

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### I Am At The Centre of Forgiveness

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

*Leonard Cohen*



Last month I was offered the transcendent experience of complete and total forgiveness. This experience took place during my morning meditation. For those students of A Course in Miracles, I was practicing lesson 342 "I let forgiveness rest upon all things, for thus forgiveness will be given me." Even though this was my fifth time through the ACIM Workbook for Students and even though there are at least 100 other lessons in ACIM workbook that speak directly to forgiveness, on this morning I was given a glimpse of what it truly meant to forgive and to be forgiven.

For what felt like only a moment in time, only a couple of relaxed breaths, but for what was an eternity, everything was perfect in the world. I was at complete and utter peace with the world; with everyone and everything in it. Everything was perfect, just the way it was. Everything was exactly as it should be.

As this spiritual vision expanded and became clearer, I was brought the truth that I was at the centre of this forgiveness. In fact, there was nothing outside of me that needed to be forgiven, only me. As this rush of forgiveness of myself coursed through my body, I was at complete peace. The truth about me was revealed. I was perfect just the way I was. I was complete and whole just the way I was.

There is a beautiful poem by Leonard Cohen called "Anthem" that speaks of this forgiveness. Cohen reminds us not to dwell on the past, or the future, but to rest in the present. In his poetic grace, Cohen reminds us that in this worldly state, none of us are perfect—we all have our 'cracks.' But as Cohen points out so eloquently, these cracks are what allow the

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light in. And we are also reminded to “forget our perfect offering” precisely because we are already perfect just as we are. Here is that exquisite poem by Leonard Cohen...

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

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

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

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

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

*Ring the bells that still can ring ...*

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

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

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

*Leonard Cohen*

There is nothing you can do that can make yourself anything other than whole, complete and worthy of love. Through the process of forgiveness we are brought this awareness and truth. At the heart of this awareness, as the Buddha says, "You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe deserve your love and affection."

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Real World

Where stars are formless but their light remains,  
And shines forever; where the sun has lost  
Its burning heart, and yet it still retains  
A gentle and eternal glow that keeps  
All things in peace and softness, and the rays  
From every living thing reach out to find  
All other living things, and on from them  
To their Creator; where, when petals fall  
And leaves decay, the scent and color of  
The flowers come, preserved forever fresh  
And lovely, and the song of birds remains  
Although their wings are still; here everyone  
Will come to rest, his journey almost done,  
And hears God's Voice acknowledging His Son.

Helen Schucman

## 3. Quote or Question

"Don't compare your life to others. You have no idea what their journey is all about." *Anonymous*

## 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).*

### **4. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Your Are More Grand Than You Could Ever Know**

Appearances are not even a vague flicker of the truth of reality. If we could see what we truly are we would be blinded by our magnificence. We are great and powerful beings cloaked in a super-imposed shell of false beliefs and conditioning. At birth we dropped into the veil of illusions temporarily forgetting our grandness. Slowly, like a butterfly emerging from the cocoon, we have unwrapped the threads of forgetfulness that has trapped us and kept us small. As we remove and release the trappings of false perceptions, the brilliance of our light that has always been there, is allowed to shine forth like the sun coming in through a newly washed and shined window. Letting go allows our magnificent Being to escape the bonds of limitation that has kept us trapped in fear, shame, guilt, anger, grief and anxiety for hundreds of birth cycles. As the truth of our grandness reveals itself we are free to shine the fullness of our infinite, unbounded light inside and out, deeper and wider. The joy that comes from this expansion is unparalleled. The freedom of being that is awakened is manifest in blissful love, praise and gratitude for the One Life masquerading as a multitude of expressions, all different, all Divine, all connected in the One Life, Source.

Wake up, put on your rose-coloured glasses and see life teeming out of every leaf, every blade of grass, every pore of skin. When you can do this, the joy you will have when you look at human expression in all its many presentations will be great. Love all of life from the grain of sand shining with pink flecks in the sun to the withering leaf falling from a tree in autumn. Every bit of life is precious. Breathe it in, relish it, swim in it, roll in it, walk in it---live it. There is a vast divergence of expression, so we, like the Divine Mother, may experience it all. To paraphrase Marianne Williamson, "don't play small, it is our light that scares us, not your darkness." When we realize what vast expanded Beings we are we will know there is nothing we cannot draw to us from the wildly abundant universe of divine intelligence of which we are a part. When you realize who you truly are you will be surprised at how little you truly want. Recognizing your vast Beingness is such a tremendous gift what more could you ask for? When you realize everything is inside of you and you are separate from nothing what do you need? We are abundant Beings living in an abundant universe. What keeps us from living that abundance is not knowing and acknowledging it. Say to yourself. " I am abundance. My life is rich in every conceivable way. G-d, my inner Beingness, is my supply, my source and my abundance."



**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.

## 5. Kathryn Kimmins – Laughter Practice for Teachers and Children

Laughter Yoga is a unique form of exercise, offering participants the opportunity to feel refreshed, stress-free and confident, providing all the physical and psychological benefits of laughing without the necessity of feeling good to start. Scientific research shows that the body does not know the difference between real or faked laughter so the old adage of “fake it until you make it” rings true.

Laughter Yoga was founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India. He 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). Initially, the laughter is often forced, but quickly the contagious nature of laughter in a group, creates a great team atmosphere and heals people, inside and out. What started as a group of five people in a park in Mumbai on March 13, 1995, has now become a worldwide phenomenon with thousands of clubs in over 90 countries.

Laughter Yoga helps children manage mental, physical and emotional stresses, both in school and in their personal lives. It releases tension, soothes pain, relaxes muscles, clears the mind, and makes the spirit soar.

Laughter Yoga consists of laughter exercises, breathing, clapping and meditation. Simple, easily learned and repeatable, your children are taught laughter-communication games which are powerful tools that opens the lines of communication between students and teachers, delivers an increased sense of connection and community, improves concentration and reduces stress and anxiety.

People who laugh together are more likely to collaborate, to offer helpful suggestions, and to dissipate tensions that can otherwise accumulate when at school.

### **Laughter Yoga benefits children and those who work with them!**

The stressors of daily life - including the school environment and family dysfunctions, can stifle the natural stress reducing reflex of laughter. But give children permission to laugh – especially within the usually serious academic environment or family life– and there is a welcome relief of stress and tension that can produce dramatically positive results.

Hearty laughter can improve blood circulation and oxygen supply to the brain and internal organs, rid the lungs of stale air, improve concentration and increase learning ability and academic performance.

Children will suffer fewer attacks of coughs, colds, throat and chest infections, as laughter helps to build good immunity against common infection. When children are put in the right conditions to laugh at school or in the home, their confidence is boosted and their ability to handle stress can improve. They develop a positive attitude, even in challenging times. Laughter Yoga also stimulates their right brain hemisphere, enhancing their creative abilities.

Imagine what a short laughter session can do prior to a high-stakes exam, sports competition, or public speaking event.

So increase your laughter by engaging in daily laughter exercises one giggle at a time.



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

## 6. Regiena Heringa – Notes from the Light – August 2014

“Behold, I make all things new” is an important message that was given to your people many years ago by your great Teacher. This is truth. All things, all hearts and minds of your inhabitants are being made new—being re-newed. This is so, for your people are developing a deepening understanding of their true heritage—unconditional love, all-encompassing intelligence both which result in the establishment of communities and nations founded on equality, sharing, encouragement and loving fellowship.

No matter how devious your concealed rulers may seem to you, this darkness upon your earth is becoming a ragged shadow attempting yet to block the light. This obscurity will dissipate and the dimensions of the various spiritually and scientifically evolved worlds will emerge and become visible to you. It is to be remembered that *the greater the shadow the less its substance. The thinner the shadow the greater the dematerialization of that same substance.*

We ask you to consider the following: do you recognize the transformation within your own structures of thought, emotions, body, word and actions? Are you aware that you are being made new? That you are being uplifted to a higher and more noble way of being and becoming? Are you joyfully conscious that you are moving from a smaller thought to expansive thought hence creating a more stable and peaceful inner and outer environment? Do you realize that you are cultivating a tremendous sense of freedom by strengthening your inner sacred liberty and radiating it outwards for all to witness, enjoy and absorb?

If, in answering these questions you nod your head in assent, you indicate to yourselves and to us that you are re-newing your very being. In truth, you are moving towards the very essence of this Source-God-Creator wherein you have always lived. This may seem a paradox to you. Let us explain.

The essence of creation is God and all life dwells eternally therein for existence everywhere is holy and bonded with this God-Force. It is through the personal use of your free will that you choose to seemingly leave this sacred Core to explore other experiences. However, you do not truly leave this God-Essence, for your soul, forever pure and perfect, rests perpetually within this divine Core.

What then is requested of you? To realize that your soul wishes you to remain united with God, and asks that you transform all limited thought, love and action into a vast universal harmony and perfection by loving and blessing all life. You are asked to deliberately choose to bond with your soul and consciously become true beings of divinity.

We say to you that this marvellous transformation—your complete and intentional returning to this Source with mind, body and heart— is natural and normal. Your world, your planet, your societies, communities, families, friends and strangers may all voluntarily move towards the essence of creation and joyfully discover that they have never left it. In truth you are becoming new, united and perfectly whole. A fine destiny for you to assume, follow and celebrate!



**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).

## 7. Dr. Nancy Cleaves – Rapture

The rapture is here;  
it has always been.  
Don't miss it!

If you are not in rapture,  
in awe  
in the splendour of this Universe  
now,

You will never be.



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).

## 8. Robyn Lebron – Falun Gong

*This is the 19<sup>th</sup> article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"*

This month we will learn about a fairly unusual faith practice that started in 1990's in China. Falun Gong ("Practice of the Wheel of Dharma") is a Chinese movement introduced by Li Hongzhi in 1992. Its adherents exercise ritually to obtain mental and spiritual renewal. The teachings of Falun Gong shares the Asian religious traditions of Buddhism, Taoism, Confucianism and Chinese folklore. Li Hongzhi claims to have started practicing self-cultivation after being trained by Quan Jue, the 10th Heir to the Great Law of the Buddha School, at age four. He was then trained by a Taoist master from age eight to age 12. He claims to have been instructed by several "Masters in the Mountains", and to be an enlightened being on a par with Buddha and Jesus.

Li understood himself and Falun Gong as part of a "centuries-old tradition of cultivation," and in his texts would often attack those who taught "incorrect, deviant, or heterodox ways." A Qigong scholar says Li redefined his method as having entirely different objectives from "qigong" (The term 'qigong' was coined in the early 1950s as an alternative label to ancient spiritual disciplines rooted in Buddhism or Taoism, that promoted the belief in the supernatural, immortality and pursuit of spiritual transcendence): the purpose of practice to purify one's heart and attain spiritual salvation. Falun Gong no longer presented itself as a qigong method but as the Great Law or Dharma (Fa) of the universe. Falun Gong is not a "worship service" but a traditional spiritual discipline. It consists of moral teachings, a meditation, and five gentle exercises which involve meditation and slow movements that resemble Tai-chi. Through consistent and dedicated practice, the student of Falun Gong comes to achieve a state of selflessness, greater insight and awareness, inner purity, and balance—the inner workings of what might be called *true health*. Ultimately he or she approaches what in the Asian tradition is known as "enlightenment" or "attaining the Tao" (or "Way").



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In Communist China, where spirituality and religion are looked-down upon, the concept of qigong was "tolerated" because it carried with it no overt religious or spiritual elements; and millions flocked to it during China's spiritual vacuum of the 1980s and 1990s. Into the vacuum stepped Master Li Hongzhi, offering self-improvement, meditation, and, good health. Neither Li nor Falun Gong was particularly controversial in the beginning. Sociological issues such as economic insecurity, the collapse of moral standards, worries about health and medical care, and other factors could be explanations for Falun Gong's rise. Falun Gong appeals to individuals on several levels of understanding; for beginners, health benefits seem to be a primary concern. Over time, as good health comes to be a given and as their study of Master Li's books deepens, the metaphysical system of Falun Gong seems to take precedence as cultivators work to shed their attachments and move to higher levels.

If the universe is ordered, it is not the product of happenstance in the Falun Gong view. Rather, the existence of higher, beneficent life forms is basic to its teachings, and it is their presence and workings that are believed to inform and shape the world around us. When a life is created, it is assimilated into the characteristic of the universe, as encapsulated by the values of Truth, Compassion and Tolerance. However, eventually a web of relations developed, and selfishness came about; gradually the level of beings was lowered until, in the end, they reached this level of human beings. Li says that the purpose of being human is to practice cultivation and return to the "original, true self".

Falun Gong is also known as Falun Dafa. Falun Gong has claimed not to be an organized religion, and its texts speak of it as a "practice" rather than a religion. But it does contain teachings about the spiritual world and it has a closely connected membership. It has five sets of meditation exercises and teaches the principles Truthfulness, Compassion, and Tolerance, as set out in the main books Falun Gong and Zhuan Falun. The teachings deal with issues such as "cultivation of virtue and character", "moral standards for different levels", and "salvation of all sentient beings". Physical change in the body is predicated upon *moral and cognitive change*. Without an elevation of the latter, the former is limited. If ordinarily "you are what you eat," in the psycho-physical realm of self-cultivation, you are what you think. One hallmark of this process specific to Falun Gong is the importance granted to "looking within". Master Li teaches that the cultivation of seeking a pure character will simultaneously enlighten and allow you to develop supernatural gifts and skills in the process. He also is adamant in the doctrine that if you pursue enlightenment just for the spiritual gifts and powers, your results will be hindered and you will not progress because your *motives* are not of good character. Their discipline cultivates Truth, Kindness, and Tolerance simultaneously. "Truth" is about telling the truth, doing things truly... and ultimately becoming a true person. "Kindness" is about developing great compassion, doing good things, and saving people... Only with "Tolerance" can a person cultivate into somebody with great virtue. Tolerance is a powerful thing, and it surpasses Truth and Kindness. Throughout the entire cultivation process you are asked to tolerate, to mind your character, and to exercise self-control. You must remain unfazed no matter how serious the challenges for your character among everyday people may be. In the context of Falun Gong, these principles require people to live "upright lives." A traditional morality—a supposed return to moral values that numerous Chinese feel have been lost in the rush to modernization.

Li argues that having material possessions itself is not a problem, but that the problem is with developing *attachments* to those material things. For Li Hongzhi, an attachment is literally *any* desire, emotion, habit, or orientation which stands between a practitioner and the pursuit of truth and cultivation. The stronger the feelings, the more difficult they are to abandon and the *more crucial* abandonment becomes. When you reach a higher level you will soon have no need or desire for those attachments. Anything that you think you can't let go . . . *must be let go*.

The laws in this world are the same as those in heaven: Eventually you have to pay what you owe others. All the hardships and problems you encounter in your life result from karma. In order to improve your realm of mind, you have to be tested by hardship in this world. If your character has really improved and stabilized, karma will be eliminated during the process, the hardship will pass, and your gong will develop. Li calls this "salvation of all beings." Falun Gong teaches that the ultimate goal is to increase your "gong" (Gong: a high-energy substance that manifests in the form of light that can be cultivated through the improvement of moral character). Your gong potency will grow a bit higher with every problem you overcome. Small tests lead to small improvements, big tests lead to big improvements. You won't acquire real gong without expending effort. No principle exists that will let you gain gong comfortably without any hardship or effort. What's important is that we be compassionate. Your compassion emerges quickly in Falun Gong. They teach that you will become very compassionate of suffering around you. That is actually the heart of great compassion emerging. It's hard when you are in the midst of an ordeal, but you must exercise self-restraint. Everything relies on whether you can improve your character. You will live as long as this universe. It doesn't matter what you have to go through in the short term. At the same time, Law Bodies will look after you and protect your life, but you will still have to go through the ordeal. The divine beings will think of ways to make you give up all the things you find hard to let go, and that way you improve your character with the hardships. Sometimes when you meet with hardship you call out for help, it's possible they won't help

you, since that hardship is something you need to overcome. It is presumed that with unceasing effort and the pursuit of Truth, Kindness and Tolerance, humans can redeem themselves and regain their divine status in the universe.

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/>.

## 9. Leon Moscona – The Decent of the Holy Spirit in Prague

Another mystical experience which prepared me for merging with the centre of the Mandala of the Heavenly Jerusalem and the Holy Trinity in it was the initiation of the Holy Spirit which I underwent in Prague in 1979.

At the beginning of May 1979 I was sent by my Institute to Prague for a month for a specialisation (an exchange of specialists between two musicological institutes). I was met at the airport and accommodated in a reasonable hostel, in a single room. Even from the first hours I had the feeling that the month would be a very interesting and joyful time for me on any level. On a cultural level, as in May every year, the world-renowned musical festival, *The Spring of Prague*, takes place. On a friendly level I established contact with very intelligent and friendly musicologist colleagues. On a spiritual level, Prague is known for centuries as one of the main spiritual centres of Light in Europe. In addition to all of this the weather was wonderful (May!), and the atmosphere in Prague was very harmonious.

My spiritual adventure in Prague started early in the morning of the second day of my stay there, May 3. Happily, my room was facing East and I was able to meet the sunrise. I decided that I would get up early in the morning and meet the sunrise every day. After a few days, on May 7, a little miracle happened to me. Meeting the sunrise in the morning, reading the Gospel of St. John, I felt the whole room filling with light and I entered into a different spiritual space. After some time I realised that the radiating beams of light were a blessing from the Holy Spirit who filled the space. Little by little, in joy and ecstasy, I entered into a deep meditation and experienced something like the Pentecost. Many verses from the Gospel of St. John became alive and I started to understand their deep metaphysical, even mystical, meaning. Moreover, the first glimpses of the mystery of the Second Coming of Christ began to appear. After such a joyful prayer meditation in the morning, the whole day unfolded in this vibration.

The next morning the spiritual presence continued and together with the deep understanding of key ideas from the gospel of St. John, I had many important existential insights into my spiritual journey in the present and in the near future. I felt that I was blessed by the spirit of Christ with one of the blessings which he gave after the messages to the churches. "*To those who win the victory I will give some of the hidden manna. I will also give each of them a white stone on which is written a new name that no one knows except the one who receives it*" (Revelation 2: 17). I really felt that during these days I was being fed with celestial manna and my "new name" was about to appear. Full of emotion and gratitude I spent the whole day in Prague as if living in a "mythological space".

The following morning, May 9, was the culmination of my metaphysical and mystical experience. It was like an experience of the real Pentecost where the Holy Spirit descended on me and I was able to contemplate and appreciate the whole Gospel of St. John at once and the wholeness of the Teaching and Cause of our Lord Jesus Christ and of the Teaching and Cause of the World Teacher Beinsa Douno as its continuation in our epoch. On this morning I felt that the Holy Spirit was blessing me to become a chalice for the Presence of the Divine Spirit. (Of course it was a deep inner experience, as

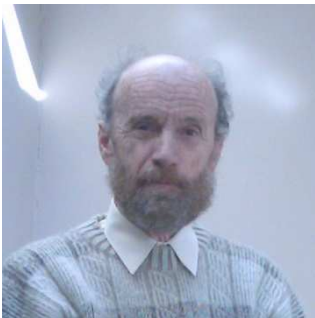
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a reminder of the great secret: "Know ye not that ye are the temple of God, and the Spirit of God dwelleth in you?" (1 Cor. 3:16).

Full of enthusiasm and inspiration I decided to become available as a channel of the Holy Spirit and to write down everything that was coming from the Spirit. Being an experienced philosopher and culturologist I refrained from any philosophical and metaphysical speculations and I started writing only the ideas which I considered to be coming from the Holy Spirit. Thus, after May 9, I started my spiritual diary with the ideas which were coming to me from the Spirit. Here it is interesting to note that I appreciated very much the book of the Master Beinsa Douno "*Greetings to the Disciple*" which contained five hundred priceless ideas, rules, blessings and spiritual formulas. In line with this, I thought that perhaps the first "volume" of my ideas channelled from the Holy Spirit would be completed when I reached the number five hundred.

I was blessed with a truly breathtaking experience. I had the feeling that the Holy Spirit had come down upon me, remained on me and gave me light to understand the Holy Scriptures, to receive keys for many initiations; in fact the Holy Spirit is the one who holds the keys to all initiations. This was the Third Person of the Holy Trinity. In one or another way I was prepared to merge with the Holy Trinity at the centre of the Mandala of the Heavenly Jerusalem and to sit beside Christ on his Throne as he sits on the Throne of God. It is, of course, just an impulse, a great revelation which for me lasted only a few hours, while I could imagine well that Jesus Christ was all the time in this state. I cannot say about myself that I am all the time in this state but I know this state very well and I was in this state not only once. So, it was already a very mystical experience for me. It helped me to build my Atmic Christ body.

Exactly two years later I completed my first "volume" of ideas channelled from the Holy Spirit and reached the number five hundred. This manuscript was called *The Initiation of the Holy Spirit* and became a foundation stone for my next manuscript *The Book of Resurrection* and later on for the book *The Second Coming*.



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)

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 10. Good News Of The Day

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

Imagine digging through the cushions on a secondhand couch expecting to find a few extra coins -- and pulling out, instead, over \$40,000. Now ask yourself, would you then return the money? That's the question three roommates faced when they realized that the lumps in their newly purchased couch were actually large bundles of money. Money that had been set aside to care for a dying man's widow. Purchased for just \$20 at a local thrift store, read more to learn how one tattered old couch became a focal point for the 'hidden treasure' of virtue. <http://www.dailygood.org/more.php?n=5991> **Be The Change:** Develop a habit of choosing the hard right over the easy wrong. Become an advocate for goodness within your community.

Olivia, Madison, and Xiuhtezcatl are fierce love warriors who are fighting for causes they believe in -- and none of them are older than 13 years of age! Learn about the stories behind these powerful beings who are taking charge and making a difference in the areas of habitat restoration, voting rights, and environmental protection.

<http://www.dailygood.org/story/747/three-young-activists-and-their-causes-christine-st-pierre-miles-becker/> **Be The Change:** What was a cause that you believed in as a child? How can you reignite your dedication to this cause today?

When was the last time you were bored -- truly bored -- and didn't instantly spring to fill your psychic emptiness by checking Facebook or Twitter or Instagram? The last time you stood in line at the store or the boarding gate or the theater and didn't reach for your smartphone seeking deliverance from the dreary prospect of forced idleness? But boredom might not be as not as bad as it seems; in fact, it could be a good thing, which is rather counterintuitive to much that we have learned as adults about what makes life interesting. It is a state we need to reckon with if we want to know ourselves more intimately, and it has the potential to bring us to the present moment. <http://www.dailygood.org/story/799/why-the-capacity-for-boredom-is-a-good-thing-maria-popova/> **Be The Change:** Instead of checking your email or social media the next time you have a free moment, savor the feeling and discomfort of "being bored." Write down any insights you learn in that moment.

Richard Nares faced a parent's worst fear when his son Emilio was diagnosed with leukemia in 1998 and died from the disease two years later. But he managed to transform his grief into charity by helping hundreds of families face the complex challenges of childhood illness, by giving them a lift. After his son died, he returned to Rady Children's Hospital in San Diego and asked staff how he could help others. Their answer: transportation.

<http://www.dailygood.org/story/721/how-one-dad-transformed-a-tragedy-cindy-del-rosario/> **Be The Change:** Take a moment today to make someone's life a little brighter.

"Every person has some gift and some trouble, and some mature deep awakened part of soul, and some other part that is blind. This is how we kind of pollinate each other in the human spring. We all need each other." Here, Tami Simon speaks with poet and philosopher Mark Nepo about relating to pain, sincerity as intelligence, the role of pilgrimage in our lives, and the spiritual path of the artist. <http://www.dailygood.org/story/700/mark-nepo-on-being-the-poem-tami-simon/> **Be The Change:** If inspired, write down a poem in response to this article. Or revisit one of your favorite books of verse.

"The matter of being alive is something to be investigated. I think we take it for granted too much. That we're going to wake up in the morning and just go on, do our stuff, run around, go to our jobs, have careers, and all that...In my work I'm trying to find the unmediated self. I think there are aspects of self that are unchanged, that echo the past, the present, and the future. I'm interested in that part of reality, not the culturally created one, although that's a layer." Squeak Carnwath is one of the best known artists in the Bay Area, California. This interview with her, which was first published in 1993, is a poignant and thoughtful discussion on what it is to be a witness of life. <http://www.dailygood.org/story/760/advocate-of-the-unwatched-life-richard-whittaker/> **Be The Change:** Pay attention to your breathing and the feeling of your body, and investigate the sensations of being alive.

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Do you consider yourself creative? If you answer, "no," you are in the majority; most people don't think they are creative. It turns out, though, that you don't have to be a great artist to be creative. Creativity is simply our ability to dream things up and make them happen. Cooking breakfast, planting a garden, even developing a business plan are all creative acts. Creative expression boosts serotonin levels, decreases anxiety, and opens the door to the inner world of our imaginations. It is here that we make meaning of our lives and that motivation takes root. The more creative we are, the more capacity we have to imagine what's possible and make those visions real. Read on to learn ten things that creative people know that may help you unleash your own creative impulse. <http://www.dailygood.org/more.php?n=5980> **Be The Change:** This week, look for an opportunity to use your hands and your creativity to make something you would normally buy.

In the age of outrospection, the journey lies in taking a whole-hearted leap into the shoes of another. Outrospection, defined by Maptia as understanding "life through the eyes of others, fostering an adventurous curiosity for other lives and places beyond our own experience." Widening our circle of compassion from loved ones to embrace all beings with care and goodwill not only has intrinsic value, but can also foster peace-building, help combat climate change, and the many other cross-cutting issues worldwide. To start: listen to somebody else's story, and tell your own. This article, which includes some of the most current ideas and perennial reflections, shares more. <http://www.dailygood.org/story/739/the-age-of-outrospection-jonny-miller/> **Be The Change:** "Outrospect" though space and time by thinking about how one of your actions today may affect others in other countries or future generations. Does this change your actions?

Do you remember how wonderful it felt to be a child? Adventure was our only calling, and courage seemed never ending. And subsequently, we seemed to enjoy our life so much more. In this beautiful article we are reminded of 10 life lessons that children teach us every day. Read more to discover new ways in which we might incorporate our younger selves into the joy of our daily being. <http://www.dailygood.org/story/787/10-life-lessons-kids-can-teach-us-jocelyn-kelley/> **Be The Change:** Go on adventures, splash through those puddles, or play outdoors until the streetlights come on. These are just a few ways in which you might find, and embrace, your inner child again.

None of us can know the span of our life. Some of us will live a long life and die in old age; others leave much sooner. No, the meaning of life is not how long we live, it's about the fact that we lived at all, and that we touch the lives of others by living. Poet Marina Keegan may have died young, and tragically, but she had found her voice, and expressed it through poetry that touched the lives of so many. She is not the "lost voice" of a generation; she is one voice among many who have come before and will come after, reminding us that our time here is limited and carries within it so much power and beauty. <http://www.dailygood.org/story/829/the-lost-voice-of-a-generation-carolyn-gregoire/> **Be The Change:** Think of someone you love today. Write down two lessons you can learn from their life. Then, if you can, share it with them.

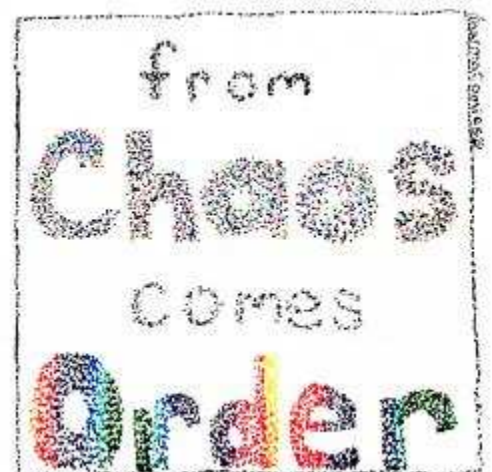
Mia Tagano visits her 94 year old grandmother -- who now has dementia -- and discovers a whole new, less verbal, way of communicating her love through heart, hands and hugs. To her surprise, when she brings this approach to her grandmother's roommate who has suffered a stroke, it radically transforms their communication and opens up both women profoundly. This heart-warming story shares more... <http://www.dailygood.org/story/832/look-with-your-heart-lessons-from-my-time-with-my-grandmother-mia-tagano/> **Be The Change:** This week, discover how nonverbal communication can warm up your relationship with others.

## 11. The Order on the Other Side of Chaos

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

--by Margaret Wheatley (Jun 23, 2014)

I use the word "chaos" to describe those times in an organization when people are confused, don't know what to do, and feel overwhelmed by information that they can't make sense of. If we recognize chaos as a potentially generative force in our organization, then the first task, when chaos erupts, is not to shut it down, not to reach for early closure, not to immediately move back to our past comfort level. At those moments, what people do not need is for someone else



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to come in and make sense of it all for them. Nor do they need the other normal strategy, which is to back away from all of this information and just work a piece of it. What they need instead are processes by which they can stay with the discomfort of that information long enough that they get knocked off their certainty, long enough for them to reach the clarity that they no longer know what works, that their model, their frame for organizing this problem or this organization doesn't work any more.

That's what I call chaos, when people move into such deep confusion that they let go of their present conceptions of how to solve a problem. When they move into that place of not knowing, and stay there for a while, what happens is that the process of "self organization" kicks in.

Living systems, when confronted with change, have the capacity to fall apart so that they can reorganize themselves to be better adapted to their current environment. We always knew that things fell apart, we didn't know that organisms have the capacity to reorganize, to self-organize.

We didn't know this until the Noble-Prize-winning work of Ilya Prigogine in the late 1970's. But you can't self-organize, you can't transform, you can't get to bold new answers unless you are willing to move into that place of confusion and not-knowing -- which I call chaos.

In my work, I find that you can create intentional chaos by overloading people with important and relevant information that they can't make sense of. We help people generate information that finally overwhelms them. The information has to be relevant, and it has to be important. It has to deal with big questions. People get scared and frustrated, and they want to problem-solve their way out of the chaos. But we don't let them. We keep generating even more information. Finally they let go.

Once they let go, they have the capacity to come up with bold solutions that integrate all of the information. At the other side of chaos, you get a new kind of order -- an order that is adaptive, that is transforming, that is all the things we want an organization to be.

- See more at: <http://www.awakin.org/read/view.php?tid=996#sthash.m4jaP7Xk.dpuf>

## 12. Reveal Your Own Wholeness

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

--by Carol Carnes (Jun 30, 2014)

All mental healing is based on the awareness of the presence of pure Life, or wholeness, at the center of the patient. It is a calling forth, if you will, of that wholeness into visibility. It is not a "repair" of something broken, but an act of transcendence. It is the One that is always wholly at ease, taking precedence over the temporary manifestation of dis-ease.

We get better because there is something in us that is not sick. There is something about us that is not in lack. There is an aspect to us that is never confused or addicted or damaged. If that were not so, no one would ever recover or make changes in their life. Human life is a collection of stories of how we are constantly interacting with the higher nature of our own being! We get great new ideas and act on them. From where do they arise? We decide to clean up our lifestyle and find a great resolve in us, the will to stick to our decision. Where was that all the while we were succumbing to the addiction? Who goes to the AA meeting, the alcoholic or the One who is already clean and sober?



As we focus on what is True about us, we see the weakness of what seemed to be true. We only thought we had to be

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sick and poor and unloved. We believed we were powerless over our addiction. We decided we had to protect ourselves emotionally and could never have real love. These are mental states based on the illusion that we are at the mercy of effects. Then one day someone, perhaps, shows us how to tune in to the Cause that lives within us. That is the moment we take charge of our life. That is the beginning of transcendent living. That is when our mind is restored to its natural condition; that of formulating thoughts and ideas which automatically reveal our own wholeness in all areas of our experience.

Stay tuned in.

- See more at: <http://www.awakin.org/read/view.php?tid=1016#sthash.8h4xVBSI.dpuf>

## 13. This is the True Ride

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

--by Jennifer Welwood (Jul 07, 2014)

My friends, let's grow up.  
Let's stop pretending we don't know the [deal](#) here.  
Or if we truly haven't noticed, let's wake up and notice.

Look: Everything that can be lost, will be lost.  
It's simple — how could we have missed it for so long?

Let's grieve our losses fully, like ripe human beings,  
But please, let's not be so shocked by them.  
Let's not act so betrayed,  
As though life had broken her secret promise to us.  
Impermanence is life's only promise to us,  
And she keeps it with ruthless impeccability.  
To a child she seems cruel, but she is only wild,  
And her compassion exquisitely precise:  
Brilliantly penetrating, luminous with truth,  
She strips away the unreal to show us the real.

This is the true ride — let's give ourselves to it!  
Let's stop making [deals](#) for a safe passage:  
There isn't one anyway, and the cost is too high.

We are not children anymore.  
The true human adult gives everything for what cannot be lost.  
Let's dance the wild dance of no hope!

- See more at: <http://www.awakin.org/read/view.php?tid=1024#sthash.qVPwqMCw.dpuf>



## 14. Money is not Wealth

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

--by Alan Watts (Jul 14, 2014)

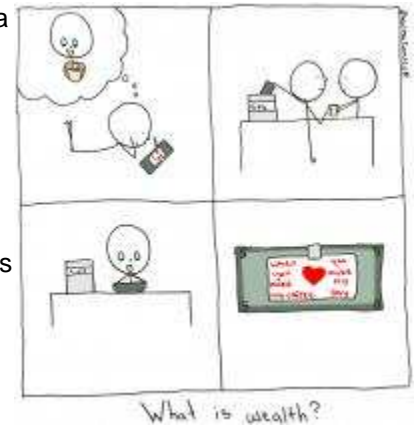
Money is a way of measuring wealth but is not wealth in itself. A chest of gold coins or a fat wallet of bills is of no use whatsoever to a wrecked sailor alone on a raft. He needs real wealth, in the form of a fishing rod, a compass, an outboard motor with gas, and a female companion. But this ingrained and archaic confusion of money with wealth is now the main reason we are not going ahead full tilt with the development of our technological genius for the production of more than adequate food, clothing, housing, and utilities for every person on earth.

It is not going to be at all easy to explain this to the world at large, because mankind has existed for perhaps one million years with relative material scarcity, and it is now roughly a mere one hundred years since the beginning of the industrial revolution. As it was once very difficult to persuade people that the earth is round and that it is in orbit around the sun, or to make it clear that the universe exists in a curved space-time continuum, it may be just as hard to get it through to "common sense" that the virtues of making and saving money are obsolete.

It is an oversimplification to say that this is the result of business valuing profit rather than product, for no one should be expected to do business without the incentive of profit. The actual trouble is that profit is identified entirely with money, as distinct from the real profit of living with dignity and elegance in beautiful surroundings.

To try to correct this irresponsibility by passing laws would be wide of the point, for most of the law has as little relation to life as money to wealth. On the contrary, problems of this kind are aggravated rather than solved by the paperwork of politics and law. What is necessary is at once simpler and more difficult: only that financiers, bankers, and stockholders must turn themselves into real people and ask themselves exactly what they want out of life — in the realization that this strictly practical and hard-nosed question might lead to far more delightful styles of living than those they now pursue. Quite simply and literally, they must come to their senses — for their own personal profit and pleasure.

- See more at: <http://www.awakin.org/read/view.php?tid=1022#sthash.gEnl88mF.dpuf>



## 15. To Love Trees, To Have Trees Love

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

Watch how this Portuguese photographer, Luis (Zito) Colaço, was influenced by nature's beauty and interconnectedness. Through many walks amongst trees his depression eased and he was able to pick up his camera again, ultimately starting the project, Love Trees. - See more at: <http://www.karmatube.org/videos.php?id=4644#sthash.iNTG1X4h.dpuf>



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## 16. **PeaceBeats: Sharing Messages of Peace Through Music**

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

Music is a powerful form of communication, allowing people to share emotions, intentions, and meaning. This short film captures the first PeaceBeats event in Brixton (an inner city of London, England, where there is a persistent problem of violent youth crime), aimed at promoting a culture of peace through music, film, and spoken word. In the words of one participant, "more of this" will lead to a better world. - See more at:

<http://www.karmatube.org/videos.php?id=4512#sthash.0zZ0coyg.dpuf>

## 17. **We've Become the Tools of Our Tools**

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

Author Tom Mahon has observed the growth of the digital revolution from "ground zero" in Silicon Valley for the last 40 years. And he is alarmed at the way the tools we have created to make our lives better, have taken our lives over, instead. Up until 400 years ago, we lived in a magical world. Now, we live in a material world devoid of meaning. At this talk at the German-Russian Forum in Berlin, Mahon urges us to go beyond magical/materialistic thinking and move to a world of meaning: everything is interconnected (if you do damage over here, it is going to come out over there). It is time to take back our tools. - See more at: <http://www.karmatube.org/videos.php?id=5254#sthash.6RQj3uEH.dpuf>

## 18. **Philip Gould: 'When I Die'**

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

Philip Gould had enjoyed a tremendously successful life as an advertising executive, British Labour Party strategist and Peer of the House of Lords. When esophageal cancer returned and he was told by his doctors he had just weeks to live, his world shifted. "I was in a different place, a death zone, where there was such an intensity, such a power. And so, even though obviously I'd rather not be in this position, it is the most extraordinary time of my life, certainly the most important time of my life." This documentary captures those last days, and the ways in which Gould's clarity about his experience transformed a time of fear and sadness into one of love and affirmation for himself and his family. - See more at:

<http://www.karmatube.org/videos.php?id=4576#sthash.Adm6eo7e.dpuf>

## 19. **ComeUnity: Putting the YOU in Community**

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

ComeUnity is a small project staffed by volunteers working within the community of Northumberland Park, Tottenham, in North London. Through the provision of free creative workshops and the opportunity to try out painting, textiles, photography, creative writing and other artistic activities, members of the community have come together to create community and opportunities. - See more at: <http://www.karmatube.org/videos.php?id=3635#sthash.PefYP4sH.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.*

### 20. 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.

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## 21. 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)).

## 22. Spiritual Exploration and Soul Coaching

Spiritual Guidance can work with you to serve your individual needs, whether to receive spiritual guidance, engage in dialogue about your life, or explore and develop your spiritual practice. Spiritual Guidance works collaboratively with aspirants to guide them through an exploration of their life to realize inner peace, joy, love, gratitude, compassion and forgiveness.

Guided sessions are typically held one-on-one at a location comfortable for the individual requesting guidance. Your guide may encourage a first meeting in a neutral, public setting to explore whether *Spiritual Guidance* can assist you at this time in your spiritual journey. Spiritual Guidance also offers spiritual exploration and life coaching services via an **international Skype practice**.

Each guided session may include a variety of activities—not limited to talking, walking, hiking, meditation, guided imagery and/or readings—that the individual requests and feels comfortable with. The purpose of these activities is to create a comfortable atmosphere for the individual to listen to their soul and explore their spiritual existence.

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)).

## 23. Spirituality Workshops

### “Exploring Spirituality”

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover: What is spirituality to/for me? What are the characteristics of spiritual living and spiritual people? What are the impediments to spiritual growth? What spiritual practice is possible and what works best for

me? To add another interesting element to the workshop, you will have the opportunity to participate in meditation and guided imagery exercises to nurture and facilitate your experience. (\$165, 6 hours in duration)

## “The Laws of Spirit”

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

**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 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.

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## 24. 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>).

## 25. A Course in Miracles Study Groups

*A Course in Miracles* is a self-study course in personal and spiritual transformation. Spiritual Guidance nurtures a community of students who study *A Course in Miracles*. 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>).

## 26. Serving Your Loved-Ones

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

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

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

1. Email us a picture of your loved one (in a standard graphical format; for example: .jpeg, .gif, .pdf, etc.) to [rmeagher@servinyourjourney.com](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

## 27. Supporting Spiritual Guidance

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

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

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

## 28. Interfaith Community Celebration

### Interfaith Community Celebration

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

- When:** Wednesdays, Mar 19, Jun 11, Sep 17, Dec 3, 2014.  
**Where:** Contact Robert at [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com) or 613-204-0299 for details.  
**Who:** Anyone interested in exploring the common ground among the faith traditions. All paths welcome.  
**Food:** Enjoy sharing light communal offerings, potluck style.

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



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

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

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

Serving your personal journey toward enlightenment...

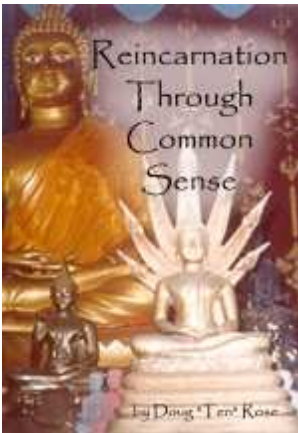
## 29. OM Websites

OM Websites is an extension of the Spiritual Guidance ministry and serves the entrepreneur and business owner by developing, enhancing and maintaining your website and social media marketing presence. OM Websites offers a full range of services to help you build your website and social media marketing presence, with a focus on giving you the tools and ability to maintain your own website and social media marketing initiatives. Visit the [Services](http://www.omwebsites.com/Services.html) page (<http://www.omwebsites.com/Services.html>) for more details. OM Websites specializes in building websites and social media marketing profiles and presences for those businesses and people who offer products and services that are spiritually-oriented.

## 30. 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

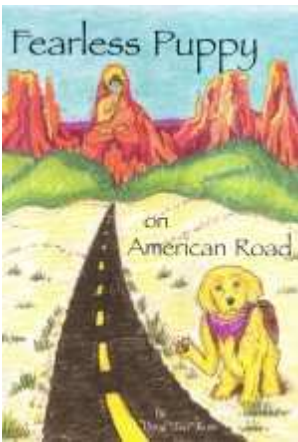


**Reincarnation Through Common Sense** is a book of stripes and plaid in the most entertaining sense of Einstein's words. Westerners have written many books about living in Asian temples. None are like this true story.

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.*

## 31. 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)



## 32. 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.**

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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