

Serving your personal journey toward enlightenment...

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

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

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

## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	3
1. Personal Story of Spiritual Lessons	3
2. Poem	4
3. Quote or Question	5
4. This Month's Heart and Soul Picks	5
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	7
5. Doug Henderson, Ph.D – You Can And You Are Making A Difference	7
6. Kathryn Kimmins – World Laughter Day	8
7. Regiena Heringa – Notes from the Light – May 2014	10
8. Dr. Nancy Cleaves – Yesterday	11
9. Robyn Lebron – Christian Science	11
10. Doug "Ten" Rose – Preface to A Shortcut to Heaven	13
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	16
11. Good News Of The Day	16
12. Only Service Heals	17
13. Nothing Else Matters	17
14. The Question of Being	18
15. Return to Kapasseni	19
16. Giving for Joy	19
17. My Father's Gift	19
18. Milaap – Connecting People	20
HEART AND SOUL ADVERTISEMENTS:	21
19. Spiritual Resources	21
20. Sacred Attention Therapy	22
21. Spiritual Exploration and Soul Coaching	22
22. Spirituality Workshops	22
23. Spirituality Discussion Groups	23
24. A Course in Miracles Study Groups	24
25. Serving Your Loved-Ones	24
26. Supporting Spiritual Guidance	25
27. Interfaith Community Celebration	26
28. OM Websites	27
29. Reincarnation Through Common Sense and Fearless Puppy on American Road	27
30. Hamilton Grooves with Laughter Yoga	29
31. 5 <sup>th</sup> International ICCS Conference in Mysore, India	30
32. Ascension Meditation for Forgiveness	32
33. Worldwide Meditation for Forgiveness	33
34. Spiritual Field Trip – Creative Wheel Centre	34

# Spiritual Guidance

Serving your personal journey toward enlightenment...

May 2014 e-Newsletter

Page | 2

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### When does spiritual practice end?

*"How do you step from the top of a 100-foot pole?"*

... Zen koan

This passage was inspired by a dear soul who recently rejoined one of my discussion groups after an absence of about two years. When they left the study group, they felt they had outgrown the practice, that they no longer needed the practice in their lives, and that they had learned all they needed to learn from the practice. When they returned to the study group, they shared that their life had taken a 'bad turn' over the past couple of years, that they found themselves in a 'bad place', and that they needed to return to the study group for support and to find the peace and tranquility they had acquired before they left the study group the first time. I asked this dear soul if they had engaged in any spiritual practice during their absence from the study group. They responded, "No. I didn't think I needed it anymore."

I have watched and witnessed this all too familiar scenario play itself out in the lives of many a precious soul. But it never ceases to intrigue me how we think we have risen above our spiritual practice to a point where we do not think we need it any longer. This brought me to ask myself, "When does spiritual practice end?"

Greg Goode, a non-dualistic supporter, suggests that spiritual practice ends when we no longer seek what we are looking for in the practice.<sup>1</sup> Goode believes the question comes up in most faith and spiritual traditions "because the 'Yes' to practice is built into their very structure." Goode suggests that in non-dualistic thinking, practice may only make matters worse because the practice itself "will only reinforce the sense of a separate self that thinks it can gain something. What must happen is not practice, but the disappearance of this sense of self".



In his article 'At the End of Spiritual Practice', C.E. Lowman shares an equally-interesting perspective on spiritual practice. Lowman writes "...after a certain altitude, you will need to shed them [the practices], at least as a means to an end. Thus, we never want to overly invest in techniques or paths, or confuse love of Truth with the vehicles that help us find it. Indeed, the one who has dispensed with meditation and yoga is likely more realized than the one who boasts about meditating two hours a day for forty years, or who can bend in every known asana. You know you're coming to the end of practice when you begin wondering, 'Now what? Is it possible to go any further with doing things to be *spiritual*?' Desire drives practice. You want to learn something. Be somebody. Which is both necessary, and in the long run, problematic, especially when it comes to matters of self-realization. The last little bit of work, or practice, is living without desire. Accepting what is."<sup>2</sup>

Both Goode and Lowman appear to be making the same point when it comes to spiritual practice. For as long as we are seeking something from our practice and/or from life, for as long as we desire something outside of ourselves, we need

Serving your personal journey toward enlightenment...

spiritual practice. But when we give up 'desire', when we finally learn to accept what is, spiritual practice becomes unnecessary.

For those mere mortals, like myself, who until desire is shed and we can 'be' with and in life, accepting what is, nothing more and nothing less, spiritual practice may be a necessary guiding light to help us shed our sense of self. Spiritual practice is the vehicle that will help us shed our perception of separation from Source, the Divine, God. When this happens, our spiritual practice will become life itself.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

1. Greg Goode. "Is Spiritual Practice Necessary". [www.nonduality.com/goode5.htm](http://www.nonduality.com/goode5.htm)
2. C.E. Lowman. "At the End of Spiritual Practice". [www.movingtowardspeace.com/mtpblog/at-the-end-of-spiritual-practice.html](http://www.movingtowardspeace.com/mtpblog/at-the-end-of-spiritual-practice.html)

## 2. Poem

### Talking in the Night

In the middle of the night,  
I cried out,

"Who lives in this love

I have?"

You said, "I do, but I'm not here  
alone. Why are these other images  
with me?"

I said, "They are reflections of you,  
just as the beautiful inhabitants of Chigil  
in Turkestan resemble each other."

You said, "But who is this other *living*  
being?"

"That is my wounded soul."

Then I brought that soul  
to you as a prisoner.

"This one is dangerous,"

I said. "Don't let him off easy."

You winked and gave me one end  
of a delicate thread.

"Pull it tight,  
but don't break it."

I reached my hand  
to touch you. You struck it down.

"Why are you so harsh with me?"

"For good reason. But certainly not to keep you away! Whoever enters this place saying *Here I am* must be slapped.

This is not a pen for sheep.

There are no separating distances here.  
This is love's sanctuary.

Saladin is how the soul looks. Rub your eyes, and look again with love at love."

Jelaluddin Rumi

### 3. Quote or Question

"Everything in heaven and earth breathes. Breath is the thread that ties creation together." (Anonymous)

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

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

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

Roman emperor Marcus Aurelius' most enduring legacy is not his external power, but his deeply held conviction that each one of us is endowed with the inner power to control our minds and responses to external events. In his extensive compilation of writings, collectively titled 'Meditations', Aurelius describes how to develop a mindset that can deal well with any experiences or emotions that arise. Among these teachings are that your own happiness is up to you. There is good in everyone, and life should be treated as an old, faithful friend. In the words of Aurelius, "Everything contains some special purpose and a hidden blessing; what then could be strange or arduous when all of life is here to greet you like an old and faithful friend?" <http://www.dailygood.org/story/680/marcus-aurelius-and-the-key-to-happiness-carolyn-gregoire/>  
**Be The Change:** Take a tip from Aurelius today: "There is nowhere that a man can find a more peaceful and trouble-free retreat than in his own mind ... So constantly give yourself this retreat, and renew yourself."

Imagine a library filled with only the very best examples of human empathy. A treasure trove of inspiring books and films to 'spark a global empathy revolution.' This was the goal of author Roman Krznaric, who worked to capture the world's most memorable examples of empathy under one digital roof. His project, dubbed The Empathy Library, is swiftly being recognized as one of the best online community resources for activists, teachers and empathic thinkers worldwide. "Think of it as Goodreads for the empathy revolution," offers Roman. <http://www.dailygood.org/story/695/the-empathy-library-roman-krznaric/> **Be The Change:** Reflect on a book you've read that inspired you to greater empathy. Share it with someone today.

Serving your personal journey toward enlightenment...

A vital part of a rewarding life involves contributing to and caring for others. Unfortunately, some end up sacrificing their own well-being when answering this call, setting them back on their own responsibilities, becoming burned out, and losing the drive that led them to practice generosity in the first place. In this piece, Wharton Professor of Management Adam Grant debunks common myths about giving and explores how to become a productively generous person, one who gives without compromising their own well-being.

<http://www.dailygood.org/story/694/how-to-become-productively-generous-adam-grant/> **Be The**

**Change:** In order to sustainably help others, it has been said to "give of your light, not of your oil." How can you take better care of yourself so that you can secure your well-being and also continue to help others?

- 12. Only Service Heals
- 14. The Question of Being
- 17. My Father's Gift

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 – You Can And You Are Making A Difference

There is pause for hope my friends. In Ukraine, hundreds of soldiers sent to fire upon fellow countryman by a coup, neo-nazi government that the Canadian government has recognized, are laying down their arms by the hundreds. So. Your visualizations, your prayers and meditations for peace are bearing fruit. But we must go deeper, beyond the intellect.

I find it appropriate that what I am about to say is being written on Good Friday, Easter. I also find it appropriate that what I say in these articles is really meant for me because we are only ever talking to our Self. The words are a recognition of the One Self and provide courage to my lower self to expand further and further until the sphere that it created pops like a balloon and only a True Self remains.

Our function is the same as that of Yeshua ben Yosef (Jesus), who came into his incarnation without memory of who he was or potentially what he could become. That is the circumstance for each of us. Yet, Yeshua was on a journey of no distance, of self-purification in which the mind healed and the body and the perception of the world followed.

Each of us creates what it is we acknowledge (give our attention to via our thoughts, emotions, feelings, words and actions.) What we acknowledge, empowers us. Either positively or negatively. This does not mean that you become a shallow "surface skimmer." It means that we examine the dark side or shadow side of our personality. We examine those things that we deny most about our self and project onto others and the world. Examine the masks. "Our function is not to seek for love but for the blockages to love." Love is always present, to the degree that we recognize it. This is what is meant by, "physician heal thy self." So, we must see our self as we really are and not as we hope to be or the image we believe we project. This requires courage. This is exactly what Yeshua did. But we identified with the story and the personality and overlooked the function. His function is our function.

Through-out this incarnation, I am only ever experiencing myself. Some of you have been experiencing your-self, laying down your armaments. As you do, so do others. To go deeper, examine the conflicts within you as a de-tached, observer. Then, simply acknowledge that this is who I am in this moment. Accept it. Take ownership and responsibility for it and ask for help and assistance from the Power that created you, to overcome it. By experiencing your-self laying down the conflict, the turmoil, the masks, the pretenses, the expectations, the pride, the need to be right, the self-will of having your own way; you will have taken the initial steps in a many life-long process of self-purification. This is what Yeshua accomplished. He re-membered his true Self. He is the way-shower. The temptations that he faced are the same ones that each of us face. It all depends to what extent we recognize what the temptations are. The example of the way-shower makes it 1,000's of times easier for each of us. It is our intention, our motive, our response in any given situation that determines in any given moment how Spirit interacts with us. The "surface skimmers" would say, "let Spirit come to me." But Spirit only moves toward those who have genuinely crossed the bridge half way. This is the law. The "surface skimmers" would also say, "I am already perfect, what is there to examine." This is why they are "surface skimmers," and little will be accomplished in things that matter, in this life-time. The "surface skimmer would also ask, "What's in it for me?" The answer: The recognition of never having left. The realization that it's all a dream experience and how we respond within the dream determines to what extent we experience heaven or hell in this lifetime and in the experience beyond death because the sphere that we create via our thoughts, emotions, feelings, words and actions never leave their creator and continue to be experienced beyond 3d life.

The most difficult step is making the commitment to expose the ugliness to a conscious level. When and if you finally do so, you just may find that the edginess of life softens and no matter what happens you aren't affected or sucked into the

Serving your personal journey toward enlightenment...

drama that you once were and the recognition of faults brings on a sense of exhilaration for life. That's because the deeper you go, the more your consciousness raises and the beauty of the "free will choice" appeals to you. Do it long enough and consistently enough and perhaps the recognition of your own true Power will become more and more like the energy that Yeshua experienced during his worldly incarnation.

Let me conclude with this passage that I discovered a day after I wrote the initial draft of this article. It's from Eva Pierrakos, Pathwork Guide Lecture # 29 –The Forces of Activity and Passivity –Finding God's Word.

"For as long as there is hatred within the individual soul, and as long as there is blindness caused through lack of self knowledge, and as long as people do not purify themselves and strive upward to God, and as long as people cannot refine their feelings, there cannot be peace. It is impossible. War is an outpicturing of what goes on in so many individual personalities. It cannot be eliminated by collective means alone, well meant as they may be, unless they are supported by the right spiritual attitudes. The cure has to start from within by each individual. Otherwise you will only succeed in eliminating one effect, and another symptom will come. It is just the same with disease, my friends. War is nothing else but a disease. Your human history and your human science show you how many ways medicine has found to eliminate disease. Many diseases that existed a relatively very short time ago are not possible any more. But other diseases have sprung up that you cannot cure, and new diseases will continue to do so until a greater degree of purification exists on this earth, no matter what wonderful progress science and medicine make. As long as disease is not cured from within, war or other diseases will exist. If it is not war, it will be something else equally terrible."



**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. Kathryn Kimmins – World Laughter Day

### World Laughter Day Laughter Without Borders

Sunday May 4, 2014 – 11:00 – 12:30  
Sam Lawrence Park, Hamilton, ON L9A 1B1  
(West of Upper Wellington St on Concession St)

Hamilton Ontario L9A 1B1  
Please confirm your attendance  
via email or phone for this event

Kathryn Kimmins  
[info@LaughYourselfHealthy.ca](mailto:info@LaughYourselfHealthy.ca)

905-574-1765

This is a free event!  
Very good, Very good, Yeah!



We are celebrating our 16th World Laughter Day celebration!



Serving your personal journey toward enlightenment...

World Laughter Day was created in 1998 by Dr. Madan Kataria, founder of the worldwide Laughter Yoga movement and is celebrated in over 70 countries.

Each year on the first Sunday in May, people gather around the world to celebrate World Laughter Day. Come with your friends and family and experience the fun body-mind exercise that's sweeping the world. Experience why laughter is the best medicine!

"HAPPY-DEMIC" was the first World Laughter Day gathering outside India.

More than 10,000 people gathered as it was the largest ever gathering that laughed and bonded together and the event went into the Guinness Book of World records.

Laughter lifts our spirits with a happy high that makes us feel good and is intended to build up a global consciousness of brotherhood and friendship.

On this auspicious day I appeal to you all to spread out your arms and laugh for no reason for at least one minute, sending out vibrations of peace, love and freedom into the universe for international brotherhood, friendship and world peace.

This World Laughter Yoga event is open to all ages. Bring your relatives, friends, and neighbors and laugh till the tears are running down your legs.



**With the spring weather finally here  
Hamilton Grooves with Laughter Yoga  
will be taking our laughter and giggles outside.**

**Where:** Sam Lawrence Park, Hamilton, Ontario L9A 1B1  
(west of Upper Wellington St. on Concession St.  
and west of the drive way into the parking lot)

**Date:** every second and fourth Tuesday

**Time:** 7:00-8:00pm

**Cost:** \$5/pp

Have the happiest evening of your life!

Bring water and something to lie on for the Relaxation Meditation

Two Funny videos to tickle your funny bone.

**Meryl Streep Makes Everything Sound More Interesting**

<http://youtu.be/A8TSBw5JiWE>

**Jack Rafferty surprises this musical couple at the gas pump from the Tonight Show**

<http://youtu.be/ZNMOENUCO5I>



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

## 7. Regiena Heringa – Notes from the Light – May 2014

The days of your world are being brought to a close. These days of uncertainty, imbalance and unsoundness are being transformed and directed to a greater, more expansive and complete world. In this manner your nations can more fully participate in a majestic collective, shaped by other worlds and dimensions which, in turn, are members of a resplendent and sacred galactic, intergalactic and inter-dimensional community. It is to be remembered that life intrinsically and perpetually moves forward in its development, furthering its creative expression and ensuing accomplishment. This includes thought, feeling, consciousness and physical transformation.

Although you may view your planet as a struggle between order and anarchy and between peace and fear, there is an all-encompassing plan which oversees all human effort. This plan is to bring your peoples and your world into a place of spiritual fulfillment. Kindly remember that a deepened understanding and experiencing of spiritual unfoldment also invites the balanced advancement of scientific and technological matters. As a result, this progress also fosters more insightful creativity and establishes societies of equality which are founded on reciprocal love and which encourage all its members to advance upon the joyful path bestowed to you by the Divine Creator.

Hence these days of your planetary and individual turbulence are coming to a close. Think this not as a catastrophic event, but rather as a long-awaited opportunity to finally live who you are: lovingly intelligent divinely created beings filled with invention and accomplishment who glorify all which is good and noble.

How then shall I get ready for these transforming times? you may ask.

You have already prepared yourselves. You dedicate your lives to the spiritual upliftment of yourselves, your family and your communities. You are wonderfully committed to living within the divine Spirit of all existence: you imbue each day with the mindfulness that you are sacred beings; you continually deepen this relationship with the Divine Creator; you think, feel, create and act within the environment of unconditional Love towards yourself, other beings and all life; you live in gratitude and joy, harmoniously creating your life in partnership with the Source wherein you dwell.

In contemplating these facts which we present to you, kindly recognize that you are in the very process of transforming these last days into a splendid celebration of new life embracing expanded opportunities, communities and worlds.

We applaud you and we thank you.



**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).

## 8. Dr. Nancy Cleaves – Yesterday

Yesterday  
What is that exactly?  
It's gone.  
Where did it go?  
Does anyone know?

And tomorrow?  
What is that?  
Anticipation, worry?  
We want to get there  
in a hurry.

It is all just  
thoughts,  
mostly occupational hazards  
at work in our minds.

There is no tomorrow,  
nor yesterday gone.  
Only this sacred moment  
So make it fun!



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

## 9. Robyn Lebron – Christian Science

*This is the 16<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 or Faith Practice is Christian Science. It has often been confused with the Church of Scientology, but they are not connected in any way, and their teachings are vastly different. The Actual name of the church is "First Church of Christ, Scientist". Christian Science was founded by a woman named Mary Baker Eddy. She was born Mary Ann Morse Baker in New Hampshire in 1821. As a child, she was frequently ill. Her Struggling with chronic illness compounded by personal loss, Mary Patterson was preoccupied with questions of health. Mary sought relief in various alternative treatments of the day parents sought help from physicians for her ailments, but the treatments brought only temporary relief. She studied homeopathy in depth and experimented with un-medicated pellets (now known as placebos) and concluded that a patient's belief played a powerful role in the healing process. In 1862, she visited a man named Phineas Quimby. He taught a system of healing dealing with the mind. He taught that the mind had the power to heal the body.

Serving your personal journey toward enlightenment...

During these many years of illness Mary consistently had a great love for the Bible and studied it often. In 1866, she fell and was seriously injured and she was not expected to recover. She apparently read Matt. 9:2 -- And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee" and a turning point occurred. She experienced a miraculous cure. It was this experience that convinced her of the truth. Mary could not explain to others what had happened, but she knew it was the result of what she had read in the Bible. Her conviction grew in the coming weeks and months as setbacks were met with even stronger proofs of spiritual healing. Eventually, she referred to this as the moment she discovered Christian Science.

In 1872, she ceases all teaching and devotes herself to writing her first book. She published the first edition of "Science and Health with Key to the Scriptures" in 1875. She claimed it was the final revelation of God to mankind and asserted that her work was inspired of God. She felt strongly that she had been ordered by God to write down the revelations that she received, but she was only the "scribe". This idea grew and expanded in her consciousness until it became the impelling motive of her entire life. In the year 1866 she discovered the law of Spirit, and named it Christian Science. This book is now recognized as the only textbook of Christian Science. Christian Scientists rely on the Bible and the Christian Science textbook, which is their "key to the scriptures".

Christian Science teaches that Jesus Christ was sent by God and that his history is factual, including the virgin birth, the crucifixion, the resurrection, and the ascension. Jesus submitted to the crucifixion of his body on the cross in order that he might be the Way-shower. He wanted to prove that "spiritual" man is immortal and that his immortality is brought to light not by the death of the physical body but by demonstrating the power of Truth. Jesus' deed was for the enlightenment of men and for the salvation of the world from sin, sickness and death. They believe His physical body died on the cross, and He rose on the third day as the Bible teaches. He proved that God is Life, and that man is immortal and can never die, and that even the belief in death, that exists nowhere except in the carnal mind, can be destroyed by the truth. Sin is a state of mind that causes suffering, the atonement for sin is attained by following Truth and Christ's teachings.

All sin, disease, and death come from the belief of life, intelligence, sensation, and substance in matter. If matter is an illusion, it follows that disease, is also an illusion of "diseased beliefs" upon the human body. It then follows that the correct way to treat disease is not through matter, nor by giving material remedies and drugs to the body, but by destroying the images of disease out of the human mind. Christian Science aims to destroy erroneous beliefs by substituting knowledge of Truth in place thereof, which reveals the new man governed by God. It lays tremendous emphasis upon the necessity for "bringing into captivity every thought to the obedience of Christ," as the Bible commands. "Thus the human mind is renewed by the destruction of erroneous and sinful mental thoughts, and the substitution in their place of the qualities of Truth. As this renewing process goes on, sickness, suffering, and discordant conditions begin to disappear, and when it is finished, and every mortal thought has been brought into subjection to Christ, then man will be transformed from a sinning, suffering mortal into a state of peace and harmony. One must desire to be a good man, and must love God in order for the transformation to occur. Christian Science is a simple, scientific system of metaphysics and is the same process used by Jesus in the healing of sin, disease and death.

The Christian Science Church does not oppose the teaching of Evolution in schools. They regard participating in conflicts is only submitting to the illusion. For similar reasons, Christian Science does not take a position on homosexuality, abortion or any other controversies that arise.

Above all, Christian Scientists believe in the saving, healing power of God's love—that no one is beyond redemption, that no problem is too entrenched or overwhelming to be addressed and healed. In other words, Christian Scientists don't believe that salvation occurs at some point in the future, but that the presence of God's goodness can be experienced here and now—and by everyone.

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/>.

## 10. Doug “Ten” Rose – Preface to A Shortcut to Heaven

Want a shortcut to heaven? Of course you do. Everyone does.

I'm going to take it for granted that we all understand the basics here. We're not talking about going to some heaven far away in the sky. Heaven's meaning here refers to the frame of mind that allows one to live without self-inflicted misery on Earth. (Upon arrival at this heaven, it becomes obvious just how much human suffering is self-inflicted.)

The most commonly asked question about heaven, liberation from suffering, enlightenment, salvation, or whatever you want to call it, is “What's the quickest way to get there?” That sounds lazy but is not an altogether bad question. It is an even more understandable question coming from a fastfood society.

Many say there is no shortcut.

I'm just a street dog, so my opinion may not be worth much, but I have to disagree. Don't misunderstand. You will still have to do plenty of work. You may get calluses on your ass from sitting in contemplation before you ever have a stabilized heaven in your mind. It often requires sitting quietly enough for long enough to reach the natural stillness that is usually necessary to reach the place within you that can experientially register the so-called secrets (they're not so secret) of the Universe. Then, you may have to maintain the stillness even longer in order to continuously reinforce this knowledge and make it habitually accessible.

But there are concrete paths to that stillness that can save you eons of time and trouble, if you get on them and stay on them. The shortest distance between any two points will always be a straight line. Grandfather Eli had some straight lines on his map. Another such line follows.

The particular method referred to in the next few pages requires no religion, ritual, or dogma. This account is not complete. It may not even be completely accurate. There may be no such thing as “completely accurate.” Some explanations get closer than others, but nearly all explanations of anything are subjective. They are always colored by the observer who is doing the explaining.

This is just how I saw it. If you want more information, don't just find a source. Find a verified, reliable source.

Here we go.

Everything you feel we'll call a sensation—hot, cold, wet, dry, tired, energetic, thirsty, hungry, satisfied, etc.—anything that comes through the senses. Suffering is caused by our emotional attachment to these sensations (in one form or another) and the consequences of those attachments.

Here's what those consequences are about.

Any sensation or feeling will automatically cause a craving for it or an aversion to it. This will cause an action on behalf of that craving or aversion. You will either like the feeling and eventually take action toward feeling more of it, or you will dislike the feeling and have an aversion reaction that drives you away from it. These actions will foster another sensation (pleasure/ pain/whatever), which will manifest yet another action (reaction, you could say) to that next sensation's resulting craving or aversion, and on and on.

You taste something nasty. You have a dislike for it. When you see it again you cringe. You eat your favorite food and you love it. Next time you see it, you know how good it will taste and you want it again. Even if you don't see it for a while, you will probably think about it and crave it anyway. (After a while there can actually be more of an addiction to the craving or aversion itself than to the original sensation, but that's another story.)

It's very helpful to realize that all of these sensations are actually equal in importance and are temporary. They will pass away as surely as they have arisen. Only the attachment (craving/aversion) to these sensations, in the form of the repetitive attention that sticks them in our minds, makes them a source of lasting pleasure or pain—and in either case, eventual misery.

Let's say you want a candy bar or some other sugar fix. You're with a friend who's dying for a cigarette. You don't smoke. He doesn't eat sweets. The sugar is only special to you. The cigarettes are only special to your friend. This is because you each have your respective cravings for them. These things are only important because you and your friend have made them important to yourselves.

Sugar and cigarettes are not, objectively speaking, any more important than rubber, broccoli, or rocks. Your friend can't stand sugar. It tastes nasty to him. Cigarettes disgust you. They make you sick. The desire or distaste for these, again, hasn't as much to do with sugar or cigarettes as it has to do with the way you and your friend have perceived sugar and cigarettes, and developed attachments (craving or aversion), attitudes, and reactions to them.

These attachments can open the door to all kinds of pissy feelings. If you don't have any sugar you start to think about it more and aren't paying attention to what else is happening around you. If you're stuck in a place smelling smoke it can make you too irritable to be aware of or enjoy what else is happening. The man/woman of your dreams or some other golden opportunity could fly right by you. You might be too preoccupied to notice. You could step on a hundred dollar bill and never see it because you're thinking about how you hate smoke or need sugar. Your friend might do the same for what seem like the opposite reasons. He hates the sugar but loves the smoke. Actually, you are each operating like that for the same reason. It's not the sugar or the cigarette. It is the importance you've manufactured and attached to each of them subjectively, with no regard for objective reality.

That objective reality would make it obvious that nothing is more important to you than you allow it to be. Don't believe me? Ask any number of recovered heroin addicts. They may be able to tell you about a substance they would have killed for at one time, but now wouldn't accept for free.

Anyone who has ever been addicted to anything—a drug, another person, whatever—can tell you about hell being a craving or aversion. Cut the chain of cause and effect (sensation-attachment-action-sensation-etc.) at the link of sensation before it reaches the link of an action that will reinforce attachment to that sensation. If you do so, you can rid yourself of the attachment to the craving for, or aversion to, that sensation. You will then be free from the suffering that wanting more of (or wanting to get rid of) anything will surely subject you to.

These are both states of want. They draw your attention away from being fully present and accounted for at any and every given moment. The obvious problem with this is that the present tense is where all the good stuff happens. The past is just remembering and the future may be hoping or planning for, but the present is where real life goes on. If your mind is elsewhere, it can't be here.

Escaping this aversion or craving, again, seems to have a good deal to do with realizing the true equality of things, as well as how temporary all things are. That means seeing everything as what it is, instead of what you feel about it—and remembering that neither what that thing really is or how you feel about it will last indefinitely. Everything is only so very important because you've made it that important to yourself, not because it really exists in that state of importance independently. Adjust your mentality to objective reality and you've found the road.

So who the hell can consistently remember (especially when the shit's really hitting the fan) that all things are really equal and impermanent? Who can consistently keep in mind that it's only our subjective and therefore actually unrealistic attachment to these things and situations that give us our many types of drama and misery?

Anyone can.

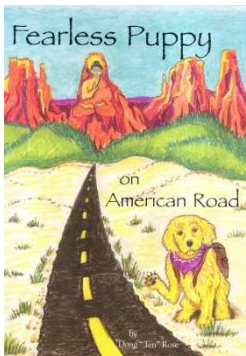
Yes, you can. It won't all happen overnight. You can't pick this stuff up in thirty seconds at a drive-through window for three bucks. But if you want to spend as much time doing things that will help yourself as you might otherwise spend on things that won't, the psychological technology is readily available to make life a much easier and more pleasant experience.

Serving your personal journey toward enlightenment...

The above is my subjective slant on just one of many methods available to people who want to make life a happier experience. I've tried to be perfectly unclear and obscure here. Hopefully, it has worked. I don't claim to know anything. There certainly are folks who know how to teach this stuff, and similar beneficial notions, in a clear and functional manner. If you're interested, you need to find them. No problem. Several names and locations are in many places besides (as well as within) this book.

If you want to pursue a voyage on any of these roads, find teachers that fit you. Find people with a real knowledge of that road. You're going to want to ask questions. You'll want guides who can help you bring answers out from within yourself, answers that apply to yourself. Their advice should be both understandable and worth following. Make yourself comfortable. You're going to have to pay attention for a long while. It will be worth it.

If you stay with the process, the benefits have to come to you. They have no choice.



**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 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:

### 11. Good News Of The Day

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

Roman emperor Marcus Aurelius' most enduring legacy is not his external power, but his deeply held conviction that each one of us is endowed with the inner power to control our minds and responses to external events. In his extensive compilation of writings, collectively titled 'Meditations', Aurelius describes how to develop a mindset that can deal well with any experiences or emotions that arise. Among these teachings are that your own happiness is up to you. There is good in everyone, and life should be treated as an old, faithful friend. In the words of Aurelius, "Everything contains some special purpose and a hidden blessing; what then could be strange or arduous when all of life is here to greet you like an old and faithful friend?" <http://www.dailygood.org/story/680/marcus-aurelius-and-the-key-to-happiness-carolyn-gregoire/>  
**Be The Change:** Take a tip from Aurelius today: "There is nowhere that a man can find a more peaceful and trouble-free retreat than in his own mind ... So constantly give yourself this retreat, and renew yourself."

At first thought, prison might seem like an unusual place to go mining for wisdom. But Insight-Out might make you think differently. Insight-Out refers to a special program at California state prison San Quentin. It is a program that guides inmates on a healing process so they are able to come back out transformed and ready to serve others. One man, known simply as Birdman, offers a small story from his own journey that transformed an unjust punishment into a priceless gift. Read on and be touched by his wisdom -- from the inside out. <http://www.dailygood.org/story/652/the-shining-fire-hydrant-birdman/>  
**Be The Change:** Try to take pride and find joy in what you do on a daily basis, whether it be at work, at home, or in the relationships you hold dear.

Imagine a library filled with only the very best examples of human empathy. A treasure trove of inspiring books and films to 'spark a global empathy revolution.' This was the goal of author Roman Krznaric, who worked to capture the world's most memorable examples of empathy under one digital roof. His project, dubbed The Empathy Library, is swiftly being recognized as one of the best online community resources for activists, teachers and empathic thinkers worldwide. "Think of it as Goodreads for the empathy revolution," offers Roman. <http://www.dailygood.org/story/695/the-empathy-library-roman-krznaric/>  
**Be The Change:** Reflect on a book you've read that inspired you to greater empathy. Share it with someone today.

A vital part of a rewarding life involves contributing to and caring for others. Unfortunately, some end up sacrificing their own well-being when answering this call, setting them back on their own responsibilities, becoming burned out, and losing the drive that led them to practice generosity in the first place. In this piece, Wharton Professor of Management Adam Grant debunks common myths about giving and explores how to become a productively generous person, one who gives without compromising their own well-being. <http://www.dailygood.org/story/694/how-to-become-productively-generous-adam-grant/>  
**Be The Change:** In order to sustainably help others, it has been said to "give of your light, not of your oil." How can you take better care of yourself so that you can secure your well-being and also continue to help others?



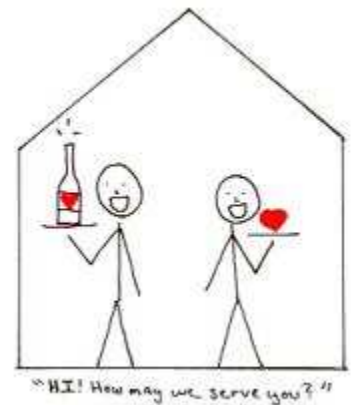
## 12. Only Service Heals

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

--by [Rachel Naomi Remen](#) (Apr 07, 2014)

If helping is an experience of strength, fixing is an experience of mastery and expertise. Service, on the other hand, is an experience of mystery, surrender and awe. A fixer has the illusion of being causal. A server knows that he or she is being used and has a willingness to be used in the service of something greater, something essentially unknown. Fixing and helping are very personal; they are very particular, concrete and specific. We fix and help many different things in our lifetimes, but when we serve we are always serving the same thing. Everyone who has ever served through the history of time serves the same thing. We are servers of the wholeness and mystery in life.

The bottom line, of course, is that we can fix without serving. And we can help without serving. And we can serve without fixing or helping. I think I would go so far as to say that fixing and helping may often be the work of the ego, and service the work of the soul. They may look similar if you're watching from the outside, but the inner experience is different. The outcome is often different, too.



Our service serves us as well as others. That which uses us strengthens us. Over time, fixing and helping are draining, depleting. Over time we burn out. Service is renewing. When we serve, our work itself will sustain us.

Service rests on the basic premise that the nature of life is sacred, that life is a holy mystery which has an unknown purpose. When we serve, we know that we belong to life and to that purpose. Fundamentally, helping, fixing and service are ways of seeing life. When you help you see life as weak, when you fix, you see life as broken. When you serve, you see life as whole. From the perspective of service, we are all connected: All suffering is like my suffering and all joy is like my joy. The impulse to serve emerges naturally and inevitably from this way of seeing.

Lastly, fixing and helping are the basis of curing, but not of healing. In 40 years of chronic illness I have been helped by many people and fixed by a great many others who did not recognize my wholeness. All that fixing and helping left me wounded in some important and fundamental ways. Only service heals.

-- [Dr. Rachel Naomi Remen](#) on Service, adapted from a talk published in the [Noetic Sciences Review](#)

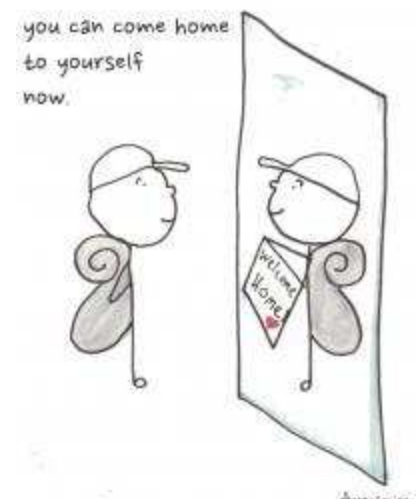
- See more at: <http://www.awakin.org/read/view.php?tid=941#sthash.4Esleb3f.dpuf>

## 13. Nothing Else Matters

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

--by [Scott Morrison](#) (Apr 14, 2014)

Stop dead in your tracks.  
It doesn't matter at all, what you've ever done, or not done.  
It doesn't matter how grandiose, self-centered,  
arrogant, or neurotic you've ever been.  
It doesn't matter how brilliant you've been, or how stupid you've been.  
It doesn't matter what you've ever experienced, or not experienced.  
It doesn't matter how much good you've ever done, or how much harm you've ever done, your whole life long.



Serving your personal journey toward enlightenment...

Nothing that has ever happened to you makes any difference at all.  
It doesn't make any difference how many times you've been enlightened, or not enlightened, or how powerful, profound, or intense those experiences may have been.  
The only thing that matters, that really matters at all,  
is whether you are willing to be completely alive, awake and free,  
this very moment – this very instant.  
The only thing that makes any difference – any difference at all,  
is whether you are willing to let go of all mental and emotional -  
all historical and future versions of yourself and your life,  
and simply be what you are, completely and absolutely, right now.  
We are simply awareness – pure, infinite, and wide open.  
Our nature is to be unconditionally kind, honest, wise, and sincere,  
tender, affectionate, sensitive, and compassionate,  
without reservation, right now.  
It's the most natural thing in the world,  
and there is nothing real in the way.  
Everywhere is your home.  
Everyone is your lover, your child, your mother, your father, your sister, and your brother, your best friend. Every one is your own reflection.  
Your heart is aching to be What you are,  
to be Everything that you are,  
on this breath.  
Don't put it off another instant.

- See more at: <http://www.awakin.org/read/view.php?tid=1006#sthash.EuwygpHb.dpuf>

## 14. The Question of Being

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

--by [Advashanti](#) (Apr 21, 2014)

Above the entrance to the Oracle at Delphi were written the words, "Know Thyself."  
Jesus came along and added a sense of urgency and consequence to the ancient idea when he said, "If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

What Jesus is saying is that spirituality is serious business, with serious consequences. Your life hangs precariously in the balance, teetering between a state of unconscious sleepwalking and eyes-wide-open spiritual enlightenment. The fact that most people do not see life this way testifies to how deeply asleep and in denial they truly are.

Within each of our forms lies the existential mystery of *being*. Apart from one's physical appearance, personality, gender, history, occupation, hopes and dreams, comings and goings, there lies an eerie silence, an abyss of stillness charged with an etheric presence. For all of our anxious business and obsession with triviality, we cannot completely deny this phantasmal essence at our core. And yet we do everything we can to avoid its stillness, its silence, its utter emptiness and intimate embrace.

To remain unconscious of *being* is to be trapped within an ego-driven wasteland of conflict, strife, and fear that only seems customary because we have been brainwashed into a state of suspended disbelief where a shocking amount of hate, dishonesty, ignorance, and greed are viewed as normal and sane. But it is not sane, not



Serving your personal journey toward enlightenment...

even close to being sane. Nor is it based in reality. In fact, nothing could be less real than what we human beings call reality.

By clinging to the mind in the form of memory and thought, we are held captive by the movement of our conditioned thinking and imagination, all the while believing that we are perfectly rational and sane. We therefore continue to justify the reality of what causes us, as well as others, immeasurable amounts of pain and suffering.

Deep down we all suspect that something is very wrong with the way we perceive life but we try very, very hard not to notice it. And the way we remain blind to our frightful condition is through an obsessive and pathological denial of *being* -- as if some dreadful fate would overcome us if we were to face the pure light of truth and lay bare our fearful clinging to illusion.

The question of *being* is everything. Nothing could be more important or consequential -- nothing where the stakes run so high. To remain unconscious of *being* is to remain asleep to our own reality and therefore asleep to reality at large. The choice is simple: awaken to being or sleep an endless sleep.

- See more at: <http://www.awakin.org/read/view.php?tid=990#sthash.3zoQ2JhY.dpuf>

## 15. Return to Kapasseni

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

Perpetua Alfazema wanted to build a school in Kapasseni, a small village in Mozambique. His dream was realized when a group from Canada seeded the funds. In a ceremony, a young tree sapling was dedicated to symbolize all that could flourish in Kapasseni. The school gave new life to Kuwangisana, an initiative that transformed communities throughout Mozambique. After 12 years, the sapling has flourished in to a tree with a number of branches. And the hope has spurred music, growth and vitality throughout the country. See the story of hope, music and human ingenuity in this touching video. - See more at: <http://www.karmatube.org/videos.php?id=3192#sthash.sw3LuaQc.dpuf>

## 16. Giving for Joy

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

"Get happy! That is the only story on this planet." Powerful words but the question is, How? Find out in this trailer for the documentary, The Perfection of Giving, that follows a group of volunteers who find happiness through the struggles of thinking of others first. We are so focused on ourselves in our day-to-day lives that we become far removed from joy. But when we give to others, we realize that giving is liberating. It creates joy. And having given, we better appreciate what we have in life, and we make better choices with what we have. What is helping others all about? What does it really mean to give? Know that our idea of what others need might be different from what they need or what they think they need. We learn this as we begin to give, and later the larger lesson, that what goes out is what comes back. - See more at: <http://www.karmatube.org/videos.php?id=3979#sthash.RNkXAVO.dpuf>

## 17. My Father's Gift

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

'Gift' is a must watch short film that has a profound, heart-touching message about the importance of giving, and the true value of wealth. It's a beautiful depiction of how we deeply touch others when we selflessly give our time, love and

Serving your personal journey toward enlightenment...

kindness. "Gift" is about a boy who grew up not liking his father because he believed he was poor, unintelligent and unsuccessful, but his father had a secret. It was only until after his father's death he discovers the true reach of his father's generosity towards others and the joy and laughter he brought to others. He finally understands his father's message to him as a boy, that "being rich is not about how much you have, but how much you can give." - See more at: <http://www.karmatube.org/videos.php?id=4921#sthash.rdKWLWeC.dpuf>

## 18. Milaap – Connecting People

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

Driven by the desire to 'make a difference,' Anuj Vishwanathan and Saurabh Sharma, two alumni of National University of Singapore, created MILAAP in 2011. Based on the simple notion of 'Giving forward,' the organization is a funding program for the working poor, where anyone can make a gift, even as small as \$20. The money is then loaned to small ventures like a tailor or home-based industry owner who can then use the money to achieve some stability for his family and more jobs for people in his community. Milaap shows the way to share success with others and help them along on the road to progress. - See more at: <http://www.karmatube.org/videos.php?id=3871#sthash.ly5RwR9u.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.*

### 19. 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.

## 20. 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.

## 21. 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.

## 22. Spirituality Workshops

### “Exploring Spirituality”

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

### “The Laws of Spirit”

We live our lives surrounded by the ‘laws of the land’. Many of these laws are intended as a basis for social order. However, these human-made laws pale in comparison to a higher order of laws that weave themselves into our daily existence and broader human fabric. This exploratory workshop will examine these higher orders of law—the laws of spirit—in three parts:

Serving your personal journey toward enlightenment...

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

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

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

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

## “Forgiveness”

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

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

## 23. 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>).

## 24. 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>).

## 25. 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



## 26. 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.

## 27. 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.

Serving your personal journey toward enlightenment...

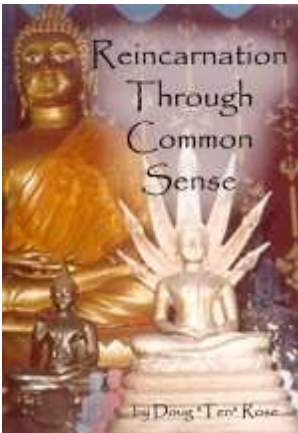
## 28. OM Websites

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.

## 29. 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.

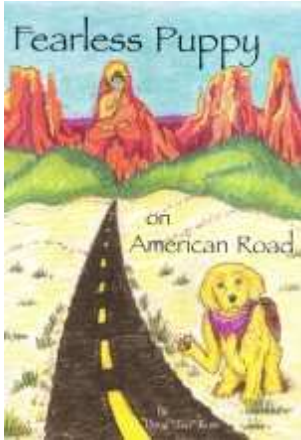
This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

[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>

Serving your personal journey toward enlightenment...



**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!

*\*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

---

*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.*

## 30. 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)



## 31. 5<sup>th</sup> International ICCS Conference in Mysore, India

Dear Relative:

The World Council of Elders of the Ancient Traditions and Cultures (WCEATC), a forum of Elders under the auspices of ICCS (International Center for Cultural Studies, USA, Inc.) in collaboration with the European Congress of Ethnic Religions ([ecer.org](http://ecer.org)) and the National Council of Elders Mayas, Xinca and Garifuna of Guatemala and many other organizations, is organizing the

### 5th International Conference and Gathering of the Elders from 31<sup>st</sup> Jan to 5<sup>th</sup> Feb 2015 at Mysore, India.

Our website: [www.iccsus.org](http://www.iccsus.org) will give you more information on our activities. We invite your interactive participation and welcome co-sponsorship of your organization. The sponsorship is free of cost and 5 delegates of the organization will get the registration waived for the conference. Please ask your organization to send us a letter to that effect.

Our first conference was held at Mumbai, India, with the theme "Mitakuye Oyasin-We are all related" in 2003, attended by delegates from more than 30 countries. The second conference was in 2006 at Jaipur, India, with the theme "Spirituality Beyond Religions" attended by delegates from more than 40 countries.

Our third conference was held in Nagpur, India, from Jan 31 to Feb. 5, 2009, with the theme "Renaissance of the Ancient Traditions: Challenges and Solutions" attended by an equally large number of delegates from all over the world.

The theme of our 4th conference was "Nourishing the Balance of the Universe". It was held in Hardwar from 3<sup>rd</sup> to 7<sup>th</sup> March, 2012 attended by 357 delegates from over 30 countries.

We are very glad to inform you that ICCS USA Inc is proposing to organize the 5<sup>th</sup> International Conference and Gathering of the Elders from **31<sup>st</sup> Jan to 5<sup>th</sup> Feb 2015 at Mysore, India**

Theme of the 5<sup>th</sup> International Conference is

### **“Universal wellbeing - Sustaining Nature, Culture and Communities”**

It is expected that we will have delegates from over 50 countries for this conference that will represent more than 100 world ancient cultures and traditions. The conference will have 'ceremonies, paper presentations and workshops' on related topics. The delegates will also have an opportunity of visiting local schools and interact with academicians during the conference. In Jaipur, our delegates met more than 30,000 students in one day programs. We are also planning pre- and post- conference tours of India at very reasonable costs and we invite you to take advantage of them. We are offering a small number of short term fellowships of 2-3 months duration before or after the conference for studying the "Ancient Indian Traditions". Anyone interested, please apply.

We invite your active participation in this conference as delegates in large numbers. There are a few travel fellowships available up to \$500 to cover the partial cost of travel as well as several fellowships for the registration fee (\$250) which covers the expenses for accommodation and boarding during the conference.

Serving your personal journey toward enlightenment...

As like every year we will organize pre and post conference tours to visit India for 5 to 7 days based on participation by the delegates, Please do indicate if you wish to attend the tours.

Looking forward to welcoming you all in Mysore, India .

Best regards,

Shekhar Patel Ph. D. President ICCS USA

Praveen Veldanda. Secretary ICCSUSA

Shyam Parande, Margadarshak, ICC USA

**Please follow on our website at [www.iccsus.org](http://www.iccsus.org) for further information and details about the conference.**

## 32. Ascension Meditation for Forgiveness

### Ascension Meditation for Forgiveness

**When:** Saturday, May 3, 2014, 7:00–8:30pm (EST)

**Where:** 91A Fourth Avenue, Ottawa (in the Glebe). If you cannot be with us in person, please meditate at this time wherever you are. You will be linking in consciousness with people all around the world.

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

**How:** RSVP Robert at 613-204-0299 or [rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com).

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

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



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

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

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



## 33. Worldwide Meditation for Forgiveness

### Worldwide Meditation for Forgiveness

On Saturday, May 3, 2014, 7:00 – 9:00pm (EST), in Ottawa, Canada, Spiritual Guidance will be hosting an evening of meditation for forgiveness. Spiritual Guidance is a spiritual ministry initiative serving your personal journey toward enlightenment. If you would like to attend in person, refer to the following URL for more details: [http://www.servingyourjourney.com/Forgiveness\\_poster.pdf](http://www.servingyourjourney.com/Forgiveness_poster.pdf). If you are not able to with us physically, but would like to grow in unity consciousness with others around the world, please join us from 7:00 – 9:00pm (EST) in the comfort of your own sacred space. If you do choose to participate, please let one of the hosts of this event know (see contact information at the bottom of this poster). Namaste.



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

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

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

## 34. Spiritual Field Trip – Creative Wheel Centre

Come join us for this rare opportunity to experience the Springtime rebirthing of Mother Earth on the sacred land of the Creative Wheel Centre in beautiful Val-des-Monts, Quebec.

Spiritual Guidance has arranged with the founder and owner of Creative Wheel Centre to have private access to the grounds for this day of contemplative journeying through the sacred forests and trails at the Centre. To start your day, you will be treated to an orientation of the Centre by the founder and owner, who will then guide you on a walk of the majestic and one-of-a-kind Merkabah Land Art Trail. You will then have the remainder of the day to leisurely explore the rest of the Creative Wheel Centre land and hiking trails.

Participants will rejoice in and accept the day as an opportunity for respite, revitalization, union with the sacredness of Mother Earth, and self-sustainability in nature. Please bring whatever clothing, food, drink, and anything else you need to sustain yourself throughout the day. Outhouse facilities are available at the main lodge.

A general guideline of the day's activities includes (participants are welcomed to stay for any length of time during the day, from 10:00 - 16:00):

- 9:45 Gather at Centre lodge
- 10:00 Greeting and orientation by Spiritual Guidance and Creative Wheel Centre reps
- 10:30 Guided walk of the Merkabah Land Art Trail
- 12:00 Self exploration of Creative Wheel Centre land and hiking trails
- 15:30 Closing
- 16:00 Departure

Refer to <http://www.creativewheel.ca/cws/en/Directions/index.php> for details of location and directions to/from the Creative Wheel Centre.

Your free will offering of \$10 - \$20 will be gratefully received by the Creative Wheel Centre for participation in the day.

Please RSVP your participation in the day by contacting Robert at 613-204-0299 or [rmeagher@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com).

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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

[newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com)

[www.servingyourjourney.com](http://www.servingyourjourney.com)

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](https://twitter.com/rmeaghertweet)

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

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