

Serving your personal journey toward enlightenment...

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

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

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Nature's Healing Art

"Peace is all around us—in the world and in nature—and within us—in our bodies, and our spirits. Once we learn to touch this peace, we will be healed and transformed. It is not a matter of faith; it is a matter of practice"

... Thich Nhat Hahn



Last month I had the joy and honor of leading a spiritual fieldtrip to the beautiful Creative Wheel Centre in Val-des-Monts, Quebec (<http://www.creativewheel.ca/cws/en/index.php>). The day was a majestic reminder of nature's healing qualities and the artistic perfection inherent in mother earth.

The day began with a spirit-filled guided tour of the one-of-a-kind Merkabah Land Art Trail. This unique hiking trail meandered its way up the mountain and showcased nature-based art installations made from local, raw materials that blended into the habitat in a seamless, complementary and meditative repose. Caressing and blessing this trail was a beautiful and tranquil stream that greeted hikers numerous times as they made their way up the mountain.



Native, seasonal flowers were in bloom, most notably Trilliums. Their pure white petals were a welcomed calling to return to the divine source that resides in each of us. Rare colors of Trilliums, red and golden/yellow, also welcomed us, much to the delight of the naturalists among the group. This visual masterpiece facilitated the exuberant feeling of witnessing the rebirthing of mother earth at this springtime of the year. Birds and other wildlife graced us with their presence and all seemed to be saying to us ... "Hello! Welcome to our masterpiece!"

One of these wildlife marvels was a red-crested woodpecker. He greeted us at the very start of the Markabah Land Art Trail and, almost as if domesticated, allowed us to get remarkably close to take pictures and watch his culinary craftsmanship at work on a tree that this heavenly creature clearly had a fondness for.



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Following the hike, many gathered at home base to build and tend a community campfire, under the hypnotic shell of a teepee. We communed with nature and each other, many recounting how the day had brought back wonderful childhood memories of camping and spending time in nature. Without exception, all the stories were fond memories. Memories of how free we feel when we are in nature. Memories of just how good we feel when we are in nature; memories of the magnificence of nature's beautiful balance and exquisite relationship with all of life; memories of the healing nature of mother earth.

It had been a while since I had gifted myself with such a day—a day to get away from urban concrete and touch, smell, see, and 'feel' nature in its rawest form. It had been too long! But in those precious hours spent at the Creative Wheel Centre, I recaptured the knowing that we are all nature's work of art. And the reason we feel so rejuvenated and revitalized after spending time in nature is because we have, if only momentarily, returned home—home to the heart of God.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Benediction

Angels are Thoughts that come from God to you.
Secure in their protection may you rest;
Quiet in certainty that comes from them,
At peace in mind and heart and holiness;
Unmindful of the world, and sure that they
Are with you, watching over you, and fixed
In their determination to maintain
Your mind at rest within the peace of God.

Helen Schucman

3. Quote or Question

"There are no failures - just experiences and your reactions to them." -- Tom Krause

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...

"Even when we're not at a fork in the road, wondering what to do and trying to hear that inner voice, our intuition is always there, always reading the situation, always trying to steer us the right way. But can we hear it? Are we paying attention? Are we living a life that keeps the pathway to our intuition unblocked? Feeding and nurturing our intuition, and living a life in which we can make use of its wisdom, is one key way to thrive, at work and in life," says Arianna Huffington in her book, 'Thrive.' Our intuition is always there, whether we are aware of it or not. Intuition can serve as a compass and people who are highly connected to their "gut feelings" often do things a little differently, as described in this piece. <http://www.dailygood.org/story/690/10-things-highly-intuitive-people-do-differently-carolyn-gregoire/> **Be The Change:** Awaken your inner voice by trying one of the suggestions in this article to do something different, like spending time alone or letting go of negative thoughts.

"Being present is about slowing things down enough to truly feel, experience, and sense them -- to grasp them in full." During moments of movement it is all too easy for our attention to shift from the past to the future. But in the present moment, we can foster meaningful connections to people and places. How, then, can we be more present in our travel and share our travel stories with greater realism and insight? Two avid travelers of over 80 countries share their wisdom in this piece, woven with vivid images from their journeys in Nepal, Thailand, New Zealand, and more. <http://www.dailygood.org/story/729/4-ways-to-be-more-present-in-travel-audrey-scott/> **Be The Change:** Are you traveling right now? Take a moment away from your digital device and notice the people, sights, and sounds around you.

The deeper truths that reside within us sometimes surface when we least expect it. Thuy Nguyen was a little more than taken off guard when a woman in her donation-based acupuncture session asked her why she gave away her work for free. Was she trying to fix a "broken world"? She didn't know where to begin to respond, and the woman's question stayed with her. Eventually it led her to a beautiful distinction: that she does not give away her work "for free," she gives it away "freely." And in her own words, "I am simply doing this because it is the most natural expression of who I've become and of who I am." This beautiful passage by Thuy shares more. <http://www.dailygood.org/story/717/freely-vs-free-thuy-nguyen/> **Be The Change:** See that there is immense value in what you love--and then give it away freely. You can also share a message of gratitude with Thuy for her work and the spirit behind it here. <http://www.dailygood.org/?pg=contact&mid=104190>

"Wonder is how we open 'the hand of thought.' It can lift our minds out of the mud of rational resignation and open them into wild relational cartwheels of insight. Wonder is the place where prejudices fall away and our capacity to notice life increases. You have known how to do it since you were a child." As deeply embedded and reflexive wonder is in our early life, somehow the capacity to be in awe fades over the years. But it is not lost, and remains a vital part of our being. Wonder, like any other skill, can be practiced. This article shares a simple way to practice the art of awe, starting simply where you are seated. <http://www.dailygood.org/story/711/an-invitation-practicing-wonder-dawna-markova/> **Be The Change:** Slightly alter the way you do something in your daily routine. Does it free your mind to be aware of new possibilities? How does it feel to step outside of your comfort zone, even if for a few seconds?

- 13. Transforming the Wandering Mind
- 16. A Journey to Inspire
- 18. Honoring What Matters, Changing Our World

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:

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

5. Kathryn Kimmins – A Joyful Cocktail: Hormones to Increase Your Sex Drive, Humor and Health

Have you ever walked into a room full of people or got on a bus and heard the sound of no one laughing. We have become so disconnected from one another that in a way we are becoming reclusive, robots, detached from the people around us. Without conversation we have no connection.

We release one of the most important hormones we have available when we bond with one another, whether it's a smile, a nod of the head, or a shy giggle, it's within a laugh away at any moment.

Oxytocin is a neurochemical, neurotransmitter and hormone that's released in the brain, more specifically the pituitary gland.

The love hormone, oxytocin helps us to feel relaxed, safe and calm.

Giving or receiving a sincere hug from someone will help us to release the bonding hormone, oxytocin.

When getting close to someone, petting a dog or cat, cradling a baby, placing our hands on the shoulders of a friend, dancing with a partner or laughing we will experience a spike in oxytocin. It is released seconds after a stimulus.

Oxytocin is released when you are feeling trusted, therefore allowing you to interact with others and to feel safe. By causing someone else's brain to release oxytocin when you give love, you will receive love back.

Oxytocin helps to promote compassion, attachment and closeness to the family unit and to your partner.

When it comes to sex and laughter, oxytocin is released when you laugh. While being intimate with your partner your brain releases oxytocin. You then have the desire to be more considerate and more pleasingly demonstrative.

You'll want to spend more time loving one another and relaxing in each other's arms.

The stress hormone, cortisol can impact the stress on the effectiveness of all our other hormones, particularly as women approach menopause and men reach andropause.

High stress inhibits the action of oxytocin which then decreases the libido. When men or women have low testosterone levels it means you need to get rid of the stress in your life.

Body weight, time of day, time of the month, and any medications you take can all cause temporary changes in your hormone levels.

Oxytocin release is inhibited when our adrenal glands are affected by stress due to demands of home, career and community involvement (spreading yourself too thin, sound familiar,) For women when their estrogen levels drop due to stress she will start to feel overwhelmed, abandoned and betrayed, and her partner will surely feel the brunt of that.

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By supporting your adrenal glands through laughter, because laughter decreases stress levels by lowering cortisol, your adrenals will then provide sufficient estrogen and testosterone and you'll start releasing oxytocin.

Stress in men affect testosterone levels, thereby affecting mood, irritability, hair loss, the increase of belly fat, loss of lean muscle mass and decreased sex drive. He will become less interested in what his partner has to say, less interested in romance and generally less interested in life.

Since a man's interest in his partner is a stimulant for her 'contentment and bonding' hormone oxytocin, you can see how relationships can become strained when both partners are operating with under-functioning adrenal glands.

Support your adrenal glands by learning how to lower stress. Avoid stimulants like sugar and caffeine, and consider Laughter Yoga to help the body adapt to stress without prolonged stress-hormone reaction.

Who would have thought that laughter could lead to a glorious sex life, fantastic health and



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/>.

6. Regiena Heringa – Notes from the Light – June 2014

Your physical world is both microscopic and macroscopic in nature. In using your technology, you may observe a wonderful reflection from one world into the other, illustrating that the order, structure and formation of the microscopic world is echoed in the larger universe. The reverse is also true: a more expansive world reflects into a more minute one. In truth, there is between these two worlds, a mimicking of patterns which result in inter-reflection.

In your physical universe beyond the Planet Earth, these patterned systems continue. In the dimensions beyond your physical time and space, such patterns and their reflections continue to be perceived but they express a less dense state and a multi-dimensional nature.

When we speak of reflective patterns, we state the following: as earth inhabitants, what you observe as your "real" fourth-dimensional world is in truth a reflection of something greater. In order to explain ourselves, let us present you with this example.

Imagine that you are looking onto the calm surface of a lake upon which you observe the reflection of the sky. You presume that what you view upon this surface is simply a mirroring of the sky. But is this truly so? Perhaps the reflected image mingles its patterned structure with that of the lake's surface. Perhaps, in coming together, the compositional natures of the reflecting sky and the lake blend to create a new organization, a new pattern.

Gentle people of this fine earth, we speak in such a fashion today to open your minds to vaster possibilities, to stimulate your imagination and your dreaming and to encourage your understanding that it is in the union of different elements that newness is born. This newness inspires your people to research further with a deeper comprehension of your physical world. More importantly, it encourages a greater sense of awe and wonderment within you not only for the construct of your physicality but also for the friendships you cultivate.

It is to be remembered that the finest progress that can be made upon your planet is through the joyful cooperation of all your people, as they come together to love, study, learn, share and voyage further.

As you well know, there is no separation in life. No matter the sphere or dimension of existence, all life is patterned, ordered and being reflected, one into the other. This is so, for all life resides within a common environment—the vibrating spirit of the Great Divine Creator who encompasses and unceasingly creates infinite worlds in endless dimensions and universes.



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

7. Dr. Nancy Cleaves – This Cherished Love

*All these years I wanted nothing,
but obey the command – to love
to love as You loved;
to serve all with Your loving hand;
to be your love extended
throughout this land.*

*But now,
what's this shifting
within my soul;
Familiar words, so simple,
are cracking open something more?*

*"Where is this love for yourself?"
You say.
"What is Love
if you give and it doesn't pass your way?
It is **your** heart that is the bed in which love resides.
From there comes the quest to reveal what now hides."*

*Beloved is Love
In One's OWN Love is Love
and Love gave
from bounty – not dismay.*

*To give to another
that to self brings shame,
is not Love at all
but a twisted game.
What I thought was – sacrifice,
was only serving another's vice.*

*'Listen – oh my heart
and return to me.
This cherished Love
begins in Love for **thee.**'*

March 17, 2011

"This above all to thine own self be true." (Shakespeare)
And that Truth is Love.
This above all, to thine own self be love.



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

8. Robyn Lebron – Confucianism

This is the 17th article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"

Our next religion is very old and many would consider it more of a philosophy than a religion. Confucianism, a religion of optimistic humanism, has had a monumental impact upon the life, social structure and political philosophy of China. The founding of the religion goes back to one man, known as Confucius, born a half-millennium before Christ. K'ung Fu Tzu (commonly pronounced Confucius in English) was born in 551 BC. It is important to understand life in China at the time of Confucius. The age in which Confucius lived was characterized by social anarchy. The interminable warfare had degenerated toward the undiluted horror of the Period of the Warring States. Instead of nobly holding their prisoners for ransom, conquerors put them to death in mass executions. Although the conduct of Chinese officials was exceedingly corrupt, Confucius believed the situation was not hopeless, for the general population had not reached the point of total corruption. Confucius believed China could be saved if the people would seek for the good of others, a practice of their ancestors. The role Confucius would play was not as a savior or messiah but as one who would put the people back in touch with the ancients and the ancient ways. He spent most of his life encouraging others to the study and practice of virtue.

Confucius knew but one form of government, the traditional monarchy of his native land. It was the extension of the patriarchal system to the entire nation. The king exercised an absolute authority over his subjects, as the father over his children. He ruled by right Divine. He was providentially set up by Heaven to enlighten the people by wise laws and to lead them to goodness by his example and authority. Hence his title, the "Son of Heaven". To merit this title he should reflect the virtue of Heaven. It was only the high-minded king that won Heaven's favor and was rewarded with prosperity. The unworthy king lost Divine assistance and came to naught. The Confucian texts abound in lessons and warnings on this subject of right government. The value of good example in the ruler is emphasized most strongly. The principle is asserted again and again, that the people cannot fail to practice virtue and to prosper when the ruler sets the high example of right conduct. On the other hand the implication is conveyed in more than one place that when crime and misery abound, the cause is to be sought in the unworthy king and his unprincipled ministers.

The religion of ancient China, to which Confucius gave his reverent adhesion, was a form of nature-worship very closely approaching to monotheism. While numerous spirits associated with natural phenomena were recognized -- spirits of mountains and rivers, of land and grain, of the four quarters of the heavens, the sun, moon, and stars -- they were all subordinated to the supreme Heaven-god, T'ien (Heaven) also called Ti (Lord), or Shang-ti (Supreme Lord). All other spirits were but his ministers, acting in obedience to his will. T'ien was the upholder of the moral law, exercising a benign

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providence over men. Nothing done in secret could escape his all-seeing eye. His punishment for evil deeds took the form either of calamities and early death, or of misfortune laid up for the children of the evil-doer.

Confucianism is a way of life. Sometimes viewed as a philosophy, sometimes as a religion, Confucianism is perhaps best understood as an all-encompassing humanism that neither focuses on nor denies Heaven. Confucianism has been followed by the Chinese for more than two millennia. It has deeply influenced spiritual and political life in China; its influence has also extended to Korea, Japan, and Vietnam. East Asians may profess themselves to be Shintoists, Taoists, Buddhists, Muslims, or Christians -- but seldom do they cease to be Confucians.

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



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

9. Doug "Ten" Rose – Deeper Freedom (vs. Criminal Mischief)

From the book *Reincarnation Through Common Sense*. All author profits sponsor Wisdom Professionals.
<http://www.fearlesspuppy.org>

It is time to unhinge from what hell always tells us—that no one can be well most of the time, in flow with their rhythm, in step with their rhyme.

Trauma and drama *are not* every day things that must be accepted as life clips our wings. Freedom from anger and confusion becomes a full time mental resident as we wave goodbye to false evidence and climb the fence that had us locked out and blocked off from happiness. Now free of the lies and bad news that we learned, it is easy to see how barbarians burned us by twisting our history for their selfish purpose, without any regard for truth or good service.

- How much of our lives is a bad figment of someone else's imagination?
- Who is in charge?
- Why didn't they do a better job?
- What stopped us from stopping them?
- How did it get so bad and go on so long?

It doesn't matter. Bygones, by definition, are gone.

Here in the present tense, some issues need to be addressed.

Why settle for less than being your best? Even when we can't improve what life gives, we can always improve how we deal with it. Yes, of course, there is some earthly action that is beyond our hold but a much bigger fraction is within our control. We can timidly cower when shit hits the fan or fan out our feathers and make a strong stand. To choose a direction with courageous inflection is our greatest power, if we rise to the hour.

Freedom from basic tweaking isn't basic for everyone. Some people get warped and stay bent, ignoring great opportunities to reinvent themselves. Choosing wiser ways up can prevent the fall down (keeping head in the sky, but feet on the ground). It is always our own choice to wear horns or the crown.

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Everyone seems to think that the way they feel is what defines “real.” What does the word “real” really mean? Responses to this question include brilliant profanity, range from joy to insanity, from serious and weighty to flat out inanity. “Real” can inspire anything from passive receptivity to manic activity.

Answers fall in line according to who is seeing the “real,” and what they have seen of “real” in the past. “Real” moves around and can change very fast. As illusory imprints get remembered and last, the facts all too often get passed to oblivion. With truth in oblivion, our entire criterion for judging anything becomes suspect.

It can be frustrating and confusing when you seem to be losing all familiar reference points. Defensive fear can steer anyone near to the far edge of sanity, if we believe that selfish inanity is the core around which humanity is based.

No, you lying bastards! I’m not going to get the girl if I buy your cologne, or car, or whatever else you are selling. There’s no telling how many people are smelling your cologne at home alone while you are making love to the profits you’ve stolen from their dreams. How many times have you killed the trust they paid for? Now only those who think they have nothing left to lose can afford trust. Too much of so-called “reality” is commercial greed that likes to feed on the programmed need of its victims.

Not me! I’m relaxed. I’ll no longer be grinding my ax because someone else makes up my facts. Everyone knows by now that facts don’t always tell the truth. Ask the average citizen in a voting booth! But frustration and anger only hurt the self. They rarely give us what we could call help. Even righteous indignation isn’t righteous anymore. There is no time, good purpose, or need to plant seed that can breed even more discontent in this world where the “real” has already been spent.

It is time to repair the unreal in the air.
This seems only fair.
We did put it there.

Deeper freedom insists on taking back all the misused time that can slip through the cracks. Better to taste it than waste it. That time can be used to sit, breathe, and not think. To *not think* is more intoxicating than any drink. It shows the common sense in living immense based on love’s recompense, without manic defense caused by fear that’s intense.

Deeper insights of a valuable kind arise more easily to the quiet mind.

Freedom doesn’t mean everything is perfect. Like it or not, some external things can’t be changed. Accepting whatever presents itself and mining it for educational wealth keeps us sane. From each painful stain there is something to gain. What cannot be changed, we must endure. This is a fact of which you can be sure. There are options, but there is no choice. No need for discussion. Save your voice.

People who consistently suffer chains of unfortunate events need to stop being an unfortunate event. Rewards come to those who make effort with care. There’s no doubt this will happen if we point toward repair.

Every victim has the freedom to create his or her own immediate reincarnation as a non-victim by keeping the physical body but losing attachment to its negative history. Getting life past the past is what solves that life’s mystery.

Patience gives us freedom from a lot of aggravation that affects people who have no patience. The frustration of trying to control things that cannot be controlled ties freedom in knots. Patience can untie those knots and prevent future tangles as it sees other angles.

Happiness, like freedom, attracts itself. It draws together like-minded circumstances and then freely dances in the magnetism that relates them. That magnetism negates isolation through the firm preservation of the union between our selves and others. With strangers, allies, enemies, or brothers this magnetism may vary in style, strength, and duration, but refuses negation of Natural Law’s regulation of interdependence under any circumstance.

This magnetism tells of an immortal law that says we, all together, are, at our core, one singular unit of organic humanity. This law carries more weight than the simultaneous fact that we are separate humans doing singular acts. We can admit that this Natural Law rules or deny it like fools. It is as real as gravity. These magnetic forces bind us as a unit while allowing individuality. They tie us together while setting us free.

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Treating everyone and ourselves very well is a refusal to enter the gates of those hells that tell the story all too well of the millions of people resigned to a fate that they hate in a world they waste time to berate, instead of making it great through intelligent efforts that they could propagate.

If, with no compromise, we open our eyes to the best possibility in each situation, we then avoid that mental masturbation that informs us that we are bad boys and girls that do not deserve a harmonious world. This aggressively depressive cultural stroking is guilt-fed and regressive. It never ends in a mutually rewarding societal orgasm.

“That’s just the way it is” is not a historical given! We manufacture “the way it is” daily. Freedom always allows making changes through choices. Defending this right to make choices is worth our loudest voices.

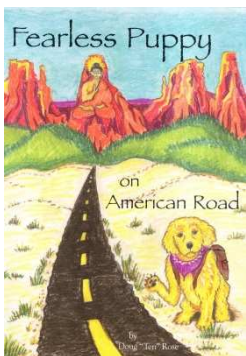
The present tense is our only true source of sense. It is always here and now. The past is long gone. Future never arrives. Where we are is the only place we live our lives. Deeper freedom evicts historical angers with no more recompense than “goodbye.” Why? Because it is true that negative history can block positive mystery. Keeping past in the past, obstacles vanish quickly and the present gets healthy though the history was sickly. Most lacks of deeper freedoms are self-inflicted wounds. Long ago traumas plague folks to their tombs—unless remedied.

External evils cannot get within a comfortable skin. It is my skin, to wear as I please! There will be no submission to evil or sleaze. Nonsense within starts to wither and die. As it all goes by, memories that blocked our great high realize they don’t own us. Nice bonus!

The most noticeable thing about deeper versions of freedom is that they are within each individual’s command (although other folks can certainly lend us a hand). We shine from our own places as we grow to understand that perfecting our own instrument gets us into the band. Freedom is an inside job, an attitude thing. Each of us chooses which tune we will sing.

Through strength and empathy lives are made great. We’ve heard the golden rule. We all can relate. Keeping freedoms within the golden rule is the way to insure that life always stays cool. Freedom of speech doesn’t allow us to yell “Fire!” in a crowded theater—unless the theater is actually on fire.

Then yelling, “Fire!” becomes a fulfilled obligation, a thing of great beauty, and a sweet civic duty instead of criminal mischief.



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.

10. Jennifer Bernius – Letting Go of Ralph

This is a story about how I forgave the man who was my father.

It happened at about 11 pm a few days ago as I was standing in my kitchen loading my dishwasher. Out of the blue, I had a faint thought about Ralph, whom I hadn't thought much about in years. I know that when people pop into my mind unexpectedly like that, chances are they're thinking of me.

Earlier that evening, I co-hosted an Ascension Meditation for Forgiveness with my friend, Rob Meagher. We led guided meditations for forgiveness for 12 people who participated in the gathering. It was a peaceful, deeply relaxing evening. Although a few commented on their meditations, no one shared anything about their experiences in forgiveness. As I'd been intent on leading a meditation, I hadn't focused on personal forgiveness.

But hours later, here I was thinking about Ralph, who passed away in 1977. I felt my heart expand. And I knew he hadn't come alone – Sananda (Jesus) was with him!

I went into the living-room, sat down on the sofa, and prepared to do "the work." It didn't take long. I felt love building. Tears fell. I felt Ralph was asking for my forgiveness. I started saying passages from *A Course in Miracles*: "I would see you as my friend that I may remember you are part of me and come to know myself." And: "I would bless you with the love of God for I would learn the joyous lesson that there is no love but God's and yours and mine and everyone's." I repeated the Ho'oponopono mantra several times: "I am sorry. Please forgive me. I love you. Thank you."

Ralph was there alright, right in front of me, if not at my knees. I wasn't his daughter anymore. He wasn't my father. We were no longer in the roles we'd played in our life together. There was really nothing to forgive – several years ago, as his aggrieved daughter, I'd gone through a process of forgiving him. Now this encounter seemed like closure with him. He are spirit. He wanted me to let him go. I could relate to him as spirit, the light of God. Sananda's presence allowed me to see beyond my old images of Ralph to the truth of him as a child of God like myself.

It wasn't a one-way situation either, with me granting him the forgiveness he sought. I asked for his forgiveness, too, for undoubtedly in lives past I must have done something to merit his abuse of me in this life. Whatever events occurred in the past, they seemed irrelevant now. Here was a fellow spirit seeking to be released from me, and I was seeking the same thing. Love made this possible – and effortlessly. It seemed the most natural thing in the world to let him go, as if he'd never been anything other than spirit. As if he'd never been the hard-driving, chain-smoking, cussing businessman whom I knew as a child. A man with many gifts and a great capacity to hurt others.

While this was going on – with me crying, blowing my nose, saying thank you and repeating the phrases I mentioned above, feeling profound gratitude to Sananda for making this miracle of love and forgiveness possible – I remembered the vegetables cooking on the stove. So I dashed back to the kitchen to take the pot off the stove. And when I returned to the sofa, thankfully Ralph and Sananda were waiting for me – Mother Mary, too, whose presence I've felt increasingly during these days of intense personal clearing and healing. So we resumed this process, and I waited for a signal that something else might be required. Nothing was. Love was there and my willingness to see Ralph only "through eyes of love." I asked inside if the record book of our connection was now "erased," the slate clean, and I felt it was.

I feel that this event happened at an auspicious time since our meditation for forgiveness had occurred earlier that evening. The idea for dedicating the event to the theme of forgiveness came to me several months earlier with a force and clarity that made me think Sananda had inspired it.

I am happy to think of how Ralph and I have grown from this encounter. How powerful it is to recognize and acknowledge – to feel and *know* – our truth as spirit! To be in an open, loving, receptive state of mind, ready and willing for anything that takes us closer to our truth, to God! I think of those words from *A Course in Miracles*, "You need do nothing." We don't make miracles happen; we allow them to occur by our "little willingness." Truly, I did nothing – I said those words of forgiveness from the Course, because they felt appropriate. But they didn't make the miracle. The process of forgiveness happened through us, through the Holy Spirit and Sananda, at a time when Ralph and I were willing for it to happen.

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My ego-self couldn't help but analyze this miraculous event, thinking it had it all figured out. So part of me thought: "Sananda must have gone to Ralph and said, 'Brother, your former daughter, Jennifer, is ready to forgive. Would you like to come with me and visit her and do some healing work together?'"

I'm smiling as I write this. Laughing and crying, too. I feel Sananda with me. I think I'm on to something.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Jennifer Bernius has been a grateful student of A Course in Miracles for 4½ years. She has been teaching meditation and personal/spiritual development in the Ottawa area for over 25 years. Her greatest joy is to help people awaken, through meditation and other spiritual practices, to the peace and love that is our true nature. For information on her classes, contact her at 613-721-3787 or at jenbernius@gmail.com.

11. Leon Moscona – The Vision of Christ

In 1975, on a beautiful summer day on the Sacred Mountain Rila in Bulgaria, I was with two friends climbing towards the Lake of Purity (in the region of the Seven Lakes). It was a wonderful sunny day, with very fresh "prannic" air and exceptional visibility. When we reached the plateau, we stopped for a little rest and contemplation. We sat comfortably on the grass and everybody went deep into reflection, contemplation or meditation.

At this moment something extraordinary happened to me. As I was sitting on the ground, enjoying the beautiful day and the scenic panorama, everything around me suddenly starting vibrating and I felt that I was entering into a different metaphysical space and time. As in the *Book of Revelation*, the "Spirit took control of me and carried me to the top of a high mountain". From the top of this high metaphysical mountain I saw the image of the Cosmic Christ, filling the whole "sky". Actually, the sky itself was the image of Christ (somehow close to the image from the shrine of Turin, but of course full of life), radiating with incredible light, love, peace, tenderness, beauty and apocalyptic power. His eyes, full of all Divine Virtues, contemplated the whole of Creation. I felt that He was looking at me with great Divine Love and at the same time He was looking through me at myriads of other beings with the same Divine Love, Wisdom and Truth. Little by little I began to realise the great mystery of Christ as the ideal-subjective essence of the Universe, the active principle, the absolute reality of all living beings, the substance of the 'I', the beginning and the end of human evolution, the whole continuum of perfected spiritual qualities. He appeared as the Light of the Universe, the only Subject of the Universe, God the Son, the One Who has made God known, Who is manifesting the Living God at every moment and in eternity.

This is actually the Divine prototype of the Human Being made in the image and likeness of God. In His Divine eyes I was able to read the whole story of humankind – from the beginning of its evolution up to its conclusion as God's people on sacred Earth, mediators between Heaven and Earth. For me His Divine metaphysical presence on that day was like seeing the living Scroll from the *Book of Revelation* (Chapter 5) where everything in the evolution of humankind is written. In this astonishing vision I understood many archetypes from the Gospels, from the *Book of Revelation* and from many other Holy Scriptures as well. In the first Chapter of the *Book of Revelation* St. John describes his vision of the Cosmic Christ (9-20) and his *Book of Revelation* unfolded as a result of this vision. For St. John it was like meeting the Second Coming of Christ Who showed him the mystery of Creation (Chapter 4), the spiritual history of humankind (Chapters 6-18), the apocalyptic events of its transformation and the reality of the New Heaven and the New Earth where humankind will continue its evolution (Chapters 19-22).

My vision of the Cosmic Christ was like a revelation of the mysteries in the *Book of Revelation*. I began also to understand the Spirit of Christ as described in the sacred book of the Master Beinsa Douno "The Testament of the Colour Rays of Light" (p. 41):

THE SPIRIT OF CHRIST

The White Diamond Rays.

Who opens the seven seals, and the seven eyes.

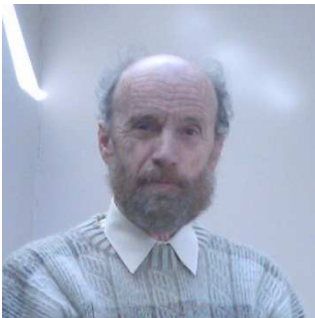
Fullness.

Causes the seven horns to grow;
Holds the seven churches;
Forms the seven stars;
Lights the seven candles;
Sanctifies the seven days;
Sends out the seven spirits; Unites everything in one; Creates the Divine harmony of the great and small worlds; distributes the assigned blessings; leads all to the Divine heart of Love; enlivens and creates; produces and gives birth; enriches and embellishes; caresses and comforts; blesses and illumines; makes joyful all living beings; enlightens and fills with wisdom; gathers knowledge; manifests all God's Love, Wisdom and Truth.

The vision lasted for about forty-five minutes, but after these minutes I was a different person. The Cosmic Christ revealed to me the three-fold structure of the Universe and the essence of the Human Being as its micro-model. This vision was like an initiation into the Second Coming of Christ and into the mystery of the *Book of Revelation* by St. John. Since then I could say that for me the event of the Second Coming has happened and I have been blessed to hear the Call, described in the *Book of Revelation: The Spirit and the Bride say, "Come!" Everyone, who hears this must also say, "Come!" Come, whoever is thirsty; accept the water of life as a gift, whoever wants it.* (Revelation 22:17)

My vision of Christ was a living experience which gave fruits over the years and provided answers to the main questions in my spiritual journey. In the light of this vision I understood many of my previous visions much better and the mystical experiences which came afterwards.

After my vision I ascended gradually in consciousness to the Highest Divine World and contemplated the mystery of God, Creation and the Human Being made in the image and likeness of God. This led me to the vision of the Throne of God and the Christ sitting beside the Lord as the light of the Heavenly Jerusalem: *I did not see a temple in the city, because the temple is the Lord God Almighty and the Lamb. The city has no need of the sun or the moon to shine on it, because the glory of God shines on it, and the Lamb is its lamp.* (Revelation 21:22-23).



Leon Moscona, philosopher, mystic and spiritual teacher, was born on August 15, 1941, in Bulgaria and now lives in Ireland. He has received initiation into the essence of the coming New Cycle of Existence and has worked for the transformation of humankind for more than forty years. He has given more than three hundred lectures, published the books *The Second Coming*, *The Testament of Truth – Manifesto* and produced the documentary film *Revelation* (YouTube Channel *TheRevelation215*). This material is taken from the latest eBook *On the Path of Enlightenment* which contains rich information about the spiritual journey and the level of initiation of Leon Moscona. He is the founder of *The Path of Truth Society*, an international spiritual group based in Bulgaria. He can be reached by phone at + 353 1 8333640, by email at Immission@eircom.net, or via his website at www.testamentoftruth.org

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

12. Good News Of The Day

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

"Even when we're not at a fork in the road, wondering what to do and trying to hear that inner voice, our intuition is always there, always reading the situation, always trying to steer us the right way. But can we hear it? Are we paying attention? Are we living a life that keeps the pathway to our intuition unblocked? Feeding and nurturing our intuition, and living a life in which we can make use of its wisdom, is one key way to thrive, at work and in life," says Arianna Huffington in her book, 'Thrive.' Our intuition is always there, whether we are aware of it or not. Intuition can serve as a compass and people who are highly connected to their "gut feelings" often do things a little differently, as described in this piece. <http://www.dailygood.org/story/690/10-things-highly-intuitive-people-do-differently-carolyn-gregoire/> **Be The Change:** Awaken your inner voice by trying one of the suggestions in this article to do something different, like spending time alone or letting go of negative thoughts.

Father Gregory Boyle is no ordinary priest --he exuberantly pushes boundaries; not only does he reframe the meaning of the Sermon on the Mount and draw from the wisdom of the Dalai Lama, Cesar Chavez and Dorothy Day in his work, he's also utterly dedicated his life to something higher than himself: the unreserved service of humanity. There is perhaps no better place for a priest like Boyle to work than in the City of Angels. In 1988 he founded Homeboy Industries to combat mass-incarceration and gang violence, creating jobs for unemployed youth in Los Angeles. Not only do they create a powerful community together that inspires, creates hope and transforms lives, their work has grown to become "one of the largest, most comprehensive and most successful gang intervention, rehabilitation and re-entry programs in the country." <http://www.dailygood.org/story/691/the-calling-of-delight-on-gangs-service-and-kinship-krista-tippet/> **Be The Change:** Father Boyle challenges us to see that compassion means moving into deeper relationship with others. Who might be standing on the outside of your circle of compassion? Invite them in.

Desmond Tutu is what Gandhi would call a "practical idealist." He believes in the practical, healing power of forgiveness because he sees it as more than a virtue; to him, it is a supreme gift, which we can give either partially or unconditionally. He opts for the latter because with it, he sees a greater freedom for the individual who has been harmed. Forgiveness is not forgetting, he points out, it's an invitation to be courageous and to go against the grain of the sense of radical separation that makes violence possible. Forgiveness is more than a concept; it's an experiential recognition of our common humanity, which has the power to heal both the victim and the perpetrator. <http://www.dailygood.org/story/688/desmond-tutu-on-why-we-forgive-desmon-tutu-and-mpho-tutu/> **Be The Change:** Think of a time when you were either on the giving or receiving side of forgiveness. Find time to talk to someone today about how it felt.

"Being present is about slowing things down enough to truly feel, experience, and sense them -- to grasp them in full." During moments of movement it is all too easy for our attention to shift from the past to the future. But in the present moment, we can foster meaningful connections to people and places. How, then, can we be more present in our travel and share our travel stories with greater realism and insight? Two avid travelers of over 80 countries share their wisdom in this piece, woven with vivid images from their journeys in Nepal, Thailand, New Zealand, and more. <http://www.dailygood.org/story/729/4-ways-to-be-more-present-in-travel-audrey-scott/> **Be The Change:** Are you traveling right now? Take a moment away from your digital device and notice the people, sights, and sounds around you.

Nick Thorpe asks, "If Western consumer culture sometimes resembles a bulimic binge in which we taste and then spew back things that never quite nourish us, the ascetic, anorexic alternative of rejecting materialism altogether will leave us equally starved. Who, then, can teach me how to celebrate my possessions with the mindful, celebratory spirit of a gourmet?" <http://www.dailygood.org/more.php?n=5890> **Be The Change:** Think twice before you buy something this week, and if you do, put it to good use. Give something you already have away to someone who needs it.

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"With spring cleaning in effect, many are rolling up their sleeves and reaching into the corners and hard-to-reach places that have often been long neglected. As a merely physical task, cleaning can be arduous, gratifying, and everything in between. But if taken up with the spirit of self-purification, cleaning serves as a powerful instrument for heightening awareness of the present moment and of addressing the dust and clutter in one's mind. In fact, the process of cleaning can be so therapeutic and meditative that a company, Zenith Cleaners, was established where workers approach the task of cleaning as a spiritual practice. "Cleaning is the process of removing dirt from any space, surface, object, or subject, thereby exposing beauty, potential, truth, and sacredness," says Tolu, founder of Zenith Cleaners. How's that for a positive outlook when you are staring down a toilet bowl or a sink full of dirty dishes?"

<http://www.dailygood.org/story/687/clean-your-house-your-mind-will-follow-celia-alario/> **Be The Change:** Transform the "yuck" of grime and dirt to the "yum" of creating something beautiful during the next time that you clean.

In an effort to encourage the innate altruistic tendencies of young students, Vicki Zakrzewski, Ph. D., offers up several key components that she believes can help cultivate a spirit of generosity and kindness. Zakrzewski, the education director of the Greater Good Science Center, which teaches skills that foster a compassionate society, notes that one of the most important - and beautiful - scientific findings is that human beings are naturally inclined toward altruistic behavior.

<http://www.dailygood.org/story/707/how-to-foster-generosity-in-students-vicki-zakrzewski/> **Be The Change:** Visit Kingspring.org for more ideas on how to cultivate young children and students with their spirit of generosity.
<http://www.dailygood.org/more.php?n=5810a>

There is a small opening into the new day which closes the moment you begin your plans. What you can plan is too small for you to live." These beautiful words from poet, David Whyte capture the very essence of wholehearted living - to cultivate gratitude and joy, in the absence of all self-imposed limitations. Read the complete poem here.

<http://www.dailygood.org/story/741/what-to-remember-when-waking-david-whyte/> **Be The Change:** Introduce gratitude and presence into your waking moments rather than just running through what must be done in your day.

The deeper truths that reside within us sometimes surface when we least expect it. Thuy Nguyen was a little more than taken off guard when a woman in her donation-based acupuncture session asked her why she gave away her work for free. Was she trying to fix a "broken world"? She didn't know where to begin to respond, and the woman's question stayed with her. Eventually it led her to a beautiful distinction: that she does not give away her work "for free," she gives it away "freely." And in her own words, "I am simply doing this because it is the most natural expression of who I've become and of who I am." This beautiful passage by Thuy shares more. <http://www.dailygood.org/story/717/freely-vs-free-thuy-nguyen/>

Be The Change: See that there is immense value in what you love--and then give it away freely. You can also share a message of gratitude with Thuy for her work and the spirit behind it here.
<http://www.dailygood.org/?pg=contact&mid=104190>

"Wonder is how we open 'the hand of thought.' It can lift our minds out of the mud of rational resignation and open them into wild relational cartwheels of insight. Wonder is the place where prejudices fall away and our capacity to notice life increases. You have known how to do it since you were a child." As deeply embedded and reflexive wonder is in our early life, somehow the capacity to be in awe fades over the years. But it is not lost, and remains a vital part of our being.

Wonder, like any other skill, can be practiced. This article shares a simple way to practice the art of awe, starting simply where you are seated. <http://www.dailygood.org/story/711/an-invitation-practicing-wonder-dawna-markova/> **Be The**

Change: Slightly alter the way you do something in your daily routine. Does it free your mind to be aware of new possibilities? How does it feel to step outside of your comfort zone, even if for a few seconds?

13. Transforming the Wandering Mind

Reprinted from www.awakin.org.

--by Ven. Master Miao Tsan (Apr 28, 2014)

Meditation is the reversal of the process that establishes our habitual tendencies. Consequently, the establishment of habitual tendencies is due to the repetition of similar thoughts. If we are able to refrain from following these thoughts, thus stopping the process of creating and building them up, the reversal of the formation process begins to free us from the habit. The mind will then return to its original, pure ground. Because delusion arises from the mind, the original purity of the mind can be recovered by removing the delusion. Apply the ways of the enemy against the enemy. Meditation is a very effective method of dissolving habitual tendencies. Through focused meditation, the practitioner continually disengages from wandering thought. These thoughts, when ignored, will gradually be deprived of their strength.



Practitioners are occasionally surprised to notice wandering thoughts, and will ask, "Why do I have so many wandering thoughts during meditation?" The fact is that meditation does not create more wandering thoughts. However, due to the lack of gross phenomena for the mind to grasp, the outward-driven phenomena-seeking tendency, which is still active, will be manifested in the form of chaotic, wandering thoughts.

During meditation, the mind cannot grasp external phenomena, so it becomes more aware of previously unknown activities in the deeper level of the I-consciousness. This is the reason that the sustained practice of meditation will cultivate and deepen awareness, and gradually reduce wandering thoughts. For example, when we want to distance ourselves from certain friends or relationships, we simply reduce the occasions and time we spend with them until eventually they disappear from our lives. We should handle wandering thoughts in much the same way. By gradually withdrawing the habit of following up on wandering thoughts, they will eventually disappear due to a lack of attention.

To transform thoughts is to focus on the method while remaining undisturbed by wandering thoughts. The energy that is normally given to unconscious thinking is redirected to the conscious application of the method. The foundation of any spiritual practice is the application of a method in order to transform the scattered, wandering thoughts into a focused "single-pointed placement of the mind."

- See more at: <http://www.awakin.org/read/view.php?tid=991#sthash.S86b1bPN.dpuf>

14. The World Also Has A Soul

Reprinted from www.awakin.org.

--by David Whyte (May 05, 2014)

"There is a core delusion at the center of our struggles in all organizations. A core delusion that narrows our sense of self and ignores the greater world beyond the organization. It is a world that can inform us of our personal destiny, but also a world that we have lost the time and inclination to investigate thoroughly. Trying to ignore this greater world, we forge a small identity held within the narrow corridors of the building in which we work. Rather than breathing life and vitality into work from the greater perspective which is our birthright, we allow our dreams and desires to be constricted and replaced by those of the organization and then wonder why it has such a stranglehold on our lives."

"there is a sacred
Otherness
to the world which is
breath-takingly
helpful
Simply because it is not us."

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"The first step to preserving the soul in our individual lives is to admit that the world has a soul also, and is somehow participating with us in our work and destiny. That there is a sacred otherness to the world which is breathtakingly helpful simply because it is not us; it is not defined by our human worries and preoccupations, and it never will be. Its refusal to concern itself solely with our personal ambitions is its greatest mercy; it reserves itself for another kind of nourishment, one we come to when we are ready to drop our reflexive self-concern and look beyond our exhausting self-importance. As the poet David Ignatow reminds himself:

*'I should be content
to look at a mountain
for what it is
and not as a comment of my life.*

"Looking at the mountain for its own sake opens up a life that can be described only in the numinous effulgence of poetry or the self-forgetfulness of vital prose. This self-forgetfulness is the essence of firsthand experience. We no longer see our experience as useful for getting something out of *someone* else, or getting us quickly *somewhere* else, but as the primary touchstone of both our individuality and the strange way our individuality depends upon everything else. In such experience there is nowhere to go because the experience of interdependence is complete in itself. This experience of belonging satisfies a primary hunger that lies at the center of our soul life; it holds both restful and fiery qualities simultaneously, it is not an easy out.

Taking the first vulnerable steps into our own experience, no matter how small or hidden at the beginning, opens us to a more generous life, where what we have to give figures as largely as what we receive. We stop trying to draw infinitely from a finite world and begin to learn how little is necessary to live a life that honors the soul of the world. We learn that in many respects our world works as a partner, sometimes friendly, sometimes terrifying, but always true to its own necessities and by its example drawing us toward our own.

- See more at: <http://www.awakin.org/read/view.php?tid=1000#sthash.acy0ax4J.dpuf>

15. Staying In Your Own Business

Reprinted from www.awakin.org.

--by Byron Katie (May 19, 2014)

I can find only three kinds of business in the universe: mine, yours, and God's. For me, the word God means "reality." Reality is God, because it rules. Anything that's out of my control, your control, and everyone else's control -- I call that God's business.

Much of our stress comes from mentally living out of our own business. When I think, "You need to get a job, I want you to be happy, you should be on time, you need to take better care of yourself," I am in your business. When I'm worried about earthquakes, floods, war, or when I will die, I am in God's business. If I am mentally in your business or in God's business, the effect is separation.

I noticed this early in 1986. When I mentally went into my mother's business, for example, with a thought like "My mother should understand me," I immediately experienced a feeling of loneliness. And I realized that every time in my life that I had felt hurt or lonely, I had been in someone else's business.

If you are living your life and I am mentally living your life, who is here living mine? We're both over there. Being mentally in your business keeps me from being present in my own. I am separate from myself, wondering why my life doesn't work. To think that I know what's best for anyone else is to be out of my business. Even in the name of love, it is



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pure arrogance, and the result is tension, anxiety, and fear. Do I know what's right for me? That is my only business. Let me work with that before I try to solve your problems for you. If you understand the three kinds of business enough to stay in your own business, it could free your life in a way that you can't even imagine.

The next time you're feeling stress or discomfort, ask yourself whose business you're in mentally, and you may burst out laughing! That question can bring you back to yourself. And you may come to see that you've never really been present, that you've been mentally living in other people's business all your life. Just to notice that you're in someone else's business can bring you back to your own wonderful self. And if you practice it for a while, you may come to see that you don't have any business either and that your life runs perfectly well on its own.

- See more at: <http://www.awakin.org/read/view.php?tid=997#sthash.LHBkocA3.dpuf>

16. A Journey to Inspire

Reprinted from www.KarmaTube.org.

Sri Lestari is a paraplegic who lives in Jakarta, Indonesia. She lost the use of her legs while riding as a passenger on a motorcycle and, for ten years, never left her home. Indonesia, like many places in the developing world is a hostile environment of people with disabilities. Not only are the streets, footpaths, and buildings inaccessible, but their physical limitations carry broad stigmas. But Sri was tired of life as a shut-in. So she raised the money to buy a modified motorcycle she could ride from her wheelchair and began to re-engage with the world. Now, she and her bike are on a 12,000km journey across the Indonesian archipelago, both to celebrate her own freedom and to inspire others with disabilities to find their own. Follow this link to the video... <http://www.karmatube.org/videos.php?id=4545>.

17. Locks for Love

Reprinted from www.KarmaTube.org.

How would you support a friend recently diagnosed with cancer? Watch as a group of family and friends gather together to surprise Gerdi McKenna, in an unexpected show of love and support after her recent diagnosis of breast cancer. - See more at: <http://www.karmatube.org/videos.php?id=4913#sthash.MaLfxFuD.dpuf>

18. Honoring What Matters, Changing Our World

Reprinted from www.KarmaTube.org.

What we believe about our world shapes our experience of it. When we truly see and honor other people's unique qualities, we come into contact with our self nature. In this enlightening video, educator and motivator Angela Maiers shows us how to apply one simple principle - "You matter" - to great effect in our daily life. She points out how transformational it is for us to relate by "taking note" of our daily experience. She challenges us to positively share this renewed recognition of the good things happening around us. For it is when I notice you that we share the gift of our common nature, stop withholding our unique abilities, and unwrap our abundant possibilities to directly change each others lives and our experience of our world every day. - See more at: <http://www.karmatube.org/videos.php?id=4537#sthash.8Vif5Uxx.dpuf>

HEART AND SOUL ADVERTISEMENTS:

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

19. Spiritual Resources

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

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

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

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

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 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 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:

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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.

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

25. Serving Your Loved-Ones

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

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

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

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

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

If you have any questions, you are invited to follow up with us. You can contact us at rmeagher@servingyourjourney.com 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:

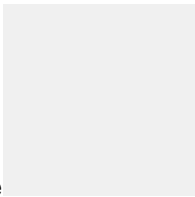
- Sacred attention therapy
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.
- Daily contemplative sharing
- OM websites

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

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

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

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



the button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

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 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 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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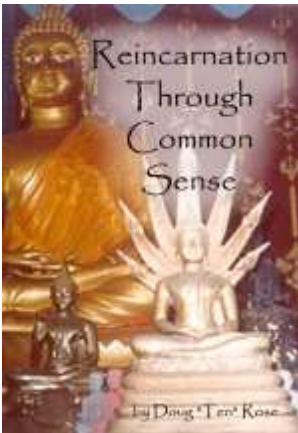
28. OM Websites

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.

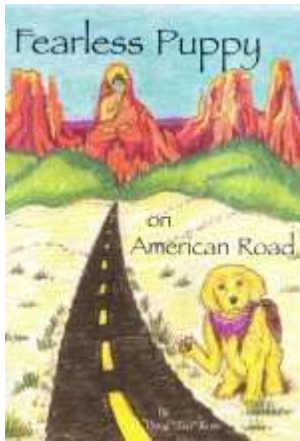
This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

http://fearlesspuppy.org/m_reincarnation.htm

\$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 2nd and 4th week

Time: 7pm – 8pm **Cost:** \$10/pp

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

When: Wednesday, every 3rd week

Time: 7:30 – 8:30pm **Cost:** \$10/pp

All ages are welcome

Take the laughter challenge, 6 classes for \$50

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



31. 5th 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) 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 31st Jan to 5th Feb 2015 at Mysore, India.

Our website: 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 3rd to 7th 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 5th International Conference and Gathering of the Elders from **31st Jan to 5th Feb 2015 at Mysore, India**

Theme of the 5th 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.

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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 for further information and details about the conference.

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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Facebook: www.facebook.com/Servingyourjourney