

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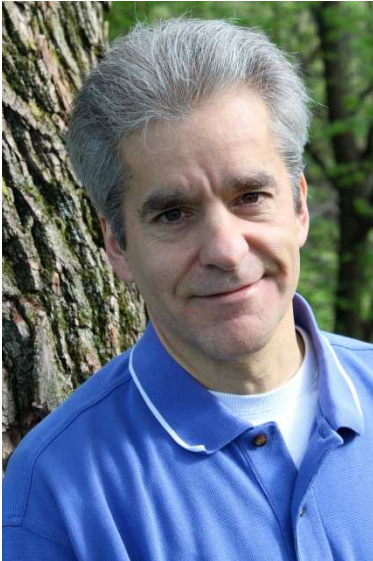
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



"Awareness is the greatest agent for change."

Eckhart Tolle



One day last month my partner and I were out running errands. We parked the car, stepped out of the car, and proceeded to cross the street to pick up some items at a store across the street. There were no cars coming in either direction for as far as the eye could see, so we could take our time crossing the street. This was a good thing, as the slow, shuffling gate of my partner (side-effect of his Parkinson's disease) meant crossing the street quickly was not an option.

Even though I was walking slowly, I was ahead of my partner by a few steps. I then noticed a cyclist hurling his way toward us at a rapid pace. As the cyclist came closer, I could see he was not slowing down at all. He was heading on a collision course for my partner and not deviating his path at all. It was clear my partner was not aware of the cyclist getting closer and closer and my partner's slow, shuffling gate remained unaltered.

Only a few meters from my partner did the cyclist finally swerve to avoid a collision. As the cyclist passed by he grumbled something at us, sharing a few words of discontent.

As the perceived, unkind words left the mouth of the passing cyclist, I felt anger rising up in me. I can remember being aware of my thoughts projected toward the cyclist, "Couldn't you see this elderly man was struggling to get across the street!? Couldn't you see he was not watching where he was going!? Couldn't you have slowed down a little earlier and passed by without any rude outbursts!? Couldn't you have been more kind and compassionate!!!" I felt the anger continue to rise in me. It reached a crescendo when I became aware I wanted to run after the cyclist and physically harm him for being so rude, disrespectful and unthoughtful.

Then, at the same time these angry emotions were running wild, I became aware that I was watching myself react to this whole scene. It was like I was sitting in a theatre watching a play and the main character was me! I watched the actions and felt the emotions from the actors. I can remember thinking to myself, "Wow!...I haven't felt this kind of anger in a very long time. What's up with that!?"

The two streams of conscious thought ran side-by-side; like two televisions sitting next to each other and each was showing a different program.

Then, when the cyclist turned the corner and peddled out of site, my egoic anger turned to my partner. I can remember projecting onto my partner... "Didn't you see the cyclist coming!? How could you NOT have seen the cyclist coming!!!? My God, you almost got hit! You could have been badly hurt!!!"

As this new wave of egoic anger projected toward my partner coursed through me, the 'observer' continued to watch the whole scene unfold—every action and every emotion.

By this point (no more than 5 seconds after the cyclist passed us on the street), my partner was safely on the other side of the street. When he was safely up on the sidewalk, he looked up at me and smiled, completely oblivious to what had just transpired. And then it dawned on me...

That cyclist was a gift from God. The whole scene was brought to me to show me my own fears. Mainly, the fear of knowing my partner's health continues to decline and that the year's ahead may contain some challenging times. The whole scene had nothing at all to do with the cyclist, or my partner. It was all about my fears of losing my partner to a horrific disease and being left alone.

As I gently took my partners arm and walked toward the store with him, I silently blessed the cyclist for giving me the gift of that moment, and the awareness it brought me. What a gift it is indeed, to be aware. To know that life does not happen to us, but life happens for us. What a gift it is to know that life has nothing to do with what goes on outside of us but everything to do with what goes on inside of us. What happens outside is simply a mirror on our soul—a lesson from the Divine—being offered to us for our teaching.

May your awareness be blessed by the knowing the no one and no thing outside of you affects how you see the world. Only your mind sees the world and your soul invites your awareness.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Song of Peace

The melody of peace is always there.
In neither dies nor wavers. It remains
A calm, soft sound, more still than silence, and
An ageless recollection in the minds
That God created. Ceaselessly it sings
To all the world, that it remember Him.
The sounds of earth are quieted before
This ancient melody, which speaks of love
In limitless dimensions. Where is fear,
When God has guaranteed that He is here?

Helen Schucman

3. Quote or Question

"The secret of success is to be in harmony with existence, to be always calm to let each wave of life wash us a little farther up the shore." (Cyril Connolly)

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 – Respect, Responsibility and Self-Responsibility

I am deeply troubled by the lack of respect I observe as I walk and drive around this fair city. I take daily walks along the river enjoying immensely the beauty of the water, the wildlife and the greenery. I consider myself blessed to have this beauty available to me. Each day I take, in addition to gluten free snacks for the ducks and squirrels, one or two garbage bags with me to pick up the trash that people so thoughtlessly throw on the ground. It saddens me that humanity can have so little respect for its home. I don't see who does it so I don't know whether it is children, teens or adults, but whoever it is has not been taught to be accountable for their actions. I find bags and bags of dog droppings picked up, bagged and then dropped on the walking path. Trash bins are readily available, so what cooks? Why don't they care? Why do they leave their garbage for others to deal with? I am at a loss.

All I can do is pick it up, along with the plastic containers, the broken glass and the endless amount of paper and feel pleased that I have left this part of the world a better place. If I don't pick it up, I feel I am as guilty as the one who carelessly dropped it. If I see a need and don't respond I am equally responsible in my books.

What happened to the old fashioned value of respect? Where are the gracious people who hold doors for the elderly, offer them seats on the bus, make extra space for moms with strollers, and say "sorry" when they bump into you? According to a friend of mine who rides the bus on a regular basis, these kind, considerate people are far and few between. Rudeness and aggression has become far too commonplace for my comfort level. Where has the caring, the kindness and compassion gone? Why is it that only a few seem to model this?

So what is the answer: self-respect, self-responsibility and accountability to the greater whole. If I don't respect myself, my own body and home, it follows that I will not care for my environment. If I don't make the effort to keep myself clean and healthy inside and out will I care how my neighborhood park looks? Probably not. Personal hygiene seems to have gone the way of the unicorn. People these days often get up and go straight to their computer or iPad before even peeing in the morning. Showering, brushing teeth takes a poor second to getting the latest twitter, facebook update or email. I realize that I am speaking to the choir here and the people who would read this e-newsletter are not the average, unaware being who is lost in cyber world. Nevertheless we still need to be aware and take responsibility for looking after our planet. I am my brother's keeper and I am the loving steward of my home, Mother Earth. If I don't care, honour and respect her why would I expect her to take care of me?

There have been a lot of extreme weather conditions in the last number of years, not to mention major earth catastrophes. Could it be she has had it with us and is showing us in a not so subtle way it is time to step into our role as caretakers, guardians of our planet and demand respect for her on all levels. Not trashing her with garbage is a very good first step to understanding our need to protect and love her.

And while I'm on this little rant, how about a smile for our fellow man? As I travel about, I make a real effort to look people in the eyes, if I can, (most are looking down into their phones) and give them a warm smile. If I do manage to catch their eye many are shocked that a stranger would smile at them and just stare blankly back. The rare person lights up and smiles back and makes my day.

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I just went with my grandchildren to the wonderful Museum of Nature to see most parents absentmindedly committed to their cell phones while their kids kept calling " Mommy, Daddy come see." It was heartbreaking to see. If you are reading this and it in anyway applies to you, put down your mind-numbing phone and reconnect with your family, your friends, your pets, and the beauty of the planet we live in. I see most dog walkers dragging their pets while they are face down in their phone oblivious to the fact the poor animal is trying to stop and do its business. Wake up people. Take responsibility for your life, your involvement with the here and now, and let the email wait for a few moments. Your family, your pets, your planet urgently needs your loving attention. Wake up now before the kids have grown up, the pets are dead and the planet is in ruins. Connect now, lovingly and deeply. I promise, you will never regret it.



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. Session receipts are covered by most insurance benefit packages.

5. Geoff Straw – To Know the Self

These are channeled works through Geoff Straw from Divine Source.

To know the self, it is necessary to have a regular practice of observing the self - otherwise, it can be quite challenging to be aware of your motives, emotions and the many thoughts that precede these. It does not need to be an arduous practice to be effective. It is to quite simply allow the breath to rise and fall naturally and begin to watch the sensations that come and go along with it. Be aware of your thoughts, and any emotions that arise in the process. Do this without judgement of any kind, knowing that you are a beautiful being and have a unique path to follow. The more you practice this gentle way of being, of noticing, the more it transfers to your everyday existence. In each situation of your daily routine, in interactions with others, begin to step back a bit, as it were, and notice yourself and your reactions. It is as though you step away, just a little, from the centre of the interaction, and move closer to your own centre of being. You observe how you are thinking about this situation, notice where the breath is, observe if there are any judgements, either of yourself or others. Allow yourself to watch the process unfold, just as you might notice the breath in quiet moments, or the tops of the trees that move in the breeze.

After some time of practicing, you begin to see habitual patterns of response, these may include stories that you tell yourself or meaning that you place on events. You then see how the emotion follows from the thought and the judgement. Above all, you begin to notice how you cause yourself to suffer and realize that you have a choice - you choose your response. You can choose to see someone (or yourself!) in a compassionate way, or you can choose judgement and anger.

Within you, there is a quiet centre, a deep well of wisdom and greater knowledge, often untapped when we remain unaware of it. This centrepiece is there to guide you in all moments if you understand how to access its power. So - begin this process and watch the results! Notice the positive changes that come when you begin to observe and step back from your thoughts just a little. Each time that you are able to do this, even for a moment, you are drinking from the cool waters of this well deep inside that resides at your centre. And when you taste this water, you are refreshed and left with a peacefulness that then influences all that you say and do in a very wonderful way.



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

6. Kathryn Kimmins – Albert Einstein’s Theory

“I am enough of an artist to draw freely upon my imagination. Imagination is more important than Knowledge. Knowledge is limited. Imagination encircles the world.”~~~~Albert Einstein

One can never possess what one has not imagined first. Albert Einstein’s most essential mode of discovery was what he called Gedanken – imagination games and thought experiments. He spent time every day dreaming.

One day he imagined riding on a sunbeam into the universe. He mentally traveled into eternity and discovered himself returning to the place from which he began.

He concluded that if he traveled forever in one direction and returned to the place he began, the universe must be “curved.” And so was born his theory of relativity.

“Laughter makes us more imaginative and creative. It improves our sense of humour.”

~~~~~Albert Einstein

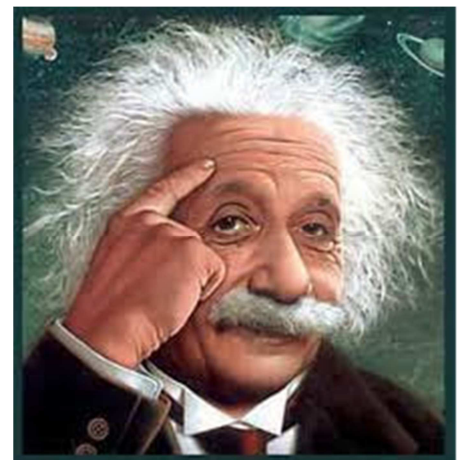
The human brain has a left and a right hemisphere. The left side of the brain is analytical, logical, and concerned with learning skills. The capacity of the left side is LIMITED. The right side of the brain is concerned with intuition, imagination, inventions, music, art, creativity, Meditation and healing. The power of the right side of the brain is UNLIMITED. One of the easiest ways to stimulate the right side of the brain is by playfulness. By being playful, it will unfold the unlimited potential of your being.

Creative geniuses are child-like (not child-ish - there's a difference). Children are open to life; they accept miracles as a natural part of life. Children honor their dreams instead of squelching them, are naturally curious, follow their interests, go wherever their hearts lead them without asking why. They play for the sheer fun of it with no outcome in mind. They don't worry about "looking silly" or "being right."

Children give themselves permission to play, believing anything is possible and having few self-doubts. They paint elephants pink and grass blue; they color outside the lines; their pictures, as their lives, have no limits, no boundaries, no barriers.

**“Children’s laughter, like their play, springs from their whole bodies.”**

~~~Richard Lewis



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The essence of the Laughter Yoga system is to cultivate childlike playfulness. This playfulness stimulates the right brain activity which is the seat of creativity. This helps to generate new ideas and new insights about workplace issues and problems.

We've all heard the cliché "Laughter is the best medicine". Well, I am here to tell you that it is not just a cliché. Science has stepped up to prove the health benefits of laughter that humans have suspected for millennia. It raises your endorphins and serotonin levels, lowers stress hormones and blood pressure and boosts the immune system. Laughter is also a great way to increase 'productivity and creativity'.

Psychologist Alice M. Isen and colleagues conducted a study with a group of college students to determine how laughter affects creativity. Each student was given a box of matches, a box of tacks, and a candle. They were asked how they would affix the candle to a corkboard so that when the candle was lit the wax would not drip onto the corkboard. Before attempting to solve the problem, one group of students watched a comedy film of television bloopers. The other group of students watched "Area Under a Curve", a math film. The researchers found that 75% of the students watching the funny bloopers solved the problem correctly, whereas only 20% of students who watched the math film got it correct.

Fun, humor, laughter and playfulness all help our creative spirits. We can suddenly see the world in a different way and seeing things differently helps break old patterns, develop unique ideas and innovative ways of doing things. The good news is that you don't need comedy or jokes to laugh! Here's where Laughter Yoga comes in. The science has shown that simulated laughter produces the same physiological effects. So we can simply choose to laugh! Or fake it until you make it! The more you do this the easier it becomes. Eventually, there is no faking. The memory of your body and brain kick in and you are able to laugh genuinely more often with less effort and the effects on your creativity will be evident!

Leave your adult self at home and experience the playfulness and joy you felt when you were a child.



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 – September 2014

Unity, Gifts and Encouraging the Imagination (Part One)

We invite you to join us in a series of activities which will stimulate your imagination and hence open the mind and heart pathways into a more expansive way of living.

Oftentimes we speak of expansion and consciousness, of God-Creator and unconditional love and of spiritual unfoldment and scientific progress. We present this subject matter frequently so that you become more acclimatized to the foundations of the new world being formed by your own growing awareness, acceptance and integration of these spiritual principles for true living.

The greatest of all truths being presented to you in these messages during these many years, is love. And the ultimate expression of love is unity.

Throughout your solar system, your home galaxy and beyond, there are planets inhabited by beings similar to you. Here we mention only those heavenly bodies in your physical parameters of place and time for there are myriads of worlds

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which lie in a different vibratory pattern and thus remain undetected by your human eye and technology. These worlds also dwell in the same love and unity as your planet for no matter the dimension or sphere of existence, and no matter the turbulence presently witnessed upon your earth, all life shares this common bond of love and unity.

As your planet and its people, through their cultivation of divine understanding, change and enter a higher vibrational perspective, the gifts you request to further your growth and service are also transforming and becoming more noticeable to you. There are here several indicators of change and unity that can be witnessed: your personal self transforming to unify with the divine Self, your individual gifts transforming into an all-embracing service of "miracle" work unifying people and their beliefs towards a heightened planetary consciousness, and your very world transforming, unifying and being invited into to a more expansive and inclusive galactic, intergalactic and multi-dimensional society.

Let us concentrate here on the transformation of your personal gifts.

For you to lift these gifts to the universal level, it is essential that you first acknowledge, love and develop these talents. Take the necessary time and effort to explore them during a period of inner reflection. Imagine yourself using them and monitor your emotional reactions while doing so. If a sense of wonderment and inner excitement wells up and an intense longing to develop these gifts becomes noticeable, then quietly act upon this desire. Always ensure that there is a fusion between the development of your talents and the sensing of the holy presence of the God-Source so that unity is strengthened.

Let us now ask you to use your imagination more actively so that greater creativity is stimulated. At the same time we present you with a few simple ideas on the restructuring of physical matter to a higher vibrational position.

As you well know, the higher the vibration of an object, the less visible it appears to the human eye. The higher vibration of a physical object may not only render the known object invisible but also change its molecular structure.

Imagine that the elements in your physical world have corresponding components on a higher vibrational level. For example, imagine you are looking at a round wooden table. Familiarize yourself with this table and sense its shape. Perhaps you imagine feeling the table with your hands. Make this experience very real in your mind and link that feeling to your physical world. "This table belongs to this world," you might say to yourself. Now with your awareness and in your imagination, go into the table top. Here you discover that you are truly moving into a structure of constant movement—particles that oscillate in ordered patterns. Begin to sense that there is vastness between the spaces of these vibratory patterns which extends beyond the physicality of the table top. In fact, if you travel these spaces you will find yourself in other realms of existence wherein certain counterparts of the physical table can be found.

This simple exercise is to whet your appetite and encourage you to realize that your life, your gifts, and all your contributions to your world are of vast importance for they powerfully influence not only your sphere of existence but far beyond it.



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

8. Robyn Lebron – Jehovah's Witness

This is the 20th article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"

The next Religion in our series is the Jehovah's Witnesses, which originated with the religious movement known as *Bible Students*, which was founded in the late 1870s by Charles Taze Russell when he organized a Bible study group. He soon began publishing his own magazine, *Zion's Watch Tower and Herald of Christ's Presence* (now known as The Watchtower). He also maintained the Adventist rejection of the traditional view of Hell and by 1882 had rejected the doctrine of the Trinity. He also taught that after the death of the last of the 12 apostles, the Church gradually diverged, in a Great Apostasy from the original teachings of Jesus on several major points.

They do not salute the flag of any nation, or sing nationalistic songs, believing it an act of false worship. Thus they refrain from saluting the flag of any country. They believe that these acts are tantamount to worship. The political neutrality of Jehovah's Witnesses is also expressed by their refusal to participate in military service – even when it is compulsory – and by their detachment from secular politics. Voting in political elections is considered a compromise of their Christian neutrality. Jehovah's Witnesses believe their allegiance belongs to God's Kingdom, which is viewed as an actual government in heaven. After the war the Witnesses brought several suits in American courts dealing with their beliefs and practices, resulting in 60 Supreme Court rulings that were regarded as major judgments on the free exercise of religion and have had a great impact on legal interpretation of these rights for others. Still, members are expected to obey all laws of their native governments, so long as these do not violate what they view as *God's law*. They are instructed to pay all taxes of the country in which they reside, considering the government to be solely responsible for how they are used. They continue to face persecution in several countries, however, particularly for their refusal to serve in the military.

Jehovah's Witnesses believe that, according to the Bible, God has a personal name, the Tetragrammaton, which is sometimes rendered in English as "*Jehovah*". They believe that Jehovah's main qualities are love, justice, wisdom, and power, and that these qualities are consistently demonstrated throughout the Bible. There is one God Almighty – a Spirit Being with a body but not a human body. There is no Trinity. The Holy Spirit is the name of God's *active force* in the world. Jehovah's Witnesses believe that Jesus is the *only-literally*-begotten Son of Jehovah; His First-Born Son, created before anything else was created. They believe that Jehovah and Jesus Christ are separate beings. Christ (through his ransom sacrifice) is regarded as the only means by which to approach Jehovah in prayer, and the means of salvation.

Their view of morality reflects some of the usual conservative Christian views. They are instructed to marry only within their religion. Modesty in dress and grooming is frequently emphasized. Gambling is strictly forbidden, as are stealing and drunkenness. Free home Bible studies are offered to persons having questions or interest in their beliefs. Witnesses are instructed to devote as much time as possible in preaching activities. They have made a dedication to God to do His will, and they apply themselves to fulfill this dedication. In all their activities they seek guidance from God's Word and His holy spirit. From this it is apparent that Jehovah's Witnesses believe in the Bible as the Word of God. They consider its 66 books to be inspired and historically accurate. What is commonly called the *New Testament* they refer to as the Christian Greek Scriptures and the *Old Testament* they call the Hebrew Scriptures. They rely on both the Greek and the Hebrew Scriptures.

They use Watchtower publications to explain their beliefs. Literature is published in many languages through a wide variety of books, magazines and other publications, with some publications being available in as many as 410 languages. Witnesses are perhaps best known for the efforts to spread their beliefs throughout the world. Members of a local congregation are expected to spend four hours a week at Kingdom Hall meetings and to spend as much time as possible in doorstep preaching. Although outsiders may find this practice irritating, we should understand that they are only doing what is required of them. They do this mainly by visiting people house to house. Members are required to participate in the preaching work and if possible to give a voluntary donation to the Watchtower Society's "Worldwide Work" fund. Aid work to members after large natural disasters is considered an important part of their work.

Jehovah's Witnesses believe that the earth will remain forever and that all people, living and dead, who will fit in with Jehovah's purpose for a beautified, inhabited earth may live on it forever. The vast majority of Jehovah's Witnesses expect to live on a renewed paradise on Earth. The soul is the *person itself*, not an immortal immaterial entity that dwells *inside* the body; it expires with the body, thus, no soul exists after death, and death itself is a state of non-existence with

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no consciousness. Hades is the designated common grave of all mankind. They do not believe in any Hell of fiery torment. Soon, Jesus Christ will return to resurrect the dead, restoring soul and body. Those judged righteous will be given everlasting life on a paradise earth. Those judged unrighteous will not be tormented, but will die a second time and eternally cease to exist.

There seems to be controversy on whether they believe that they are the only ones who will be saved. Publications of Jehovah's Witnesses have stated that only those serving Jehovah will survive God's judgment of the world. But there are statements on some of the JW websites that state: "*Millions that have lived in centuries past and who were not Jehovah's Witnesses will come back in a resurrection and have an opportunity for life. Many now living may yet take a stand for truth and righteousness before the "great tribulation,"*" and they will gain salvation. Moreover, Jesus said that we should not be judging one another. We look at the outward appearance; God looks at the heart. He sees accurately and judges mercifully. He has committed judgment into Jesus' hands, not ours.

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



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

9. Leon Moscona – The Celestial School of the Master Beinsa Douno

One of the most inspiring first experiences for me on Rila was the vision of the celestial school of the Master Beinsa Douno*. In 1975, in preparation for the summer camp, I spent a few days alone in the mountain house of Yastrebetz. At that time the lift from Borovetz did not exist and the virginity and the beauty of the area was exquisite. Every morning I would meet the Sunrise from the hill above the house.

In general, the Sunrises were magnificent but one surpassed them all. The prayers, the songs and the formulas of the Master Beinsa Douno became alive and the whole space was lit by his Divine Spirit: the songs reverberated as celestial music (revealing the harmony of the spheres); the prayers and the formulas became Living Words; the Universe appeared as a living spiritual cosmos, full of Light Beings.

Little by little, caressed by the Sun beams and the tender breeze, I entered into a new time-space experience - the cosmic-spiritual Spring of the Universe. In it, Creation was like a 'blossoming' Divine entity! The vibrations of the four elements were raised to the ethereal level and became the metaphysical essence of four Initiations through the elements. At this sublime moment I entered into the Celestial School of the Master Beinsa Douno. In it the Universe, the Solar system, the Earth and all the Kingdoms of life became a continuum of living sacred energies. I felt that we, the awakening human beings, as Sons and Daughters of God, were invited to enter into our Celestial Home and to grow in Divine Love, Wisdom and Truth.

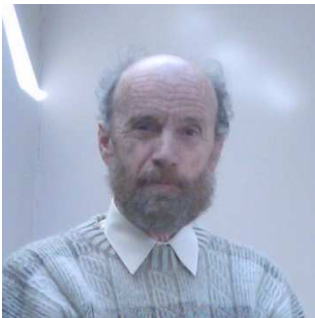
I had heard a lot about the Celestial School of the Master from the older brothers and sisters of the community, but I never imagined such a wonderful and majestic metaphysical Reality. The thoughts and the feelings which I experienced were ecstatic and I gave thanks to the Master from the depths of my heart, mind, soul and Spirit. Mystically I merged with the perfect Celestial Body of the Master and felt his Divine embrace.

The development of my astral body was greatly helped by the Paneurhythmy and by the Testament of the Colour Rays of Light. The Master Beinsa Douno also blessed humankind with a very special and sacred book - *The Testament of the Colour Rays of Light*. In this book he selected verses from the Bible, which the Divine Spirit addressed to the prophets or

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spoke through Jesus Christ, and linked them to colour rays of Light, human virtues and Divine attributes. The book reveals the secret of the Human Being in the manifested universe - beginning with birth from God as a Divine spark, continuing through the conscious spiritual path as a disciple, until final merger with Him. The book also contains esoteric keys to the Initiations of the epoch of the Old Testament, the epoch of the New Testament and the new epoch, the epoch of the Holy Spirit. Thus, the energies of the whole Messianic plan and the development of the human being as a Divine *Tree of Life* are encoded in this sacred book.

* This year, 2014, marks the 150th anniversary of the birth of the great Bulgarian Spiritual Master, Beinsa Douno (Peter Deunov) 1864-1944. Born on July 11, 1864, he was an inspired Teacher of the Perennial Wisdom and an extraordinary man who embodied both great simplicity and tremendous profundity. The mission of the Master Beinsa Douno was to open the epoch of the cosmic-spiritual Spring on Earth and to provide practical knowledge for the ascent of humanity into the Kingdom of God. He worked tirelessly for the transformation of humankind. This transformation affects all three levels of life - the microcosmos of the human being, the cosmos of human culture, and the macrocosmos of 'Heaven and Earth'. In fulfilment of his Divine task, the Master Beinsa Douno introduced the Path of the Disciple for the new epoch. He modelled the main features of the coming 'solar culture' and revealed the metaphysics of the reality of the New Heaven and the New Earth. In Bulgaria, the Master Peter Deunov led a great spiritual School which became a natural and organic part of the daily life of his disciples on Earth. He bestowed on us The Testament of the Colour Rays of Light, introduced the principles of celestial Music, and revealed the power of the sacred Word through many prayers, formulas and songs - some of the latter with text in the most ancient language on Earth, Vatan, which comes from the previous Golden Age. The circle dance Paneurhythmy created by the Master is like a new type of yoga for the epoch of Aquarius. To mark this great anniversary, I am presenting my account of a glorious experience I had of the Celestial School of the Master Beinsa Douno during my own spiritual journey to Enlightenment.



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

10. Good News Of The Day

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

2010 CNN Hero of the Year, Anuradha Koirala, started Maiti Nepal (roughly translated to "mother's home") to protect Nepali women and girls from crimes such as domestic violence, trafficking, prostitution, child labor, and other forms of exploitation and torture. Since 1993, Maiti Nepal has helped rescue and rehabilitate more than 12,000 women and girls, providing a safe place for them to recover and grow. The children call Koirala "elder sister," a moniker she accepts with pride. "You have to take each child as your daughter," Koirala urges, and asks you to join hands to create a society free of human trafficking. <http://www.karmatube.org/videos.php?id=3668> **Be The Change:** Every country in the world is affected by human trafficking, whether as a country of origin, transit or destination. Find out more about this heinous crime and violation of human rights. <http://www.karmatube.org/videos.php?id=3668>

Although much of the world continues to view nonviolence as a passive and largely ineffectual tactic, peacefulness has indeed been used as a tool for change since before the time of Christ all the way up until the present. In his latest book, "The Nonviolence Handbook," author Michael Nagler explains how to use the practice of nonviolence for the sake of progress and challenging injustice. The following is a list of powerful examples where nonviolent actions have achieved real results throughout the world. <http://www.dailygood.org/story/784/30-examples-of-successful-non-violent-action-bk-community/> **Be The Change:** Be mindful of trying to achieve peaceful solutions to conflicts in your everyday life, whether at home, at work, or out in public.

Hope is among the strongest human emotions. Research shows it's good for our physical and emotional well being. And it's often the 'thread' that pulls us through. Traditionally hope has been thought to be one of those things that you either have...or, you don't. But, what if hope can be learned? According to Anthony Scioli, a professor of psychology and author of The Power of Hope, this human emotion may have a much greater impact than we ever knew. Read on to learn more. <http://www.dailygood.org/story/798/towards-a-psychology-of-hope-louise-danielle-palmer/> **Be The Change:** Instead of feeling overwhelmed by your circumstances, take a moment to invite the practice of hope into your day.

Jim Hunter has been training servant leaders for over 30 years and is the author of two internationally best-selling books on the topic. Servant leadership brings love to leadership, and Hunter defines it as "the business of identifying and meeting people's legitimate needs, seeking their greatest good so they can grow." In this interview, Hunter discusses how to create real change through servant leadership. He also talks about how to bring true love, humility, and authenticity into an organization. True love, Jim says, is "a whole lot more than feeling. Feelings come and go based on whether I ate pizza last night." True love is "a willingness to extend yourself, committed, all-in, regardless of how I happen to feel this week." <http://www.dailygood.org/story/786/jim-hunter-on-servant-leadership-tami-simon/> **Be The Change:** The next time you have to make a decision that affects someone else, take into consideration the other person's legitimate needs. How can you contribute to their greatest good so they can grow?

Images flash at us from every direction--from our social media accounts to advertisements on the road, and we have little time to take in anything. So, it is rather radical that Harvard art history professor Jennifer Roberts asks her students to sit--not for half an hour, but for three hours with a work of art before writing anything about it. While some may think that this sounds excessive at first, the students realize that seeing is not the whole story of learning--it takes time to process what we see. When we give ourselves time, on any subject, not just art, a new world of detail and understanding opens up to our consciousness. And she feels that this kind of patience in education--learning how to slow down--is an essential part of a good education. <http://www.dailygood.org/more.php?n=5925> **Be The Change:** Experiment in slowing down the pace of your life today.

One of the first rules parents often teach their children is "Don't talk to strangers." But Robbie Stokes was determined to flip that old life lesson on its head. So, after quitting his job working in the United States House of Representatives, Stokes, now 26, set out on an ambitious backpacking journey around the world in which his aim was to talk to as many

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strangers -- people of all ages, races and social backgrounds -- as he could. His ultimate goal? To gain invaluable wisdom, experience and knowledge from everyday people. This compelling video shares more.

<http://www.karmatube.org/videos.php?id=4931> **Be The Change:** To learn more about the "I Talk To Strangers" movement or follow the tour, check out Robbie Stokes' website. <http://www.dailygood.org/more.php?n=5947a>

John Updike wrote in his memoir, "Each day, we wake slightly altered, and the person we were yesterday is dead. So why, one could say, be afraid of death, when death comes all the time?" And yet even if we were to somehow make peace with our own mortality, a primal fear rips through whenever we think about losing those we love most dearly -- a fear that metastasizes into all-consuming grief when loss does come. In *The Long Goodbye*, her magnificent memoir of grieving her mother's death, Meghan O'Rourke crafts a masterwork of remembrance and reflection woven of extraordinary emotional intelligence. Read more... [{ read more }](#) **Be The Change:** This week remember the livingness of those you love and loved, rather than fear or grieve their loss. <http://www.dailygood.org/story/797/how-we-grieve-learning-to-live-with-loss-maria-popova/>

Willie Baronet took a 30-day cross-country road trip from Seattle to New York, buying homeless signs and exploring the meaning of "home." What began as a way to deal with the discomfort he felt when seeing the homeless has now morphed into an art campaign called "We Are All Homeless" which seeks to create a more conscious and compassionate society. Willie shares: "These signs -- and this practice -- have become a catalyst for conversations about the nature of home, homelessness, compassion, and how we see and treat each other as humans." <http://www.dailygood.org/story/835/what-does-home-even-mean-michell-burwell/> **Be The Change:** Carry extra food in your bag today to share with a homeless person you may encounter while you are out and about.

11. Every Sensation Comes to an End

Reprinted from www.awakin.org.

--by J. Krishnamurti (Jul 28, 2014)

I wonder if you know what it means to be aware of something? Most of us are not aware because we have become so accustomed to condemning, judging, evaluating, identifying, choosing. Choice obviously prevents awareness because choice is always made as a result of conflict. To be aware ... just to see it, to be aware of it all without any sense of judgment.

Just be aware, that is all that you have to do, without condemning, without forcing, without trying to change what you are aware of. If you are aware choicelessly, the whole field of consciousness begins to unfold. So you begin with the outer and move inwardly. Then you will find, when you move inwardly that the inward and the outward are not two different things, that the outward awareness is not different from the inward awareness, and that they are both the same.

Everything about us, within as well as without -- our relationships, our thoughts, our feelings -- is impermanent, in a constant state of flux. But is there anything which is permanent? Is there? Our constant desire is to make sensation permanent, is it not? Sensation can be found again and again, for it is ever being lost. Being bored with a particular sensation, I seek new sensation. Every sensation comes to an end, and so we proceed from one sensation to another and every sensation strengthens the habit of seeking further sensation. My mind is always experiencing in terms of sensation. There is perception, contact, sensation and desire and the mind becomes the mechanical instrument of all this process. With the arising of sensation comes the urge to possess; and so begins the turmoil of desire. And the habit of seeking further sensation.

And is there an end to sorrow? Is it possible to live a daily life with death, which is the ending of the self? There is only one fact -- impermanence: every sensation comes to an end. Can the mind, the brain remain absolutely with that feeling of suffering and nothing else? There is no movement away from that moment, that thing called suffering. Is there an action



"every sensation comes to an end." - J. Krishnamurti

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in which there is no motive; no cause -- the self does not enter into it at all? Thought identifies itself with that sensation and through identification the 'I' is built up. Identification with sensation makes the self. If there is no identification; is there a self?

So is it possible not to identify with sensation? So we are asking, is there a holistic awareness of all the senses? Just be aware ... effortless observation ... choiceless observation ... and to learn, to find out whether it is possible to allow sensation to flower and not let thought interfere with it -- to keep them apart. Will you do it?

- See more at: <http://www.awakin.org/read/view.php?tid=1014#sthash.DQOYq901.dpuf>

12. All We Can Do Is Share Ourselves

Reprinted from www.awakin.org.

--by Panache Desai (Aug 11, 2014)

So many of us believe that we have to do something. We have to take action in order to make a difference in the world. We must have a higher purpose, a mission, a profound calling. And while action certainly has its place, it's really *how we are* in the world that makes the difference.

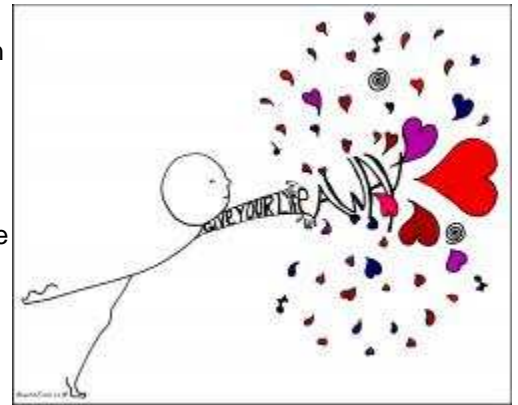
Consider this: if you are at peace with yourself, you are already making a difference. We can donate money, or send aid, or volunteer at a shelter, but the first thing we must do is take responsibility and stock of our own path of consciousness. If we come into harmony with ourselves and vibrate from that out into the world, we are the de facto change.

It's not about the magnitude. It's not about the grand nature of the contribution externally. If we gather up all the parts of ourselves and love them, that love becomes contagious. The ripple effect of this kind of energy is tremendous -- in some ways more profound than all the external contributions that have ever been made. Because the more we are at peace with ourselves, the more our collective energy will shift, and anything that stands in the way of peace and tranquility will have no choice but to end or dissolve.

That's all there is left to do. Once we have embraced all that we are, once we've come into a place of peace, all we can do is share ourselves. Give ourselves away. Give ourselves to as many people as possible. We will no longer be seeking to become complete by rescuing others, because we will realize that we are already complete. Then, love is the only thing left.

Tonight, as we turn out the lights, let us know that a day will come when we will be called into contribution. We will know when it happens. We will recognize it. We won't wonder if we should or shouldn't, nor will we question our motives. We will simply -- with grace and dignity, and fullness of heart -- do what needs to be done.

- See more at: <http://www.awakin.org/read/view.php?tid=1026#sthash.ZFs5yqxz.dpuf>



13. The Golden Eternity

Reprinted from www.awakin.org.

--by [Jack Kerouac](#) (Aug 18, 2014)

I have lots of things to share now, in case we ever meet, concerning the message that was transmitted to me under a pine tree in North Carolina on a cold winter moonlit night. It said that Nothing Ever Happened, so don't worry. It's all like a dream. Everything is ecstasy, inside. We just don't know it because of our thinking-minds. But in our true blissful essence of mind is known that everything is alright forever and forever and forever. Close your eyes, let your hands and nerve-ends drop, stop breathing for 3 seconds, listen to the silence inside the illusion of the world, and you will remember the lesson you forgot, which was taught in immense milky way soft cloud innumerable worlds long ago and not even at all. It is all one vast awakened thing. I call it the golden eternity. It is perfect.

The world you see is just a movie in your mind.
Rocks dont see it.
Bless and sit down.
Forgive and forget.
Practice kindness all day to everybody
and you will realize you're already
in heaven now.
That's the story.
That's the message.
Nobody understands it,
nobody listens, they're
all running around like chickens with heads cut
off. I will try to teach it but it will
be in vain, s'why I'll
end up in a shack
[praying](#) and being
cool and singing
by my [woodstove](#)
making pancakes.



- See more at: <http://www.awakin.org/read/view.php?tid=1029#sthash.CCfE8Sf6.dpuf>

14. Talk to Strangers

Reprinted from www.KarmaTube.org.

Robbie Stokes sold all he had, packed a couple of bags and embarked on a journey that took him to countries all over the world. "My mama said, don't talk to strangers. What if she is wrong?" Robbie's mission has started a movement – "I Talk To Strangers" - that is connecting people worldwide, one relationship at a time, through conversation. - See more at: <http://www.karmatube.org/videos.php?id=4931#sthash.iRhaISrK.dpuf>

15. The Forest Man of Majuli Island

Reprinted from www.KarmaTube.org.

It has been said that the single most powerful thing one can do to combat climate change and promote peace is to plant a tree. Javed Payeng has been doing just that since the 1970's on the once-barren sandbar on the banks of the Brahmaputra River in Assam, India. Over 40 years later, the forest he's planted is now larger than New York City's Central Park and is home to several thousand varieties of trees as well as an amazing diversity of wildlife, including rhino, elephants, and even tigers. - See more at: <http://www.karmatube.org/videos.php?id=5309#sthash.wj8NYEfP.dpuf>

16. Sir of the Himalayas

Reprinted from www.KarmaTube.org.

For almost a decade, Binod Shahi leaves the comfort and modern conveniences of his city, Kathmandu, and travels to the remote region of Dolpa, Nepal. It takes Binod eight days just to reach the area—still less time than the three to four months it takes for supplies to arrive. Binod's goal is to empower the local population, and promote self-awareness about the importance of education and health care. Before establishing a school in 2009, he would walk five hours and cross hazardous mountains every weekend to teach the children. Binod lives half the year in Dolpa; watch to find out what he does with the remaining six months. - See more at: <http://www.karmatube.org/videos.php?id=3941#sthash.2l2nnBQz.dpuf>

17. Barrio De Paz: Peace Town

Reprinted from www.KarmaTube.org.

"Everything in society tells us to distrust others. I think it's the other way around. We need to profoundly trust in those around us, in their potential and in who they are," the grandmotherly Nelsa Curbelo Cora says. In 1999, she walked into the violence infested city of Guayaquil, Ecuador to BE peace. Through her grassroots work, many of Guayaquil's most dangerous gangs have disarmed, agreed to abandon violence--and now work together to rebuild their community! Watch this profile of Nelsa Curbelo Cora's work. - See more at:

<http://www.karmatube.org/videos.php?id=178#sthash.PjYLvzfm.dpuf>

18. Lilica: A Dog That Teaches the Meaning of Generosity

Reprinted from www.KarmaTube.org.

Sharing with others truly brings an immeasurable kind of joy to our lives. But what does it feel like to share even when we think there is not enough? Lilica is a very special being. She is a street dog that found a guardian angel named Lucia Souza who brings her food every evening on the same street corner in Sao Paulo, Brazil. Instead of eating all the food that Lucia lovingly brings, Lilica chooses to eat only enough to stave off her hunger. Then she walks back four miles to share this delicious meal with a junk yard full of hungry tummies that are waiting for their generous friend. - See more at:

<http://www.karmatube.org/videos.php?id=5341#sthash.7TdKs229.dpuf>

19. Casa de Paz (House of Peace)

Reprinted from www.KarmaTube.org.

36th. Avenue in the Fruitvale district of East Oakland, California, is the turf of three major gangs. Yet the residents of Casa de Paz never lock their doors. Anchored by Pancho Ramos Stierle and Adelaja Simon, Casa de Paz is part of a group of several homes that form an intentional community of peace and nonviolence in an area rife with structural and physical violence. In order to serve their community, they live with the people - laugh with them, cry with them, and eat with them. They embody "giftivism" - practicing radical acts of generosity that changes the world, one heart, one home, one block at a time. See more at: <http://www.karmatube.org/videos.php?id=4616>

HEART AND SOUL ADVERTISEMENTS:

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

20. Spiritual Resources

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

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

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

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

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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).

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).

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 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.

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.

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 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 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.
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 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).

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

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

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



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

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 or 613-204-0299 for details.

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

Food: Enjoy sharing light communal offerings, potluck style.

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



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

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

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

Serving your personal journey toward enlightenment...

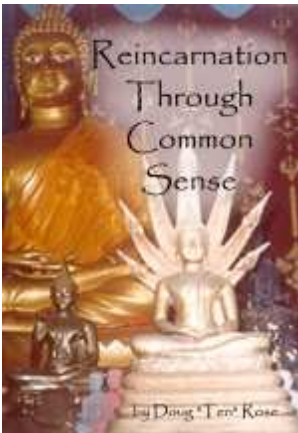
29. OM Websites

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.

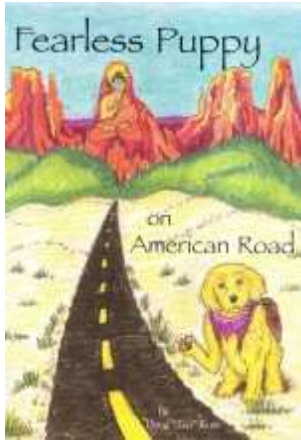
This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

http://fearlesspuppy.org/m_reincarnation.htm

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

<http://www.fearlesspuppy.org>

Serving your personal journey toward enlightenment...



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

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

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

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

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

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

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 2nd and 4th week

Time: 7pm – 8pm **Cost:** \$10/pp

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

When: Wednesday, every 3rd week

Time: 7:30 – 8:30pm **Cost:** \$10/pp

All ages are welcome

Take the laughter challenge, 6 classes for \$50

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



32. 5th International ICCS Conference in Mysore, India

Dear Relative:

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

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

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

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

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

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

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

Theme of the 5th International Conference is

“Universal wellbeing - Sustaining Nature, Culture and Communities”

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

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

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 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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Ottawa, ON K1R 5J3

CANADA

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Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney