

Serving your personal journey toward enlightenment...

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

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

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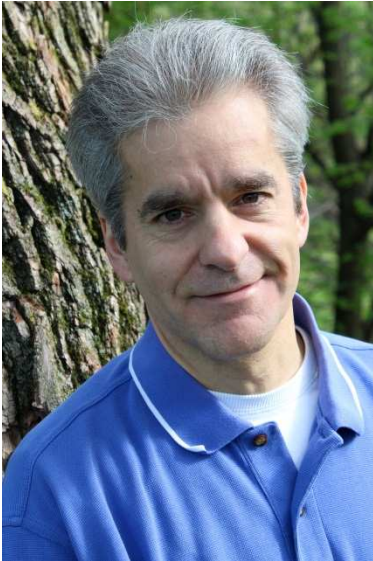
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Hate is only overcome by love

"Holding on to anger is like grasping a hot coal with the intention of throwing it at someone else—you are the one who gets burned."

Buddha

I offer you peace on this day, and every day of your life. A few days ago I asked Spirit for some inspiration about what to write about this month. And yesterday I received that inspiration.

I am writing this passage the day after a series of events took place here in Ottawa, Canada, that the conventional media has portrayed as a tragedy and attack on our Nation. I am speaking, of course, of the seemingly random, senseless and innocent shooting of a Canadian soldier at the National War Memorial. The soldier died later in the day from his wounds. The man who shot the soldier then proceeded to Parliament Hill where he walked into the Parliament Buildings and opened fire on more innocent bystanders. The gunman was shot and killed by security guards.

First, I wish to extend my love and healing energy to all those affected, directly and indirectly, by the events of yesterday. May the peace of Divine Source bring you comfort and solace at this time.

Immediately following the events described above, the downtown core of Ottawa, where I live, was cast into 'lockdown.' Residents were asked to stay indoors and not to venture outside. The city fell into a dark chasm of fear that permeated the air like a heavy and dark cloud. As soon as I became aware of the events that had unfolded, I fell into meditative prayer. My first thoughts were with the family and loved ones of the soldier who was killed. Next, my thoughts moved to the gunman who I also prayed for his healing.



Perhaps not surprisingly, the media rallied into their characteristic posture—they recounted again and again the events that had transpired and, as they seem so willingly to do in their naivety and ignorance, exacerbated the fear that was already running rampant in the city. The media coverage rose to a crescendo and culminated in our Prime Minister giving a public address to the Nation in the evening. The messaging was rather characteristic of a perception that the Nation had

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been attacked and we would stand together, fight together, and not allow ourselves to be intimidated—all characteristic of an ego that was afraid and angry at the events that had transpired.

The Prime Minister's address reminded me of what the Buddha says about holding on to anger... "Holding on to anger is like grasping a hot coal with the intention of throwing it at someone else—you are the one who gets burned."

May our Nation's leaders awaken to a new reality and awareness that, in the words of Buddha, "Hate is not overcome by hate; by love alone is hate appeased."

In love, gratitude, compassion and forgiveness...

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Our Daily Bread

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

Helene Schucman

3. Quote or Question

"You give but little when you give of your possessions. It is when you give of yourself that you truly give." (Kahlil Gibran)

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 – Not Fitting In

Many people who come for the inner child work go back to childhood relating to the sadness and feelings of isolation of not fitting in. They felt alien to the family, parents and siblings and wondered how in the world they ever came into this family. They felt misunderstood, afraid to share who they really were for fear of censure and humiliation. Above all, they feared rejection, and so they kept quiet, played the game and hoped no one would see that they were different and could not be accepted as a part of the family. As unhappy as they were they feared discovery and rejection more than anything.

Because they labeled themselves as different, they translated this into unlovable, unworthy---just plain not good enough. They grew up hoping this 'not good enough' would not be seen by others. When something embarrassing happened and they stood out they were terribly shamed and humiliated and it further reinforced their 'not good enough'ness to themselves and they became more and more withdrawn and terrified of groups and places that were not safe, familiar and controllable for them. School was often a nightmare. Wanting only to hide they felt exposed and raw-- just waiting to make a fool of themselves, answer a question wrong, bringing laughter and embarrassment or not being good enough on a sports team or any project they had to participate in. Life was one big fear of being seen, judged and known to be inadequate, unworthy and thus unlovable.

The sad part is going home did not feel any better. Generally there was no one in the family they related to or felt understood by. Often the only ally was hiding in one's room, a favourite spot out in nature where they could be alone, time with a beloved pet that unconditionally gave and received their love and often books. Today they would hide from their uncomfortable world in their screens, phones, ipods, ipads and computers. More than ever kids feel they do not fit in, that there is something wrong with this world and that nothing feels right or familiar to them.

I remember being a child around 4, being outside looking up at the light streaming through the clouds and saying to God (or someone; I'm not sure I had a concept of God at that age) "Take me back. There is something wrong; there is no love here." I felt so lost, so alone and so unloved. I needed to go back to the place I sort of remembered where it was different, where I felt the love and knew that I was love.

I think many of us came incarnated here from somewhere else where there was love, kindness, compassion, truth and respect and we have come here to help anchor that on this planet who we all know is in a major transition into a higher vibration where all those attributes will be commonplace. Getting there is the challenge. Staying in this lower vibration when we not only remember how it could be loving and different and are living those loving qualities ourselves, we are finding it very hard to fit in as adults, just as we did as kids. We came here to assist in the big transition and part of that is remembering who we truly are, modeling what love and compassion look like, to a world that has become stuck in density and duality, the lower vibrations of power, greed and selfishness. If we did not know there was a different and better way how could we be the vanguard of change so desperately needed to propel us into the new age? This shift is so big, so dynamic it needs everyone of us who didn't feel like we fit in (because we didn't) to step up and be the love, the goodness, the generosity, the kindness and the compassion we are. Each one of us counts. What I'm saying--if you didn't fit in it is a good thing. It means your special and you know that self-centeredness and fear is not the way to live. Be the role model you came in to be. BE THE LOVE!

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The inner child work I do really helps to heal the pain of growing up not fitting in. Even though we now know why we didn't and that it is a good thing we didn't, we still benefit from going in and re-parenting the lost and wounded child that felt inadequate, unworthy and unlovable. This is my favourite work and I would love to help you heal a sad and isolated childhood and to celebrate who you are now.



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 – Caregivers

These are channeled works through Geoff Straw from Divine Source.

As caregivers, you often may feel that the weight of the world rests on your shoulders as you assume the responsibility of making the right decisions and having the right answers to make things better for your loved one or friend. Caregivers are divinely inspired to assist others and are often natural problem solvers and trouble shooters.

However, this need to help and to be in control can sometimes end up feeling like a burden that you carry even though your intent is positive. It is difficult, if not impossible to always intuit the best action to take, or even to speak when trying to assist someone in need. When you love someone, you want to take away their pain and to "fix" their struggle. You often rely on your own strength to do this and the ego is ill equipped to cope.

You forget that you are not GOD and act as if you were GOD, somehow capable of figuring it all out and easing the uncertainty. There may be much to be learned for both yourself and for the other in uncertain times. If you feel burdened by caregiving, know that it may be because you are confused about your true identity and by who it is that is truly in charge of the situation. Chances are, it isn't you! At least not the "small " you that is your ego.

Instead, allow yourself to be guided by a much more powerful agent - that of spirit, or higher self that is close by at all times. This loving presence wants to help and guide you in all matters, decisions and "problems." It is simply a matter of making this connection real in your situation and in your life. When you feel the stress, turn within, notice the breath and ask for guidance.

You will be shown the right action, the right thing to say or do and you will notice a sense of peacefulness that accompanies this. Tune in, turn inward and let go - practice this throughout your day especially when you are tempted to act from your small self. Then observe the results as you shift gears, so to speak, and you will see clearly that there is a power much greater than yourself at work in your life and in your caring for others.



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 qwstraw@sympatico.ca.

6. Kathryn Kimmins – Laughter, A Journey into the Light

“Embarking on the journey to freedom requires the desire to be happy, the courage to listen to your heart and the willingness to let go of anything that no longer serves you. When you honour your soul’s guidance to walk this path, your personal transformation is inevitable.” ~ Mena Canonico

Stress is too expensive to be ignored

In today’s fast moving and constantly changing world, people are struggling to keep up. This inability to cope is manifesting itself in stress related diseases such as cancer, heart attacks, strokes, depression, pain, exclusion from the human race, and anxiety.

Diseases like cancer come from repressed rage and disease like diabetes come from repressed grief.

Laughter is part of the solution

We all know that laughter is the best medicine, but after decades of study and research it is becoming widely accepted as a legitimate therapy to deal with a variety of diseases, as well as promote better overall wellness in body, mind and spirit.

Continue to focus on the many people and things that bring you joy in this life. Your true destiny is bliss and joy, as it is for everyone around you. Spend time contemplating the many lessons you have learned on our journey together and see how they can help manifest joy in your life and in the lives of everyone you meet. As you make your way through your day today allow yourself to share your smile with others freely. Be the ripple of positivity and light that will change the world.

Remember, the more you laugh, the more you want to laugh and the more you laugh the easier everything is.

Our day to day experiences will become lighter, more fun, playful and creative.

You were built to believe, designed to receive, and born to go where no one ever has.

Namaste!



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

7. Regiena Heringa - Notes from the Light – November 2014

Think not that the apple you may hold in you hand is simply a form contained within the skeletal framework of your hand and fingers. Think not that your physical environment, indeed your physical body and all that exists in your material world, is limited to your sense of seeing and touching. This only appears to be so for your world is in an enclosure.

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What do we indicate by this?

Everything upon your earth is perceived as being in an enclosed field. All has its place; thought advances in linear fashion as do the steps you take and the food that you ingest. This sense of predictability and confinement encourages your feeling of security and furthers your understanding of the third -dimensional world wherein you dwell.

But we lovingly caution you all.

Your world of enclosure is pulling itself outwards and upwards for nothing in existence is truly contained and predictable. The very nature of life is growth, expansion, creativity and progress and this is experienced in all worlds and universes, material or immaterial. The majestic and all powerful force of sacred love and infinite intelligence, Creator of Life, is an expansive, comprehensive and infinite Source which asks only that Its creations, through their own free will, emulate in daily life, Its divine expression.

Hence, we request that you voyage beyond the initial ordinary thought you create so that a greater spiritual understanding of life can be cultivated. The more expansive the thought, the greater the conscious and joyful union with the Source wherein you also dwell.

Let us then suggest the following to you: when next you have an apple in your hand, replace linear thinking with a heightened sense of awareness. Feel the vibrancy of this fruit and allow it to flow through your hand as the vibrations of your hand and fingers flow through the apple. Begin then to construct thoughts of upliftment for the apple, your hand and life beyond your personal identity. Here are some examples of expanding thinking: *How very beautiful to sense the pulsation in this apple. I am aware of the God vibration within each of its molecules. I close my eyes and feel this sacred vibration moving through this fruit, through my hand and my entire my physical body. This same resonance infuses my entire being and swirls through the multitude of fruit that beautifies this earth. I am filled with gratitude for sensing this vibrant community and extend my thankfulness and understanding to all the earth, within it and beyond it.*

Thought-exercises such as these have a remarkable influence on your personal life, on the inhabitants of your earth and within the nations of your world.

You are Leaders of Light. All is at your disposal to encourage the upliftment, the expansion and the freedom of your earth, for love and liberty dance hand-in-hand. As you well realize, your planet is part of a greater grouping of worlds and organizations solidly founded on sacred vibration and pursuing interests in the many fields of science, technology and culture. These worlds assist you by opening up pathways to spiritually eager individuals upon your planet and by inspiring those leaders in your communities who base their lives on the common good. In this manner, your earth is being lovingly yet firmly directed to emulate the expression of the Great Divine One.

Hence, contemplate your stance as a Leader of Light and realize how your happiness increases in knowing that you are with us participating in a vast membership of worlds and societies vibrating in Christ Light.

Kindly remember that you are expanding, sharing and merging with all that promotes spiritual advancement and celebrates fine achievement. Indeed, the concepts of enclosure and containment belong to a society just beginning to learn. You, on the other hand, as Leaders of Light, have moved upwards beyond the confines of human thought. It is here you celebrate the realization that you are beings of infinite love, enthusiastically linking to the universal and sacred resonance of holy and intelligent life.

You are well on your way.



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.

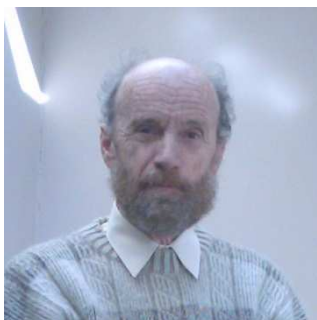
8. Leon Moscona – The Celestial Library of R. Steiner

In the period 1974 – 1981 I read, with great enthusiasm, many books by Rudolf Steiner (including his interpretations of the Gospels, The Book of Revelation, The Fifth Gospel, Genesis, Karmic Relationships, The Festivals and Their Meaning, The Philosophy of Freedom, The Mission of the Archangel Michael, etc.). On the one hand my interest was motivated by my mystical connection with Zoroaster and Zoroaster's actual connection with Jesus. On the other hand, following my climbing in the Spiritual Himalayas, I was fascinated by the enormous richness of Steiner's visions of the spiritual mysteries in the life of humankind. Actually, in this period of my spiritual journey, Rudolf Steiner helped me to understand and appreciate the Christ Mysteries in all their apocalyptic importance, power and glory. Reading his books, I was able to deepen my culturological and metaphysical knowledge from the past with new spiritual mysteries. Not surprisingly then I had a mystical vision of the inspiring work of Rudolf Steiner. This happened in the area around the Mussala Summit in the Rila Mountains.

Mussala is the highest summit not only in the Rila Mountain, but also in the Balkan Peninsula itself (approximately ten metres higher than Mount Olympus in Greece). The first summer camps of the Universal Brotherhood, led by the Master Beinsa Douno, were at the foot of Mussala, because of its sacredness (Mussala means "close to God"). Later on the summer camps were moved to the Seven Lakes area, but the Master, with some brothers and sisters, used to visit this sacred area practically every year.

I was hiking with some friends in this area, enjoying the sacredness, the majesty and the beauty of the Mussala range of summits. At some stage, as was usual in my mystical visions, the mountain started vibrating ethereally and the metaphysics of the area changed. I found myself in a most wonderful spiritual space in the causal world. The archetypal thought-forms of a University campus, with many buildings with special architecture, appeared, forming a gigantic library with many rooms, with bookshelves, full of books. The books had their own shape, aura and content. Each one of them contained Divine knowledge about the evolution of Creation and humankind. Little by little this University campus, with thousands of light-books crystallised within me as the Steiner celestial Library. Perhaps this Library was taken from the Akashic Chronicles in the Mind of God where all the Wisdom is stored.

After a few moments I realised that I was making contact with the cosmic consciousness of Rudolf Steiner himself and was able to merge with him spiritually. Then I started picking up different books and to my surprise they revealed an important new spiritual wisdom for me. This wisdom was not in the form of cultural or even metaphysical knowledge, but rather in the form of living light, with its own aura and vibration. I, of course, happily spent some time in the Steiner celestial Library, reading the ethereal books and enjoying the mystical contact with him. In essence, I was making contact with the Higher Self of Rudolf Steiner and with the Divine source from which he was bringing his great wisdom.



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 lmmission@eircom.net, or via his website at www.testamentoftruth.org

9. Doug Henderson, Ph.D – Power, Force and Rulership

This is both a time of chaos and opportunity. Today, I will be providing an opportunity to view life circumstance differently.

The Great Rays of change are causing those mired in a lower attractor field to vent their anger and hatred resulting in chaos and terror. It has given rise to the religious zealot and fanatic that uses religious distortion to project it's hatred upon the meddlesome, pretentious zealot of capitalist democracy that would exploit and enslave all to a feudal allegiance. These are the extremes of intolerance "of either or," each of which provide their own injustice. These same Great Rays are providing an opportunity for those of a higher attractor field to lift up their brother and sisters without exception. The insidious war-like head of the serpent, be it political, medical/pharmaceutical or anti-ecological will be severed by humanitarian acts of kindness and freedom that expose and inform the exploited (public).

These are the distortions of duality and the abuse of free will choice that bring chaos and horror of intolerance until the pendulum of extremes swings to its opposite extreme. This is the realm of Ahriman, Lucifer's brother and planet earth is his personal domain. This is what duality is all about. Some might call it hell, a definition of which would be to do the same thing over and over again, expecting a different result. So what is stupidity? It is the refusal to examine those false assumptions, beliefs, opinions, interpretations, ideas, conceptions and generalizations within us that trigger us and cause us to commit the same acts over and over again, expecting a different result. Now here is the key to all of this. Each of us has free will choice. Each of us must make the personal decision to change our present circumstance and perception. No one else can do it for you. All it requires is a change of mind. The insidious forces of Ahriman can only take control if we allow them to do so. This means that we make a choice to "identify with" and "buy into," what his field agents would promote. But we have always had the power of refusal. What his field agents promote is; shame, guilt, apathy, grief, fear, desire, anger, pride and self-will. However, when you are at a level of consciousness of predominantly love which requires being in the now, these forces have no effect upon you because when you are in the now, you are in love with life itself!

Each of us knew this before we ever came into this incarnation to this planet. No other planet suffers from duality. So why did we come here? Because, to progress here spiritually would propel us on our journey faster than any other realm. Growth only takes place where there is adversity. By making better choices, we have the ability to collapse time and re-join the balance of our Soul (approximately 97%) that never left its Creator Source. Otherwise we are destined to repeat the same mistakes over and over again until we decide to go within and examine our false beliefs. We choose it all. We chose our parents, we chose those we would meet that would influence us and affect our lives, we chose all incidents as tests to see how we would respond, we chose to come in defective or not and we chose our exit strategy. Why? For purposes of Soul development and refinement! This is what I mean when I say, "I am only ever experiencing myself." I am the author, director. Producer and actor of my life experience. (Neville Goddard) There are no victims. Fate is the ploy of a superstitious mind.

This is the realm of manifestation that contains all possible experiences. If it can be conceived of, it can be experienced and it is not just our response but our motivation behind any given situation that determines to what extent we progress. We must have had great confidence in our abilities to excel in this realm and a desire and willingness to want to come here. But now that we are here, we are "dazed and confused," and frustrated. We have forgotten the amnesia clause within our contract; where we would have no recollection of any knowledge from any prior lifetime. Despite that, we felt that we could cope but now that we are here and seldom in the now, we are not so sure. And doubt is the essential ingredient for all sin which is really an archery term that means we have missed the mark. In other words we are out of alignment with a Creator Source. In this realm of manifestation we bring our experience all upon our self by our own doing. We are in what I call, "A reciprocal homeopathic relationship with Creator Source," where like attracts like. So, it is the unconscious feeling behind any response that calls our experience. Our life experience is a complete reflection of what it is that we put out to the universe which quantum theorists now believe may be experienced 20 Billion light years into the universe and we are that universe. The back of my business card states; "What we hold in mind we radiate and call to us. Change your thoughts and change your world. When the mind/thoughts heal, the body follows." This the crux of all healing! For it is the lower attractor elements of Ahriman's field agents that we identify with and buy into that cause us to resonate with degeneration. This the result of dis-harmony with the Life Force. Once you are in love with life itself, healing returns, awareness and psychic powers will come, not as something sought after but as a by-product of devotion to alignment with your Creator Source. But most believe that life ends at death. Few realize that their spirit is eternal and what they refuse to confront in this lifetime will be waiting to be confronted in another.

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Where there is conflict between a conscious held belief and what is actually held in the unconscious mind (aura), the frequency representation of what is held in the unconscious will always win out. It's like your own personal lie detector because in all things personal honesty is absolutely necessary if any progress whatsoever is to be made. But many of us do not believe that our thoughts or feelings have any effect or form, but they do. The feeling always comes first and the thought follows. Both have frequency, form and movement. Just because we have chosen to limit our perception and cannot see something doesn't mean that it doesn't exist. Spirit of God can see it all. Consequently, many of us are not prepared to take responsibility for our feelings, thoughts or actions. This is really the view of a greedy little child (lower self) that wants instant gratification but isn't prepared to pay the price for anything. There is a spiritual law concerning "paying the price," it's called the Law of Compensation. This is what giving and receiving is all about. You will receive according to your ability to give. As your consciousness raises there may come a time where giving and receiving are indistinguishable from each other. But everyone is where they need to be at any point in time because one level of consciousness has no awareness of another. Life must be experienced and that is what we are here for.

Each of us has the ability to bring on peace, love, joy and beauty. Each is a different level of consciousness. It's all an inside job that requires self-examination and self-purification of our motives and all of our false concepts. No one else can do it for us. It's a personal task/journey. So, the recognition of self-responsibility is the first step in the journey. Paradoxically, you cannot possibly do it alone. We need the help of others who share this journey of no distance, who may at times see things about our self that we do not see; something that requires further examination. Where two or more are gathered with a common intention, so to am I? So, brotherly love is essential to this journey.

"Only the very lazy in spirit value the material world."(Pierrakos) But it is our laziness and our numbness that has provoked the evil that we see before us. We have created it all by our own spiritual neglect. What is valuable we have relinquished to those who would promote what is valueless. If each of us had honored and pursued our function; self-purification (what is valuable) the dark forces would not be empowered. So what we presently witness and experience is the neglect of our own Divinity. Each of us have a role to play. To leave it to another lifetime is a denial and a squandering of the present lifetime.

The conflict of our present circumstance is providing the opportunity to warp from the intolerance of "either or," to "both and more are true." And this intolerance is just not on the other side of the world, nor is it just in our self-serving politicians eager for a "pay off." No, it is inside each of us. It resides deep within each and every one of us, in any feeling, thought, word or action that seeks advantage to the disadvantage of someone or something else. This is both the Law of Cause and Effect and the Law of Compensation in action. All equations must balance and when they do often there are consequences to be paid.

What we see in our world is the result of dark forces that would appeal through fear and distortion of the truth (propaganda) to immature and childish minds that a perpetual state of war is necessary for economic purposes, so that those that would promote it might profit from the demise of those that would defend their position. It stems from pride, self-will and fear that promote a belief in scarcity, lack and greed. A belief that the world is over populated and that 80% or more of the "useless eaters," (Kissinger) must die, so that those who profit from fear and war can have more of the spoils of war. Peace is not the objective because peace does not come from the barrel of a gun. Nor should any citizen support a government that believes so.

We have allowed the collective field of Ahriman to rule our planet and will continue to do so, until a righteous anger pervades the Soul of every citizen and there comes with it a willingness, a determination, a realization and recognition for self-responsibility to change within. By our very changing, not only will our level of consciousness change and improve but the consciousness of all those without courage will be raised. For it is not bodies that join but minds. The dark side realizes this. This is why they would employ the frequency of fear to have us live in fear because in that state each of us is very easily manipulated.

But here is the secret my friends. As the pendulum swings from extreme to extreme, from false flag, to propaganda to fear there is no recognition by those without conscience of their own Divinity – of the stillness of the fulcrum. They blow right by it with their dramatics. It is from the stillness that all power comes. It is the difference between, "Power versus Force."(David R. Hawkins) Force is the conniving manipulation where Power is in the stillness of the quiet observer who examines their core false beliefs, distortions, dis-harmonies, illusions, false interpretations, beliefs and opinions; acknowledges and accepts them, as this is who I am right now in this moment, feels them and asks for help in that stillness to something so much greater than itself, to change and to align with truth. It requires asking for help and

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understanding (this is the knocking Jesus spoke of) to lift you out of the muck that you presently find yourself mired in. This is our real function that we have ignored.

I would encourage all readers to go within and look at the muck as a detached observer without moralizing. All moralizing and guilt is counter-productive. After all, you are a Child of God who is in a state of becoming. Your attitude must be, that was then and this is now. I now desire change for something better. All pleas for help begin with the recognition that there must be a better way. When that plea is made transformation comes. It may not be instantaneous but it will come as you continue to desire alignment with your Creator. Awareness will descend upon you when you least expect it, as your quest becomes more and more genuine according to the unconscious radiations of your aura. In fact you will go from projecting your conscious request to radiating your unconscious state of being. When that happens the change will be perceived in your aura and change will come. The more of us that do this together with genuine sincerity the more our prayers will be answered because we are demonstrating our willingness to come into alignment with a Creator Source. We are making ourselves ready and in this state we allow for something better because Spirit only recognizes those who recognize it. (W.W. Atkinson) It is up to each of us to bridge the gap more than half way and to be consistent in our desire.

Perhaps I can share a personal intention that I have found very, very helpful. "Lord, help me to come from Love! Help me to stop interfering with my own true nature." Thank You! Thank You! Thank You!

Namaste.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. On July 1st, 2009, Doug started a program called the "Tune Me Up Program" that is having extraordinary results raising clients levels of consciousness/awareness. Go to:

www.quantumru.com to read unsolicited experiences. In May, 2004, Doug was diagnosed with 4 different cancers. He refused conventional therapy and developed protocols that

worked for him. Today, his clients benefit from what he learned. Doug can be reached by phone at 613-233-3888, by email at drdoug88@gmail.com, or via his website at www.quantumru.com.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

10. Good News Of The Day

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

When you look for examples of moral courage, do you think about the people who are in prison? Sister Megan Rice, an 84 year old nun, is serving a 35 month prison sentence for an act of civil disobedience to stand up for life itself and denounce the continued existence of nuclear weapons. Her words will reveal insight about the nature of courage and the enthusiastic spirit of satyagraha. <http://www.dailygood.org/story/857/moral-courage-and-the-story-of-sister-megan-rice-michael-edwards/> **Be The Change:** Take time to write to someone incarcerated, whether or not they are a "political" prisoner.

"You can do a really simple thing, and it can turn out to make a BIG difference." That's 10 year old Fluro Zebra's motto. When Fluro wanted to do a random act of kindness, she decided to make pet rocks with the sole goal of making people smile. Read more about the ten year old girl who is reminding us that we can all make the world a happier, more peaceful place if we carry out an altruistic deed. <http://www.dailygood.org/story/860/fluro-zebra-age-10-is-making-the-world-smile-fluro-zebra/> **Be The Change:** Today commit to doing at least one act of random kindness that will make someone smile.

The world can seem like a cold place sometimes -- a place where you are completely disconnected from the people around you, even if you are sitting across from them on a bus. Designer and artist Marielle Coppes believes you have a tremendous power within you to do good. And once you discover this power, there are no boundaries. Watch this short, sweet video of how Coppes decided to brighten people's day and show them that they are connected and loved. <http://www.karmatube.org/videos.php?id=4657> **Be The Change:** Read about how the Japanese legend of folding 1000 paper cranes has become a worldwide symbol for peace. <http://www.dailygood.org/more.php?n=5990a>

What is the link between a Catholic priest and at-risk youth in the Phillipines? Hope for the future. In 1997, Father Marciano "Rocky" G. Evangelista, known as Father Rocky, founded the Tuloy sa Don Bosco School. Since its inception, the Don Bosco School has functioned as a refuge for thousands of teenagers and street children who could otherwise have become absorbed into the prevailing system of youth seeking security through drug trafficking, networks of vigilante justice and other crimes. Through his school, Father Rocky provides students with more than just an education and shelter: he gives them practical training, exposure to artistic outlets, and career opportunities to truly transform the uncertainty in their lives into stability and hope. This article highlights the power of compassion and demonstrates how one person really can create a better world. <http://www.dailygood.org/story/859/father-rocky-s-safe-haven-for-street-children-michelle-burwell/> **Be The Change:** What issue or cause is near and dear to your own heart and how can you, as Father Rocky is doing, help transform it for the better?

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. <http://www.karmatube.org/videos.php?id=4396> **Be The Change:** Read more stories of grantees that have been seeded and encouraged by the generosity of the Pollination Project. Perhaps you might be inspired to submit your own idea! <http://www.dailygood.org/more.php?n=6108a>

Noise pollution is linked to health problems and some argue it interferes with our natural connection to the earth. As the world's quiet places disappear, are we forgetting how to listen? In 1989, "acoustic ecologist" Gordon Hempton received a

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grant to document and record the natural sounds of Washington state. He identified 21 wilderness places to record -- sites unsullied by the sounds of traffic, aviation, construction, and other man-made noise. Twenty-five years later, only three of those sites remain muted. This poignant article shares more. <http://www.dailygood.org/story/850/the-extinction-of-quiet-ilima-loomis/> **Be The Change:** Sit quietly in your heart and mind and listen to the person in front of you today. Let them know that you are listening.

Mark Bustos is a hair stylist at an upscale salon in New York City, but not all of his clientele have to be wealthy to get a quality trim. Sometimes, they don't need a penny. Bustos spends every Sunday -- his only day off from work -- venturing through the city in search of anyone in need who'd appreciate a haircut. Approaching each person with the same, simple phrase -- "I want to do something nice for you today." Meaningful, ordinary human contact and respect is the remedy to dehumanization. <http://www.dailygood.org/story/851/hairstylist-for-the-homeless-kindness-blog/> **Be The Change:** Do something nice for someone today without expecting anything in return.

We live in a society where we often feel as though we are in a state of constant competition in all areas of our lives: work, relationships, hobbies, and in turn, we are often overly self-critical. Practicing self-compassion can help us to restore feelings of self-worth and instill an inner peace to propel us in our actions. <http://www.dailygood.org/story/858/how-to-practice-self-compassion-emma-seppala/> **Be The Change:** Practice self-compassion today by writing a letter to yourself acknowledging all of your positive characteristics and attributes.

11. The Place that is Free of Suffering

Reprinted from www.awakin.org.

by Eckhart Tolle

The world promises fulfillment somewhere in time, and there is a continuous striving toward that fulfillment in time. Many times people feel, "Yes, now I have arrived," and then they realize that, no, they haven't arrived, and then the striving continues. It is expressed beautifully in *A Course in Miracles*, where it says that the dictum of the ego is "Seek but do not find." People look to the future for salvation, but the future never arrives. So ultimately, suffering arises through not finding.

And that is the beginning of an awakening-when the realization dawns that "Perhaps this is not the way. Perhaps I will never get to where I am striving to reach; perhaps it's not in the future at all." After having been lost in the world, suddenly, through the pressure of suffering, the realization comes that the answers may not be found out there in worldly attainment and in the future. That's an important point for many people to reach. That sense of deep crisis -- when the world as they have known it, and the sense of self that they have known that is identified with the world, become meaningless.

That happened to me. I was just that close to suicide and then something else happened-a death of the sense of self that lived through identifications, identifications with my story, things around me, the world. Something arose at that moment that was a sense of deep and intense stillness and aliveness, beingness. I later called it "presence." I realized that beyond words, that is who I am. But this realization wasn't a mental process. I realized that that vibrantly alive, deep stillness is who I am. Years later, I called that stillness "pure consciousness," whereas everything else is the conditioned consciousness. The human mind is the conditioned consciousness that has taken form as thought. The conditioned consciousness is the whole world that is created by the conditioned mind. Everything is our conditioned consciousness; even objects are. Conditioned consciousness has taken birth as form and then that becomes the world.

To be lost in the conditioned seems to be necessary for humans. It seems to be part of their path to be lost in the world, to be lost in the mind, which is the conditioned consciousness. Then, due to the suffering that arises out of being lost, one



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finds the unconditioned as oneself. And that is why we need the world to transcend the world. So I'm infinitely grateful for having been lost. The purpose of the world is for you to be lost in it, ultimately. The purpose of the world is for you to suffer, to create the suffering that seems to be what is needed for the awakening to happen. And then once the awakening happens, with it comes the realization that suffering is unnecessary now. You have reached the end of suffering because you have transcended the world. It is the place that is free of suffering.

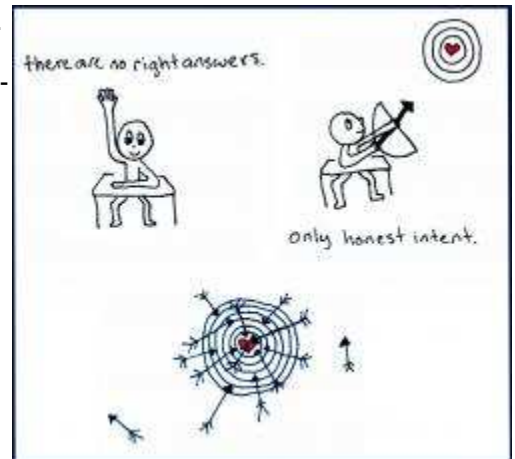
12. The Difference Between Education and Training

Reprinted from www.awakin.org.

by Rachel Naomi Remen

For me, the process of education is intimately related to the process of healing. The root word of education -- educare -- means to lead forth a hidden wholeness in another person. A genuine education fosters self-knowledge, self-trust, creativity and the full expression of one's unique identity. It gives people the courage to be more. Yet over the years so many health professionals have told me that they feel personally wounded by their experience of professional school and profoundly diminished by it. This was my experience as well.

It has made me wonder. Perhaps what we have all experienced is not an education at all but a training, which is something quite different. Certainly in medicine the training dimension of schooling has become more and more central and assumed a greater importance as the many techniques of the scientific approach have been developed. The goal of a training is competence and replicability. Uniqueness is often discouraged and may even be viewed as dangerous.



A training is all about the right way and the wrong way to do everything. In a training your own way of doing something can often become irrelevant. In such a milieu students often experience their learning as a constant struggle to be good enough. Training creates a culture of relentless evaluation and judgment. In response students try to become someone different than who they are.

At the end of the Healer's Art teachings, the students stand in a large circle, silently review their memories of the course and identify the most important thing that they learned or remembered during the course. They then turn this insight into an affirmation: a little phrase which begins in one of three ways: I am ... I can ... or I will. One at a time, the students go around the circle each saying their phrase out loud. This year will be the 24th year that I have taught the course at my medical school. The most common thing that students say in this sharing is a simple three-word phrase: I AM ENOUGH. Year after year it is the same phrase I myself say as well. It is the beginning of everything.

In Medicine, training is essential to technical competence. The real question is, is training good enough?

My dream of medicine was not to become competent. My dream was to become a friend to life. It was that dream that enabled me to endure the relentless pursuit of competency required of me. But competence did not fulfill me then and could not have fulfilled me for my medical lifetime. Only a dream can do that.

13. Conscious Simplicity

Reprinted from www.awakin.org.

by Duane Elgin

Here are three major ways that I see the idea of simplicity presented in today's popular media:

1) **Crude or Regressive Simplicity:** The mainstream media often shows simplicity as a path of regress instead of progress. Simplicity is frequently presented as anti-technology and anti-innovation, a backward-looking way of life that seeks a romantic return to a bygone era. A regressive simplicity is often portrayed as a utopian, back-to-nature movement with families leaving the stresses of an urban life in favor of living in the woods, or on a farm, or in a recreational vehicle, or on a boat. This is a stereotypical view of a crudely simple lifestyle - a throwback to an earlier time and more primitive condition - with no indoor toilet, no phone, no computer, no television, and no car. No thanks! Seen in this way, simplicity is a cartoon lifestyle that seems naive, disconnected, and irrelevant - an approach to living that can be easily dismissed as impractical and unworkable. Regarding simplicity as regressive and primitive makes it easier to embrace a "business as usual" approach to living in the world.



2) **Cosmetic or Superficial Simplicity:** In recent years, a different view of simplicity has begun to appear -- a cosmetic simplicity that attempts to cover over deep defects in our modern ways of living by giving the appearance of meaningful change. Shallow simplicity assumes that green technologies -- such as fuel-efficient cars, fluorescent light bulbs, and recycling -- will fix our problems, give us breathing room, and allow us to continue pretty much as we have in the past without requiring that we make fundamental changes in how we live and work. Cosmetic simplicity puts green lipstick on our unsustainable lives to give them the outward appearance of health and happiness. A superficial simplicity gives a false sense of security by implying that small measures will solve great difficulties and allow us to continue along our current path of growth for decades or more.

3) **Deep or Conscious Simplicity:** Occasionally presented in the mass media and poorly understood by the general public is a conscious simplicity that represents a deep, graceful, and sophisticated transformation in our ways of living -- the work we do, the transportation we use, the homes and neighborhoods in which we live, the food we eat, the clothes we wear, and much more. A sophisticated and graceful simplicity seeks to heal our relationship with the Earth, with one another, and with the sacred universe. Conscious simplicity is not simple. This is a life way that is growing and flowering with a garden of expressions. Deep simplicity fits aesthetically and sustainably into the real world of the twenty-first century.

Today's world requires far more than crude or cosmetic changes in our manner of living. If we are to maintain the integrity of the Earth as a living system, we require deep and creative changes in our overall levels and patterns of living and consuming. Simplicity is not an alternative lifestyle for a marginal few, but rather a creative choice for the mainstream majority. What does a life of conscious simplicity look like? There is no cookbook we can turn to with easy recipes for the simple life. The world is moving into new territory and we are all inventing as we go.

14. Don't Go Back to Sleep

Reprinted from www.awakin.org.

by Elizabeth Lesser

To be human is to be lost in the woods. None of us arrives here with clear directions on how to get from point A to point B without stumbling into the forest of confusion or catastrophe or wrongdoing. Although they are dark and dangerous, it is in the woods that we discover our strengths. We all know people who say their cancer or divorce or bankruptcy was the greatest gift of a lifetime—that until the body, or the heart, or the bank was broken, they didn't know who they were, what they felt, or what they wanted. Before their descent into the darkness, they took more than they gave, or they were numb, or full of fear or blame or self-pity. In their most broken moments they were brought to their knees; they were humbled; they were opened. And later, as they pulled the pieces back together, they discovered a clearer sense of purpose and a new passion for life. But we also know people who did not turn their misfortune into insight, or their grief into joy. Instead, they became more bitter, more reactive, more cynical. They shut down. They went back to sleep.



The Persian poet Rumi says, "The breeze at dawn has secrets to tell you. Don't go back to sleep. You must ask for what you really want. Don't go back to sleep. People are going back and forth across the doorsill, where the two worlds touch. The door is round and open. Don't go back to sleep."

I am fascinated by what it takes to stay awake in difficult times. I marvel at what we all do in times of transition -- how we resist, and how we surrender; how we stay stuck, and how we grow. Since my first major broken-open experience -- my divorce -- I have been an observer and a confidante of others as they engage with the forces of their own suffering. I have made note of how fiasco and failure visit each one of us, as if they were written into the job description of being human. I have seen people crumble in times of trouble, lose their spirit, and never fully recover. I have seen others protect themselves fiercely from any kind of change, until they are living a half life, safe yet stunted.

But I have also seen another way to deal with a fearful change or a painful loss. I call this other way the Phoenix Process -- named for the mythical phoenix bird who remains awake through the fires of change, rises from the ashes of death, and is reborn into his most vibrant and enlightened self.

I've tried both ways: I have gone back to sleep in order to resist the forces of change. And I have stayed awake and been broken open. Both ways are difficult, but one way brings with it the gift of a lifetime. If we can stay awake when our lives are changing, secrets will be revealed to us—secrets about ourselves, about the nature of life, and about the eternal source of happiness and peace that is always available, always renewable, already within us.

15. Dr. Bob's Clinic of Compassion

Reprinted from www.KarmaTube.org.

Doctor Bob Paeglow could be just another physician working in Albany, New York, but his patients will tell you otherwise. Although he could be making a comfortable living, Dr. Paeglow chooses to operate his clinic, Koinonia Primary Care, free of charge. The clinic runs mainly by the generous donations of others. Patients receive free medical care, or pay whatever they can afford. When patients cannot afford their medication, the clinic will even buy it for them! According to Dr. Paeglow, it is simply the right thing to do. His generous spirit embodies the true meaning of charity. His compassion heals not just the body, but the soul. - See more at: <http://www.karmatube.org/videos.php?id=4483#sthash.D7ZdSZmJ.dpuf>

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16. They Call Me “Mr. Clean-Up”

Reprinted from www.KarmaTube.org.

James Boatner has a grizzled beard, a giant shopping cart and an unusual street name. Residents of West Oakland know him simply as "Clean-Up", because that's what he does. The soft spoken homeless man spends his days sweeping the streets he has lived on for over 15 years. He is a familiar face in the neighborhood and beloved by its children. In this short film, 71-year-old "Clean-Up" speaks with quiet dignity about his life on the streets and his dream of writing a memoir that will give the world a window into what it means to be homeless. - See more at:

<http://www.karmatube.org/videos.php?id=4465#sthash.5ejfS5pi.dpuf>

17. 1000 Cranes for 1000 Strangers

Reprinted from www.KarmaTube.org.

The world can seem like a cold place sometimes - a place where you are completely disconnected from the people around you, even if you are sitting across from them on a bus. Designer and artist Mariëlle Coppes believes you have a tremendous power within you to do good. And once you discover this power, there are no boundaries. Watch this short, sweet video of how Coppes decided to brighten people's day and show them that they are connected and loved. - See more at:

<http://www.karmatube.org/videos.php?id=4657#sthash.EfLFpFaB.dpuf>

18. Seeding Project 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.Fe5fXfPp.dpuf>

19. My House is Your House

Reprinted from www.KarmaTube.org.

The way attorney and UCLA lecturer Tony Tolbert figures it: you don't have to have money to be generous. Tony became inspired by Kevin and Hannah Salwen, who sold their 6,500 square foot home, and donated \$800,000 to charity. He decided to loan his home to Felicia Dukes, a single parent of four, for a full year. After giving birth to her fourth child, Felicia fell behind on payments, and became homeless. Thanks to Tony's generosity, Felicia could recuperate financially and emotionally. As for Tony? He's planning to donate his home again to another family in need. - See more at:

<http://www.karmatube.org/videos.php?id=4678#sthash.GFKDlCeG.dpuf>

20. The Healing Power of Joy

Reprinted from www.KarmaTube.org.

Laughter is a natural medicine - it lifts our spirits and makes us feel happy. Laughter is contagious. It brings people together and helps us feel more alive and empowered. Laughter therapy aims to use the natural physiological process of laughter to help relieve physical or emotional stresses or discomfort. There are over 70 organizations committed to the healing power of laughter around the world. Watch as Care Clowns, Clown Doctors, and Joy activists in countries across the globe delight sick children and their care givers with giggles, bubbles, love, and joy. - See more at: <http://www.karmatube.org/videos.php?id=4691#sthash.7RaEQHwj.dpuf>

21. No Cash, Just Cooperation

Reprinted from www.KarmaTube.org.

Money brings happiness to some, anguish to others. Now imagine a society without cash, or any form of monetary system. The tiny island of Anuta, located in the southeast of the Solomon Islands, Temotu, operates on this principle. For over 400 years, its inhabitants survived by sustainably harvesting the resources of the island. The Anutans practice the concept of "aropa" — cooperation, distribution, and compassion towards one another. The community works together to plant and store crops, catch fish, and share all its resources. No currency, no bartering, no credit. Their lifestyle serves as an example of respect towards the individual, one's neighbor, and the environment in the spirit of teamwork. - See more at: <http://www.karmatube.org/videos.php?id=4153#sthash.wxCmx83y.dpuf>

22. Thich Nhat Hanh on Deep Listening

Reprinted from www.KarmaTube.org.

Today, in this time of hypercommunication and information overload, the art of listening is becoming an ancient technology. How many times have you been in conversation with another and wondered if he or she was really listening with an open mind and heart? The reverse of this question is just as important. Have you had times when you just wanted to shake someone and scream, "What's wrong with you! Why can't you see what I see?" This conversation between Oprah Winfrey and Thich Nhat Hanh invites you to take a step back and experience listening to another with only one purpose: to help him or her empty the heart. Thich Nhat Hanh says, "If you remember that this is your purpose, then even if the person is bitter, you are still capable of compassion. By letting that person empty the heart, you are giving him or her a chance to suffer less." - See more at: <http://www.karmatube.org/videos.php?id=4514#sthash.ZmH7n0eB.dpuf>

23. **Spiritual Ecology: The Cry of the Earth**

Reprinted from www.KarmaTube.org.

Native American leader, Tiokasin Ghosthorse, says, "Humanity must shift from living on the Earth to living with her." If we accept that the Earth is a living being, can we also accept that it is in our capacity to destroy it? In "Spiritual Ecology: The Cry of the Earth", scientists and spiritual leaders of diverse faiths come together to show us how we can transform our relationship with this sacred Earth so that we are living in harmony. The collection of essays in this book offer a response to the values and socio-political structures of recent centuries with their trajectory away from intimacy with the Earth and its sacred essence. This trailer gives an eye opening glimpse into the reflections and wisdom offered by these inspiring leaders. - See more at: <http://www.karmatube.org/videos.php?id=4395#sthash.QHZh3Q5N.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.

24. 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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25. 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).

26. 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).

27. 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.

28. 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>).

29. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servinyourjourney.com/ACIM.html>.

30. 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

31. 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.

Serving your personal journey toward enlightenment...

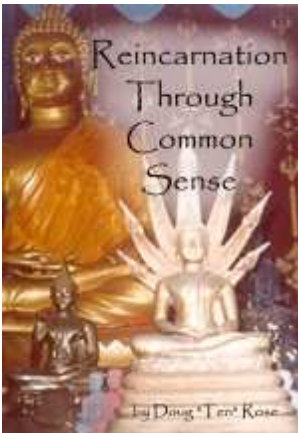
33. OM Websites

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.

34. 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.

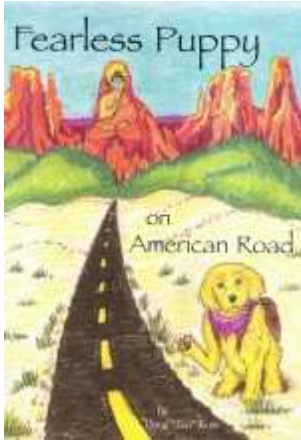
This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

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.

35. 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.

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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Facebook: www.facebook.com/Servingyourjourney