

Serving your personal journey toward enlightenment...

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

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

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Freedom 2.0

"We seek peace, knowing that peace is the climate of freedom."

Dwight D. Eisenhower

As summer bares its last vestiges of warm breezes and long, sun-filled days, I am reminded of the many blessings this past summer offered me. It was one of the most memorable summers I experienced in many years. The primary reason for this memorable summer was the re-birth of a freedom that allowed me to re-discover my inner child and the wonders associated with such experiences.

One day in early summer I woke with the spontaneous decision to buy myself a bicycle. I shopped around for a second-hand bicycle and after a couple of week's searching, a wonderful, barely-used bicycle came into my life. I took my new bicycle to a local bicycle repair shop for a tune-up and it was good as new!

Off I went!...exploring the many kilometers of dedicated bicycle paths in and around Ottawa. It had been many years since I rode a bicycle and many years since I had explored the bicycle path network in Ottawa. Each time I went for an outing, it was like I was discovering everything for the first time. Most importantly, I was re-discovering that little kid in me that loved to bicycle.

The first and foremost joy was simply being out in the fresh air, feeling the air caressing my skin and blowing through my hair. It was like nectar for the soul. Each and every time I embraced and welcomed this luscious sensation throughout my entire body.

Each time I took to the trails, I explored a new pathway and network of trails. Each outing was an adventure. As my strength and stamina quickly built, I would go out for longer and longer rides. Eventually, I would pack some food and water and head out for hours on end to explore the trails and enjoy the great outdoors.

What I quickly realized was the primary emotion I was feeling was freedom. Freedom 2.0, if you will—a re-discovering of the playful freedom we feel as a kid. That uninhibited freedom to just be who we are and discover life on its terms, not ours. To accept life as it comes, not as we expect or want it to be. To laugh and play with reckless abandon. To live, laugh and love.

"Could this be what life is all about?," I would ask myself while peddling my way all over Ottawa. "Is it really this simple? To simply do what makes you happy and full of joy? Can the soul live in this state permanently?" I pondered these questions each and every time I hopped on my beautiful bicycle, and I began to revere my bicycle and outings as my own personal therapy.



"Where had these child-like feelings and emotions gone all these years? Why all of a sudden have they returned? Can I keep them?... 'cause they feel pretty good!"

What brings out the child in you? How long has it been since that little kid in you has come out to play? Do you miss him or her?

What gives you a sense of freedom? If you are not sure, what do you think gives you a sense of freedom?

Our soul is in a continuous state of freedom. Our daily lives so often result in building up barriers to experiencing and/or feeling that sense of freedom. To paraphrase a wonderful saying from *A Course in Miracles*, our goal is not to seek for freedom outside ourselves. Our goal is to seek out the barriers to freedom we have built up around ourselves and remove them.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Christ's Vision

Let not the past obscure the now to you.
For thus you waken happily, with joy
Upon your heart and eyes, to see a world
Awaiting to be seen aright at last.
How beautiful the newly-born! For they
Reflect their Father's Love, their brother's care,
The happiness of Heaven, and the peace
That is their true inheritance. It is
On them you look. They have no past today.
All darkness vanishes, and Heaven's smile
Presents a world from which the past is gone,
And present happiness ends all despair
In shining silence and simplicity.

Helene Schucman

3. Quote or Question

"We're never so vulnerable than when we trust someone -- but paradoxically, if we cannot trust, neither can we find love or joy." (Walter Anderson)

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 – The Divine Light Invocation

Year ago when I was working with the material of the Theosophists I came across this and used it faithfully for many years. For some reason I lost touch with it and its incredible power. Recently it came to me to look for it and reinstate in my life. The Divine Light is not the light we see with our eyes, but Primal, First Cause Essence, that from which all consciousness and creation springs. It is Pure Essence; you could call this God, the ultimate Source. Its ability to help manifest wholeness and well-being is unparalleled in my opinion and experience. All may use this with the same healing benefit. It does not matter if you are religious, spiritual or neither.

The words and actions go like this:

Exhale and slowly inhale, lifting your arms above your head as you smoothly and gradually tense the body. Holding your breath, affirm to yourself:

I am created by Divine Light; I am sustained by Divine Light; I am protected by Divine Light; I am surrounded by Divine Light; I am ever growing into Divine Light.

Exhale and lower your arms slowly.

See yourself standing in a shower of brilliant white Light. See a stream of that Light flowing in through the top of your head and illuminating every cell in your body as if you were a translucent vessel, being filled with liquid Light. Maintaining this image, with your arms at your side, exhale, inhale, hold and then gently tense the body and repeat the above statement in bold and italics.

Concentrate on feeling the Light within you. It may feel like Love, Peace, Joy or some other Divine attribute. Let the Light suffuse your body and flow out from you. Say silently to yourself:

Every cell of this, my physical body is filled with Divine Light; every level of my consciousness is illumined with Divine Light. The Divine Light penetrates every single cell of my being, every level of my consciousness. I have become a channel of Light. I am One with the Light.

Continue to see yourself filling and overflowing with Light opening wide the doors of your spiritual heart centre and let the Light stream forth from your heart centre, forming a clockwise spiral around you which reaches up to rejoin the source of Light above. Into the spiral of Light place any concerns you have, envisioning them as you would like them to be, not as they are. See the Light encircle them completely with the spiral moving high above you, taking the images with it. See them merge with the source of Light, becoming One with the Light, received by the Light. Know that what you have envisioned is held within The Divine Light and will be activated if it is in your highest good for this to transpire. Remember what we ask for is not always in our highest growth pattern.

You may also do this with another, placing them in the spiral of Light and envisioning them healthy, happy, whole, complete and strong. The Light will spiral around them in a clockwise direction completely enveloping their body, filling them with radiant, pure white Light. You may also do this for Mother Earth, people or animals in general, life in general.

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When you have finished place your hands in prayer position at your heart, giving thanks to the Light for this magnificent gift of healing.

This is one of many ways to work with the supreme power and grace of Light, Pure Essence. If you would be interested in joining a group to learn more and practice working with the Light, I will be starting one soon. I am also available, as always for private sessions for psycho-spiritual counselling, healing and wellness work. I have been asked to include grief counselling for pet loss in my practice as so many have found nowhere to go when they have lost a beloved pet are in such deep pain. I am also available as a registered wedding officiant. With love and joy we can create the ceremony of your choice, spiritual, religious or neither. You need a marriage certificate and two witnesses and we are good to go, play and have some fun creating your special day.



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 – Letting Go of Striving

These are channeled works through Geoff Straw from Divine Source.

It is often unnecessary to "strive" in daily life for our heart's desire - that which we wish to manifest. Although this striving is often the way we are taught to be, to achieve our goals.

This approach is one which relies on the strength of the ego and so we may obtain what we seek through effort and work. Instead, you may find if you experiment with this, that you can cultivate awareness in your daily activities instead of trying to force a desired outcome.

Simply LOOK CLOSELY at your world - the landscape that surrounds you. Notice the details of your circumstances, the people around you, your reactions to them and to events. Be a "beachcomber" of sorts, as you stroll along the shore and observe what the tide has brought in. In this way, you begin to realize that what you thought you didn't have is already there, in front of you.

It may take some "effort" to discover it, as you change your focus to that of an observer. But in time, you will notice many treasures that you did not see before. By being fully present to your circumstance, you connect with the flow of what is, and within you discover the bounty before you.

It is only a matter of becoming more conscious so that you awake to that which already is. Then you see clearly - that which you have long sought after is already there - how did I not notice it before? Your "search" then changes somewhat from one of effort to acceptance and even excitement for that which already exists.



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 – Laughter Yoga Helps Overcome Grief

Laughter yoga is a very effective method to help heal emotional distress, pain and mental anguish.

Grief, a natural reaction to loss, whether of a loved one or a cherished relationship, job or possession, can be alleviated by the proven therapeutic qualities of laughter yoga.

People who are grieving suffer extremes of emotion from shock, guilt and anger. Laughter yoga is a physical phenomenon, not a mental process. Laughter exercises coupled with deep breathing changes physiology and mood state, helping the griever to see things differently. It releases pent up feelings and balances emotions.

Extreme pain can cause people to isolate themselves, restricting social interactions and relationships. The most important factor in healing from grief is the support of family and friends. Laughter yoga connects people and helps them to express emotions freely. Laughter yoga clubs generate a caring and sharing atmosphere and help to create friendships. Group dynamics of laughter reduce stress and depression. People with whom we regularly laugh can become very caring and supportive. Sharing and connecting with others makes the burden of grief easier to bear.



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/>.

7. Regiena Heringa – Notes From The Light – October 2014

Unity, Gifts and Encouraging the Imagination (Part Two)

In the message of September 2014 we presented to you the importance of employing imagination to free up the conscious mind so you may develop greater creativity and enthusiasm for your life. You were invited to sit reflectively and contemplate your gifts and how you wish to develop them within the Source to assist others on the upward path.

Let us now continue.

All what you see and touch upon your Planet Earth is very real to you. The grass you walk through, the leaves you see changing color, the sounds and the scents you pick up in the air are veritable experiences of the senses in a veritable physical world. However, it must also be remembered that your material world is vibrational in nature for without vibration, it would disappear before your very eyes! Previously we suggested that, with your imagination, you voyage through the top of a wooden table. Here you discovered that what is seemingly static and solid is, indeed, pliable and presents an opportunity for greater travel through and beyond physicality to other realms of existence.

Of what significance is this to you and your people?

You are reminded that you and your physical world are manifested forms of divine light. All life everywhere is in perfect unity because it is founded solely on divine light and love. In a manner of speaking, your physical world is coalesced light

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directed by Divinity. If, in your imagination, you were to travel your physical body as you once travelled the wooden table top, you would realize that the body happily serves a mind in light and quickly readjusts itself to be perfectly aligned to this light. You would also observe that a mind of light is perfectly aligned to a heart of light, which, in turn, is perfectly aligned to the light which forms all existence. In truth all light is one, for no matter its location or non-location, light is forever aligned to itself. Thus you witness the cosmic unity of existence. All life essence is vectored to the Creator-essence of light and love and also dwells within it.

Hence, in keeping in mind the continued transformation of your earth and its inhabitants, we invite you to use your imagination and play with the following ideas while encouraging the unity of thought with form, and moving outside known and established categories.

Close your eyes. Feel the divine creative force within you and allow a deep love to move through you as you recognize that you are a sacred creation. Then playfully and effortlessly bring forth color, light, sound, form and movement to create an inner environment which supports and celebrates this Self love. This activity will delight and liberate you and foster a greater expression of other realms of existence.

Let yourself enjoy times of higher mental play. Relinquish the structure of the human mind which you might find confining and lovingly allow yourself to mentally surrender to the unknown. The feelings of freedom, awe and love, will indicate to you that you are in a more expansive environment.

As such experiences lie beyond human understanding, simply savour them and realize that, in cultivating a higher perspective of existence, you are being re-shaped.

Periodically with your imagination sense worlds and loving presences between the outline of your physical body and the empty space around you. Become more conscious of feelings of friendship as they flow through you. While walking within your communities, take a moment to observe the awareness of an extended world around your body and within your mind. It is to be remembered that a heightened perception creates a greater opening of possibility, unfoldment and creation. You are then ready to absorb the tremendous spiritual energies now flowing through you all as your world and its inhabitants advance in wonderment and in gratitude towards an elevated living pattern.

In truth, these enhanced experiences are already familiar to those individuals in your world who are advancing. Through their understanding of unity and light and by continually and fully living the spiritual principles of the universe, these earth citizens have honed their gifts for world service. Through their openness and eagerness to learn and to share, they have been shown the way. Hence these individuals of your world together with beings from afar will joyfully guide those in your communities who are willing to become active members of your new earth as it unfolds and as it is elevated to an honoured place of celestial understanding and friendship.



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. Dr. Nancy Cleaves – Silence

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

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

It seems then,
Beauty is Silent.
and you my friend,
you - are beauty.
If you want to capture your essence,
be still.



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

9. Robyn Lebron – Universalist-Unitarians

This is the 21st article in a long series of contributions by Robyn from her book "Searching for Spiritual Unity...Can There Be Common Ground?"

The next Religion we will discover is the Universalist-Unitarians. Unitarian Universalism emerged from two different religions: Unitarianism and Universalism. Both Unitarianism and Universalism started in Europe hundreds of years ago.

Traditionally, Unitarianism was a form of Christianity. Unitarians trace their history back to the Apostolic Age and claim for their doctrine a prevalence during the anti-Nicene period. Many Unitarians believe their Christology most closely reflects that of the "original Christians". The term may refer to any belief about the nature of Jesus Christ that affirms God as a singular entity and rejects the doctrine of the Trinity.

Universalism was a fairly commonly held view among theologians in early Christianity: In the first five or six centuries of Christianity there were six known theological schools, of which four were Universalist, one accepted conditional immortality, and one (in Rome) taught the endless punishment of the lost. Universalism developed from the influence of various Pietist and Anabaptist movements in Europe, including Quakerism, Moravians, Methodists, Lutherans, Brethren, and others. The Universalist Church had its origins in pietistic, evangelistic movements with a liberal bent. However, the development of modern science somewhat sapped the Universalists' power to claim that they were the true possessors of

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revealed Christian truth. Stuck in an uneasy compromise, the Universalist Church gradually lost influence and evangelical zeal to spread itself. Unitarians and Universalists often have had a great deal of common interests and communication between them. Eventually, the Church came to the conclusion that the only way to deal with the "threat" of humanism and secular liberalism was to embrace it, and merged with the American Unitarian Association to form the Unitarian Universalist Association.

There is no single unifying belief that all Unitarian Universalists (UUs) hold, aside from complete and responsible freedom of speech, thought, belief, faith, and disposition. Unitarian Universalists believe that each person is free to search for his or her own personal truth on issues, such as the existence, nature, and meaning of life, deities, creation, and afterlife. UUs can come from any religious background, and hold beliefs and adhere to morals from a variety of cultures or religions. Unitarian Universalism is a liberal religion that encompasses many faith traditions. Unitarian Universalists include people who identify themselves as Christians, Jews, Buddhists, Hindus, Pagans, Atheists, Agnostics, Humanists, while others hold to natural theist, pantheist, and other beliefs. As there is no official Unitarian Universalist creed, Unitarian Universalists are free to search for truth on many paths. Although they uphold shared principles, individual Unitarian Universalists have varied beliefs about everything from scripture, to rituals, to God. A belief in God is welcomed but *not required* within Unitarian Universalism. 81 percent of Unitarian Universalists believe in God, and 19 percent do not believe in God. Types of theism include monotheism, pantheism, polytheism, and Deism. Deists believe in a God, but believe that logic and reason are the only sources of true knowledge. They also believe that the divine does not intervene in the workings of the world. Deist thought is quite common within Unitarian Universalism. Some believe that God is a metaphor for a transcendent reality. Some believe in a female god (goddess), a passive god (Deism), a Christian god, or a god manifested in nature or the universe, as revealed by science. Many UUs reject the idea of deities and instead speak of the "*spirit of life*" that binds all life on earth. Unitarian Universalists, who believe in a god or gods, identify themselves as Christians, Jews, Hindus, Pagans, and others. The opposite of theism is atheism, which is the lack of a belief in a god or gods. Atheism is also welcome within Unitarian Universalism.

Whatever their theological perspective Unitarians attempt, in their style of worship and their community life, to combine personal integrity with a willingness to share and learn from others. Most choose to attach no particular theological label to their beliefs. This diversity of views is considered a strength in the Unitarian Universalist movement. Many UU congregations have study groups that examine the traditions and spiritual practices of other faiths. They have respect for the sacred literature of all religions but do not necessarily accept them as infallible. UUs view these sacred texts as historically significant literary works that should be viewed with an open mind, a critical eye, and an appetite for good literature. Contemporary works of science, art, and social commentary are valued as well. Unitarian Universalists aspire to truth as wide as the world -- they look to find truth anywhere, universally. Unitarian Universalism believe that there are many sources that play an important part in their beliefs and practices: Man's personal experiences; the words and action of men and women who cause us to challenge and evaluate our lives; the wisdom and teaching from all religious practices around the world; The Judeo-Christian teachings that guide man to love one another, the guidance of reason and the results of science, and the teachings of earth-centered traditions that stress the circle of life and the connectivity of nature.

One theological issue many people are curious about is Unitarian Universalism's view of the afterlife. Historically, Unitarians believed in a traditional Christian Heaven and Hell, while Universalists believed in Universal Salvation; that is, that everyone will go to Heaven. Today, some Unitarian Universalists believe in Heaven, some in reincarnation and some in no afterlife at all. Unitarian Universalism is primarily directed towards this life, not the next. Many people ask how they can have "religious morals" without agreeing on whether heaven, hell, judgment, sin, and damnation exist. Most Unitarian Universalists would probably tell you that their own moral code has little to do with their ideas of the afterlife, and more to do with their belief in "*right*" actions in this life. Despite these variations in beliefs, all Unitarian Universalists share a deep obligation to act with justice and compassion in accordance with Unitarian Universalist values.

Historically, Unitarian Universalists have often been active in political causes, notably the civil rights movement, the gay rights movement, the social justice movement, and the feminist movement. In the 19th century, Unitarians and Universalists were active in abolitionism, the women's movement, the temperance movement and other social reform movements. Susan B. Anthony, a Unitarian and Quaker, was extremely influential in the women's suffrage movement. Unitarian Universalists and Quakers still share many principles, notably that they are creedless religions with a long-standing commitment to social justice. It is therefore common to see Unitarian Universalists and Quakers working together.

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/>.

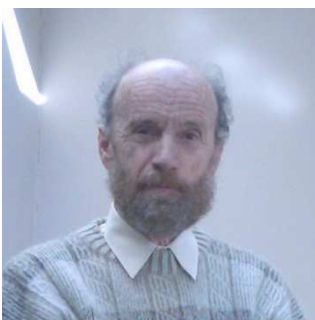
10. Leon Moscona – The Divine Guru Babaji

The work on the Mandala of the Heavenly Jerusalem, lasting more than three years, resulted in *The Book of Resurrection* (1985, manuscript) describing the various 'rooms in the Father's House', or the spiritual worlds revealed by the world religions. Later on, *The Book of Resurrection* became one of the founding stones of the book *The Second Coming* (1995), especially of the Nine-Fold Rainbow Path.

After completing four chapters of *The Book of Resurrection*, consecrated to the Initiations at the four cardinal points of the Zodiac-Mandala, an interesting story developed. It was in the summer of 1984. I met a friend, a clairvoyant, who told me: "*The Heavens are happy with you, but you have not finished your work yet. You have to write another chapter in the Zodiac-Mandala of the Heavenly Jerusalem.*" Knowing how difficult, although inspiring, was the work, I was slightly perturbed. A few days later an insight came to me: Of course, I have to write about the previous Golden Age and to describe the Initiation of the Lord Krishna. Thus the Initiation of the Lord Krishna opens the Zodiac-Mandala, while the Initiation of the Holy Spirit closes it – the Initiation for the coming New Golden Age.

To help me describe the Initiation of the Lord Krishna I had a most amazing 'ethereal encounter' with the Divine Guru Babaji. I was working in the Institute of Musicology in Sofia and most of the time I walked from my home to the Institute. The route passed by the main Cathedral in Sofia, St. Alexander Nevsky Cathedral. One beautiful afternoon the space around the Cathedral changed and to my great surprise the Divine Guru Babaji began to appear on the etheric level. In my inner being I fell on my knees in a state of awe, wonder, love and devotion. The Divine Guru filled a quarter of the sky; he was in the lotus posture with all seven chakras lit as shining stars. The Light of his chakras began to disclose the secrets of the spiritual worlds with which they were connected.

The mystical encounter with Babaji continued for about forty-five minutes and gave me important keys to the essence of Kriya Yoga. I was ecstatic and gave thanks from the depths of my soul. Amazingly my ethereal contact with Babaji continued for a few months and developed into a great spiritual romance. I learned a lot about Kriya Yoga, the Hindu spiritual tradition, and with the help of the book *Autobiography of a Yogi* by Paramahansa Yogananda, I wrote the chapter about the Initiation of the Lord Krishna in the Mandala of the Heavenly Jerusalem. It is well known that Babaji, as a Mahaavatar, gave Initiation to many spiritual Teachers over the centuries like Shankara, Kabir, Lahiri Mahasaya and others for the fulfillment of their missions. With great joy and appreciation I could say that the Divine Guru Babaji helped me in fulfilling my task as well!



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:

11. Good News Of The Day

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

Years ago, we didn't have to try so hard to stay connected. People lived in neighborhoods, and there weren't many strangers that didn't ultimately become friends. We watched over one another with relationships built upon a foundation of shared interdependence, ensuring plenty of kindness to go around. Sadly though, through our own scientific progress, we now live in an age of 'connected disconnection.' Even the most basic of needs are provided by faceless entities. But, at what cost? Read on to learn of the direct correlation between kindness and personal connection.

<http://www.dailygood.org/story/812/kindness-in-an-age-of-connected-disconnection-rahul-brown/> **Be The Change:** Try to bring awareness to those moments of disconnectedness. Or, alternately, why not designate an hour of your day to go 'hands free' instead?

For too long, too many of us have been entranced by heroes. Perhaps it's our desire to not have to do the hard work, to rely on someone else to figure things out. But perhaps it's time for us to face the truth of our situation -- that we're all in this together, that we all have a voice -- and figure out how to mobilize the hearts and minds of everyone in our workplaces and communities. <http://www.dailygood.org/story/807/leadership-in-the-age-of-complexity-from-hero-to-host-margaret-wheatley-and-deborah-frieze/> **Be The Change:** Look for solutions to the problems your community faces, rather than call on someone else to solve them.

Evolutionary theory suggests that we should embrace all of our emotions, as each has an important role to play under the right circumstances. So, though you may seek ways to increase happiness, don't haphazardly push away your sadness. No doubt, it's there for good reason, as research suggests that mild, temporary states of sadness may actually be beneficial in handling various aspects of our lives. <http://www.dailygood.org/story/793/4-ways-sadness-can-be-good-for-you-joseph-p-forgas/> **Be The Change:** You can learn more about the science and power of gratitude at the Greater Good Gratitude Summit. <http://www.dailygood.org/more.php?n=6012a>

On the surface, Philip Wollen does not look like the radical type. Named as one of the top-wanted executives in Australia, he was a vice-president of Citibank when he was 34 and a general manager at Citicorp. Around 1990, however, Philip decided to give away 90% of his capital. His aim, he says, is to die broke; to give away all he owns with "warm hands." Now, his Winsome Constance Kindness Trust (named after his mother and grandmother) supports all sorts of humanitarian causes around the world. The website of his trust says, "we don't want your money," and proclaims that its mission is "to promote kindness towards all other living beings." <http://www.dailygood.org/more.php?n=6046> **Be The Change:** Think of something you own that would make another person very happy and give it away with love.

Margaret Wheatley shares: "When my children were small, I had a slogan on my refrigerator that read: 'If mama ain't happy, ain't nobody happy.' Perhaps that was my children's first lesson in systems thinking. We adults learn this, too. If others are struggling, we experience the consequences of their struggle. If others don't feel safe, we aren't safe. Great teachers have been trying to teach us this for thousands of years. Buddhism teaches that any one thing is here because of everything else. The great American naturalist John Muir said that if we tug on any one part of the web of life, we get the whole web. But we've been very slow to learn the lesson." Read on to learn how to see beyond the boxes and into the interconnected web of life, and how doing so can contribute to the well-being of all. <http://www.dailygood.org/story/843/of-webs-boxes-and-boundaries-margaret-wheatley/> **Be The Change:** What box do you usually identify yourself with: Your nationality? Your ethnicity? Your gender? Take a moment to consider how your well-being depends on the actions of those outside your box, and how their well-being depends on your actions. How can you honor this interconnection?

Many years ago, a man's refrigerator stopped working and he ventured out to find a solution. A few people -- the used furniture sales person, somebody at the electrical supply store -- shared some tips with him so that in the end, he was

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able to successfully repair a seemingly mundane problem. Or so he thought. A deeper inquiry of the many apparent and invisible forces that brought about this simple fix is poetically shared in this personal, resounding reminder of our interconnectedness. <http://www.dailygood.org/story/808/who-fixed-the-refrigerator-wayne-muller/> **Be The Change:** Each of us is part of a long lineage of blessings that make it possible to thrive to our fullest human potential. What special skill can you attribute to the visible and subtle gifts of others?

"Art is a spiritual transaction. Artists are visionaries... Art is an act of faith, and we practice practicing it." For anyone interested in the ineffable grasping and spiritual practice of the artist, Maria Popova of brainpickings.org summarizes Julia Cameron's seminal text *The Artist's Way*, "exploring its gateways, its obstacles, and how we can get out of our own way." <http://www.dailygood.org/story/805/julia-cameron-on-how-to-get-out-of-your-own-way-maria-popova/> **Be The Change:** After reading this article, identify what you feel is the "first step" you can take towards welcoming more creativity and openness into your life.

As Mark Twain once said, "What is joy without sorrow? What is health without illness? You have to experience each if you are to appreciate the other. There is always going to be suffering. It's how you look at your suffering, how you deal with it, that will define you." With these words in mind, join author Shannon Hayes on her enlightening journey as she copes with a trip to a hospital, a friend's unfortunate bad news, and the birth of a close friend's child.

<http://www.dailygood.org/story/804/a-guide-to-love-loss-and-lucky-socks-shannon-hayes/> **Be The Change:** Be mindful of your own daily ups and downs, the joys and pains, and how that it's what makes up the circle of life.

Take a moment to enjoy this short documentary film from the New York Times entitled, "Good Night, Margaret." It is the uplifting story about Margaret "Muffi" Lavigne and Chris Plum, both of whom have muscular dystrophy. But this story focuses not on their disabilities. Instead, it focuses on something they both feel incredibly lucky to have discovered—love. As Chris so poignantly states in the film, "I realized all the suffering in the hospital led up to me meeting her, and finding the love of my life, and really finding true happiness." <http://www.dailygood.org/story/814/good-night-margaret-a-love-story-against-the-odds-melissa-mcglensey/> **Be The Change:** Be sure to take some time to appreciate all those you have been fortunate to call loved ones in your own personal life.

Marina Keegan's posthumous writings are moving, sensible and funny. Her parents, with the help of her college professor, put them together to honor Keegan's loving, compassionate spirit after her tragic death. By doing so, they transformed their anger, sadness and grief into a force for positivity and forgiveness that will inspire you.

<http://www.dailygood.org/story/845/marina-keegan-and-the-opposite-of-loneliness-alice-peck/> **Be The Change:** Call your mother and tell her you love her. If she's no longer alive, do something positive in her honor today.

This collection of photos showing everyday individuals standing for love in times of terrible violence will shake your spirit and open your heart. These acts of love suggest that "during times of conflict and political or religious civil unrest, the power of the human spirit's capacity for non-violent protest and kindness still shines through."

<http://www.dailygood.org/story/856/35-images-of-kindness-found-within-conflict-posted-on-february-13-2014-by-kindness-blog/> **Be The Change:** There are countless examples of incredible individuals who are using or have used nonviolent methods to achieve social progress. Take a moment to read up on a couple and share a story that inspires you with friends and family.

"There is nothing equal to human creativity, caring and will. We can be incredibly generous, imaginative and open-hearted. We can do the impossible, learn and change quickly, and extend instant compassion to those in distress. And these are not behaviors we keep hidden. We exhibit them daily." When faced with everyday struggles, and more broadly, the weight of wars and human suffering, Margaret Wheatley reminds us that a belief in human goodness is crucial to seeing us through the "dark times" of our lives. <http://www.dailygood.org/story/842/margaret-wheatley-on-working-with-human-goodness-margaret-wheatley/> **Be The Change:** Write down three things you witness or hear about today that affirm your belief in human goodness.

While meditation practices are usually associated with adults, there is a growing movement focused on implementing mindfulness practices to optimize the health, well-being and happiness of children. From helping kids thrive in school, to being an effective intervention with autism, to even serving kids that are suffering from cancer and other serious health conditions, meditation is showing that it can have a significant long-term positive affect on child development.

<http://www.dailygood.org/story/811/the-importance-of-mindfulness-in-children-carolyn-gregoire/> **Be The Change:** For more thoughts and ideas about the benefits of meditation for kids, visit the aptly named Teaching Children Meditation website. <http://www.dailygood.org/more.php?n=6037a>

Is kindness just an old-fashioned value celebrated in kindergarten and then soon forgotten as one grows older and more ambitious --- or is there more to it? As increasing numbers of people look to live a purpose-driven life, research is beginning to reveal the tremendous rewards that come with living kindly. What follows are some of the most compelling recent studies on the topic of kindness, and the ramifications they hold for ourselves and our world.

<http://www.dailygood.org/story/863/5-ways-science-says-kindness-will-change-your-life-birju-pandya/> **Be The Change:** Do your mind, body and spirit a favor today and commit to kindness by joining the global 21-Day Kindness Challenge that kicks off on October 2nd! <http://www.dailygood.org/more.php?n=6103a>

We all have those moments, special memories of the day 'we began to believe...' Whether through positive or negative reinforcement, we began to form the pathways of everything we believe we are. This is the habit of the thinking mind, and changing it can be a real challenge. But, not impossible. Read more to learn how these 7 simple practices can help us disentangle from old habits and forge positive new pathways for living. <http://www.dailygood.org/story/809/7-ways-to-change-negative-beliefs-about-yourself-michele-roenthal/> **Be The Change:** Just for today, step outside the limitations of those deeply ingrained habits and be willing to be open to change.

Here's a simple yet thought-provoking question: Can you imagine your life without bridges and roads? A unique nonprofit organization called Bridges to Prosperity is looking to make a positive difference in the lives of people who live in isolated communities around the world. Using state of the art technologies, fused with local construction techniques, Bridges to Prosperity's mission is to bridge the gap to essential health care, education and economic opportunities.

<http://www.dailygood.org/story/836/a-simple-bridge-is-the-solution-monica-gray/> **Be The Change:** Whether you are a student, professional, retiree or other interested individual, find out ways that you can get involved by clicking on the following link. <http://www.dailygood.org/more.php?n=6051a>

We've all experienced fleeting moments of divine inspiration. Perhaps, you've always wanted to write a book, run a marathon, or create an exciting new blog -- only to find that the spark of inspiration is too easily extinguished. It can be frustrating, to say the least. Zen Habits author, Leo Babauta offers some tips on how to translate inspiration into sustainable action. <http://www.dailygood.org/story/810/turn-inspiration-into-action-leo-babauta/> **Be The Change:** Take time to create a list today; start small and learn to simplify.

12. Search Inside or Outside?

Reprinted from www.awakin.org.

--by [Rabiya](#) (Aug 25, 2014)

A famous Sufi mystic, Rabiya, was searching for something on the street outside her small hut. The sun was setting and darkness was descending, as few people gathered around her. "What have you lost? What are you searching for? Perhaps we can help," they said to Rabiya.

Rabiya said, "I have lost my needle."

One amongst the people said, "Well, the sun is setting now and it will be very difficult to find the needle. Where has it fallen? That'll help us narrow down the area on this big road. If we know the exact place, it will be easier to find it."

Rabiya told them, "It is better not to ask me that question -- because, actually, it has not fallen on the road at all. It has fallen inside my house."

Everyone started giggling as if she was joking. Then a skeptic says out loud, "We always knew that you were a little insane! If the needle has fallen inside the house, then why are you searching for it on the road?"



"For a very simple reason: inside the house there is no light and on the outside a little light is still there," Rabiya replied.

The people laughed and started dispersing. Rabiya called them back and said, "Listen! That's exactly what you are doing: I was just following your example. You go on seeking bliss in the outside world without asking the most fundamental question: where exactly have I lost it?"

After a pause, she continues, "You have lost it inside, and yet you are looking for it on the outside for the very same reason -- your senses are outward bound, your ears hear sounds on the outside, your hands touch things on the outside. That's the reason why you are searching outside. For a very long time, I was also just searching on the outside. But the day I searched inwards, I was surprised. That is where I lost it and that is the only place it can be found."

- See more at: <http://www.awakin.org/read/view.php?tid=1045#sthash.8kafDrEv.dpuf>

13. Come Home to Love

Reprinted from www.awakin.org.

--by [Rick Hanson](#) (Sep 01, 2014)

Take a breath right now, and notice how abundant the air is, full of life-giving oxygen offered freely by trees and other green growing things. You can't see air, but it's always available for you.

Love is a lot like the air. It may be hard to see - but it's in you and all around you.

In the press of life - dealing with hassles in personal relationships and bombarded with news of war and other conflicts - it's easy to lose sight of love, and feel you can't place your faith in it. But in fact, to summarize a comment from Gandhi, daily life is saturated with moments of cooperation and generosity - between complete strangers! Let alone with one's friends and family.



Love is woven into your day because it's woven into your DNA: as our ancestors evolved over the last several million years, many scientists believe that love, broadly defined, has been the primary driving force behind the evolution of the brain. Bands of early humans that were particularly good at understanding and caring for each other out-competed less cooperative and loving bands, and thereby passed on the genes of empathy, bonding, friendship, altruism, romance, compassion, and kindness - the genes, in a word, of love.

Nonetheless, even though the resting state of your brain - its "home base" when you are not stressed, in pain, or feeling threatened - is grounded in love, it's all too easy to be driven from home by something as small as a critical comment in a business meeting or a frown across a dinner table. Then we go off to a kind of inner homelessness, exiled for a time from our natural abode, caught up in the fear or anger that makes love seem like a mostly-forgotten dream. After a while, this can become the new normal, so we call homelessness home - like becoming habituated to breathing shallowly and forgetting the richness of air that would be available if we would only breathe deeply.

So we need to come home to love. To recognize and have confidence in the love in your own heart - which will energize and protect you, even when you must also be assertive with others. To see and have faith in the love in others - even when it is veiled or it comes out in problematic ways. To trust in love that's as present as air, to trust in loving that's as natural as breathing. - See more at: <http://www.awakin.org/read/view.php?tid=1046#sthash.UGLywkd.dpuf>

14. A Newly Rich Life With Yourself

Reprinted from www.awakin.org.

--by [Martha Nussbaum](#) (Sep 08, 2014)

Do not despise your inner world. That is the first and most general piece of advice I would offer. Our society is very outward-looking, very taken up with the latest new object, the latest piece of gossip, the latest opportunity for self-assertion and status. But we all begin our lives as helpless babies, dependent on others for comfort, food, and survival itself. And even though we develop a degree of mastery and independence, we always remain alarmingly weak and incomplete, dependent on others and on an uncertain world for whatever we are able to achieve.

As we grow, we all develop a wide range of emotions responding to this predicament: fear that bad things will happen and that we will be powerless to ward them off; love for those who help and support us; grief when a loved one is lost; hope for good things in the future; anger when someone else damages something we care about. Our emotional life maps our incompleteness: A creature without any needs would never have reasons for fear, or grief, or hope, or anger. But for that very reason we are often ashamed of our emotions, and of the relations of need and dependency bound up with them. People don't know how to deal with their own emotions, or to communicate them to others. When they are frightened, they don't know how to say it, or even to become fully aware of it. Often they turn their own fear into aggression. Often, too, this lack of a rich inner life catapults them into depression in later life. We are all going to encounter illness, loss, and aging, and we're not well prepared for these inevitable events by a culture that directs us to think of externals only, and to measure ourselves in terms of our possessions of externals.



What is the remedy of these ills? A kind of self-love that does not shrink from the needy and incomplete parts of the self, but accepts those with interest and curiosity, and tries to develop a language with which to talk about needs and feelings. Storytelling plays a big role in the process of development. As we tell stories about the lives of others, we learn how to imagine what another creature might feel in response to various events. At the same time, we identify with the other creature and learn something about ourselves. As we grow older, we encounter more and more complex stories — in literature, film, visual art, music — that give us a richer and more subtle grasp of human emotions and of our own inner world.

So my second piece of advice, closely related to the first, is: Read a lot of stories, listen to a lot of music, and think about what the stories you encounter mean for your own life and lives of those you love. In that way, you will not be alone with an empty self; you will have a newly rich life with yourself, and enhanced possibilities of real communication with others.

- See more at: <http://www.awakin.org/read/view.php?tid=1020#sthash.uORC4vK9.dpuf>

15. Suffering Leads to Grace

Reprinted from www.awakin.org.

by Ram Dass

For most people, when you say that suffering is Grace it seems off the wall to them. And we've got to deal now with our own suffering and other people's suffering. That is a distinction that is very real, because we may see our suffering as Grace but it's quite a different thing to look at somebody else's suffering and say it's Grace.



Grace is something that an individual can see about their own suffering and then use it to their advantage. It is not something that can be a rationalization for allowing another human being to suffer. You have to listen to the level at which another person is suffering. When somebody is hungry, you give them food. As my guru used to say, God comes to the hungry person in the form of food. You give them food and then when they've had their belly filled then they may be interested in questions about God. To give somebody a dharma lecture when they are hungry is just inappropriate methodology in terms of ending suffering.

So, the hard answer for seeing suffering as Grace, and this is a stinker really, is that you have to have consumed suffering into yourself. There is a tendency in us to find suffering aversive, and so we want to distance ourselves from it. Like if you have a toothache, it becomes that toothache. It's not us any more. It's that tooth. And so if there are suffering people, you want to look at them on television or meet them but then keep a distance from them. Because you are afraid you will drown in it. You are afraid you will drown in a pain that will be unbearable. And the fact of the matter is you have to. You finally have to. Because if you close your heart down to anything in the universe, it's got you. You are then at the mercy of suffering.

To have finally dealt with suffering is to consume it into yourself. Which means you have to, with eyes open, be able to keep your heart open in hell. You have to look at what is, and say Yea, Right. And what it involves is bearing the unbearable. And in a way, who you *think* you are can't do it. Who you *really* are, can do it. So that who you think you are has to die in the process.

Like, right now, I am counseling a couple who went to a movie and when they came home their house had burned down and their three children had burned to death. Three, five and seven. And she is Mexican Catholic and he is a Caucasian Protestant. And they are responding entirely different to it. She is going in to deep spiritual experiences and talking with the children and he is full of denial and anger and feelings of inadequacy. In a way, that situation is so unbearable and you wouldn't ever lay that on another human being but there it is. What may happen is she may come out of this a much deeper, spiritual and a more profound, more evolved person. And he, because the way he dealt with it was through denial, may end up contracted and tight because he couldn't embrace the suffering. He couldn't go towards it. He pushed it away in order to preserve his sanity.

There is a process of suffering that requires you to die into it or to give up your image of yourself. When you say, "I can't bear it", who is that? In India, they talk about their saints as being the living dead, because they have died to who they thought they were. And they talk about the saints for whom all people are their children, so that everybody that is dying is their child dying. In that way, suffering leads to Grace.

16. Get A Life

Reprinted from www.awakin.org.

by Anna Quindlen

There are thousands of people out there with the same degree you have; when you get a job, there will be thousands of people doing what you want to do for a living. But you are the only person alive who has sole custody of your life. Your particular life. Your entire life. Not just your life at a desk, or your life on the bus, or in the car, or at the computer. Not just the life of your mind, but the life of your heart. Not just your bank account, but your soul.

People don't talk about the soul very much anymore. It's so much easier to write a résumé than to craft a spirit. But a résumé is cold comfort on a winter night, or when you're sad, or broke, or lonely, or when you've gotten back the chest X ray and it doesn't look so good, or when the doctor writes "prognosis, poor."



You cannot be really first-rate at your work if your work is all you are.

So I suppose the best piece of advice I could give anyone is pretty simple: get a life. A real life, not a manic pursuit of the next promotion, the bigger paycheck, the larger house. Do you think you'd care so very much about those things if you developed an aneurysm one afternoon, or found a lump in your breast while in the shower?

Get a life in which you notice the smell of salt water pushing itself on a breeze over the dunes, a life in which you stop and watch how a red-tailed hawk circles over a pond and a stand of pines. Get a life in which you pay attention to the baby as she scowls with concentration when she tries to pick up a Cheerio with her thumb and first finger.

Turn off your cell phone. Turn off your regular phone, for that matter. Keep still. Be present.

Get a life in which you are not alone. Find people you love, and who love you. And remember that love is not leisure, it is work.

Get a life in which you are generous. Look around at the azaleas making fuchsia star bursts in spring; look at a full moon hanging silver in a black sky on a cold night. And realize that life is glorious, and that you have no business taking it for granted. Care so deeply about its goodness that you want to spread it around. Take the money you would have spent on beers in a bar and give it to charity. Work in a soup kitchen. Tutor a seventh-grader.

All of us want to do well. But if we do not do good, too, then doing well will never be enough.

17. Humility: The Power of the Earth

Reprinted from www.KarmaTube.org.

In an era of celebrity-worship and the "selfie", can a person find power in... humbleness? Hanan Harchol explores humility in a sketch series for Jewish Food for Thought. Hanan's usually taciturn father surprises him with praise. Hanan asks why his father only praises him when Hanan is at a low point in life. And so begins a thought-provoking conversation about the power of humility, as his father encourages Hanan to be like the earth, whose gravitational force draws everything towards it. By exerting humbleness, people stop feeling the need to compete. They allow themselves to relax and be themselves when they stop fighting for power with another that demands recognition. "Humility" urges us to reconsider this facet as a sign of weakness, and begin to recognize how deceptively potent it is for the individual. - See more at: <http://www.karmatube.org/videos.php?id=4634#sthash.vvKlt5X.dpuf>

18. The Animal Communicator

Reprinted from www.KarmaTube.org.

Sometimes, the human ability to understand each other through words and signs can overshadow the power of stillness. The beauty of silence is that it can be a language of the heart. Animal communicator Anna Breytenbach taps into a deep stillness that exists between her and animals in order to understand and convey their emotions and thoughts. Through her gift, Anna is able to communicate with animals like "Spirit", a special being that felt understood and seen for the first time in his life. - See more at: <http://www.karmatube.org/videos.php?id=5261#sthash.fsXfMiW.dpuf>

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19. Birds of Paradise

Reprinted from www.KarmaTube.org.

Deep in the isolated wilderness of New Guinea lives extraordinary beauty as you have never seen it before. It pours from within the existence of 39 species of birds found nowhere else on earth. For over a decade, Ed Scholes, a Cornell Lab scientist, and Tim Laman, a National Geographic photojournalist, went through unexpected lengths and heights to capture the majestic splendour of these birds. Their dedication created the Birds-of-Paradise project. It is a scholastic endeavour meant to educate how these birds harbor beauty and behavior to become living textbooks on evolutionary adaptation. Let the birds of paradise dance, parade, and serenade you with their extraordinary ornaments and plumes. - See more at: <http://www.karmatube.org/videos.php?id=4441#sthash.NidhZaqX.dpuf>

20. Seeding Projects to Change the World

Reprinted from www.KarmaTube.org.

A 13-year-old collects items for animal shelters. An 88-year-old offers up land to community agriculture. A young man trains prisoners in nonviolence. For Ari Nessel, each story is just another day along his journey in giving. After making a fortune in Dallas real estate, Ari wanted to give back. Yet he noticed that modern-day philanthropy tends to hold a disconnect between the funders and those who are doing the work. So he decided to seed projects rather than fund them, and has embarked on an experiment to give away \$1,000 a day, every day, for the rest of his life. "My experience is that transformation happens on the fringes and in the micro areas and the individuals," he explains. "It doesn't happen on a large scale, it happens through all these people coming together in communities." Learn how the seeds of The Pollination Project continue to blossom. - See more at: <http://www.karmatube.org/videos.php?id=4396#sthash.wRJijeRr.dpuf>

HEART AND SOUL ADVERTISEMENTS:

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

21. 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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22. 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).

23. 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).

24. 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.

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25. 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>).

26. 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>).

27. 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

28. 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.

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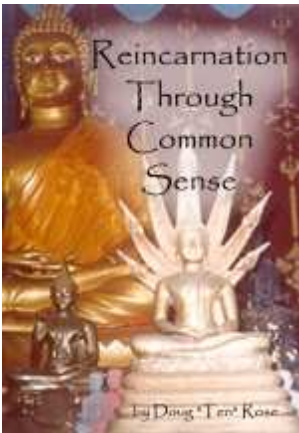
30. OM Websites

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.

31. 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.

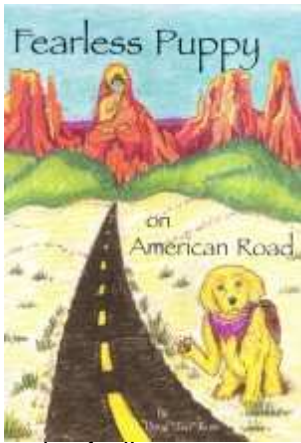
This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

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.

32. 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



33. 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.

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.

34. Spiritual Showcase with Spiritual Teacher, Bhuvaneshwari Devi

PLEASE NOTE THIS IS A SCENT-FREE GATHERING. THANK YOU FOR HONORING THIS ENVIRONMENTAL CONSIDERATION IN APPRECIATION, RESPECT, AND ENJOYMENT FOR ALL THOSE IN ATTENDANCE. SHANTI.

When? Friday, October 3, 2014, 10:00am – 12'noon

Where? New Edinburgh Square Retirement Residence, 420 MacKay Street, Ottawa (see Google Maps link, and the OC Transpo bus routes serving this location, at bottom of message). The meeting is held in the Chapel on the 2nd floor. Please check in at the reception desk and you will be directed to our meeting room.

Who? All paths welcome.

Cost? In-kind donations and free will offerings accepted

How? RSVP by contacting Rev. Robert Meagher at 613-204-0299 or rmeagher@servingyourjourney.com

Description of Next Spiritual Showcase and Presenter(s):

Join us for a morning of spiritual teaching by Bhuvaneshwari Devi (pronounced "Bhu-vah-nay-swari ") (<http://bhuvaneshwari.ca/>). Bhuvaneshwari is a spiritual teacher and author who was born in Colombia and educated at Universities in Colombia and Canada. She has formal trainings in psychology, natural sciences (homeopathy and herbology), yoga, meditation and ayurveda. She studied in Colombia, Brazil, USA, India and Canada.

Her energy awakening started at the age of 14. Since then, she has developed an unshakeable commitment and enthusiasm for human inquiry and upliftment. She has been blessed by saints and respected teachers of different traditions, crystallized through her teachings, self dignity and inner freedom.

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Since 1999 she has been under the umbrellas of Sri Sri Ravi Shankar, Yogy Bhajan (Level 2), and Swami Vishwananda. She has 10 years of studies with Sufi teachers such as Neil Douglas Klotz and Rev Tasmin Hermila Fernandez. She has been comforted in darshan for many years by the hugging saint ammachi. For the last 25 years, Bhuvanewari has been actively presenting to varied audiences alternatives to peace through raising personal consciousness.

She is the founder of the Bioenergetics Institute, a training space for personal studies, based in Canada. www.bioenergetics.ca. In 2000, Bhuvanewari opened a program for family yoga in Ottawa. That experience inspired her to take a further step and formed a team to present a training program suitable for both teachers and parents, to educate children into the yogic traditions and lifestyle. www.clubyoga.ca

Bhuvanewari celebrates life through her artistic expressions www.anakaryn.ca and through meditation. With that inclination, in 2002, she founded the Center for the Living Arts, a multimedia space dedicated to educate, elevate and rehabilitate human consciousness through art. She is also the founder of the magazine Evolution (2003).

Bhuvanewari is an author, an artist, a wife, a mother, and a spiritual teacher. She inspires students from different cultures and backgrounds to achieve balance in their life in an effortless way. The innocence and simplicity of her teachings make the transformation light and effective.

Background:

Spiritual Guidance is an inter-faith ministry initiative based in the National Capital Region that works with people to explore their spirituality. Spiritual Guidance's ministry efforts include spiritual programming. These spiritual programming services include these bi-monthly spiritual showcases that feature a guest speaker who shares the spiritual services and/or products they offer to the community.

Purpose:

The purpose of these gatherings is to give those in attendance the opportunity to hear about other spiritual healers, practitioners, and service providers in the National Capital Region. For the presenter, she/he has 30 minutes of free, live advertising and promotion to share their spiritual services and/or products with an average audience of 10-15 people.

Google Maps Link to Location:

<http://maps.google.ca/maps?q=420+Mackay+Street,+Ottawa,+ON&hl=en&ll=49.891235,-97.15369&sspn=23.386871,55.986328&oq=420+mackay+stre&hnear=420+Mackay+St,+Ottawa,+Ontario+K1M+2C2&t=m&z=15>

OC Transpo Bus Routes Serving Location:

OC Transpo bus routes 1, 5 and 7 serve this location (New Edinburgh Square Retirement Residence, 420 MacKay Street, Ottawa). OC Transpo drops off and picks up directly in front of the retirement residence. Links to route maps are below:

Route #1	http://www.octranspo1.com/images/files/route_pdf/map_carte_001.pdf
Route #5	http://www.octranspo1.com/images/files/route_pdf/map_carte_005.pdf
Route #7	http://www.octranspo1.com/images/files/route_pdf/map_carte_007.pdf

35. Ascension Meditation for the Earth

Ascension Meditation for The Earth

- When:** Saturday, October 25, 2014, 7:00–9:00pm (EST)
- Where:** 91A Fourth Avenue, Ottawa (in the Glebe). If you cannot be with us in person, please meditate at this time wherever you are. You will be linking in consciousness with people all around the world.
- Who:** Anyone wanting to share in a peaceful evening of meditation. All paths welcome.
- How:** RSVP Robert at 613-204-0299 or rmeagher@servinyourjourney.com.
- Cost:** Invited donation of \$10 (or more) to defray facility rental cost.
- Food:** Your contribution of light snacks for the social will be gratefully received.



You may call this thought by whatever fancy words you wish—psychology, theology, sociology, or philosophy—but you must think of Mother Earth as a living being. Think of your fellow men and women as holy people who were put here by the Great Spirit. Think of being related to all things!

- Ed McGaa -

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

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

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

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36. Honoring the Vision of Victoria Asinabka Peace Centre

As a follow up to Aboriginal Architect Douglas Cardinal speaking to "Honouring the Vision of Victoria Asinabka Peace Centre and Freeing Chaudiere Falls" I hope you or others from your groups can join us for monthly gatherings all over the area: And if you could offer space for one of these it would be wonderful and a great way for us to finally meet. Please just let me know if any Sunday of any month could work for you. Our first such evening to explore and grow together in common cause is:

Sunday, Oct. 12 from 6 pm to 9 pm

Potluck evenings of sharing circle conversations

Celebrating the question as we explore together:

"What is a Healthy Society and Democracy in these Changing Transforming Times of a New World and New Energy Coming Forth!"

Deep gratitude for all you are and all you are being as our new world is taking shape and form with people of good minds and hearts future generations and our ancestors are celebrating that there is hope it is being lived.

L

Judith

819-684-3099

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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CANADA

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Facebook: www.facebook.com/Servingyourjourney