

Serving your personal journey toward enlightenment...

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

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

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Let It Be, Let It Be, Let It Be, Let It Be

*When I find myself in times of trouble, Mother Mary comes to me  
Speaking words of wisdom, let it be  
And in my hour of darkness she is standing right in front of me  
Speaking words of wisdom, let it be  
Let it be, let it be, let it be, let it be  
Whisper words of wisdom, let it be*

*And when the broken hearted people living in the world agree  
There will be an answer, let it be  
For though they may be parted, there is still a chance that they will see  
There will be an answer, let it be  
Let it be, let it be, let it be, yeah let it be  
There will be an answer, let it be  
Let it be, let it be, let it be, let it be*

*Whisper words of wisdom, let it be  
Yeah let it be, let it be, let it be, let it be  
There will be an answer, let it be*

*Let it be, let it be, let it be, let it be  
There will be an answer, let it be*



*And when the night is cloudy there is still a light that shines on me  
Shine until tomorrow, let it be  
I wake up to the sound of music, Mother Mary comes to me  
There will be no sorrow, let it be  
Let it be, let it be, let it be, yeah, let it be  
There will be no sorrow, let it be  
Let it be, let it be, yeah let it be, yeah, let it be  
Whisper words of wisdom, let it be*

... John Lennon and Paul McCartney

John Lennon and Paul McCartney's immortal lyrics to one of the most famous songs ever written remind us of the grace and wisdom to be found in simply letting life be. With each blessed day I give thanks and gratitude for the choices I am brought in every moment of my life. Because as each choice, each teaching/learning opportunity, presents itself to me, I am gifted with the knowing that "I need do nothing"<sup>1</sup> but let life be. But what does it take to let all that happens in my life simply happen?

First, it requires surrender; surrender to what life offers us. Carl Jung, Deepak Chopra, and others, are credited with the saying "what we resist, persists." And so it is. We so often try and force life; force it to do what "we" want. And yet we

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forget too often that we (the small “I”) are not in charge of this journey. Deepak Chopra and Rudolph Tanzi offer in their book *Super Brain* “Whatever you resist persists. There’s the rub. As long as you engage in an inner war between what you crave and what you know is good for you, defeat is all but inevitable. In its natural state, will is the opposite of resistance.”

Second, it requires trust; trust in the divine order of life. We must come to know that all that happens to us in life is exactly what is supposed to be happening. And it is supposed to be happening because we asked for it to happen. It is the Buddha who said “All that we are is the result of all that we have thought.” All that we are is a result of our direct experience. And our direct experience is what is happening to us in every moment. And this ‘every moment’ is happening because we have brought it to us, simply by our thoughts.

Lastly, once we surrender and trust, we come to rest in the knowledge that all is for our greater good. I have a dear soul friend who is regularly heard saying “It’s all God, and it’s all good.” In making that affirmation, she is (a) surrendering, (b) trusting, and (c) knowing that all is for our greater good. Everything is brought to us for our learning. It is the famous mystical poet Rumi that says it best in his poem “The Guest House”...



*This being human is a guest house.  
Every morning a new arrival.*

*A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.*

*Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.*

*The dark thought, the shame, the malice.  
meet them at the door laughing and invite them in.*

*Be grateful for whatever comes.  
because each has been sent  
as a guide from beyond.*

*Jelaluddin Rumi  
translation by Coleman Barks*

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

1. *A Course in Miracles.*

## 2. Poem

Our Daily Bread

Let me this day arise in quietness  
With only thoughts of sinlessness, through which  
To look upon the world. Let me today  
Behold the world as You would have it be,  
Because I am as You created me.  
This I accept today. And as the day  
Draws to a close, all unforgiving thoughts  
Have disappeared, and night comes quietly  
To bless a day in quietness begun,  
And ending in forgiveness of God's Son.

Helen Schucman

## 3. Quote or Question

The grace of God is a wind which is always blowing. - *Ramakrishna*

## 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'.

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

"You have traveled too fast over false ground; Now your soul has come to take you back." In this poem, John O'Donohue, Irish poet, author, and philosopher, beautifully expresses the process of slowly returning to oneself that can heal the heart after times of suffering. <http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted-john-o-donohue/> **Be The Change:** What does "returning to yourself" mean to you? Take some time today to do just that.

"Grace and gratitude have the same Latin root, *gratus*. Whenever we find ourselves in a stop-the-world-I-want-to-get-off mindset, we can remember that there is another way and open ourselves to grace. And it often starts with taking a moment to be grateful for this day, for being alive, for anything." In an excerpt from her new book, Arianna Huffington explores how gratitude helped her to find meaning in pain and loss. <http://www.dailygood.org/story/749/arianna-huffington-can-gratitude-help-you-thrive-arianna-huffington/> **Be The Change:** Oxford clinical psychologist Mark Williams suggests the "ten finger gratitude exercise," in which once a day you list ten things you're grateful for and count them out on your fingers. Try it this week.

At the pinnacle of a dizzying career, young Indian-American rapper Nimesh "Nimo" Patel was haunted by an unshakeable sense of emptiness. In his mid-twenties, he abandoned the limelight. An inner voice nudged him to radically simplify his life and find his purpose in service to others. Moving to the Gandhi Ashram in India, he dedicated himself to the children in surrounding slums. After a 7-year musical hiatus -- 5 of which

were spent living with and learning from slum communities -- something inside nudged him to write music again. But, this time, in a different spirit. One that would reflect the heart of humanity. Over the past 9 months, Nimo has released a labor-of-love album, co-produced two music videos on kindness and gratitude, and embarked on a music pilgrimage -- all in the spirit of finding, practicing, and sharing small acts with great love. <http://www.dailygood.org/story/789/empty-hands-full-heart-music-for-the-soul-audrey-lin/> **Be The Change:** Download Nimo's album, offered as a gift from his website. Reflect on how you practice the themes of these songs in your own life. If you're inspired, share the music with family, friends, and especially all the children in your life. <http://www.dailygood.org/more.php?n=6015a>

"Some years ago, I helped tend to a friend of mine who was dying of cancer. Near the end of his life, he had reached a place of equanimity around dying. But instead of honoring his wishes for a peaceful death, his doctors ordered aggressive chemotherapy treatment, which did nothing to halt his cancer. The treatments caused him immense suffering, rendering him unable to sleep, eat, or converse with family and friends as he was dying. Unfortunately, deaths like my friend's are not that rare...Is there a better way? Is a "good death" just an oxymoron? Or can the experience of death be far more positive -- an opportunity for growth and meaning?" Charles Garfield shares more. <http://www.dailygood.org/story/758/7-keys-to-a-good-death-charles-garfield/> **Be The Change:** Think about the ways that this article inspires hope in your own life, and take action on one or more of these reflections.

According to a recent Harvard study, cultivating empathy among students has been linked to a variety of desirable outcomes, including positive peer relationships, better communication skills, and fewer interpersonal conflicts. Author Lennon Flowers examines how it is part of a growing education trend broadly referred to as "social and emotional learning," where children, teachers and parents learn to manage emotions and effectively collaborate with others, which ultimately leads to a better learning environment. <http://www.dailygood.org/story/725/unleashing-empathy-in-schools-through-emotional-learning-lennon-flowers/> **Be The Change:** If you want to try to better understand - and increase your own empathy toward others - click on the link to help you get started. <http://www.dailygood.org/more.php?n=5940a>

Those who have had the chance to be in his presence, know him -- in part --- by his infectious laugh. "I have been confronted with many difficulties throughout the course of my life, and my country is going through a critical period. But I laugh often, and my laughter is contagious." In an excerpt from his book, "My Spiritual Journey", the Dalai Lama shares his beliefs regarding the healing power of laughter, and the ability of a smile to reach all others -- including our enemies. <http://www.dailygood.org/story/727/the-dalai-lama-on-why-i-laugh-the-dalai-lama/> **Be The Change:** Instead of becoming unraveled by the challenges of your day, make a conscious effort to find the humor surrounding you instead.

Love others. Sounds simple, right? As Vinoba Bhave confessed, "I said it was simple; I did not say that it was easy." And this message of the simplicity of the idea, yet the ever-present challenge of putting love into practice is found in all times, across all areas of life. Enter American singer-songwriter John Legend. A graduate of Penn State, passionate about music his entire life, the greatest lesson not only of his career, but of his upbringing and experiences in life has been to expand his conceptions of how to love others. He shares this insight in one of the most unlikely places--a Penn State commencement address. <http://www.dailygood.org/story/773/all-in-on-love-the-huffington-post/> **Be The Change:** Think of someone who challenges you in a negative way. Do something for that person today, even if just a meditation in their honor, to help draw you closer to him or her.

14. Maybe, Said the Farmer
17. In Praise of Idleness
19. Stay With the Breath

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. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Life Is Expressed From the Inside Out**

The greatest truth we will ever realize is that we are the sovereign masters of our domain. We are the creators of our reality and not the victims of an unjust world outside ourselves. That can be a tough pill to swallow. You mean I have created all this confusion, misery and chaos in my life? Yuck. What a mess. And if I can take responsibility for creating it, I can take responsibility for creating a new reality---one based on love, harmony and wholeness---one that reflects the truth of my being, that I am a divine creation of God, not separate from God and that I co-create with God my reality and every event in my life in every way----no exception. Wow! This big. This means I take responsibility for the wonderful things that show up in my life as well as the not so pleasant to the down right gosh awful. I create the cold, the broken bone, the debt, the wonderful new friends, the loss of old ones, all of it. All of it---no exception.

And how is it I have done this and am not aware? That is the answer right there. Not being aware. Not being aware that every thought I have or have ever had is creating my reality. With the intensified energy we live in now, our thoughts manifest in our every day lives much faster than they used to. What I celebrate shows up faster and what I worry about shows up equally as quickly.

So how do I change what I do not like in my life? Number one, by taking full responsibility and stopping blaming any one else or life in general for anything you do not like that is showing up in your life. If you have lack or dis-ease or disharmony in your life, at some level your thinking has created it. Or your soul called it in as a learning lesson. There are no mistakes. I am not saying it you have a serious illness you have consciously created it, but as some level your soul called it in to grow and evolve. Do your best not to feel like a victim no matter how scary or painful it is and ask your highest guidance for understanding of what you wanted to learn from the experience. If you can make this connection, if the learning can happen, in most cases the dis-ease can be released and healing can begin, if this is in the highest good for the soul's evolution. Sometime's leaving is the answer and all the healing in the world cannot change what the soul has chosen. But we at our level do not know when that is so most of us chose to give ourselves every opportunity to do the work to get as healthy as possible at all levels.

But stop blaming an unjust world and take charge of your life. Turn in to your wise, loving guidance. Go within, be still and listen. Your guides, your loving healing team is always there for you, just waiting to help you connect the dots, learn and remember who you are---a divine creator. If you don't like what you are creating now, really look at your thoughts and beliefs, they will help you understand why you are not manifesting joyful, radiant, healthy abundance at this time. It is possible to make changes. If your conscious mind appears to be positive and empowered and yet you are still producing lack and unwellness, you can look beneath the conscious mind into the subconscious conditioning of the inner child. From our earliest moments of conceptualizing we have been internalizing the programming of other people in our lives, caregivers, parents, teachers, siblings. Bottom line, we have been taught what to believe and we have not been taught that we are sovereign, powerful creators capable of manifesting Godhood in our lives here on Earth.

Time to take back your power, remember who you are and live lives of divine, joyful creativity. If it is in your life, you created it. If you do not like it, change it; don't lie down and whine about being a victim---change it. Only you can, by realizing who you are---God manifest in physical form, here to play with this dimension of creation through emotion expression. We came to experience our grandness and to experience this in the emotional state of human beingness. Master your emotions. Enjoy them, relish them; don't let them rule you. Don't let them overwhelm you. Focus on the

beauty of this creation we chose to come into. Celebrate your creations and once again, if you don't like what you've created, take responsibility and do the work to change it. You and only you can make the changes to live the life you want. If you'd like help, I'd be delighted to assist.



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

## 6. Kathryn Kimmins – Laughter Yoga As A Holistic Approach to Alternative Medicine

### What is Laughter Yoga?

**Laughter Yoga** is a unique form of exercise that was founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India. Dr. Kataria, and his wife, Madhuri, developed a program that combines laughter as a physical and playful body exercise with yoga in the form of deep yogic breathing (no poses). Its popularity is quickly spreading as people realize how it benefits all aspects of physical, emotional and mental health by helping people deal positively with stresses caused by any trigger from grief to chronic illness to everyday life.

We were born with the gift of laughter. Laughter is a natural medicine. It lifts our spirits and makes us feel happy. Laughter is a contagious emotion. It can bring people together. It can help us feel more alive and empowered. Laughter heals people, inside and outside. It releases tension, depression, soothes pain, relaxes muscles, clears the mind, and makes the spirit soar.

### Research supporting laughter therapy

A growing body of research supports the theory that laughter has therapeutic value. For years, the use of humour has been used in medicine. Surgeons used humour to distract patients from pain as early as the 13th century. Later, in the 20th century, Norman Cousins started studying the effect of humor on physical wellness. After years of his prolonged pain from a serious illness, Cousins claims to have cured himself with a self-invented regimen of laughter and vitamins. Whenever he would laugh for ten minutes he would gain two hours pain free sleep. In his 1979 book, "Anatomy of an Illness", Cousins describes how watching comedic movies helped him recover.

Dr. Gita Suraj-Narayan, senior lecturer at the School of Social Work and Community Development, and also a Certified Laughter Yoga teacher, was inspired to carry out research exploring the bio-psycho-social impact of laughter therapy on stroke patients and to empower rural communities using Laughter Yoga with cognitive restructuring as an alternate form of therapy.

**What she found** was a reduction in post-stroke depression, anxiety, panic attacks, flat affect (failure to express emotions), diabetes, asthma, high blood pressure and apathy, often characterized by lethargy, irritability, sleep disturbances, lowered self esteem and withdrawal, and a reduction in stroke-related pain. It helps with enhanced mobility and the ability to walk without walking aids.

Gelotologist, Dr. Lee Berk of Loma Linda University has been called upon by major medical organizations, such as the Society for Neuroscience and the Endocrine Society to share his findings from one of his studies that showed that laughter decreases stress, lowers blood pressure, alleviates pain, and boosts the body's immune system by releasing beneficial hormones such as dopamine, oxytocin, endorphins, serotonin, cortisol, estrogen and testosterone.



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Psychiatrist Dr. William Fry from Stanford University began to examine the physiological effects of laughter in the late 1960's and is considered the father of gelotology. One of his most famous studies indicated that 20 seconds of intense laughter can double the heart rate for three to five minutes, an accomplishment that would take three minutes of strenuous rowing exercise.

Over the years, researchers have conducted studies to explore the impact of laughter on health. After many studies they have witnessed a decrease in stress-related hormones and a boost to the immune system in participants.

Today more than ever before, people are turning to Laughter Yoga for therapy and healing. Medical journals have acknowledged that laughter therapy helps improve the quality of life for patients with chronic illnesses. Many hospitals now offer laughter therapy programs as a complementary treatment to illness.

**Currently there are over 8000 clubs in 80 countries and growing every day.**



**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 – July 2014

If you close your eyes and allow your heart and mind to expand beyond the confines of your present earth reality, you will experience an overwhelming feeling of liberty. The more you release insignificant ideas and desires, the more you move into freedom.

Why is the subject of freedom of such importance presently upon your world?

The inherent stance of humankind is love and liberty for these are the constituents of your essence as immortal beings. As paradoxical as it may seem, the deeper your union with this universal outpouring love being sent to all by the Creator, the deeper your expression of freedom. This unification does not encourage your *dependency* on the Source. No indeed. This union reminds you that your very life *originates* within this sacred Source.

In all spheres and dimensions, the vibratory path of existence moves eternally towards a greater beingness. Although all life resonates within the Divine Source, free will allows all conscious beings, including the inhabitants of your earth, to deliberately choose to advance to higher states of being or simply remain static. However, in choosing freely, individuals may also find themselves in an unliberated state.

Let us explain.

Within your minds you have the freedom to create any thought that you wish. Hence, we ask you: do you create freeing thoughts? Do you cultivate thoughts, feelings and actions which limit your growth or do you foster the all-encompassing consciousness of liberty?

To answer these questions kindly reflect upon the following: living fully within the grace of the Divine Spirit indicates that you are creating a sacred bond and, therefore, loosening your hold on habits and addictions which limit this bonding. Living fully within this sacred fusion also indicates that you are letting go of living patterns and associations with others who limit your personal inner expression of sacredness. In exploring and living your divinity, you are radiating hope and freedom to your world and physically co-establishing this new world which, despite all ideas to the contrary, is being

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birthed. Your world societies will be liberated. They will be uplifted and developed based on the spiritual principle of unconditional love, in wholesome partnership with other spiritually developed nations throughout your solar system and far beyond. This is the destiny of your earth. When this will happen is up to you.

With great enthusiasm we encourage you to cultivate thoughts, feelings and actions of gracious, loving freedom throughout your families, communities and nations. This liberty is founded on mutual understanding and divine insight and intelligence. In this manner, together as one, your planet and its people will pay tribute to its true path—fulfilling its destiny as a spiritual body, celebrating its vibrant societies, praising splendid scientific and technological advances, and sharing its accomplishments with the many other worlds who await 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 – Silence

Did you hear the sun rise this morning,  
or the moon waxing in the southern sky,  
preparing to give birth to herself again,  
only to immediately wane toward the  
Nothing?

And the leaves?

Did you hear them change their colour  
or hear the bud opening its bloom?

It seems then,

Beauty is Silent.

and you my friend,

you - are beauty.

If you want to capture your essence,

be still.

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**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 – Charismatic Movement

*This is the 18<sup>th</sup> article in a long series of contributions by Robyn from her book “Searching for Spiritual Unity...Can There Be Common Ground?”*

The next faith practice in our series is the Charismatic Movement. The word “charismatic” means *captivating* and *engaging* which describes how people involved in the movement *feel* about their faith. It is not an organization or a denomination. *It is more of a philosophy.* The “Charismatic Movement” is the term given to the Christian movement that has swept across denominational lines, reaching its peak—at least in America—during the 1970s. The Charismatic Movement is one of the most popular and growing forces within Christendom today. Most of the theology behind the Charismatic Movement comes from the apostle Paul. In 1 Corinthians 12 he offers a list of the “gifts of the Spirit” given by God: wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues, and interpretation of tongues. The major doctrinal distinctives of the Charismatic movement — the baptism in the Holy Spirit, and the emphasis on having a personal experience — are primary reasons for the movement’s growth and popularity.

This movement arose mainly from within various Protestant churches but those involved were soon forced out, either because of their unusual beliefs and practices or, in some cases, because they felt unhappy in churches which had become liberal in theologically and worldly in position and practice. Up until the 1950s, this movement was on the fringes of religion in modern society. The few denominations which espoused this doctrine were not part of the mainstream of religious groups. Rather than align themselves with the Pentecostal groups that started the movement, they preferred to refer to themselves as a “Charismatic” renewal *within their own* denominations. Even when some found themselves at odds with those in their old denominations, and were forced to form new outside groups, most preferred to retain the designation “Charismatic”. From the late 1950s many Charismatic Christians went on to form separate churches and denominations. Beliefs similar to Pentecostalism emerged in the historic Protestant denominations from 1960 onwards, and in the Catholic Church from 1967, and opened up a “Pandora’s box” in the Christian world. An important characteristic of the movement at that time was willingness for the believer, after discovering the importance of spiritual gifts, to remain within their original denomination. The movement, with all the “holiness fever” was now present *within* mainstream churches of traditional membership. Catholics, Episcopalians, Presbyterians, Methodists, and Baptists: all denominations began to experience, within their individual churches, the same phenomenon. It would typically begin with a few people feeling the need for a deeper, more fulfilling spirituality within the context of the tradition in which they were raised. Meeting in living rooms — often without clergy, who were sometimes suspicious of the movement — people would pray together and suddenly find themselves speaking in tongues, gripped by a fever of emotional fulfillment and a sense of God’s presence. It was as if the Holy Spirit had taken control of them. The feeling of being “right with God”, totally in the present and cleansed of all sin, was one hardly ever experienced in formal church services. It was pure, simple, heartfelt religion, *experienced* rather than intellectualized. It swept the nation. Many clergy began to feel they had somehow missed the boat by failing to meet the spiritual needs of congregations who had grown used to a formal, spit-and-polish religion of the mind, not the emotional outburst of tongues-speaking Pentecostal power. Many clergy felt left out. They had prayed for so long that the church would be revived. Now it was happening, either in spite of them or without them.

The Charismatic movement has grown rapidly and has become more diversified; therefore, it would be misleading to place all under an identical banner. The teachings of Charismatic churches can vary from one to another. This is

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because it is a *movement*, not an organization. They believe that history is moving toward a spiritual climax where God's power will be poured out on the church like never before. Restoration promoters believe that this could be the Lord's final move where the church will be imbued with new power to Christianize the world before Jesus returns. These groups have a common bond that promotes God's moving in a supernatural way through signs and wonders. The new Charismatics are proclaiming that a new movement of God's Spirit is sweeping the entire globe. This new move will be so revolutionary that the entire course of human history will soon be changed. But in order for this glorious dream to work, the majority of the Christian churches must unite in philosophy and purpose. In other words, Charismatics subscribing to new restoration ideas deeply desire that all believers will taste this "new move" of the Holy Spirit and unite with them in their efforts to supernaturally transform the world.

In 2000 the Charismatic Movement numbered 176 million, neo-charismatics 295 million and Pentecostals 66 million. This means that Charismatics are the second largest branch of Christianity after the Roman Catholic Church. They are 27 percent of all Christians. Nearly half of all adults who attend a Protestant church (46%) are charismatic. Because the Charismatic movement is not a single denomination, it cannot easily be examined or judged as one entity. As a result, vast theological differences can be found in the movement, with some parts appearing to have quite orthodox beliefs while others seem to embrace more heterodox ideas. Virtually all Charismatic Christians believe that the presence of God can be experienced in a supernatural way by believers, usually during times of intense spiritual reflection.

For the most part Charismatics have an enthusiasm for the things of God. They have a freedom and a boldness to praise the Lord in public and in private. They are not ashamed to speak of the Lord and what He has done for them with both Christians and non-Christians. They are usually excited about spiritual things. They are often enthusiastic about sharing what they have found with others. These people are lively and enthusiastic and excited and emotional and vibrant. They seem to be enjoying what they are doing. Their religion is not a dead ritual. It is personal and real to them. They do what they do because it is meaningful to them and because they enjoy it. They often show a warmth and concern for one another. Most Charismatics would say that at conversion a Christian receives the Holy Spirit. But only at the *subsequent* baptism in the Holy Spirit does the Christian receive *the fullness of the Spirit*, the full empowerment for Christian service. They believe Holy Spirit Baptism is a *separate* experience and does not necessarily take place when a person is saved or is baptized in water. Most Charismatics believe that for salvation of the lost and sinful man, regeneration by the Holy Spirit is absolutely essential. They teach that Christians can lose their salvation because of sin. They find it hard to define which sins or how much sin causes one to lose his salvation, but they believe that Christians fall in and out of salvation based upon their behavior. What this basically teaches is that one's behavior must be changed or improved to get salvation back once it is lost, and this is salvation through "works".

**\*\*NOTE\*\*** In doing the research, it must be noted that it was very difficult to find information in writing about the movements "doctrine". That may be due to the fact that it is more of a philosophy or attitude, and has been incorporated into many Christian religions within their own varied doctrines. It must also be noted that the volume of websites that were ANTI-Charismatic surpassed those that were PRO-Charismatic. I can only suggest that you do your own research, study and prayer.

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 – Defeating the Bait

You may be asking, “What is the old psychological bait-and-switch move?” I’ll tell you. It’s the oldest trick in the book. It is often done without the awareness of the perpetrator. More often than not the perps aren’t even in touch with themselves enough to realize they’re doing it. (Occasionally, it is a more malicious and intentional form of manipulation.)

Let’s say that you are Party B. A fellow staff member—or even your boss, or a co-worker who wants to climb the ladder of success over your dead body, your mother, teenage son, or whoever—is Party A. (If you are already saying, “Hey I’m the A. Let that other pain-in-the-butt be Party B,” then your chances of avoiding the pitfalls of the psychological bait-and-switch are very good!)

You are a nice, friendly, kind, and cooperative person. Party A is a nasty, sarcastic, wired-up type who loves to screw and manipulate people. Party A people are warped, frustrated, and believe that since they have no happiness or sense of self-worth, neither should anyone else. They love to pull your chain, wouldn’t climb off your back if you bought them a diamond-studded rope ladder to do it with, and they live to annoy.

As usual, you are trying to be nice to everyone. You speak to Party A as you would to anyone else—intent on a happy and harmonious relationship. But Party A doesn’t know how to handle this. The rip in the fabric of this person’s reality tells him or her that it’s an either-me-or-you, dog-eat-dog, take-advantage-before-being-taken-advantage-of world where being aggressively defensive is of paramount importance. These attitudes usually result in behavior that is nastier than a pickled egg fart collection in an airtight room. Day after day you try to be nice to this person in the hope that your goodness will prove contagious. Mr./Ms. A stays deaf to your most cordial approaches and continues to dump bucket loads of irritating drama into your life.

Sooner or later it happens. You lose it. After what seems like eons of dealing with this situation in a civilized manner, you just can’t take it anymore. You give Party A a rebate on the ration of shit that he or she has been shoveling in your direction for so long. After a good ten minutes of yelling at each other, you stomp away with your blood pressure raised and your day ruined. You’re now as stressed out, aggravated, and miserable as A has always been. You’re soured and angry.

This is you now! The attack on your peace of mind is no longer singularly directed from an external, defensible source. It now has an internal base that’s a lot more dangerous to you. The nastiness of A, formerly a minor influence outside of your psyche, has now eaten away slowly but steadily at your patience and compassion until it has succeeded in boring a hole right through your previously harmonious state of mind. Your structural integrity has collapsed and is now being eaten by your newly acquired chemical imbalance, which is a direct result of your newly acquired psychological imbalance. Your stomach may hurt, your head may ache, and your happiness is in pain.

As this happens to folks like us, Party A people will be laughing their asses off! They may have had a conscious plan to do you in, but more likely they’re so out of touch with themselves that they don’t even know what they did. They’re happy anyway.

A subconscious mind can be a dangerous thing. That’s why so many of Earth’s most famous wise folk have spent so much of their time moving their subconscious depths to the conscious surface.

So now A is happy and B is ragged out. Anyone walking into a room where both A and B are present would be fooled. It would appear that Party A was a B and that Party B was an A—and in fact, until B regains composure and simple sanity, that indeed has become the truth of the situation! Every time A comes into the room, B gets nervous, aggravated, and apprehensive. Party A’s job of making B a lesser human is completed. B has now effectively taken over the job that A was doing. B is now busting his or her own chops and getting on his or her own nerves. Party A doesn’t even have to be around! B will still be nervously concerned with what A might do or say next.

Party A, thoroughly satisfied with the success of this process, is now more B-like in demeanor—relaxed and happy. Party B, on the other hand, is now suffering a self-engendered attitude attack as well as the real attacks on his or her peace of mind that Party A may still be generating. In addition, B has to deal with the degree of self-loathing and embarrassment caused by losing composure in public and embracing an inferior mind set.



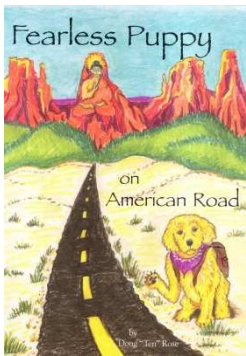
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The bait-and-switch is complete.

At this point, it is really best to snap back into happiness and realize that what you want to be is more important than what any negative external influence wants you to be.

The only way to win this game is to not play.

From the book *Fearless Puppy on American Road*. All profits sponsor Wisdom Professionals. <http://www.fearlesspuppy.org>



**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.

## 11. Leon Moscona – The Vision of the Blessed Virgin Mary

I have visited many places, many sacred sites, and almost everywhere I have felt the most powerful and beautiful presence of the Divine Mother. I can say that the whole of Ireland is encompassed and warmed by her Divine Love, mercy and compassion, by her tenderness, motherly care and kindness, by her beauty. It was a great joy for me to give workshops, sacred dance Paneurhythmy and meditations consecrated to the Divine Mother in various places in Ireland. One of the most inspiring was in the field in front of the ruins of St. Mary' church in Glendalough: this incredibly beautiful place, with an amazing panoramic view and soft magnetic vibrations was ideal for connecting with the energy of Nature, Mother Earth and the Divine Feminine. A special seminar in a convent around Limerick was consecrated to the Feminine Mandala Meditation to link with the glorious Personifications of the Divine Feminine in the world religions. We celebrated also *The Immaculate Conception in our Lives* on December 8, 1991, in Milltown Park Institute, Dublin.

Here I would like to share a 'prophetic' dream which I had in September 1989, after my return from Glastonbury, England. In Glastonbury, on the Abbey grounds, from September 2-5, Robert Coon and I had a four-day workshop *The Mystery of Transfiguration*. To a great extent the workshop was a continuation of the celebration of *Harmonic Convergence* from August 1987 but with many new themes, especially the glorification of the Divine Feminine. For this purpose I led an extended *Feminine Mandala Meditation* (with appropriate music, mantras and prayers) in which we invoked the presence of many Personifications of the Divine Feminine such as the Blessed Virgin Mary, Tara, Kuan Yin, Mataji, Zventa Sventana, the New Eve and others. The spiritual presence after our Feminine Mandala Meditation was so magnificent and powerful that it was still felt long after the event took place.

On the same night after coming back to Dublin from Glastonbury, I had a remarkable dream. In this dream I found myself in a temple among many other people, praying and expecting a blessing from heaven. A few moments later the contours of the temple remained, but at the same time we had the feeling of an open space. Then a most magnificent rainbow appeared - one of the brightest and most beautiful I have ever seen in reality or in dreams. One segment of the rainbow transfigured itself into the living image of the Blessed Virgin Mary holding a beautiful child. She shone with all the colours

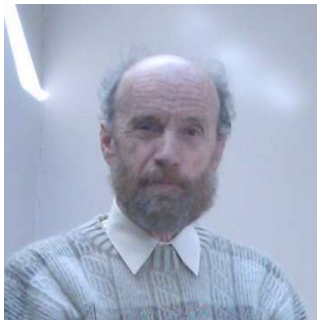


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of the rainbow and radiated Divine Love, Compassion, Hope, Faith and Motherly Care. All of the people in the open space-temple, including myself, experienced great wonder, joy and ecstasy - the feelings of having witnessed a great miracle.

This dream was in fact a mystical vision born within the depths of my soul. It is well appreciated in Ireland that the spiritual body of the Blessed Virgin Mary is living Rainbow Light. Soon I realised that the image of the Rainbow with the Holy Mother holding the child as part of it was a symbol of the birth of the whole humankind as a Rainbow People from the Universal Divine Mother. The story of the immaculate conception of the child Jesus 2000 years ago now became a holy conception of the whole of humankind by the Universal Divine Mother.

Over the years this 'prophetic dream' developed into a great metaphysical picture of the coming reality of the New Heaven and the New Earth where New Humankind will live as Rainbow People on sacred Earth. In the *Book of Revelation* St. John witnessed: *Then the One Who sits on the throne said: And now I make all things new!* (Revelation 21:5) This is the Divine Act for the creation of the reality of the New Heaven and the New Earth. In the New Reality a New Humankind will live – born from the Divine Mother, from the living Rainbow Light, radiating also from the Throne of God (Revelation 4:5). The appreciation of the Divine Feminine and especially of the Blessed Virgin Mary is so important and crucial for our time that later on in my book *The Second Coming* the devotion to the Divine Feminine developed into a whole new Gospel, the *Gospel of the Divine Mother!*



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](mailto:Immission@eircom.net), or via his website at [www.testamentoftruth.org](http://www.testamentoftruth.org)

## 12. Xanthe Harvey – The Reused Paper Was Red

The reused paper was red, with some sort of a pattern, beautifully wrapped with a ribbon, and the two cards tucked in between. Such care and detail, making reused paper look so elegant. Even then I could feel I was going to cry. How could one think she doesn't love? Her love is different, and sometimes we crave from her the love we expect, but we must never underrate her way. We fall into the error of thinking we do things right, and others are strange if they don't have the same strengths as us. But we live in a thousand-coloured-rainbow, with no middle colour. I looked at the small card first. A beautiful drawing and young childlike writing in Spanish. I love the way she crossed out with a purple pencil 'have a good day with your family', to change it for 'with your mum'. And what could be better than to hear that you are the best sister in the world? With 23 kisses, because that's how old I am. The second card, a painting, with the same message. By the time I opened the present, I was already overwhelmed. I was astounded at the beautiful hand-sewn bag, with all its colourful flowers and butterflies, come straight from her imagination to my heart. What a beautiful present. I am lost for words.

People sometimes pity you, with an autistic sister. And sometimes it is hard, and it pushes you past limits you would rather not tread... But I say hallelujah for you, Lily. I love you. I adore you. I am endlessly grateful for all that you teach me, about you, about your world, about your life. About my world, my life and all life. Because why shouldn't you think that celebrating my birthday on Sunday is a silly idea, when my birthday is on Monday, because Sunday is the furthest day away from Monday? Maybe sometimes our worlds seem parallel, but in Maths two parallel lines always meet at some point in infinity, so there is nothing to worry about.

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Xanthe Harvey is a medical student and part-time English teacher. Born in England, she has lived in Spain since she was eleven. She attended a Steiner school and graduated from *bachillerato* before attending university. Her father is the psychotherapist and spiritual teacher Richard Harvey. Her passions are writing and literature, languages, music and crafts. She is attracted to holistic medicine and critical of the social aspects of the medical profession. She loves children. She searches to deepen her understanding of herself and spirituality in order to have a profound relationship with life. Xanthe can be reached at [xaluna24@hotmail.com](mailto:xaluna24@hotmail.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 13. Good News Of The Day

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

"You have traveled too fast over false ground; Now your soul has come to take you back." In this poem, John O'Donohue, Irish poet, author, and philosopher, beautifully expresses the process of slowly returning to oneself that can heal the heart after times of suffering. <http://www.dailygood.org/story/734/a-blessing-for-one-who-is-exhausted-john-o-donohue/> **Be The Change:** What does "returning to yourself" mean to you? Take some time today to do just that.

"The best way to get approval is not to need it" Hugh MacLeod memorably counseled. We now know that perfectionism kills creativity and excessive goal-setting limits our success rather than begetting it -- all different manifestations of the same deeper paradox of the human condition, at once disconcerting and comforting, which Edward Slingerland, professor of Asian Studies and Embodied Cognition at the University of British Columbia and a renowned scholar of Chinese thought, explores in *Trying Not to Try: The Art and Science of Spontaneity*. <http://www.dailygood.org/story/731/trying-not-to-try-cultivating-the-art-of-spontaneity-maria-popova/> **Be The Change:** Start your day by making someone else's day begin on a happy note.

Do you consider yourself creative? According to Peggy Taylor and Charles Murphy, even if you don't consider yourself creative, you are more creative than you realize. "Creativity is not found just in the chosen few who exhibit artistic talent. It is a force that flows through every single one of us, allowing us to dream things up and make them happen." Creativity, in other words, is more than art, it's a key that unlocks our basic goodness. <http://www.dailygood.org/story/766/ten-things-creative-people-know-peggy-taylor-charlie-murphy/> **Be The Change:** What story could you tell about yourself in three minutes that would significantly shift people's views of you? Tell it to someone.

"Americans spend an estimated 37 billion hours waiting in line each year, much to our individual and collective distaste. Few things inspire as much universal frustration and ire as long queues and lengthy wait times -- many of us even struggle to wait for a sluggish web browser to load." Why do we dislike waiting so much -- and what can we do to transform that familiar feeling of frustration? This article shares more. <http://www.dailygood.org/story/754/the-hidden-joy-of-waiting-in-line-carolyn-gregoire/> **Be The Change:** Waiting? Take a deep breath and pay attention to the sights and sounds around you.

"Grace and gratitude have the same Latin root, *gratus*. Whenever we find ourselves in a stop-the-world-I-want-to-get-off mindset, we can remember that there is another way and open ourselves to grace. And it often starts with taking a moment to be grateful for this day, for being alive, for anything." In an excerpt from her new book, Arianna Huffington explores how gratitude helped her to find meaning in pain and loss. <http://www.dailygood.org/story/749/arianna-huffington-can-gratitude-help-you-thrive-arianna-huffington/> **Be The Change:** Oxford clinical psychologist Mark Williams suggests the "ten finger gratitude exercise," in which once a day you list ten things you're grateful for and count them out on your fingers. Try it this week.

Shoshana had her share of trauma. As a young Jewish woman, she fled Antwerp during Hitler's rise to power in Europe, and thus survived the war. Years later, the trauma was deep inside, and it began to surface mysteriously when she took to weaving. Instead of ignoring the pain she felt, she courageously decided to complete her healing by working with others experiencing trauma as a psychotherapist. Shoshana's husband reflects on the lessons of transformation he learned from his wife, who spent her last days living under the effects of Alzheimer's. He discovered that using trauma to fuel creative action can have a profound effect on oneself and others. <http://www.dailygood.org/story/735/transforming-trauma-into-creative-energy-ted-comet/> **Be The Change:** How have you used a traumatic moment as fuel for living your values more deeply? Tell your story, but don't stop there: listen to someone tell their story, too.

At the pinnacle of a dizzying career, young Indian-American rapper Nimesh "Nimo" Patel was haunted by an unshakeable sense of emptiness. In his mid-twenties, he abandoned the limelight. An inner voice nudged him to radically simplify his

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life and find his purpose in service to others. Moving to the Gandhi Ashram in India, he dedicated himself to the children in surrounding slums. After a 7-year musical hiatus -- 5 of which were spent living with and learning from slum communities - something inside nudged him to write music again. But, this time, in a different spirit. One that would reflect the heart of humanity. Over the past 9 months, Nimo has released a labor-of-love album, co-produced two music videos on kindness and gratitude, and embarked on a music pilgrimage -- all in the spirit of finding, practicing, and sharing small acts with great love. <http://www.dailygood.org/story/789/empty-hands-full-heart-music-for-the-soul-audrey-lin/> **Be The Change:** Download Nimo's album, offered as a gift from his website. Reflect on how you practice the themes of these songs in your own life. If you're inspired, share the music with family, friends, and especially all the children in your life. <http://www.dailygood.org/more.php?n=6015a>

Sustainability is not an individual property, but is a property of an entire web of relationships. It is a community practice. This is the profound lesson we need to learn from nature. The way to sustain life is to build and nurture community. Because of the close connection between sustainability and community, basic principles of ecology can also be understood as principles of community. In particular, they can be guiding principles for building and nurturing sustainable learning communities. They are extremely relevant to taking leadership positions and bringing about systemic change within our schools. <http://www.dailygood.org/story/756/life-and-leadership-fritjof-capra/> **Be The Change:** Focus on your home life today and think of one way you can help to nurture more open pathways of respectful, life affirming communication in this environment.

Rick Raemisch, Colorado's new Chief of Corrections, asked to spend time in solitary confinement in an effort to ignite a larger discussion about the overuse of solitary confinement. He knew he needed to walk the walk in order to talk the talk. Read about how his empathetic experience garnered national headlines and encouraged prison administration and policymakers to question the frequency of this extreme measure of punishment. <http://www.dailygood.org/story/738/the-fourth-wall-of-empathy-john-gerzema/> **Be The Change:** Make the immersive empathy experiment this week by walking in someone else's shoes to experience life from their point of view.

"As a species, we humans possess some unique capacities. We can stand apart from what's going on, think about it, question it, imagine things being different. We are also curious. We want to know "why?" We figure out "how." We think about what's past' we dream forward to the future. We create what we want rather than just accept what is. So far, we're the only species we know that does this. But as the world speeds up, we're forfeiting these wonderful human capacities...Do you equate productivity with speed? Margaret Wheatley explains how slowing down just might be the difference between ideas and action." <http://www.dailygood.org/story/726/taking-back-the-time-margaret-wheatley/> **Be The Change:** After you read this article, take three slow breaths, and smile. :)

"Some years ago, I helped tend to a friend of mine who was dying of cancer. Near the end of his life, he had reached a place of equanimity around dying. But instead of honoring his wishes for a peaceful death, his doctors ordered aggressive chemotherapy treatment, which did nothing to halt his cancer. The treatments caused him immense suffering, rendering him unable to sleep, eat, or converse with family and friends as he was dying. Unfortunately, deaths like my friend's are not that rare...Is there a better way? Is a "good death" just an oxymoron? Or can the experience of death be far more positive -- an opportunity for growth and meaning?" Charles Garfield shares more. <http://www.dailygood.org/story/758/7-keys-to-a-good-death-charles-garfield/> **Be The Change:** Think about the ways that this article inspires hope in your own life, and take action on one or more of these reflections.

According to a recent Harvard study, cultivating empathy among students has been linked to a variety of desirable outcomes, including positive peer relationships, better communication skills, and fewer interpersonal conflicts. Author Lennon Flowers examines how it is part of a growing education trend broadly referred to as "social and emotional learning," where children, teachers and parents learn to manage emotions and effectively collaborate with others, which ultimately leads to a better learning environment. <http://www.dailygood.org/story/725/unleashing-empathy-in-schools-through-emotional-learning-lennon-flowers/> **Be The Change:** If you want to try to better understand - and increase your own empathy toward others - click on the link to help you get started. <http://www.dailygood.org/more.php?n=5940a>

Those who have had the chance to be in his presence, know him -- in part --- by his infectious laugh. "I have been confronted with many difficulties throughout the course of my life, and my country is going through a critical period. But I laugh often, and my laughter is contagious." In an excerpt from his book, "My Spiritual Journey", the Dalai Lama shares his beliefs regarding the healing power of laughter, and the ability of a smile to reach all others -- including our enemies. <http://www.dailygood.org/story/727/the-dalai-lama-on-why-i-laugh-the-dalai-lama/> **Be The Change:** Instead of becoming unraveled by the challenges of your day, make a conscious effort to find the humor surrounding you instead.

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Love others. Sounds simple, right? As Vinoba Bhave confessed, "I said it was simple; I did not say that it was easy." And this message of the simplicity of the idea, yet the ever-present challenge of putting love into practice is found in all times, across all areas of life. Enter American singer-songwriter John Legend. A graduate of Penn State, passionate about music his entire life, the greatest lesson not only of his career, but of his upbringing and experiences in life has been to expand his conceptions of how to love others. He shares this insight in one of the most unlikely places--a Penn State commencement address. <http://www.dailygood.org/story/773/all-in-on-love-the-huffington-post/> **Be The Change:** Think of someone who challenges you in a negative way. Do something for that person today, even if just a meditation in their honor, to help draw you closer to him or her.

## 14. Maybe, Said the Farmer

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

--by [Author Unknown](#) (May 12, 2014)

Once upon a time there was an old farmer who had worked his crops for many years. One day his horse ran away. Upon hearing the news, his neighbors came to visit. "Such bad luck," they said sympathetically.

"Maybe," the farmer replied.

The next morning the horse returned, bringing with it three other wild horses. "How wonderful," the neighbors exclaimed.

"Maybe," replied the old man.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune.

"Maybe," answered the farmer.

The day after, military officials came to the village to draft young men into the army. Seeing that the son's leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out.

"Maybe," said the farmer.

--Zen Parable

- See more at: <http://www.awakin.org/read/view.php?tid=1011#sthash.Rq1WxIXz.dpuf>



## 15. Staying In Your Own Business

Reprinted from [www.awakin.org](http://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 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.cRfj8mXF.dpuf>





## 16. Developing Mindsight

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

--by [Dan Siegel](#) (May 26, 2014)

Oftentimes people hear the word mindfulness and think “religion,” but the reality is that focusing our attention in this way is a biological process that promotes health – as a form of brain hygiene – not a religion. Various religions may encourage this health-promoting practice, but learning the skill of mindful awareness is simply a way of cultivating what we have defined as the integration of consciousness. [...]

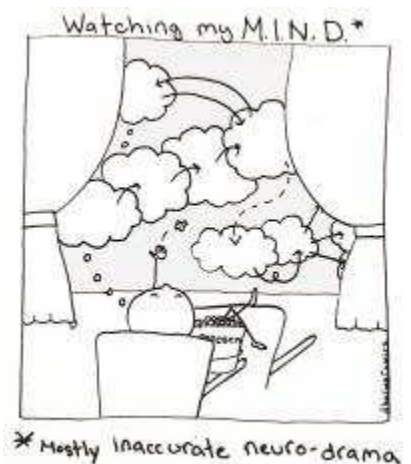
We learn more effectively when we are physically active. Novelty, or exposing ourselves to new ideas and experiences, promotes the growth of new connections among existing neurons and seems to stimulate the growth of myelin, the fatty sheath that speeds nerve transmission. Novelty can even stimulate the growth of new neurons – a finding that took a long time to win acceptance in the scientific community. Neuroplasticity can be activated by attention alone, or when we participate in an activity that is important and meaningful to us, but if we are not engaged emotionally and the experience is less memorable, the structure of the brain is less likely to change.

Dissolving fixed mental perceptions created along the brain’s firing patterns and reinforced relationally within our cultural practices is no simple accomplishment. Our relationships engrain our early perceptual patterns and deepen the ways we come to see the world and believe our inner narrative. Without an internal education

that teaches us to pause and reflect, we may tend to live on automatic and succumb to these cultural and cortical influences that push us toward isolation. Part of our challenge in achieving well-being is to develop enough mindsight to clear us of these restrictive definitions of ourselves so that we can grow towards higher degrees of integration.

Seeing the mind clearly not only catalyzes the various dimensions of integration as it promotes physical, psychological, and inter-personal well-being, it also helps us dissolve the optical delusions of our separateness. We develop more compassion for ourselves and our loved ones, but we also widen our circle of compassion to include other aspects of the world beyond our immediate concerns. With integration, we see ourselves with an expanded identity. When we embrace the reality of this interconnection, being considerate and concerned with the larger world becomes a fundamental shift in our way of living.

- See more at: <http://www.awakin.org/read/view.php?tid=1017#sthash.18lovLUI.dpuf>



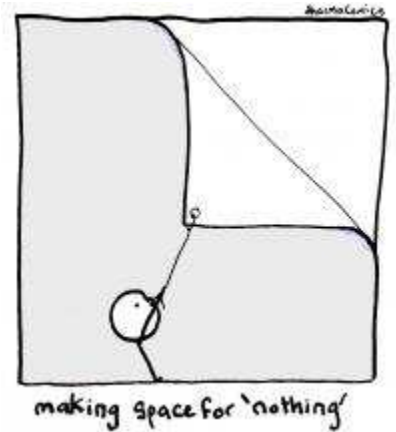
## 17. In Praise of Idleness

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

--by [Bertrand Russell](#) (Jun 02, 2014)

Like most of my generation, I was brought up on the saying: 'Satan finds some mischief for idle hands to do.' Being a highly virtuous child, I believed all that I was told, and acquired a conscience which has kept me working hard down to the present moment. But although my conscience has controlled my actions, my opinions have undergone a revolution. I think that there is far too much work done in the world, that immense harm is caused by the belief that work is virtuous, and that what needs to be preached in modern industrial countries is quite different from what always has been preached. [...]

It will be said that, while a little leisure is pleasant, men would not know how to fill their days if they had only four hours of work out of the twenty-four. In so far as this is true in the modern world, it is a condemnation of our civilization; it would not have been true at any earlier period. There was formerly a capacity for light-heartedness and play which has been to some extent inhibited by the cult of efficiency. The modern man thinks that everything ought to be done for the sake of something else, and never for its own sake. [...]



[Instead, in a world where there is adequate leisure,] above all, there will be happiness and joy of life, instead of frayed nerves, weariness, and dyspepsia. The work exacted will be enough to make leisure delightful, but not enough to produce exhaustion. Since men will not be tired in their spare time, they will not demand only such amusements as are passive and vapid. At least one per cent will probably devote the time not spent in professional work to pursuits of some public importance, and, since they will not depend upon these pursuits for their livelihood, their originality will be unhampered, and there will be no need to conform to the standards set by elderly pundits. But it is not only in these exceptional cases that the advantages of leisure will appear. Ordinary men and women, having the opportunity of a happy life, will become more kindly and less persecuting and less inclined to view others with suspicion. The taste for war will die out, partly for this reason, and partly because it will involve long and severe work for all. Good nature is, of all moral qualities, the one that the world needs most, and good nature is the result of ease and security, not of a life of arduous struggle.

- See more at: <http://www.awakin.org/read/view.php?tid=1013#sthash.HDdAE4oM.dpuf>

## 18. The Fish On The Camel

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

--by [Gail Gustafson](#) (Jun 09, 2014)

As Hafiz says, "First, The fish needs to say, "Something ain't right about this Camel ride - And I'm Feeling so damn Thirsty."

Most of us come to practice meditation for exactly what Hafiz points to in this poem. We get an inkling that something just isn't right about our lives. We cannot exactly say what it is that isn't right. All the externals may look great, yet the fish on the camel feels that it is not in its natural environment, and it is thirsty. There is a yearning to connect to something deeper or higher or different. "Is there something beyond being thirsty on this camel?" This thirst, this niggling feeling, becomes the initiator to start seeking. What we seek is not yet known. This is how the path begins & continues; following a feeling and seeking something that will start to quench that thirst.

In my own life, I came to practice through this kind of seeking. In 1986, I was a dancer -training and auditioning in that competitive world. I had studied with the "greats" of my time: Martha Graham, Trisha Brown, Laura Dean, etc. I landed a coveted position with a prestigious dance company. I was filled with the sense that I had "made it". In the third week of rehearsals it dawned on me, I was at the top of the world & yet I was "feeling so damn thirsty". Something wasn't right. All the glamour was not touching what I was seeking.

I did something crazy. I resigned. I had no idea what I was going to do, but I knew I could not continue on the camel ride. I spent many gloomy weeks doing my usual ritual of movement classes. Technique was no longer fulfilling, other dancers avoided me & my internal critics had a heyday. Then it dawned on me: though I did not yet know what I was seeking, I did have the use of a large old room at a local church in exchange for caring for their altar. For three hours daily, for one year, I locked myself in the empty room, with the intention to move, listen & engage what I was seeking.

For a year I listened. Sometimes I was inspired by movement, often I laid on the floor wide awake. At times my mind drove me crazy and periodically there was complete peace. After a year, I said goodbye to this practice & sought a teacher who would be able to engage what I now knew & guide me in ways to follow what I yet did not know. It took a few years to find such a teacher. When I found one, my heart spun; like a compass that has finally found north, like a dog, who finally understands that a person's language means something & the possibility of a whole new world awakens. And so it has continued for me. I practice, I reach impasses, I listen, I contemplate the seeking heart and a new teacher appears. This is why many practice meditation, to learn to engage what we seek.

Meditation practice is not about ignoring some part of your life. It starts like the fish on the camel; recognizing something isn't quite right. Then it proceeds to asking your questions, engaging your seeking heart and learning tools to bring this heart into your life.

- See more at: <http://www.awakin.org/read/view.php?tid=1019#sthash.YgKguntR.dpuf>



## 19. Stay With The Breath

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

--by [Thanissaro Bhikkhu](#) (Jun 16, 2014)

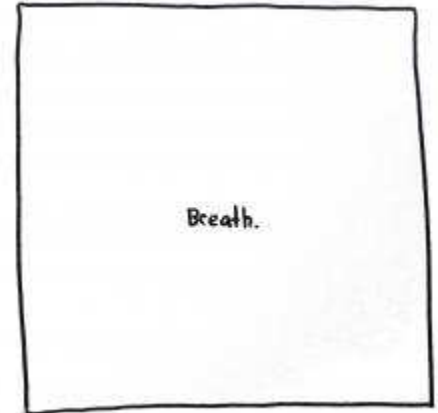
Put aside your old ways of using your eyes and ears and nose, tongue, body, and mind to focus on issues outside there in the world, to get your knowledge about the world, to figure out how to gain what you want out of the world — and of course getting complacent and careless when you get what you want, and upset when you don't, and trying to find new ways of getting it. Now we want to use our eyes, ears, nose, tongue, body, and mind for other purposes, just to see the processes of the senses as they happen, in and of themselves. Look at them in a way that highlights the movements of the mind, how the mind makes a choice, and how it enforces that choice, how it justifies that choice to itself.

All these processes are going on all the time, but we usually don't look at them because our attention is focused somewhere else far away. So stay right here at the breath, because this is a great place to observe all these other things. The Buddha makes a comparison to six kinds of animals. If you tie them all to leashes and tie the leashes together, the animals will all pull in their various directions to feed. The crocodile will want to go down to feed in the river, the monkey will want to go climb up to feed in the tree, the hyena will want to go to feed in a charnel ground, and so on. Depending on which animal is the strongest, the others get dragged along.

But if you tie them all to an immovable post, then no matter how hard they pull, they all end up staying right there at the post. The post here is mindfulness immersed in the body. The prime way of immersing mindfulness in the body is to be mindful of the breath. When you stay with the breath, you can detect the pull that goes out the eyes, ears, nose, tongue, body, or mind to past and future, to your likes and dislikes. But you don't have to give in to that pull because you've got a place where you can stay grounded and secure. [...]

These things are all here to be observed. They're all happening all the time. But to see them we have to change our focus. To change our focus requires a change of heart, telling ourselves that this really is important, much more important than things outside. That's what conviction is all about. Appropriate attention is the change of focus; conviction, the change of heart. You make up your mind — and your heart — that this is an important issue that's got to be resolved, and this is the way to do it.

- See more at: <http://www.awakin.org/read/view.php?tid=992#sthash.ewJ1KSPS.dpuf>



## 20. Hearts In The Himalayas

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

It takes an Everest-like effort to reach the remote villages in the foothills of the Ganesh-Himal mountain range. But for over 20 years, medical and dental volunteers with a small Nepalese NGO called Himalayan Healthcare, have taken multiple trips that entail 3 days of grueling travel - driving for 10 hours over winding roads to the first base camp, and then trekking over two high mountain passes - to provide healthcare and other services to the nearly forgotten people in the area. The mission of Himalayan Healthcare is simple: help people help themselves. Watch this award-winning film to find out the impact this NGO and their volunteers have had on the health and welfare of these mountain communities. - See more at: <http://www.karmatube.org/videos.php?id=4588#sthash.WaDaAqpn.dpuf>

## 21. Daily Acts – Ripples That Move The World

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

Small actions move the world every day...rippling from one to many and many to millions. The Daily Acts movement has inspired tens of thousands of people to transform their front yards into lush, edible gardens. Their mission is to transform our homes and communities into vibrant centers of homegrown sustenance and celebration. This video shows us how we can solve a major ecological problem. - See more at:

<http://www.karmatube.org/videos.php?id=3737#sthash.putN87af.dpuf>

## 22. Conversations That Change Life

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

"From the moment you wake up, until the moment you go to bed, you make an impact; you make a difference. You can walk down the street with a frown, or you can walk down the street with a big smile. You have a choice." One of the biggest ways in which you can have an impact is in your relations with other people. Any encounter between two people can be transformative. Watch John-Paul Flintoff's TEDx talk to see why he believes that conversations can change 'everything.' - See more at: <http://www.karmatube.org/videos.php?id=4385#sthash.dVGckqyU.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.*

### 23. 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.



Serving your personal journey toward enlightenment...

## 24. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.sacredattentiontherapy.com/index.html>

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email ([rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)).

## 25. 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.

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email ([rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)).

## 26. 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:

**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@servinyourjourney.com](mailto:rmeagher@servinyourjourney.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.

## 27. Spirituality Discussion Groups

Spiritual Guidance leads discussion groups on spirituality in Ottawa, Canada. One of these discussion group 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@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>).

## 28. 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*. For more information about the ACIM Study Groups, please visit <http://www.servinyourjourney.com/ACIM.html>. 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>).

## 29. 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

## 30. 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.





Serving your personal journey toward enlightenment...

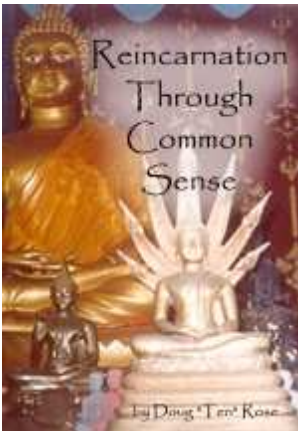
## 32. OM Websites

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.

## 33. 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

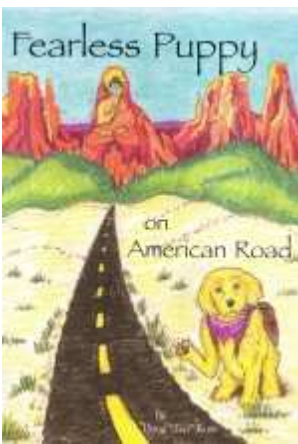


**Reincarnation Through Common Sense** is a book of stripes and plaid in the most entertaining sense of Einstein's words. Westerners have written many books about living in Asian temples. None are like this true story.

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

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

## 34. Hamilton Grooves with Laughter Yoga



### Hamilton Grooves with Laughter Yoga

*Laugh Stress Away with Child-like Play*

*Two locations to choose from*

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

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

**Time:** 7pm – 8pm **Cost:** \$10/pp

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

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

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

All ages are welcome

Take the laughter challenge, 6 classes for \$50

**Contact:** Kathryn Kimmins  
Certified Laughter Yoga Teacher  
Direct: 905-574-1765  
Email: [info@laughyourselfhealthy.ca](mailto:info@laughyourselfhealthy.ca)  
Website: [www.laughyourselfhealthy.ca](http://www.laughyourselfhealthy.ca)



## 35. 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.**

## 36. Ascension Meditation for Gratitude – July 26, 7pm

### Ascension Meditation for Gratitude

**When:** Saturday, July 26, 2014, 7:00–9:00pm (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.



Gratitude is a healing attitude, that if embraced, can transform lives. You are invited to join us for this peaceful evening of meditation for gratitude. We welcome you to share in the unity of meditation with others and then to socialize over light snacks. Your hosts for the evening will be:

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



## 37. Trauma Informed Care and Traumatic Incident Reduction – Where Spiritual Health and Mental Health Care Meet



### Tri-City Medical Center

ADVANCED HEALTH CARE...FOR YOU

PRESENTS:

## DR. JAIME ROMO

### TRAUMA INFORMED CARE & TRAUMATIC INCIDENT REDUCTION

Where Spiritual Health & Mental Health Care Meet

**SATURDAY**

**JULY 12**

**9AM - 12PM**

**NORTH COAST CHURCH  
(IN WAREHOUSE)**

2405 N SANTA FE AVE, VISTA, CA 92084

For more information please contact:

Jim Hamilton at 760.940.5794

or email [hamiltonjj@tcmc.com](mailto:hamiltonjj@tcmc.com)

Attendees will receive a free copy of, 'Healing the Sexually Abused Heart: A Workbook for Survivors, Thrivers, and Supporters'

Light breakfast will be served



### ABOUT THE SPEAKER:

Dr. Romo is a Commissioned Minister in the United Church of Christ for Healing and Healthy Environments. He earned a Doctorate in Educational Leadership from the University of San Diego in 1998 and has served as K-12 teacher and administrator and teacher educator. He has taken an active role in developing and implementing Safe Church Policies and Healing Community practices in churches since 2009, leading trainings for parents, volunteers and employees.

For more info, see [www.jaimeromo.com](http://www.jaimeromo.com)



# Spiritual Guidance

Serving your personal journey toward enlightenment...

July 2014 e-Newsletter

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