empathy by implementing the tips mentioned in this article.

Nobody looks forward to dying. It's good to be thinking about life and living as long and as well as possible, but we shouldn't assume that death is only about suffering and its avoidance or its suppression. There are also experiences, interactions, opportunities, that are of profound value for individuals and all who love them. <http://www.dailygood.org/more.php?n=5794> **Be The Change:** Some wise people say we often see things upside down. This week you might meditate on the end of life in terms of change, of moving on to the next thing, rather than illnesses or endings.

Meet R. Sekar, a reserved man who sells tea for a living in his little tea shop in India. With his meagre earnings, this man with a golden heart shows us that you do not have riches to help others. "I am happy with what I have and can do with even less. I do not need more. What will I do [with more]?" he asks. Read about how this big-hearted man touches the lives of those who visit his tea shop.

<http://www.dailygood.org/story/629/chai-and-love-soma-basu/> **Be The Change:** Today, practice thinking small. What is the smallest gift that you can give someone to make their day?

- 13. Fearlessness can Coexist with Fear
- 14. The Power of Patience
- 15. Your Life Cannot Go Wrong
- 16. A Surgeon's Connection to the Heart

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 – My Story / Your Story

My profession is Stress Management Consultant. I have 2 PhD's, one in Theology and one in the Humanities. I am an internationally certified Quantum Biofeedback Therapist and utilize two of the world's best biofeedback systems in my practice to bring clients back to energetic balance non-invasively. I am also an Ordained Minister.

Everything is energy. Everything is Spirit. Spirit and energy are the same. There is only one substance.

Ten years ago, the quantum technology I was using indicated that I had 4 different cancers. I didn't believe it. I had my doctor run some tests and the tests confirmed that I had 4 different cancers. He wanted to start me on chemo-therapy that very week. I refused. I spent 12-15 hours a day working with this quantum technology to find protocols that worked to bring me back to energetic balance. The technology has over 200 healing programs and over 2600 functions. I also travelled the world, learning from the best practitioners. Early in my practice, I started communicating with what I call my "Celestial Team," and they have never failed me. I am just a facilitator, something so much greater than me does the work. The person in the chair is the healer. They have an intention to heal and I simply see their perfection and attempt to balance and retrain their body and their thought patterns (which got them to where they are) and bring them back to balance and provide suggestions on how to maintain it. So, having had cancer has changed my life for the better!

About 5 years ago, (July 1, 2009) I wanted to try an experiment to see if this technology I use could raise client's level of consciousness. (See Dr. David R. Hawkins – "Power versus Force"). This was a long-distance or non-local quantum program. I was concerned that people might think me a little to "woo woo," so I disguised the program as, energetic balancing, physical well-being, emotional development, spiritual development etc. and individuals subscribed to it. I called it the "Tune Me Up Program." You can read about it at my website: [www.quantumru.com](http://www.quantumru.com) .

Why did I do this? When you reach a level of consciousness of 540 according to Hawkins' Scale of Human Consciousness disease begins to drop away. It seems that consciousness creates the body, just as Eva Pierrakos channeled. We have several different levels of consciousness happening at the same time. Time is an illusion. We are holographic and what we call time is simultaneous, all happening in different dimensions or worlds or different vibrational states. When we recall a past life, we are in tune with another dimension. So, if on some level we feel unworthy or have set a challenge for ourselves to overcome or choose to respond to a life experience in what appears to be a non-beneficial way in which we choose to fight an unconditional love that is constantly coming to us, then our consciousness creates the illness of our corresponding vibrational state. In other words, when we choose to tune into a lower vibrational state, we manifest an outcome that we call illness. In all things, responsibility for our actions is the determining factor in whether we evolve or de-evolve individually or as a species. This is the freedom of choice in which there is no freedom of choice. Choice itself is an illusion based upon a belief in duality. Belief of any kind is simply an opinion. Nevertheless, learning to make better choices, based in honesty of motivation will move you toward a recognition of your "Real Self" and a happy dream rather than a nightmare experience. In any event, we eventually get there. It's just to what extent anyone is interested in collapsing the illusion we call time. If there isn't the willingness, courage and responsibility to face our inner "demons," those things we most deny about our self and project onto others, our world and life experience, then expect more of what you are currently experiencing and expect it to ramp up until your attention is captured. This is the power of unconditional love. We are allowed to continue to make poor choices until we recognize the consequences of our actions because we are all one. Only when there is a recognition of how we created our circumstance, is there an aaahhhaaa moment and a few dots are connected.

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In the beginning I was working on groups of people once a week for 6 months. No one knew when I was working on them or what group they were in so it was very much a double blind study. The program had incredible results! As the technology improved and new technologies became available, I purchased them. One program in particular, I was a beta tester for and had encouraged its Inventor to actually take the leap and create it. With this new technology, I was now able to work on individuals every night rather than groups of people once a week! This particular program is the only program of its sort that helps to peel away the unconscious layers of resistance to heal, in real-time; that I am aware of. When you do the inner work and an energetic balancing is taking place at the same time, major progress can be achieved because it helps to collapse what we think of as time. At the present time/experience our world and the great rays coming to our world are changing circumstances and causing processes to appear to speed up. This means that what we dwell upon, we manifest much quicker. So, it seems that more people are becoming more motivated to face their indiscretions, their dishonesties of thought word and action. As they do, their consciousness raises and healing of themselves and their world takes place.

As Mahatma Ghandi pointed out, "if we want peace, we have to become the peace." Dr. David Hawkins also confirmed that as we raise our level of consciousness (loc) we raise the level of others at lower levels of consciousness. The more people that reach LoC of 500 (Love) the greater the possibility of peace within our self and the world. Peace does not come from the barrel of a gun but from the individual who recognizes his own power.

About 3 years ago, I approached local musician Jeremy Sills and proposed that we apply "Quantum Healing Hypnosis Therapy," along with Etheric Music and create cds that teach people how to heal. I had learned from Dolores Cannon how a deep trance state is so beneficial for healing. Many people have benefited from these cds.

More recently, I determined that individuals could learn quantum healing by simply learning how to dowse. (use a pendulum.) The beauty of dowsing is that it uncovers the unconscious issues that are holding us back and can be used to clear them. Intention is 95% of all healing. As "A Course in Miracles," states, "it is not our function to seek for love but for the blockages to love." Love is always present. We simply have to learn to recognize it. It takes willingness. So, September, 2013, I was guided to teach a course in "Spiritual Dowsing/Channeling. Although we started out with approximately 24 students, approximately 11 had the willingness to continue. The ego will always provide distractions when you speak of love or spirit because it doesn't want you going to uncharted territory. All remaining students have an LoC above 500 with one student well above LoC 600!

So, raising consciousness has been a keen interest of mine. But here is something I have learned; raising consciousness, opening the heart and increasing lightbody are not only directly proportional and related, they are one and the same. There is only one substance. Each of us has a story. It's a journey of no distance. It's about learning to come from love and in doing so, arriving home.

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. On July 1<sup>st</sup>, 2009, Doug started a program called the "Tune Me Up Program" that is having extraordinary results raising clients levels of consciousness/awareness. Go to: [www.quantumru.com](http://www.quantumru.com) to read unsolicited experiences. In May, 2004, Doug was diagnosed with 4 different cancers. He refused conventional therapy and developed protocols that worked for him. Today, his clients benefit from what he learned. Doug can be reached by phone at 613-233-3888, by email at [drdoug88@gmail.com](mailto:drdoug88@gmail.com), or via his website at [www.quantumru.com](http://www.quantumru.com).



## 6. Geoff Straw – Tuning Into Self

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

Each of you is seeking in his own way a greater opening to the light - one that will bring a greater awareness and understanding of your true path.

You will find if you look within the seeds of this knowledge inside yourself. It is like a remembering of a familiar place that you know very well. It is a natural movement toward healing, toward the light, and toward your inner purpose.

In order to facilitate this awakening, it is first necessary to detach somewhat from the world that you see and experience around you. The many sights and sounds of your world can be quite distracting and may keep you distanced from the inner light of spirit. There are those who would give advice to you on the path you should take; "follow me, for I know what is best for you." In your world of electronic communication, it can also be compelling to spend a great deal of time in front of a computer, or on the phone or by the television.

Instead - seek solitude and quiet, moments where you "unplug" as it were :) and gently turn your focus within. Feel the gentle rhythm of the breath and begin to experience your moment-by-moment reality that is NOW. Follow the movement of sensation and breath while observing the thoughts as they ebb and flow. Simply place yourself in the "being" of the moment without any attempt at "doing."

As you practice this intentional tuning in to self, a gradual shift occurs in the energy field of yourself. Your consciousness grows, little by little, each day, as you begin to recognize the voice of spirit within. It is this deep well within you that is realized for what it is - a source where you may access the cool waters of wisdom that may guide you. An inner counsel, as it were.

And you will notice, then, in your everyday existence, a subtle access to this greater freedom and understanding. Your inner purpose then grows in clarity, just as a light bulb shines when it is connected to its source.



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

## 7. Kathryn Kimmins – New to Laughter Yoga

If you are new to Laughter Yoga get ready – you're in for a treat. All that is needed is a willingness to laugh, clap and have fun to connect with your child-like playfulness. Laughter Yoga combines laughter exercises with deep yogic breathing, singing, dance and play. It increases oxygen to the body and brain, enhances health, promotes joy and World Peace, and provides a complete sense of well-being. In this new concept, anyone can laugh without humour, jokes or comedy. Laughter Yoga is the only technique that allows adults to achieve sustained hearty laughter without involving cognitive thought.

## Certified Laughter Yoga Leader Seminar – March 1 & 2, 2014

The purpose of this empowering weekend is to train you to believe in the power of laughter and its rewarding benefits. We all have the power and the ability to change our lives. If you are hanging on to stress, useless baggage, hurt, grief or despair and are looking for a new way to face and handle life; or if you just want to have some empowering fun, you are in for a transformative experience.

We are all born with wonderful, natural gifts. Our minds are so amazing and powerful, but we somehow forget this as we get older. We want to bring the child-like belief back so you can see that all things are possible.

We all have things in our life that we need to let go of. This is not always easy. What do we have to replace it with? What if we want to hold on to something? Let this weekend help you replace what you need to let go of with a new appreciation for self-empowerment. Hang on to your ability to take control of your life and make a change in the lives around you!

Make a decision to take the tools you learn at this incredible Laughter Yoga Leader workshop and use them as new and expanded ways to heal yourself and others.

Love yourself. Accept yourself. Forgive Yourself. Be good to yourself because without you the rest of us are without a source of many wonderful things.

Sign up now and give yourself the gift of laughter.

Have the happiest day of your life, so far!

Love and Laughter blessings,



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

## 8. Regiena Heringa – Notes from the Light – March 2014

Previously \* we spoke of the radiance of holy energy patterns being sent to all individuals upon your planet. Through this radiance, your people are invited to open up and, with the elevated use of free will, embrace these patterns so that a greater expansion of heart and mind is experienced and altruistic, miraculous actions can be enjoyed. In truth, what seems as miraculous upon your earth is simply the perfect alignment of life to God life.

Let us then continue.

All physical matter incorporates movement, whether it be circular, spiral, or linear, flowing or pulsating. The material world, which includes your thoughts and your bodies, is in constant motion creating certain rhythmic patterns. To your scientists, these minute particles are both predictable and unpredictable, visible and vanishing. Yet these particles are always visible and predictable. Let us explain.

Because you observe an object disappear and suddenly reappear may seem odd in your third-dimensional world. However, there is a greater realm beyond your own which can welcome the vibrating particle voyaging from your reality,

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and encourage this particle to leave an echo of its existence before returning to your world. It is to be remembered that creation is a continuum composed of various realities, echoes and reverberations. Thus the resonance of your material world vibrates and influences other spheres and universes. What is seemingly chaotic is, in truth, perfectly ordered. It is also to be remembered that *the more expansive you perceive your reality, the greater your impulse to express inclusiveness in your societies.*

The God Particle assures that every living reality, whether upon your own earth, within your system or beyond your dimension is contained within Its essence. Every living thing is vectored by its own God Particle to the God Particle essence. As your reality expands through the scientific endeavours of your world, and, more importantly, through your deepening spiritual expression, there is a heightened motivation for your inhabitants to realign their sacred beings to the essence God Particle. Therefore, the holy energy of codes and patterns which continues to magnify and to inspire your world citizens, also encourages this conscious, spiritual and physical linking to the Creator at both individual and collective levels.

Let us then present this summary.

The fountainhead of all living matter is the God Particle. It is found within all cells and is eternally linked to the essence God Particle. This fusion exists also beyond your dimension and beyond the release of the physical body which you term as "death." The codes and patterns embedded within this refined spiritual energy now permeating your world, can be acknowledged by the use of your free will and harmonized through the surrendering of the personal self to the spiritual self. These codes and patterns assist you to consciously find the God Particle within the body. They invite you to align yourself to all that exudes sacredness— ideas, words, actions and gifts which inspire "miracle". These fundamentals lie within you and yearn to be activated.

In a manner of speaking, you are being given a "boost". Imagine for a moment that you are fond of the fragrance of roses as it is conducive to your inner peace. Envision now that you are transported to a garden wherein grows thousands of finely scented roses. Surely this experience augments your feeling of well-being! So it is with the wondrous holy energies which presently suffuse your sphere. All goodness within you is being intensified, thus strengthening the spiritual reshaping of your world.

Hence, allow yourselves the liberty and the happiness to sit quietly in dialogue with your soul and your Creator so that a noble friendship is cultivated. Appreciate and employ your gifts with the full realization that they are being enhanced for the joyous benefit of all peoples, yours and ours.

\* See *Notes from the Light*, January 2014



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

## 9. Dr. Nancy Cleaves – River of Life

When we come here,  
we choose to leave the Ocean  
and become a river  
a river of Life  
meandering, exploring  
bending and flowing  
in currents soft and swift.  
We are always awakening  
with each new dawn  
and reposing  
with each dusk.  
Our only task  
is to ne'er stop,  
or try to hold onto the bank  
(literally they say),  
or refuse to flow  
out of need to control;  
that would make us a pond  
stagnant, boring  
with nowhere to go.

The Ocean never leaves us,  
it is in us – it is us!  
Out of an amazing Love  
She has released us  
to make our own journey,  
to find our own uniqueness.  
It is good to be always mindful of Her  
and grateful.  
There is no greater Love  
than to set one free  
to be free.

When the time is right  
the Ocean calls us Home  
and there we share our stories,  
all our stories  
our feats, adventures, challenges.  
Every pursuit  
in its depth and meaning  
forever reminds us  
how good it was  
to be here.



**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

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to bring forth Malkutah - Heaven Here and Now for all of Earth and all inhabitants. Nancy can be reached through her website ([www.malkutah-heaven.com](http://www.malkutah-heaven.com)) or via email at [malkutah.heaven@hotmail.com](mailto:malkutah.heaven@hotmail.com).

## 10. Robyn Lebron – Assembly of God

*This is the 14<sup>th</sup> article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"*

Our next world religion in the series is the Assembly of God Church. It is one of the fastest growing Christian denominations today. Throughout the latter half of the 19<sup>th</sup> century in the United States, Protestants from various backgrounds began to ask themselves why their churches did not seem to exhibit the same vibrant, faith-filled life as those in the New Testament. Pentecostal pioneers were hungry for authentic Christianity, and they looked to previous spiritual outpourings, such as the First Great Awakening (1730s-40s) and Second Great Awakening (1800s-30s), for inspiration and instruction. In 1914, when the Pentecostal movement began to catch on, America had already been in the center of a major religious revival. Many of the revival groups began experiencing the "speaking of tongues" (receiving of the Holy Spirit) on the Day of Pentecost; participants in these revivals became known as "Pentecostals".

But the movement began experiencing growing pains -- formal recognition of ministers, approval and support of missionaries, doctrinal unity, gospel literature, and a permanent Bible training school, and full accounting of funds were all issues that needed to be dealt with, so 300 Pentecostal leaders met in Arkansas, and after three days of prayer decided to organize themselves into a "fellowship" called the General Council of the Assemblies of God to promote unity and doctrinal stability, establish legal standing, coordinate the mission enterprise, and establish a ministerial training school. These founders constituted the first General Council. It was at this time they changed from a "popular movement" to what would be considered a new denomination. In 1993, the name of the Fellowship was changed to the *World Assemblies of God Fellowship*. Assemblies of God is the world's largest Pentecostal denomination.

Pentecostals have an intense belief in their direct personal access to God. Each person can commune directly with God, and are encouraged to develop a personal relationship with Him. They teach that the Bible, was inspired by God and is the literal revelation of God to man. It is to be considered as the infallible, authoritative rule of faith and conduct. They believe that mankind was created pure, but fell into sin, and the only salvation is through Christ. The Assemblies of God consider Baptism and Holy Communion as ordinances because they are believed to be ordained or established by Jesus himself. They teach when an individual fulfills these spiritual duties, Christians are to contemplate and embrace the important work that is taking place in the *heart* of the believer. They stress that anyone who takes part in these ordinances without this spiritual acknowledgement, brings judgment on himself. In short, not only is the blessing neutralized, *but reversed*. When the ordinance is treated with disrespect, there is no benefit for the Christians. They believe that these individuals may suffer the consequences of such actions. Because of these teachings, Assemblies of God churches tend to take a sober attitude, stressing the importance for members to consider their lives and make things right with God and with others.

Although the worship style may seem to be modern and "upbeat", they have strong guidelines with regards to being chaste, dressing with modesty, no tattoos, no abortion, no premarital sex, listening to appropriate music, and participating in wholesome entertainment. The General Council of the Assemblies of God has historically opposed alcohol, tobacco, illegal drugs and gambling. The church continues the work of challenging all believers to be always filled with the Holy Spirit. Our bodies are the temples of the Holy Spirit. We need to cleanse them from all profane habits. The Christian is called to a higher standard of self-control and self-denial concerning those things not beneficial to his physical and spiritual well being. They teach that in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God— this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.

The family was ordained by God in the Garden of Eden, and is considered the first institution and therefore not to be entered into lightly. The Assemblies of God believes marriage is a sacred, holy and monogamous union between a man and a woman. It involves a lifelong covenant, a solemn, purposeful, willful, binding agreement made between the three: God, a man, and a woman. The religious aspect of the wedding before the congregation and community confirms that

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marriage is more than just a legal commitment. Each AG Church takes on the responsibility to support and nurture the marriage that has been affirmed by public vows. It is considered a lifelong commitment and the words "until death do us part" are taken literally. They teach that divorce is deceitful unfaithfulness against your companion and it not condoned by the Church. Worst of all, it hinders the growth of a "godly seed". Broken homes do not tend to produce the healthiest offspring. The Assemblies of God have a very traditional view of the man/woman relationship. While the woman has responsibility as a parent, God has called the husband to be the leader in the home. However, it has been made clear that the woman is not inferior to the man. Both have full dignity and equal standing before God. It is merely their rolls with regards to the family and children that are different. In homes where the father is not a Christian or refuses to provide spiritual leadership, it is right for the mother to assume this responsibility. Strong spiritual training is essential for children to develop spiritually.

Salvation is received through repentance toward God and faith toward the Lord Jesus Christ. The Assemblies of God while it agrees that God is sovereign, at the same time, it believes that mankind has free will—free to accept or reject God's gift of salvation and eternal life. Therefore, the Assemblies of God does not agree that once saved it is impossible for a person to be lost. They teach that we must, every day, be mindful to live a Christ centered life. To read more get your copy of *"Searching for Spiritual Unity...Can There Be Common Ground"*



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

## 11. Doug "Ten" Rose – The Society for Creative Maladjustment

Based on a speech by the Reverend Dr. Martin Luther King Jr.  
Dedicated to him, the Giraffe Society, Giraffes everywhere,  
and to the Giraffe that lives in each of us.  
See <http://www.fearlesspuppy.org> for more

Most institutions share a defensive stance that profits when the public craves stability, fears change, and clings religiously to status quo. These institutions promote that craving for stability and that fear of change.

In a vain, ridiculous, and doomed quest for permanence, status quo attempts to avoid the growing pains and power shifts required by progressive change. One method used to accomplish profitable stagnation is to downplay the new and better. Status quo has tagged brilliant folks throughout history with some pretty dubious titles in an attempt to trivialize the importance of what these people had to say. We've heard "crazy," "heretic," "traitor," "fruitcake," "on the fringe," "dangerous," "revolutionary," "weirdo," "loose cannon," and "commie" every now and then, but the label most often used in polite society to describe those who would rock the boat is "maladjusted."

Status quo itself is something that lives in a glass house and really shouldn't throw stones. Fear, bigotry, war, poverty, disease, and poisoning the biosphere are all stones with which our established systems could justifiably be hit. Many societal trends are accepted but not well adjusted. The same could be said of the people who blindly follow these trends. Not long ago our society considered owning other people to be well adjusted.

It is unfortunate that so many of the better, kinder, more humane humans suppress or even amputate their feelings in order to fit in and gain acceptance. They are frozen in non-action. They accept the unacceptable in fear of the penalties for being thought maladjusted. This impotent intelligence may be even sadder than the brutal ignorance it complies with.

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Some folks believe that even the most intense human suffering can be tolerated, as long as they are not the particular humans suffering. But most of us are better than that. Most of us cannot comfortably adjust to brutality. Some are courageous enough to speak out in a maladjusted manner against such injustices.

Look at the folks who were considered maladjusted by most of the people who shared their era. Jesus, Gandhi, Martin Luther King Jr., Mother Teresa, Copernicus—there's no end to the list. Isn't it amazing that more people aren't excitedly running toward becoming creatively maladjusted rather than being frightened away from it?

When Mother Teresa first began her mission "everyone thought she was cracked." (This quote is from Father Gabrich, a fellow Albanian expatriate and fifty year friend of Mother's. He said the first Mass given in the first rooms where Mother began her care of the sick and poor.) There are now very few people of *any* religion who do not recognize her as a Saint. She bucked the traditionalists with an inner strength that a "well adjusted" person cannot access. She didn't just sidestep, but actually defied conventions of the very church that her life was based upon. She did so with a ferocious courage and revolutionary attitude that dismantled even the most liberally minded ignorance. She made the world a better place by sticking her neck out.

It's not just famous people who do the creatively maladjusted thing.

The Giraffe Society recognizes and awards people worldwide who stick their neck out for the greater good. They have a long list of regular folks just like us who are charter members of this particular branch of the Society for Creative Maladjustment.

An older couple walks to the bank. They have spent most of their lives in the frosty winters of northern America. They are on their way to transfer accounts to a sunny retirement spot and to arrange sale of the home they are ready to leave.

Before they can get to the bank, they meet a cold, hungry, homeless man with a heart-wrenching true story. They listen. The couple never makes it to the bank that day. Instead, they take the man back to their home.

The couple's next trip to the bank is to refinance the mortgage on their house, not sell it. They open a homeless shelter in that house and never move south. Their sunny retirement spot is now internal and they have never been happier.

They are publicly acknowledged and awarded membership in the Giraffe Society by virtue of their spiritual membership in Dr. King's Society for Creative Maladjustment. At one time, the suffering man who they met on the way to the bank was a member too. He got a little too self-involved, had some bad breaks, slipped downhill, and his membership lapsed. That man has pulled himself back together now, helps to manage the shelter, and is again a member in good standing of *The Society*—and society at large.

He got by with a little help from his friends.

It can be said that many Monks and Nuns are full time members of *The Society for Creative Maladjustment*. They live without sex, without alcohol, and do not eat after noon. They deprive themselves of many things that most of us would consider essential.

There are folks who see these choices as signs of maladjustment, but the results of these labors increase their ability to help others. They are focusing on things they believe to be more important than luxury or even physical comfort.

Are you someone who *feels it*? Are you someone who admires what that old couple did? Do you understand the good intentions and efforts of the Southeast Asian Temple dwellers that are described in parts of this book? If so, then you are probably someone who, at least occasionally, does a decent thing for a person in need whether or not others think you are well adjusted or maladjusted for doing so.

Thank you.

On behalf of all of your fellow creatures, and myself, thank you very much. *Any* helpful action can be a good one. Often what appears to be a small thing can end up having a much bigger impact in the long run than was expected at first. Goodness multiplies quickly.

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If you don't feel the point yet, it doesn't mean you are a bad person. There are logical, if not always obvious, reasons for any behavior. Some of us have been screwed over so severely that we have a right to not recover from it, to stay isolated from, bitter toward, and even afraid of our fellow humans. The major problem with this approach is that it doesn't work. We hurt ourselves more than we hurt anyone else by using it. Being right doesn't help as much as forgiving does. Forgiving others is better than suffering.

Everyone has goodness in them. Even those who initially appear evil can turn saintly once they get past the fear and mental clutter that inspire cynicism and neurotic self-concern. When good intentions are put into action, when one person does something nice for another, those fears and that mental clutter begin to dissolve. Everyone benefits. The roots of evil start to rot and begin to pass away.

Every action contains its own automatic, congruent reward or punishment that is inseparable from it. Both instant and long term karma are facts of life.

Reading and talking will only take us so far. Only the *doing* gets a thing done.

Thinking, talking, or reading about doing is like trying to scratch an itchy head through a leather hat. It is a good start but doesn't get the job done. People have been talking about a peaceful, happy planet since the beginning of history. It hasn't happened yet.

The singular chance for the survival and happiness of our loved ones, ourselves, and future generations is being defined by what we do to increase cooperation, health, sanity, happiness, and respect for each other right now.

*The Society for Creative Maladjustment* has been cleaning the red carpet in anticipation of your arrival. This society's door is always open. When anyone joins, everyone gets stronger. All approaches to a better world—whether these approaches are scientific, spiritual, economic, or political—must lead through this door eventually. There is no sensible option to the compassionate cooperation inspired by constructive, creative maladjustment.

“Every society has its protectors of the status quo and its fraternities of the indifferent who are notorious for sleeping through revolutions. But today our very survival depends on our ability to stay awake, to adjust to new ideas, to remain vigilant and to face the challenge of change.”

Dr. Martin Luther King, Jr.

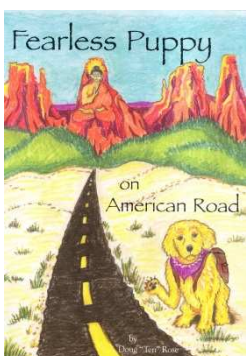
“Among the most remarkable features characterizing Zen we find these: spirituality, directness of expression, disregard of form or conventionalism, and frequently an almost wanton delight in going astray from respectability.”

D.T. Suzuki

“Once social change begins, it cannot be reversed. You cannot uneducate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore. We have seen the future, and the future is ours.”

Cesar Chavez

See <http://www.fearlesspuppy.org> for more



**ABOUT THE SPIRITUAL GUIDE AND TEACHER:** Albert Einstein said, “Once you accept the universe as being something expanding into an infinite nothing which is something, wearing stripes with plaid is easy.” Doug “Ten” Rose has metaphorically worn stripes with plaid all his life. He has thirty years experience raising funds at street level for various causes, often while working under very adverse personal circumstances. He has invented and directed charity projects involving rock stars, pro sports teams, a governor, mayors, and senators. These projects raised awareness and large sums of money for others. Much of this was done while Ten remained homeless and panhandled for food money on the streets. <http://www.fearlesspuppy.org> He has recently written two amazing books, *Fearless Puppy on American Road* and *Reincarnation Through Common*



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*Sense.* True to Ten's form, ALL author profits from these books will be donated to sponsor Wisdom Professionals (beginning with but not exclusive to Tibetan Nuns and Monks). Ten is a graduate of heroin addiction and death, as well as thirty-five years and over a hundred thousand miles of travel without ever driving a car, having a bank account, telephone, or a bill in his name. He may be the most comedic smartass as well as one of the most entertaining survivors of the hitchhiking adventurers that used to cover America's highways. The term "crazy wisdom" is often used, but rarely meets its match the way it does in this author. Ten Rose and his work are a vibrant part of the present and future as well as an essential remnant of a vanishing breed.

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 12. Good News Of The Day

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

"Make Crows Feet. Use the Right Words. Perfect Your Handshake. Dress for a Tie. Get Close. Don't Impose Your Values. Accept Others. Pursue and Project Your Passions. Find Shared Passions. Default to Yes." In this compelling infographic, former chief evangelist of Apple, Guy Kawasaki, further details his advice for increasing likability. Or put another way, simply connecting more deeply. <http://www.dailygood.org/story/57/ways-to-connect-more-deeply-guy-kawasaki/> **Be The Change:** Reflect on the ways in which you connect with others and what you can do to deepen your relationships.

"I may not have the most wonderful bank account, but my spiritual bank account is overflowing," says Jane Feldman of her career as a social justice photojournalist and author. Working for the Peace and Justice Ministry of New York's Riverside Church led her to photograph Nelson Mandela. She's traveled with the Desmond Tutu Peace Foundation and met the Dalai Lama. Enjoy her words on earning the trust of beloved world leaders and her photographs which capture their laughter <http://www.dailygood.org/story/620/the-spiritual-side-of-photographing-mandela-tutu-and-the-dalai-lama-valerie-schloredt/> **Be The Change:** Reflect on the people in your life who have been role models of integrity and compassion. Do something to honor their spirit today.

The tide of psychology, which has traditionally probed into the dysfunctions of the human mind, has been shifting to a rigorous examination of its virtuous aspects. The "positive psychology" movement is unraveling universal human behaviours and experiences such as altruism, empathy, meaning, and happiness. For instance, in the past several years, researchers have found that a meaningful life is healthier than a happy life. Mindfulness meditation has been observed to benefit us by bolstering our immune system, increasing resilience, and increasing productivity. Thinking of others and cultivating empathy can even help individuals with severe forms of mental illness lead a better life. Yet these findings are only the tip of the iceberg, riddled with nuances and contextual factors that researchers continue to explore in depth. This article summarizes some of the key 10 scientific insights in the positive psychology movement that will make you think, wonder, and perhaps even weave some of the insights into your daily life. <http://www.dailygood.org/story/645/the-top-10-insights-from-the-science-of-a-meaningful-life-in-2013-greater-good/> **Be The Change:** Is there a trait that you wish to nurture in yourself? Whether it is compassion, generosity, or gratitude, learn more about the science underlying its benefits and share your learning with another.

"The term "empathy" is used to describe a wide range of experiences. Emotion researchers generally define empathy as the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling. Contemporary researchers often differentiate between two types of empathy:: "Affective empathy" refers to the sensations and feelings we get in response to others' emotions; this can include mirroring what that person is feeling, or just feeling stressed when we detect another's fear or anxiety. "Cognitive empathy," sometimes called "perspective taking," refers to our ability to identify and understand other peoples' emotions." This article explains why practicing empathy is essential, and ways to cultivate it in your everyday life. <http://www.dailygood.org/story/625/what-is-empathy-http-greatergood-berkeley-edu/> **Be The Change:** Nurture your empathy by implementing the tips mentioned in this article.

In this first person account, author Thao Phi reflects on some of the unique and important things she discovered after partaking in a 30-day kindness challenge. For one, she learned that people must be courageous in their acts of kindness to strangers, and secondly, to never overlook doing good deeds to those that are closest to you. And last, but certainly not least, make sure you are kind to the one person you know best -- yourself. For as she came to understand, it is not only okay to be kind to yourself, but it is at times even necessary. <http://www.dailygood.org/story/642/three-lessons-from-my-kindness-challenge-thao-phi/> **Be The Change:** Are you inspired to create you own acts of kindness but need a little help coming up with ideas? Check out KindSpring.org and start exploring! <http://www.dailygood.org/more.php?n=5806a>

The awareness that stirs within each of us is continuous with the wider awareness that moves all around us, bending the grasses and lofting the clouds. Every organism partakes of this awareness from its own angle and place within it, each of us imbibing it through our nostrils or through the stomata in our leaves, altering its chemistry and quality within us before we breathe it back into the surrounding world. Awareness, in this biospheric sense, is a quality in which we participate with the whole of our breathing bodies; as your body is different from mine in many ways, so your sensations and insights are richly different from mine. <http://www.dailygood.org/more.php?n=5822> **Be The Change:** As you breathe in whatever air surrounds you, become aware. As you breathe out, offer a generous thought to the world around you.

He wasn't famous in the usual sense. But no one who met him ever forgot him. Raghu Makwana lost his legs to polio as a child. But he did not let that stop him from serving the world. When a group of students found him he was a young runaway arranging people's footwear outside a local temple. Struck by his luminous spirit they arranged to have him join a non-profit at the Gandhi Ashram in India. In that unique environment Raghu's capacity for leadership exploded into being. He immersed himself in a series of poignant projects. He gifted sacred plants to bring peace to distressed households, he mentored slum children, tended to the ill, and he quietly hand-delivered meals twice a day to people who would otherwise go without. He transformed the hearts of rich and poor alike with his unflagging commitment and sparkling smile. Yesterday a tragic road accident claimed Raghu's life. As his beloved community grapples with this irreplaceable loss, stories of his quiet legacy of love have been streaming forth. Here is one of them... <http://www.dailygood.org/story/651/a-29-year-old-s-undying-legacy-of-love-siddharth-sthalekar/> **Be The Change:** During his brief time on earth Raghu served the world around him whole-heartedly -- no act of kindness was too small or humble for him. Today in honor of his spirit, do something to touch the world with kindness. And share your stories or reflections with his extended community here. [http://www.dailygood.org/story/651/a-29-year-old-s-undying-legacy-of-love-siddharth-sthalekar/#disqus\\_thread](http://www.dailygood.org/story/651/a-29-year-old-s-undying-legacy-of-love-siddharth-sthalekar/#disqus_thread)

Stories are the colorful pieces of fabric woven from our interpretations of reality. Yet, there is tendency to get stuck in only one or a few ways of telling a story. What can be done to change a negative narrative into a positive one? In her book, 'How to Stay Sane', author Philippa Perry urges keeping an open mind and taking a bird's eye view of our own thinking. "We need to look at the repetitions in the stories we tell ourselves and at the process of the stories rather than merely their surface content. Then we can begin to experiment with changing the filter through which we look at the world, start to edit the story and thus regain flexibility where we have been getting stuck." <http://www.dailygood.org/story/646/how-to-stay-sane-the-art-of-revising-your-inner-storytelling-maria-popova/> **Be The Change:** Is there a repetitive story that you have been hearing in the media, from others, or in your thoughts? Take a big step back and watch it from an outsider's perspective, and try to gain a fresh take on it.

Gone are the days when a firm handshake and a smile 'sealed the deal.' Lately, it seems that even the most beautiful of deeds are often viewed with a hint of suspicion. Have we become so distant, that we are incapable of reaching through these barriers to service? Read this most beautiful article about how one man's selfless actions restored another family's faith in humanity. Because of George, we are reminded of the importance of helping others. <http://www.dailygood.org/story/647/all-because-of-george-matt-douglas/> **Be The Change:** Tomorrow, smile at a perfect stranger and mean it. Hold the door open just a bit longer, and before you move hurriedly on your way.

Nobody looks forward to dying. It's good to be thinking about life and living as long and as well as possible, but we shouldn't assume that death is only about suffering and its avoidance or its suppression. There are also experiences, interactions, opportunities, that are of profound value for individuals and all who love them. <http://www.dailygood.org/more.php?n=5794> **Be The Change:** Some wise people say we often see things upside down. This week you might meditate on the end of life in terms of change, of moving on to the next thing, rather than illnesses or endings.

Meet R. Sekar, a reserved man who sells tea for a living in his little tea shop in India. With his meagre earnings, this man with a golden heart shows us that you do not have riches to help others. "I am happy with what I have and can do with even less. I do not need more. What will I do [with more]?" he asks. Read about how this big-hearted man touches the lives of those who visit his tea shop. <http://www.dailygood.org/story/629/chai-and-love-soma-basu/> **Be The Change:** Today, practice thinking small. What is the smallest gift that you can give someone to make their day?

"If you go to a restaurant these days, for instance, you see people sitting together, at the same table, staring at their video screens, their phone, their iPad, or whatever it may be -- and not talking to each other," says Daniel Goleman, author of "Focus: The Hidden Driver of Excellence." In his book, Goleman postulates that our emotional intelligence is directly tied to our own self-awareness -- an awareness of our mind, our emotions, and that of those around us. "That's become the new norm. And what it means is that the connection is being damaged to some extent -- threatened by the fact that we're

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together, but we're not together. We're alone together." <http://www.dailygood.org/story/654/is-attention-the-secret-to-emotional-intelligence-jason-marsh/> **Be The Change:** Just for today, turn off those phones and walk away from that computer screen. And when someone blesses you with the gift of their presence, honor it with the attention that they so very much deserves.

## 13. Fearlessness can Coexist with Fear

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

--by Gil Fronsdal (Feb 03, 2014)

In meditation and in mindfulness practice, we are learning to replace fear with trust, not as an ideal or abstraction, but as a sense of self-confidence that arises from coming to know fear well. Many people have a fear of fear, a tremendous aversion to it, and don't allow themselves to enter into it fully. If we simply allow ourselves to fully experience our fear, eventually we learn that we can do so without being overwhelmed by it. Trust develops, not from willing ourselves to trust, but from discovering for ourselves that we can be present for our experience and not overwhelmed by it.

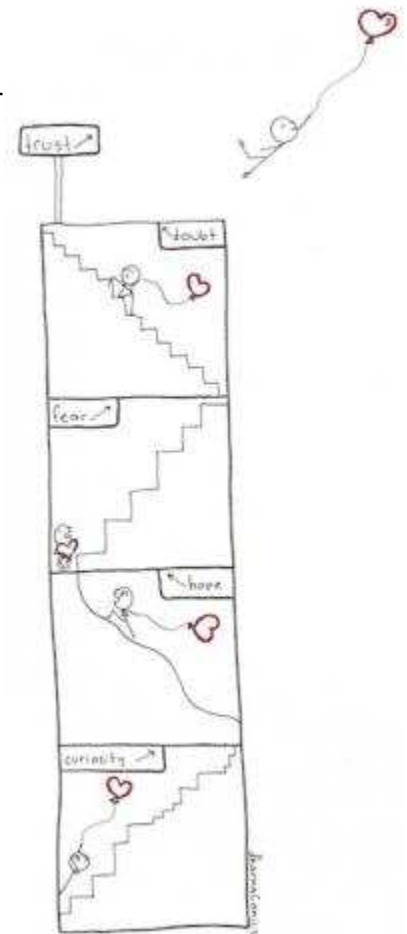
Many of us have been convinced, by our society, by our own experiences in life, and by our own logic, that we cannot trust our own natural state of being. We turn away from ourselves and our experiences. In mindfulness practice we are learning not to destroy or control our feelings, but to discover them and be present with them. We begin to see how they work when we enter fully into them and give them room. We begin to see how we create our emotional lives and reactions.

In this process, we learn to trust awareness and direct presence more and more deeply. As we explore the layers of our fear, our trust expands into wider and wider circles of who we are. The process of awakening can be understood as ever-widening circles of trust. Awakening occurs when trust becomes all-pervasive.

We can learn to trust awareness, to trust being alive, without props, crutches, views or opinions. In the Buddhist tradition, such people are known as dispellers of fear. They give the gift of fearlessness. Fearlessness is not necessarily the absence of fear. It is a positive quality that can exist side by side with fear, overcoming the limitations arising out of fear. Such fearlessness can be a profound gift to the people around us. In developing the capacity to be fearless, we do it not only for ourselves, but for others as well.

-- Gil Fronsdal, in *The Issue at Hand*

- See more at: <http://www.awakin.org/read/view.php?tid=993#sthash.Bk7vdZTT.dpuf>



## 14. The Power of Patience

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

--by Sharon Salzberg (Feb 10, 2014)

If we can be quieter, more in the moment with what is actually happening, a world of perception opens up for us based on where we are, not on where we one day hope to be. "Nobody sees a flower, really; it is so small," said artist Georgia O'Keeffe. "We haven't time, and to see takes time, like to have a friend takes time." If we learn to take a little more time and be more fully aware of just where we are, we might see many new flowers and have many more friends.

One way of describing an ability to hold our convictions without drawing premature conclusions, feeling automatically defeated, or losing sight of what goodness life might be offering us today is the old-fashioned virtue patience. Despite the common misconception, having patience doesn't mean making a pact with the devil of denial, ignoring our emotions and aspirations. It means being wholeheartedly engaged in the process that's unfolding, rather than yanking up our carrots, ripping open a budding flower, demanding a caterpillar hurry up and get that chrysalis stage over with.



True patience isn't gritting one's teeth and saying, "I'll bear with this for another five minutes because I'm sure it will be over by then and something better will come along." Patience isn't dour, and it isn't unhappy. It's a steady strength that we apply to each experience we face. If the situation calls for action, we must take it - patience doesn't mean inertia or complacency. Instead, it gives us a courageous dedication to the long haul, along with the willingness to connect with the multilayered truth of what is right here.

Are those of us not naturally blessed with patience doomed to yell at our children or our forgetful parents, litter our office floors with disemboweled computer parts (or at least threaten to), or berate ourselves each time we fail to live up to our own expectations? Or can we cultivate a new way of responding?

Anytime we're waiting - for the checkout person to ring us up, for the doctor's office to call, for a friend who has hurt us to apologize - we can remember we're alive right now. We can be determined to use this moment as a vehicle for paying attention, for growing, for opening.

Whenever we're pushing against what is, as though if we tried hard enough we could force the tempo of change, we can take a breath. Whatever our vision for how things should be in the future, we can make sure we do the very next thing we need to do today. And whenever we're in a fury of impatient resentment because our companion is walking too slowly or the mail came too late or we're being ignored or we can't concentrate or we can't name what we want - or any of the countless everyday things we find hard, we can remind ourselves of what is good right now. Then, as we work to redress what is wrong, the belligerence, agitation, and frustration will drain out of our "now," and the word can become a declaration of purpose and strength, supported by the gentle, developing power of patience.

- See more at: <http://www.awakin.org/read/view.php?tid=977#sthash.pV0i9jA2.dpuf>

## 15. Your Life Cannot Go Wrong

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

--by Jeff Foster (Feb 17, 2014)

In reality, your world is set up so that nothing happens to you, but everything happens for you - for your awakening, for your growth, for your inspiration, for your exploration - even if you forget that, or sometimes cannot see it, or sometimes fall into distraction and despair.

When there is no fixed destination, you cannot ever lose your destination, so you cannot ever lose your path, so nothing that happens in your life can take you off your path. Your path IS what happens, and what happens IS your path. There is no other.

Everything is a gift on this unbreakable path that you call your life - the laughter, the tears, the times of great sorrow, the experiences of profound loss, the pain, the confusion, the times you believe you'll never make it, even the overwhelming heartbreak of love - even if you forget that sometimes, or cannot see that sometimes, or lose faith absolutely in the entire show sometimes.

But even the loss of faith in the show is part of the show, and even the scene where 'something goes wrong' is not indicative of the show going wrong, and so you are always exactly where you need to be, believe it or not, even if you are not.

Life can be trusted absolutely, even when trust seems a million light-years away, and life cannot go wrong, for all is life, and life is all. Understand this, know it in your heart, and spirituality is profoundly simple, as simple as breathing, as natural as gazing up at the stars at night and falling into silent wonder. The universe is more beautiful than you could ever imagine.

- See more at: <http://www.awakin.org/read/view.php?tid=1001#sthash.tLRV5byU.dpuf>



## 16. A Surgeon's Connection to the Heart

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

Why did Kathy Magliato decided to be a heart surgeon? What tangible and intangible evidence did she find while operating on her patients? Turns out that the answer is simpler than we may think... Kathy finds amazing connections between the heart and the brain. Our emotions are the crucial link that connect our soul to feel love and compassion. See what she has to say about living each heartbeat to the fullest! - See more at:

<http://www.karmatube.org/videos.php?id=4307#sthash.HH6bEJb4.dpuf>

## 17. Live Simply So Others May Simply Live

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

Filmmaker Brock Mitchell shares the story of how his friend Jason Rodas lost his mother a few years ago. Jason had to make the toughest decision of his life, and in that moment told his mother everything he had never told her before. Today,

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he carries his mother's teachings with him - to be loving and giving to others around him; to live simply so others may simply live. - See more at: <http://www.karmatube.org/videos.php?id=4551#sthash.jNSwlfJl.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](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 18. Spiritual Resources

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

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

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

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



## 19. Sacred Attention Therapy

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

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

## 21. 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:

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

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

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

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

## “Forgiveness”

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

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

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

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

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

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

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

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## 23. A Course in Miracles Study Groups

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

## 24. 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](mailto:rmeagher@servinyourjourney.com).
2. Provide your loved-one's name (first name is all that is necessary) and their date of death (if they have died).

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

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

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 25. Supporting Spiritual Guidance

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

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

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

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

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

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



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street  
Ottawa, ON K1R 5J3  
CANADA

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

Love and gratitude for your support and generosity.

## 26. Interfaith Community Celebration

### Interfaith Community Celebration

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

**When:** Wednesdays, Mar 19, Jun 11, Sep 17, Dec 3, 2014.

**Where:** Contact Robert at [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com) or 613-204-0299 for details.

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

**Food:** Enjoy sharing light communal offerings, potluck style.



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

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

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

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

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## 27. 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.

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

Ottawa Citizen Building  
1101 Baxter Road  
Ottawa On

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

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

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

Sylvia Parker  
Global Wellness  
Manotick ON  
613-721-0039

## 29. Hamilton Grooves with Laughter Yoga



### Hamilton Grooves with Laughter Yoga

*Laugh Stress Away with Child-like Play*

*Two locations to choose from*

**Location:** Caroline Place Retirement Residence  
118 Market St, Hamilton

**When:** Tuesday, every 2<sup>nd</sup> and 4<sup>th</sup> week

**Time:** 7pm – 8pm **Cost:** \$10/pp

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

**When:** Wednesday, every 3<sup>rd</sup> week

**Time:** 7:30 – 8:30pm **Cost:** \$10/pp

All ages are welcome

Take the laughter challenge, 6 classes for \$50

**Contact:** Kathryn Kimmins  
Certified Laughter Yoga Teacher

Direct: 905-574-1765

Email: [info@laughyourselfhealthy.ca](mailto:info@laughyourselfhealthy.ca)

Website: [www.laughyourselfhealthy.ca](http://www.laughyourselfhealthy.ca)



## 30. 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.

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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.

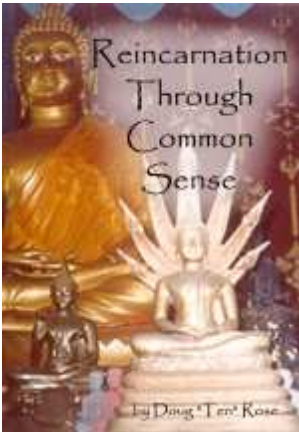
The vast impersonal flow of Truth offers us a glimpse of the Divine. Here in the Hsüan-Hsüeh Discourses we will join together on the journey to Truth, celebrate existence, and behold the shining state of the Source, our Divine nature through human form.

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## 31. Reincarnation Through Common Sense and Fearless Puppy on American Road

\*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS \*

“Once you accept the universe as being something expanding into an infinite nothing which is something, wearing stripes with plaid is easy.” Albert Einstein



**Reincarnation Through Common Sense** is a book of stripes and plaid in the most entertaining sense of Einstein's words. Westerners have written many books about living in Asian temples. None are like this true story.

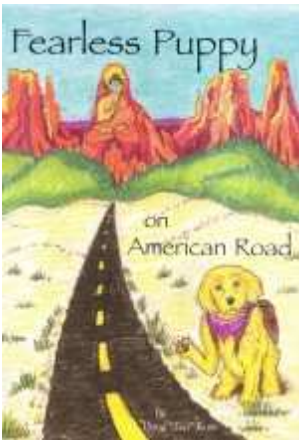
The rural Buddhist Monks and Nuns of a forest temple in Asia adopt a very troubled soul from Brooklyn, New York. He can't speak the language. No one there speaks English. He is penniless, has no intention of studying spiritual discipline, and is amusingly psychotic. This author is not a theology student! He is nonetheless given access to the ancient roots and spiritual wings that define the Wisdom Professionals who have rescued him. He redefines life and reports the details in a manner so intimate and natural that you'll think you are having coffee on a barstool in the temple with him. You may laugh a lot on your way to Nirvana! You may say "Ouch!" a few times, too.

Magic is redefined as objective reality and common sense. Spirit is presented as a functional friend, without the fairy dust. Moods run from adventurous psychosis through enlightened bliss as writing styles run through ancient prose to sharp modern internal rhyme. The main character's life runs through death into reincarnation without ever leaving his body—and he describes this process in vivid terms and living color.

This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

[http://fearlesspuppy.org/m\\_reincarnation.htm](http://fearlesspuppy.org/m_reincarnation.htm)

\$21 in print e-book \$5.75 ISBN#978-0-692-01952-8



<http://www.fearlesspuppy.org>

**Fearless Puppy on American Road** This amazing (mostly) true story reads like a fantasy. *Fearless Puppy* is a transfictional self-help book. It is both comedic and dramatic—a butt kicking, page-turning adventure story that makes deep spiritual impressions.

Within this book you will meet several saintly Tibetan Lamas. You will also meet a man who is his own uncle, specialists in smoke, mirrors, and invisibility, spirited sex, oxygen orgasms, heavenly Hell's Angels, phony preachers, domestic violence/domestic solutions, racist killers in America, Canadian race wars, Native American wise men, a bit of Christian ethics and Jewish ritual, angelic witches, benevolent heroin addicts, magical birds, an all-lesbian band playing a rock concert for the deaf, the musician raised by multi-ethnic golden-hearted prostitutes, martial artists battling neo-Nazis, the modern-day Robin Hood, and many other strangely

wonderful people.

Buckle your seatbelt tightly, take a deep breath, and enjoy the ride. Fearless Puppy runs on rocket fuel!

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*\*Please forward this* through your contact and friend lists, and to anyone you think might be interested. Help us raise funds through book sales to sponsor Wisdom Professionals. Your effort is important! Thank you.

\$21 in print e-book \$5.75 ISBN#978--0615781181

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*Doug "Ten" Rose may be the biggest smartass as well as one of the wisest and most entertaining survivors of the hitchhiking adventurers that used to cover America's highways. He is the author of Fearless Puppy on American Road and Reincarnation Through Common Sense, has survived heroin addiction and death, and is a graduate of over a hundred thousand miles of travel without ever driving a car, owning a phone, or having a bank account. Ten Rose and his work are a vibrant part of the present and future as well as an essential remnant of a vanishing breed.*

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