

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!

These monthly e-newsletters are intended for your benefit and interest. You have received this message because you are on the Spiritual Guidance e-newsletter distribution list. If you would not like to receive future updates or messages from Spiritual Guidance, please reply back with nothing more than "UNSUBSCRIBE" in the subject line or the body of your message. Namaste.

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

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	3
1. Personal Story of Spiritual Lessons	3
2. Poem	4
3. Quote or Question	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	5
4. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – Permission to Be Your Authentic Self	5
5. Geoff Straw – Allow Us to Assist You	6
6. Kathryn Kimmins – Laughter Yoga and How it Benefits Asthma	7
7. Regiena Heringa – Notes from the Light – December 2014	8
8. Dr. Nancy Cleaves – You Are the Evidence of Love	9
9. Leon Moscona – Enlightenment and the NEW Integrative World Religion	10
10. Doug Henderson, Ph.D – The Real Spirit of Christmas	14
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	17
11. Good News Of The Day	17
12. Be Nobody	19
13. Practice of Being Real	19
14. Who Are You, Really?	20
15. A Pledge for Grateful Living	21
16. Awaken the Wisdom of the Heart	21
17. When An Entire Town Walks Into A Convenience Store	22
18. Ripple Effect	22
19. How to Start an Empathy Revolution	22
20. A New Story of People	22
21. How Do You Define Yourself?	23
22. The Real You	23
HEART AND SOUL ADVERTISEMENTS:	24
23. Spiritual Resources	24
24. Sacred Attention Therapy	25
25. Spiritual Exploration and Soul Coaching	25
26. Spirituality Workshops	25
27. Spirituality Discussion Groups	27
28. A Course in Miracles Global Community Centre	27
29. Serving Your Loved-Ones	27
30. Supporting Spiritual Guidance	28
31. Interfaith Community Celebration	29
32. OM Websites	30
33. Reincarnation Through Common Sense and Fearless Puppy on American Road	30
34. 5 th International ICCS Conference in Mysore, India	31

Spiritual Guidance

Serving your personal journey toward enlightenment...

December 2014 e-Newsletter

Page | 2

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



Peace is your litmus test

“When the power of love overcomes the love of power the world will know peace.”

Jimi Hendrix



How do you know if you are living from your ego, or if you are living from your higher power? How do you know if you have made the right decision in any situation? How do you know if you are living the life you were intended to live? These are just a few questions of this magnitude that most of us grapple with on a daily basis.

Recently, a wise student attended one of the discussion groups I am blessed to facilitate. When another student in the room expressed frustration that they did not know when they were living from their ego or from their higher power, this wise student offered their litmus test for such profundity.

“I know I am living from my ego or from my higher power if I am at peace. If I am not at peace in any moment, with any decision I make, I know I am living from my ego. If I am at peace, then I know I am living from my higher power. Peace is my litmus test that allows me to gauge where I am in my relationship with my ego and my higher self. I extend this litmus test, as much as consciously possible, to every aspect of my daily life and allow my peace-litmus-test to guide me to live the life I was intended to live in this time and space.”

The simplicity of this teaching, the “peace-litmus-test,” was a beautiful and profound offering. I don’t know about you, but as I grow older (the jury’s out on if I am also growing wiser!) I gravitate toward simplicity in my life. I look for the simple, the unequivocal indicators, the clear signs to inform me what works, and what doesn’t work, in my life. This “peace-litmus-test” is such a simple, unequivocal indicator.

I have since been asked about those situations when neither decision I seem to be faced with leaves me with any peace. I know that when I am in that situation, I am not being honest with myself. I know full well what will bring me peace, I merely need to muster up the courage to choose differently and choose for peace. There may be an initial, jolt of discomfort required in shedding the ego, but peace awaits!

Serving your personal journey toward enlightenment...

What is your litmus test that allows you to know if you are living from your ego or from your higher power? How do you know if you have made the right decision in any situation? How do you know if you are living the life you were intended to live? Share your wisdom and bring peace to the world.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Holy Instant

Each instant celebrates another birth
More perfect than the last, as time goes on
To meet eternity. Yet one can come
Between each instant and the next, to make
The interval a shortening of time
By an immeasurable leap ahead.
How near the goal seems afterwards! How sure
The journey's Guide, how true His words, how pure
The Son of God to whom He speaks. And see
How quickly doubt is lost in certainty.

Helene Schucman

3. Quote or Question

"The value of a man resides in what he gives and not in what he is capable of receiving." (Albert Einstein)

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 – Permission to Be Your Authentic Self

We came into this world stressed from our journey through the birth canal, but otherwise open, innocent, enthusiastic and full of wonder and excitement to experience life. With gentle hearts and trusting souls we made efforts to connect with our environment and find the comfort and nurturing we had experienced in the womb and the connection to our God Self that we came from.

Some of us were fortunate to be born to healthy, happy parents who were delighted at our arrival and who did all in their power to give us everything required to create a well-loved and cared for baby. Others, who had parents who were not so healthy or happy, came into families where stress and conflict replaced love and harmony. When this happened our loving, trusting self shut down, becoming disconnected from our inner child, our unconscious connection to all that is. This is our authentic self, the innocent, loving, trusting, wise, compassionate child within. It is our true self, who came in to be love, to experience love and to give love.

In order for this to happen we needed to feel the loving connection to our caregivers, parents, providers. We needed to feel adored, special, valuable, safe. We needed to feel loved and cherished. When this did not happen, we shut down our tender, trusting child within and started creating personalities, false selves, to protect us from the pain of rejection, criticism, abandonment, and abuse. Our precious inner child, our wonder child, the one who came in to be and experience loving-kindness went deep inside us, hiding out waiting for love to come.

Now is the time to bring your hidden wonder child out. You as the adult, now know the value of this precious being inside and you are the only one who can provide the loving environment for this child to come alive. By using the inner child work you are provided with all the tools you need, teaching you to be a loving adult to your wounded inner child. Within us we have many unhappy children from infancy right through adolescence to young adulthood. Most of us doing the inner child work have found focusing on the 4 or 5 year old the easiest place to start. At this age, we can communicate with our inner child with words, writing, pictures, and actions. Your inner child who has hidden itself away from the pain of not finding love, can be encouraged into connecting, beginning to trust and share the fear, grief, and pain, thus beginning the healing process. With love and consistency, you as the trusted adult, can build a beautiful healing relationship with your wounded little one teaching him or her to feel loved, safe, worthy and valuable. This little one then integrates into your current adult self bringing your life the balance and well-being you have been seeking. In my 25+ years as a counsellor it is the most successful process for healing our wounded selves I have ever worked with.

Giving your inner child the tools to communicate its pain and disappointment to you is the greatest gift you could offer. This wounded inner child is crying out to you for help. It longs to be the free wonder child it came here to be. It knows it can return to that wholeness with love and nurturing. Your loving inner adult can provide that, bringing healing not only to your inner child but to your real-life-right-now adult. The hurt, fear, anger, resentment, grief you may be feeling over the loss of your authentic self will start to disappear as you release the blockages you have built up from your earliest years on. These blockages were built to protect your innocent self from the pain of not connecting to the love you came in knowing you were.

Your authentic self lies waiting for you to make the effort to connect and lead the way to wholeness, well-being and vibrancy. Become the nurturing parent you never had and bring your inner child up to be the beautiful being you have

Serving your personal journey toward enlightenment...

always known you are, but couldn't access. The solution to happiness lies with you. If you are ready to champion your inner child call now for individual sessions.

In addition to my counselling, I am also doing Opening to Your Higher Self readings again after many years. These will provide you with the tools to move forward to merge with your expanded God Self, the big Self. For too long we have played small. It is time to realize who we truly are and why we choose to incarnate at this time.



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 – Allow Us to Assist You

These are channeled works through Geoff Straw from Divine Source.

Our dear ones, we are so heartened that you have chosen to connect with us again! We in spirit always wait patiently for the chance to connect and to commune with you who live in the physical world. We do take any opportunity to guide you, if allowed and to make our presence known to you, usually in a very gentle way. We are here to love you and to assist with your healing; we can and do work with you on the level of your thoughts. We are able to understand the need of healing the mind, which truly is the root of most of the suffering in your world. We must first have your permission, However, we wait for your invitation to do so, because spirit always respects your free will, your ability to choose every moment.

If you decide to allow us to assist, we will joyfully bring our light , our presence into your awareness. You may notice this as an energy near you, a sense that you are not alone - somewhat like the presence of a very good friend who opens the door , walks in, and sits down beside you. Notice the tingling sensation perhaps on the top of your head, or the warmth in your body. It may be felt as a lovely sense of peacefulness, a light breeze even. Simply ask us to intervene, in any moment, but especially when tempted toward negativity and fear of any kind. We can assist you in calming the anxious thoughts and raising your thoughts to a level which will increase your vibration. This in turn helps you to attract more of what you desire for in your world. Negativity and fear, which are really just a resistance to the truth, work to block the light and healing from within. It is as if you close the curtains on a bright and sunny day, thus keeping the sunshine out. Instead, be of good cheer, treat others kindly at all times while speaking your truth. Ask that any negativity be removed. Ask, invite us in and we do respond happily. The curtains are then opened wide and you find that you are literally basking in the light of awareness.



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 and How it Benefits Asthma

Laughter has been proven to be a definite tool to remedy stress. It can help in reducing the risk factors by boosting the immune system, encouraging deep breathing and flushing the lungs of stale air and generating a feeling of wellness.

Living in as we do in an ever-changing stress-filled environment, one is prone to various symptoms of stress, some of which can manifest as allergies or asthma. Constant or chronic stress results in a wide variety of stress-related illness including respiratory allergies which can at times lead to severe breathlessness.

Laughter Yoga, which encourages deep diaphragmatic breathing, increases the level of positive hormones and neuropeptides in the bloodstream thereby reducing the risk of skin allergies. It helps to increase T cells (T lymphocyte-related toxins) and the antibody IgA (immunoglobulin A), which fights upper respiratory tract infections, while decreasing stress induced toxins in the body.

Asthma and Bronchitis

Asthma and bronchitis are both common chronic lung conditions that make breathing difficult: airways tighten, swell and fill with mucus in response to certain physical allergens. The lungs get less air which can cause wheezing, coughing, chest tightness and trouble breathing.

Hearty extended laughter is the best exercise for those suffering from asthma and bronchitis. It improves lung capacity and oxygen levels in the blood. It also flushes the lungs, strengthens the diaphragm and promotes healthier diaphragmatic breathing. Many asthma sufferers who attend laughter yoga report marked reduction in frequency and severity of their attacks. In many cases symptoms disappear completely within months of daily laughter sessions.

Scientific studies have proven that respiratory allergies like asthma and bronchitis are affected by a negative state of mind as well as by physical allergens. The most common cause of childhood asthma and respiratory allergies is genetic and physical; however, emotional stress caused by anxiety, anger or frustrations are also childhood asthma triggers.

Teens with asthma tend to be more depressed and more likely to use drugs and alcohol. Laughter exercises are ideally suited for young teens as it quickly helps to change the mood state by releasing endorphins, the natural opiates that generate feelings of comfort and safety. Laughter Yoga helps one to cope with difficult situations and releases pent up emotions.

By boosting the immune system, Laughter Yoga increases antibody levels thereby reducing the frequency of chest infections. It also tones up the mucous clearing system of the bronchial tubes. Frequent belly laughter empties your lungs of more air than it takes in resulting in a cleansing effect similar to deep breathing. This can be especially beneficial for patients who suffer from emphysema and other respiratory ailments.

Laughter Yoga is a combination of unique laughter exercises, deep diaphragmatic breathing, singing, dancing and a relaxation meditation. It doesn't work however, until it is actually used! No special equipment is needed, and it's great for all ages. All you need is a willingness to laugh, tap into your child-like spirit and have fun.

Laughter Yoga was founded in 1995 by Dr. Madan Kataria, a medical doctor from Mumbai, India, where anyone can laugh for no reason without the need for jokes or comedy. Dr. Kataria, and his wife, Madhuri, developed a program that combines laughter as a physical and playful body exercise with yoga in the form of deep yogic breathing (**no poses**). You don't have to bend your ankle behind your head or twist yourself into a pretzel.

Scientific research shows that the body does not know the difference between real or fake laughter. So, while the laughter often is initially forced, it soon becomes real due to eye contact and the contagious nature of laughter in a group. What

Serving your personal journey toward enlightenment...

started as one group of 5 people in a park in Mumbai on March 13, 1995, has now grown to become a worldwide phenomenon with more than 8000 clubs in over 79 countries.

Classes are customized to suit the participants.



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 – December 2014

With the grace, elegance, love and intelligence found within this divine Source wherein you dwell, so much can be accomplished by humankind. Deeper understanding of your present world, enhanced creativity, greater spiritual progress and significant scientific advancement are offered to you, if you will choose to live in union with universal light and love.

As you well know, this great unity now establishing and extending itself within your hearts, minds and nations, carries with it tremendous power. We speak here of the angelic, brilliant vibrations of purity and genius. This sacred wholeness is a joining of peoples, animals, plants, rocks, seeds— indeed the coming together of all life upon your world— to ensure that the initial light, essence of all material existence, can be once again be brought forward.

Let us call upon your imagination.

Look at a book in front of you and observe its physical structure. Imagine that the material design of the book disappears and all you see is its framework of light. Observe how this framework enlarges and becomes the entire structure of the book. Imagine now that the physical aspect of the book slowly takes shape *through* this light form. This is an illustration of observing a material element emerging from its initial form as light.

Physical structures in your dimension are imbued with light. Each molecule houses within itself a perfect light source which can be directed to ensure that the physical cells within the body are kept whole and perfect.

This exercise of light and physical structure illustrated by your book exercise, can also be transferred to your mind and to the thoughts you create. It is to be remembered that all in your world is energy and this energy can be observed in the material universe as light.

Let us once again call upon your imagination.

Create a thought which contains goodness such as, "The beauty of this snowflake is wondrous to behold." Feel the truth of this thought within you and how this thought delights you. Now, imagine the accompanying light structure of this thought. Expand beyond the perimeters of the linear mind and voyage within the very essence of this thought of goodness so that its light structure appears in you mind. You will discover that this light composition is very beautiful for it illustrates a perfect alignment of the thought you have created, your own divine essence and the outer world. In a manner of speaking, you have beautified the world, for the energy you have used to create this perfect thought directs pure light everywhere and thus uplifts all creation.

We invite you to also play with other thoughts you create and remain mindful of the light constructs which accompany them. In so doing, you will observe that the greatest joy is creating loving thoughts for the physical and spiritual benefit for

Serving your personal journey toward enlightenment...

all your citizens. In truth, *you, through your own free will, decide on the quality of light you wish to radiate through your body to the outer world.*

The light emanating from your physical body is the same light which radiates from the higher vibrational planes of the angelic realms. Hence, we ask you to consider the following: kindly uplift your body and spirit by creating and living thoughts of love. In so doing, you ask the greater worlds of spiritual realization which lie beyond and within your very own, to visit with you. Thus all may celebrate in the fine and perfect unity founded on the Creator's blessing.

No matter what obscurity you may witness at this time upon your planet, the splendid and vibrant powers of wondrous worlds of sacred beauty are being felt and made visible to all those upon your earth who have chosen to live in the Christ Light of the universe.



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 – You Are the Evidence of Love

When we die and leave this realm
We then look back and see our whole life as but a whisper.
Those who live in Love
Whisper secrets.

We have all heard and probably said, "God loves you.". That doesn't make sense to me anymore. That puts God outside of Love and us outside of God. Rather

Love is the Evidence of God
God is the Evidence of Love
You are then the Evidence of God;
You are the Evidence of Love

Peace be with us



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.

Serving your personal journey toward enlightenment...

9. Leon Moscona – Enlightenment and the NEW Integrative World Religion

An Open Letter
Autumn 2014

Dear Friends

Greetings of Peace, Love and Light to you!

By the grace of God I received the Enlightenment for the coming reality of the New Heaven and the New Earth! This reality is prophesised in many Holy Scriptures. Here I quote the Book of Revelation by St. John, but the New Reality could be described through the language of any of the world religions:

Then I saw "a new heaven and a new earth," for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband.

And I heard a loud voice from the throne saying, "Look! God's dwelling place is now among the people, and he will dwell with them. They will be his people, and God himself will be with them and be their God. 'He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true." He said to me: "It is done. I am the Alpha and the Omega, the Beginning and the End.

To the thirsty I will give water without cost from the spring of the water of life. Those who are victorious will inherit all this, and I will be their God and they will be my children.

Revelation 21: 1-7

What a joy to live in a world without death, or mourning, or crying, or pain, in the presence of God! Humankind has waited for centuries and millennia for this great time. In this reality the **Testament of Truth** - the eternal Divine truth about God, Creation and the human being made in the image and likeness of God will be re-established. [7]

The Enlightenment

My Enlightenment resulted in receiving the Initiation of the Holy Spirit as a new fruit from the *Tree of Life*. It was an illumination of the reality of the New Heaven and the New Earth and the creative act of God bringing it into existence: *He who was seated on the throne said, "I am making everything new!"* I have shared my visions in more than four hundred lectures, in books and eBooks, in thirteen Summer Assemblies on the sacred mountain Rila in Bulgaria, in my Website, and in many other spiritual activities. My auto-biographical eBook, *On the Path of Enlightenment*, summarises some of the main stages in receiving this Enlightenment. [1]

Of course, our time is so special that there are hundreds and thousands of people working for the spiritual evolution of humankind. They are also inspired by the Living God and the higher spiritual worlds. Our missions are different, but all of them are part of one great Divine Action – the re-creation of the world. I would be very happy, if we appreciate the unique missions of each other and work together in peace, love, friendship, harmony and mutual understanding. For this purpose I will share my part of the story and the essence of my Enlightenment.

The Nine-Fold Rainbow Path

Now, in our time, humankind is blessed not only to return to the Garden of Paradise but to enter into the reality of the New Heaven and the New Earth! In my Enlightenment I was shown the path to this reality – *The Nine-Fold Rainbow Path*. It is a well-defined and precise spiritual Path which has been given for our epoch. The Steps of the Divine Rainbow Path

Serving your personal journey toward enlightenment...

correlate to the three-fold structure of the Universe and of the human being as a micro-model of Creation. Each Step on the Path embraces a vast realm of spiritual work and requires a great variety of appropriate methods, techniques and spiritual practices. [8]

The journey on the *Path of the Divine Rainbow* begins with building the Right Understanding, creating an appropriate style of life and making our Exodus from the restricted material consciousness (Step One, Exodus). The next Step is an ascent to the second world of the three-fold structure of the Universe (i.e. to the celestial world), and a spiritual rebirth as celestial souls (Step Two, The Garden of Paradise). The Third Step, The Sacred Mountain, leads to the highest Divine world of the three-fold structure of Creation and to the spiritual centre of the Universe. From there we can experience the mystery of Creation and embrace its whole vertical structure. This Step brings our second rebirth - the complete awakening of our Divine Self. From the highest point, at the Centre of the Universe, we can contemplate all 'rooms in the Father's House' - i.e. the great variety of spiritual worlds which have been revealed by the different religions (Step Four, The Holy City). Above the highest Divine world is the 'Throne of God', the Absolute Origin of Being, which is manifested by the Holy Trinity. The Fifth and Sixth Steps are consecrated respectively to the Mysteries of the Divine Spirit - the active, subjective, masculine Universal principle - and to the Mysteries of the Divine Mother - the receptive, objective, feminine Universal principle. The Divine Spirit and the Divine Mother are in eternal Union which now gives birth to the reality of the New Heaven and the New Earth.

The Fifth and the Sixth Steps constitute the climax of the Divine Rainbow and are the culmination of the Rainbow Path. But, while the Fifth Step crowns the first act of the Drama of the transformation of humankind - our ascent to the celestial reality of the Kingdom of God, the Sixth Step opens the second act of this Drama - our descent back to the Earth with the task of bringing the reality of the Kingdom of God down on Earth. Thus, the Seventh Step of the Divine Rainbow Path is 'The Transfiguration of the Earth', while the Eighth Step is 'Transformation of the Earthly Culture into a Celestial Culture'. Finally, as we establish our new celestial style of life which 'bears fruit twelve times a year' (*Revelation 22: 2*), we reach the end of the Divine Rainbow, the Ninth Step, and enjoy the New Golden Age in the reality of the New Heaven and the New Earth as New Humankind. In this reality *there will be no more death, or mourning, or crying, or pain, for the old order of things has passed away!*

The Initiation of the Holy Spirit

The Enlightenment revealed to me not only the *Nine-Fold Rainbow Path*, but gave me the keys to the **Initiation of the Holy Spirit** [9] as a new fruit from the *Tree of Life*. This Initiation will integrate the **past, present** and **future** in the spiritual history of humankind. The Holy Spirit will open the *Book of the Living* from the past; the Holy Spirit will link us with the New Coming of the Divine Masters and the Divine Wedding in Heaven; the Holy Spirit will reveal to us the reality of the New Heaven and the New Earth, where we will build our lives on all levels of Being as Divine Temples!

The **past** is connected with gathering the fruits from the outgoing Indo-European cycle. Based on the vision of the **Mandala of the Heavenly Jerusalem** [10] as a Zodiac-Mandala, depicting the whole Indo-European cycle in the spiritual history of humankind, we could open the *Book of the Living* of the cycle and receive the Initiations from the First Coming of the Divine Masters and the Personifications of the Divine Feminine connected with them.

The **present** is meeting the Second Coming on an ethereal level and participating in the Divine Wedding in Heaven. Most of the world religions speak about the New Coming of the Divine Masters pointing to our epoch. In my Enlightenment I established metaphysical contact with many of them on an ethereal level and met their New Coming [6]. As an organic part of this process I also linked with the Personifications of the Divine Feminine and witnessed the mystery of the Divine Wedding in Heaven. The Divine Wedding gives birth to the reality of the New Heaven, the New Earth and the New Humankind. This process is described in many lectures and initiatic cycles, in books, e-Books and in the documentary film *Revelation* [3].

The **future** in the history of humankind is building life on all seven levels of Being as Divine Temples: on the individual level, the family level, the community, national and all humankind levels, also on the earthly and heavenly levels [5]. This work is very inspiring, constructive, practical and essential for the shift from the present Indo-European cycle of evolution to the New Cycle of existence in the reality of the New Heaven and the New Earth.

The New Integrative World Religion

In the New Reality we have to embrace a new **Integrative World Religion**. It will not be a religion in the contemporary meaning of the word. It will be life and co-creation with God, with the Divine Masters and the Personifications of the Divine Mother. In a similar way as St. John did not see a temple in the city, because its temple is the Lord God Almighty and the Lamb (Revelation 21:22), so the new World Religion will be life in the presence of God, the Divine Masters and the Personifications of the Divine Mother.

In the reality of the New Heaven and the New Earth the new *Integrative World Religion* will put us at the core of the creative act of God, *Who makes everything new*. Thus we could live as co-creators with God for the new evolution of the world. [4] From this point of view, the *New Integrative World Religion* will be participation in the **New Evolution** of the **World** and I could abbreviate it as the *NEW Religion*.

The *NEW Religion* is connected with the conclusion of the Indo-European cycle of evolution in the reality of *the first heaven and the first earth, which have to pass away* and entry into the new Cycle of Existence in the reality of the *New Heaven and the New Earth where God himself will be with his people and will be their God*.

Integration of the Teachings of the First and the Second Coming and of all World Religions

The *New Integrative World Religion* comes not to replace the Teachings of the existing religions, but on the contrary – to strengthen, rejuvenate and reinforce them by fulfilling their ultimate goals. Moreover, the New Coming of the Divine Masters will reveal the wholeness of the New Reality but from their own unique perspective [7]. For instance, the *Buddhist Mandala* depicts the majestic Buddhist cosmos, while the *Mandala of the Heavenly Jerusalem*, using similar metaphysical patterns, describes the reality of the New Heaven and the New Earth, also as a *Mandala*! Thus in the *NEW Religion* we will have the integration of the Teachings of the First and the Second Coming of the Divine Masters, and integration of all religions, embracing the wholeness of the Kingdom of God from many perspectives. The result of this universal multidimensional integration of all religions is a dynamic **unity in diversity**, because all of them integrate the same reality of the *Kingdom of God with many mansions*, and **diversity in unity** because each one of them integrates this wholeness differently. [7]

Obviously, the spiritual richness of life in the New Reality will be enormous: by replacing the religious institutions (very important for the First Coming of the Masters) with the esoteric energy of their integrative Teachings (from the First and the New Coming), which reflects the whole New Reality, will result in the majestic and glorious Ever-Presence of the Lord God Almighty and the Divine Mother!

The New Spiritual Paradigm

The *NEW Religion* through the Initiation of the Holy Spirit will introduce a new spiritual paradigm, which could gradually resolve the main problems in the life of humankind. It will help us to transform the contemporary **Babylonian** type civilisation into a **New Jerusalem** civilisation. For this purpose we have to activate the celestial archetypes in the *Book of Revelation* (synchronised with the archetypes in other Holy Scriptures from the Kabbalah, Islam, Hinduism, Buddhism, the Teaching of the Bulgarian Master Beinsa Douno and others) as vast fields for inspiring spiritual work. This task was one of my main goals in the lectures, seminars, Summer Assemblies on Rila and other spiritual activities over the years. I could say that in my Enlightenment the *Book of Revelation* became important guidance and a plan and scenario for action. Metaphorically speaking, I was working for deciphering the **Revelation Code** of the *Book of Revelation*. [2]

Collaboration and Co-creation

In line with my Enlightenment, I have been working, for more than thirty years, for the spiritual awakening of humankind and for the establishment of the **New Jerusalem** civilisation on Earth. I am very happy to do this work and feel privileged to bring the great Divine Blessing of the New Reality to the people on Earth. In order to achieve these goals, however, we have to act together. The survival of humankind as a whole and the establishment of the Kingdom of God on Earth depend on all of us. We have to combine our efforts in order to reach the critical mass for the quantum leap of humankind to the New Reality.

Obviously, in order to develop and bring the blessings of the New Reality to the people, we have to have effective **social instruments** – spiritual institutions, enthusiastic groups, devoted communities, active religious congregations, positive media activities, adequate sponsorship and so on. It would be a most inspiring common work! For instance, I would be very happy if you respond positively and we form institutions appropriate for the further developing the ideas of the *NEW Religion* through some kind of Metaphysical Institute, Research Institute, the *NEW Religion* Institute, Integral Religion Institute and so on. The *NEW Religion* needs enthusiastic groups which could become creative laboratories for the style of life of the coming New Reality. Many communities are achieving important spiritual goals and we could work together towards the New Reality. Some of the dynamic religious congregations are preparing for the New Coming of their Divine Masters and we could join our efforts for experiencing these cherished goals.

The Call

Dear Friends, the *Book of Revelation* finishes with most inspiring encouraging words (22:17):

*The Spirit and the Bride say, "Come!"
Everyone, who hears this must also say, "Come!"
Come, whoever is thirsty;
Accept the water of life as a gift, whoever wants it.*

One *Book of Life* in Creation is coming to a close – that of the old, immanent, humankind, and a new *Book of Life* is opening – that of the new, transcendent, humankind who will live in the Reality of the New Heaven and the New Earth and will co-create with God. [7]

The new *Book of Life* will be opened through the *New Integrative World Religion!*

Beloved Friends, *Come!*
Come and let us receive the Great Divine Blessing!
Let us share it with the rest of humankind!

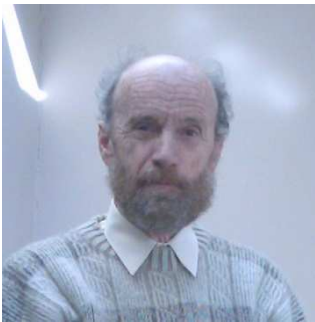
In great love, friendship and appreciation,
Leon.

Leon Moscona
The Path of Truth Society - Founder
Website: www.testamentoftruth.org
E-mail: Immission@eircom.net
Tel. +353 1 8333640
YouTube: TheRevelation215

References:

1. Autobiographical eBook, On the Path of Enlightenment
2. Booklet, The Path of Truth Society, The New Spiritual Paradigm
3. Documentary film Revelation, YouTube, TheRevelation215's Channel
4. eBook – 2012 and the New Genesis
5. eBook – On the Path of Enlightenment, Chapter Eleven: Building the Seven Temples of Life
6. eBook – On the Path of Enlightenment, Chapter Ten: Meeting the Second Comings

7. eBook – The Testament of Truth – Manifesto
8. eBook – The Path of the Divine Rainbow
9. Web site (www.testamentoftruth.org) – Avatar of Synthesis, The Initiation of the Holy Spirit



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

10. Doug Henderson, Ph.D – The Real Spirit of Christmas

Christmas is a very important time. It does not matter that December 25th is a pagan date of celebration or that January the 6th is the more likely incarnation of Jesus. Mind you Jesus was probably never his name because there are no “J’s” or vowels in Hebrew, but it is the name we have come to accept and in many instances identify with. The teachings of Jesus are not that unique, they were taught by many others. His death by crucifixion does not exempt anyone from sin. So, why is Jesus’ birth and life so important and it is very important! It wasn’t until I came across “The Pathwork,” channelings of Eva Pierrakos that I realized just how important the life of Jesus is. I use the word, “is” because as you will see, what he was able to accomplish has the ability to live on and is meant to live on.

According to the channelings of Eva Pierrakos an entity used her as a medium, that had no name (labelling is a human phenomenon) and was only ever referred to as, “The Guide.” Between 1955 and 1979 when Eva transitioned, The Guide provided 258 lectures that answer most every question that any discerning skeptic might ask. In lecture 22, entitled, “Salvation,” The Guide explains the real significance of Jesus.

Background:

“Each being put into creation by God was created perfectly in one way. Each being represented one divine aspect. The purpose was for each spirit to extend this perfection into other realms..... the aim was to use the divine power that we all once had to make ourselves perfect in every other respect and thus eventually become godlike.... You also know that a number of spirits have used their divine power for this purpose, and a number of other spirits have used theirs in the opposite way. This was the origin of the fall. Christ, who of course existed in the spirit world long before he was born as man, organized all the spirits in God’s world to use all their strength and perfection in their particular fields to help the Plan of Salvation. In other words, the pure spirits, instead of continuing and extending their own growing perfection, postponed this ultimate goal for the purpose of using their powers to arrange and work for The Plan of Salvation. And this plan exists on every plane of the divine spheres.”

“in the spheres of darkness, some time had to go by before anything could be done. Enough spirits had to feel a longing for light before lighter worlds, still in the realm of Lucifer, came into existence. Without this longing, unconscious and blind as it was at the beginning, nothing could change, regardless of what would have been arranged by the world of God (Free Will Choice).... In your language, millions and millions of years went by before, due to this longing, the earth sphere came into existence I told you, the earth is a product or a picture, (reflection) so to speak of the longing of the spirits who have fallen and who have lived in darkness for a long time. I also said that the earth is equally the product of the longing

Serving your personal journey toward enlightenment...

of the spirits who remained in the world of God and who wanted to help their fallen brothers and sisters to come back to the divine light.”

At the time of the “Fall” each original divine aspect that each being possessed, “was turned into its opposite quality.” This was the beginning of “Duality.” “At that time, no matter how far human beings developed spiritually, when returning to the beyond they were still under the dominion of Lucifer. For as I explained, ... every divine aspect was turned into its opposite quality. Therefore, free will, which is divine, was turned into domination. And of course, Lucifer would not give up the dominion he held over his followers.”

“In the meantime, Christ was busy preparing and working in the spirit world of God, planning ahead and sending various pure spirits to live on earth. He also organized teachings for the pure spirits now incarnated to bring to mankind, either through inspiration and guidance, or through communication with God’s world. It is impossible for you to imagine how minutely everything had to be worked out, how painstaking this work was so that everything would accord with the divine laws of justice.” (Spiritual Law).

As a result, Lucifer was jealous of Christ and regarded him as an adversary. Nevertheless, Christ devised a strategy that would not only prove his love for all fallen creatures but even to Lucifer himself, whereby all beings have the opportunity to return to God and enjoy ultimate happiness. So, when the time was ripe Christ faced Lucifer. Now, at this juncture, I must point out to the reader as the Guide has done that when spirits communicate they don’t talk and use words as you and I would. For spirit, all thoughts and feelings have form. For humans our senses are limited (by choice) consequently we seldom feel responsible for our thoughts and feelings. But spirit sees it all. So, I imagine that when Christ and Lucifer confronted each other, it’s by a form of telepathy with form.

“Christ would face Lucifer and tell him: “Now there are so and so many spirits who do not wish to remain faithful to you. They desire to go back to God. Therefore, you should set them free.” Lucifer would not agree to that. He maintained that he did not recognize divine law and would use his power as he saw fit... So Christ said, “In this case there must be a war between us, between your forces and the forces of the divine world.” The chances would be evenly distributed, which means that the divine forces must be numerically in the minority for the simple reason that the forces of good are infinitely stronger than the forces of evil, perhaps twenty to one. If you have one absolutely purified being against twenty very impure beings, the strength of this one pure being would outweigh the strength of the twenty impure ones... Lucifer said: “even if such a war took place and even if the divine forces won and took my power away, I would still not recognize the law of God as being just.”...Christ asked him: “In what way would you consider the divine powers to be just?” And Lucifer answered: “I would fight such a war if one being – from the world of God, if you wish – would live on earth like a man, without any protection or guidance from the world of God at crucial times, with a great part of his knowledge dimmed out, with matter standing in the way, and would yet remain faithful to God in spite of my temptations and in spite of the most difficult conditions possible. I would offer this person every worldly power and release from all hardship if he forsook God. If he remained faithful to God under such conditions – which I doubt very much, in fact, I say it is impossible – then I will have my battle with you and I will recognize God’s laws as being utterly just.” So these were the conditions that Lucifer himself imposed in order for him to recognize God’s laws as being just.

And so it was that Christ took on the task himself and incarnated as the innocent baby Jesus. For Christ as Jesus to come in without memory, “To be left alone without the support of God’s spirit world on this earth sphere, and in addition having to resist all attacks, challenges, hardships and temptations that the powers of darkness could think of seemed indeed an impossible task to fulfill. No human being had ever had to go through anything remotely like it. Therefore, Christ (Jesus) cannot be compared with any other person who has ever lived, no matter how pure or how wonderful the teachings may have been. Christ has shown in deed and in fact what others have taught, and he did it under infinitely more difficult circumstances than anyone else ever had to bear.”

And for all of this, he was victorious! This is why he was made King of the Universe! He is the “wayshower” for all of us and for each of us. He made it 10,000 times or more, easier for each of us to follow in his footsteps, to find the divine attribute within us and to expand it. Please consider this; we are the current incarnation of the fallen angels of the story attempting to find our way back to the light and love of God. In every way, whether we realize it or not, by free will, by agreeing to a loss of memory (amnesia) at birth, we have provided our self with a similar opportunity to Christ/Jesus. Why? Because only through the adversity of darkness can spiritual growth be obtained and by making ever better choices we move ever closer to the light and harmony of God. This my friends is what I believe our true function is. This is the true meaning of Christmas. So go within and make each and every day Christmas Day and make a real effort to light your self up like a Christmas tree! – A tree of self-knowledge and self-responsibility and a lover of life!

Serving your personal journey toward enlightenment...

And, oh yes, the teachers with the teachings that Christ sent to this world, well prior to his incarnation as Jesus, that resonated with the young student Jesus, was simply a case of "Future Memory," in action. (See P.M.H. Atwater, Future Memory)



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:

11. Good News Of The Day

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

"The Garden Library is like our mother," says Sudanese asylum seeker Najmeldien (Nadeem) Ahmed. "It felt like my life in Israel started when I found the library." The Garden Library is a nonprofit initiative founded by Israelis in 2009. It started with two bookcases in the center of Levinsky Garden, a public park in one of Tel Aviv's poorest neighborhoods, now home to many African asylum seekers. Escalated levels of homelessness, substance abuse and crime stigmatize the area." Learn more about how a special initiative is changing that. <http://www.dailygood.org/story/821/garden-library-creativity-and-conversation-transform-stigmatized-neighborhood-leigh-cuen/> **Be The Change:** Sit in a public space in your neighbourhood. What do you notice about the people and the issues? If you're feeling brave, interact with someone by starting a conversation or just saying hello!

Sherwin Nuland writes about death, but not in the way that you might expect. He wants to clear the fog of the fear of death away from our eyes. Death, in his view, has everything to do with how we live. In his own words: "The honesty and grace of the years of life that are ending is the real measure of how we die. It is not in the last weeks or days that we compose the message that will be remembered, but in all the decades that preceded them. Who has lived in dignity, dies in dignity." <http://www.dailygood.org/story/880/sherwin-nuland-on-the-art-of-dying-as-a-lens-on-the-art-of-living-meaningfully-maria-popova/> **Be The Change:** It is in offering dignity to others that our own dignity is revealed. Make your day an offering of dignity to others. Reflect on how it feels inside.

Although many question whether true compassion exists at all, recent studies are showing that compassion is deeply rooted in our brains, our bodies, and in the most basic ways we communicate. Dacher Keltner -- a professor of psychology at the University of California, Berkeley -- shares more about the compassionate side to human nature in this article. <http://www.dailygood.org/story/873/the-compassionate-instinct-dacher-keltner/> **Be The Change:** Tune into your innate sense of compassion today as you interact with other people, and see if the nature of those interactions changes.

If you've ever volunteered in a soup kitchen, you know the feeling of having served others. But what about those on the other side of the food line? Are they getting what they need most? Robert Egger, the founder of DC Central Kitchen, didn't think so. He set out to train homeless people on the streets of Washington, D.C. -- many of whom were drug addicts cycling in and out of a life of crime -- how to cook and earn a food handler's license. The goal was to help them trade addiction and crime for stable employment in restaurants and other food enterprises. The result has been a deepened sense of community for all. <http://www.dailygood.org/more.php?n=6104> **Be The Change:** Imagine a project that doesn't simply apologize for injustice in the world, but challenges its existence. What is the first, smallest step to make it happen? Take that step today.

People don't ever change by becoming someone else. People change by seeking, finding, and nourishing the best of who they are. They persist through the dark, heart-shredding times. They reach deeper into their true nature, the source of their best wisdom, courage, and passion. In this piece Wayne Muller tells a powerful story from the Civil Right's movement that illustrates how true transformation happens. <http://www.dailygood.org/story/896/the-only-way-we-really-change-wayne-muller/> **Be The Change:** Dedicate yourself to the practice of nonviolence in your thoughts today. Watch as it extends to your words and deeds. Consider making it a daily practice. <http://www.dailygood.org/more.php?n=6149a>

When's the last time you pulled out a map to find where you were, or how to get where you were going? As Snigdha Manickavel reminds us, "When we gaze at our devices and scurry through the world in thoroughly efficient ways, we are forgetting the most important part of our sojourn on this watery planet. To connect with the other people who are here with us." You may want to dig up some maps or peek into an atlas after hearing more of her thoughts here. <http://www.dailygood.org/story/888/folding-up-the-map-snigdha-manickavel/> **Be The Change:** Next time you need to

Serving your personal journey toward enlightenment...

get somewhere, see if you can rely on a map and the guidance of others to help make your way. You never know who you'll meet or what you may see!

Tom Attwater is dying of a brain tumor and in the midst of coping with his own suffering, he is exerting all efforts to save his 5 year-old daughter from cancer. Read further for a selfless, heartwarming story that will bring tears to your eyes and compassion to your heart. <http://www.dailygood.org/story/855/a-father-s-letter-to-his-five-year-old-daughter-posted-on-february-12-2014-by-kindness-blog/> **Be The Change:** Write a letter to your father or a male role model who has been integral in your upbringing to express your gratitude and appreciation for him.

He runs a convenience store in Levittown, New York. For the past 10 years, Avi Gandhi has owned and solely operated the store -- working 12 hours a day, 7 days a week, without a single sick day. He was, however, much more than a guy who punches numbers into the cash register. "He knew the names of everyone who came in, who their family was, what their disappointments were, the dreams they had. He would frequently joke, offer sage advice, let people pay him back if they were hard up, listen intently, and make people feel like they mattered," Celeste Dennis said. So when the local community learned that he was going to have to let go of his lease, they stepped up with a flash mob to show him how much they loved him. <http://www.karmatube.org/videos.php?id=5804> **Be The Change:** Go out and buy local today. Find a store owner and take the time to learn his/her story.

In this beautifully grounding piece, a former monk shares insights from a year of silence and contemplation. "Deep within each of us is a great well of health, abundance, knowledge, guidance. When we enter the silence and stay in the silence, we come into direct contact with that sacred well. In that place dwells our True and Higher Self: It is that part of us that exists and operates in a place where there is no time-- no past, no future, only the present moment...One of the most powerful spiritual practices you can adopt is also one of the easiest to do." Read on to learn more about this monk's experiences and how he suggests that you can practice silence every day. <http://www.dailygood.org/story/894/the-splendid-spiritual-practice-of-silence-joseph-dispenza/> **Be The Change:** Make a commitment to set aside some time everyday to reconnect to the silence inside of you, whether it be through meditation, gardening, or any other activity that brings you back to yourself.

Anger can cause us a great deal of hurt, but it can also be a positive force that propels us to act and can spur creativity and fuel success. It is all about how we manage our anger in those instances when we feel overwhelmed by it. Read further to learn more about 'the right way' to get angry and how you can harness your anger for good. <http://www.dailygood.org/story/882/the-right-way-to-get-angry-todd-kashdan-robert-biswas-diener/> **Be The Change:** Think about how you define anger and how you might be able to channel that energy more constructively.

The world is filled with abundance, but because we stay tuned into what we do not have, we can spend our lives grasping for more, never really arriving. In this heart-felt piece, Americ Azevedo at the University of California, Berkeley, asks us to awaken to the true and profound wealth we have all been blessed with. "To awaken to this very moment is truth wealth. This moment is in truth all we really have and own. Everything else is just on loan; we must give it all back in the end." <http://www.dailygood.org/story/853/realizing-true-wealth-amic-azevedo/> **Be The Change:** Practice tuning into your true wealth so that you can more clearly see the abundance all around you. Today, take some time to write about three things you are grateful for. If you're up for the challenge, make this a daily practice!

How easy is it to "love your neighbor" when your intoxicated neighbor wakes you up in the middle of the night and insults you? For people dedicated to the path of nonviolence, like Arun Dada and his wife Mira Ba, it's not only the right thing to do, it's the only thing you can do. Instead of getting angry, they chose to try and transform the relationship through compassion. And in doing so they inspired their neighbor to replace his steady stream of obscenities with three words embodying their shared highest ideals. Read on for this profound story of forgiveness and friendship. <http://www.dailygood.org/story/893/arun-dada-and-mira-ba-nipun-mehta/> **Be The Change:** This Thanksgiving, as you give gratitude for blessings in your life, think of someone with whom you have a conflict. How might you transform your interactions with this person, with the inspiration of Arun Dada and Mira Ba?

"Kindness has gracious eyes; it is not small-minded or competitive; it wants nothing back for itself... Kindness casts a different light, an evening light that has the depth of color and patience to illuminate what is complex and rich in difference." John O'Donohue takes us on an eloquent exploration of kindness and its role in the unfolding universe. <http://www.dailygood.org/story/899/kindness-the-first-gift-john-o-donohue/> **Be The Change:** Think back to when someone did something kind for you. How did it make you feel? See if these feelings can guide you in any way today.

12. Be Nobody

Reprinted from www.awakin.org.

by Lama Marut

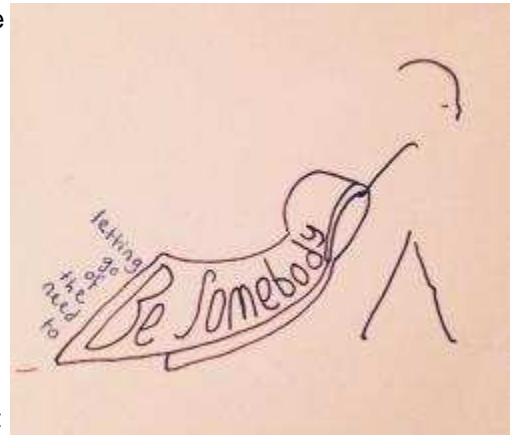
Consider this: We all know that it is in those moments when we completely lose ourselves — engrossed in a good book or movie, engaged in an all-consuming task or hobby, or immersed in our child's or lover's gaze — that we are truly happy. These experiences point to something extremely important: *Our greatest joy comes when we vacate ourselves and give ourselves over to something or someone else.* It is when we manage to 'stand outside of ourselves' (*exstasis*) that we experience *ecstasy*.

"True and deeply felt self-esteem comes not through the exhausting quest for more and more ego inflation. It comes only when the ego and its endless demands are quieted and quenched, when the lower self is emptied and the fullness and plentitude of the Higher Self arise.

"It is only when we stop narrating the play-by-play of our lives and actually start living in an unmediated and direct way that we become really present and fully engaged. It is only when that little voice inside our head finally shuts up that we become wholly assimilated with what's actually happening, and become truly happy.

"It is important to have a good, healthy sense of self-worth, and the point of being nobody is certainly not to become servile, a doormat on which others can trample. But thinking that we will feel fulfilled only if we become *more special than others* leads to an increase, not a diminishing, of anxiety and dissatisfaction.

"Wanting to be somebody unique — or somehow 'more unique than others' — is actually quite common: there's nothing special about wanting to be special. But it is this very drive for radical individuality and superiority that keeps us feeling isolated and alone. In the end, the willingness to let go and *be nobody* is what's really extraordinary, and it is the only means for real connection with others and communion with what is real."



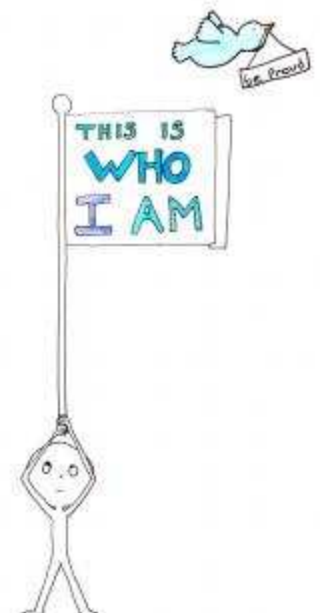
13. Practice of Being Real

Reprinted from www.awakin.org.

by Carol Carnes

The practice of being real is something highly underrated. We have been taught to appear in certain ways to get the approval of others. We may have fallen prey to the image makers who tell us how to dress, what colors are "ours" and how to be politically correct. The pressure to fit in is strong but not very intelligent. The really great people we admire, the ones who have contributed to our greater good, are always those who refuse to comply! They invariably are radical thinkers, fearlessly individual but at the same time allow for others to also stand out.

Shakespeare said it best "to thine own self be true and as the night follows the day, thou canst be false to any man." Those who know who they are, are not confused about what is theirs to do! They are able to enroll others by simply being present with their energy and vision. This is spiritual maturity. The opposite of that is psychologically adolescent. We are all unique and have something to bring unlike anyone else. To be afraid to shine



Serving your personal journey toward enlightenment...

is to deny our spiritual nature.

That being said, being real does not mean complaining and holding others responsible for our experience. Martin Luther King Jr. did not complain. He had a vision and he stood up for it, unwilling to be silenced. He learned from Gandhi, but he did not copy him or dress like him or shave his head. He brought his own true self into the movement for freedom that Gandhi modeled so well. We are not a different species of human from these two fine examples, but we do need to drop the pretenses and let ourselves be seen and known for who we truly are.

14. Who Are You, Really?

Reprinted from www.awakin.org.

by Kosi

“Any thought that you have had about yourself, however deflated or inflated, is not who you are. It is simply a thought. The truth of who you are cannot be thought, because it is the source of all thoughts. The truth of who you are cannot be named or defined.

Words like soul, light, God, truth, self, consciousness, the universal intelligence, or divinity, while capable of evoking the bliss of the truth, are grossly inadequate as a description of the immensity of who you truly are.

However you identify yourself: as child, adolescent, a mother, a father, an older person, healthy person, sick person, a suffering person, or an enlightened person – always, behind all of that, is the truth of yourself. It is not foreign to you. It is so close that you cannot believe it is you.

The truth of who you are is untouched by any concept of who you are, whether ignorant or enlightened, worthless or grand. The truth of who you are is free of it all. You are already free and all that blocks your realization of that freedom is your own attachment to some thought of who you are. This thought doesn't keep you from being the truth of who you are. You already are that. It separates you from the realization of who you are.

I invite you to let your attention dive into what has always been here, waiting openly for its own self-realization. Who are you, really?

Are you some image that appears in your mind? Are you some sensation that appears in your body? Are you some emotion that passes through your mind and body? Are you something that someone else has said you are, or are you the rebellion against something that someone else has said you are? These are some of the many avenues of misidentification. All of these definitions come and go, are born and then die.

The truth of who you are does not come and go. It is present before birth, throughout a lifetime, and after death. To discover the truth of who you are is not only possible, it is your birthright.



15. A Pledge for Grateful Living

Reprinted from www.awakin.org.

by Brother David Steindl-Rast

In thanksgiving for life, I pledge
to overcome the illusion of **entitlement**
by reminding myself that everything is gift
and, thus, to live **gratefully**.

In thanksgiving for life, I pledge
to overcome my **greed**,
that confuses wants with needs,
by trusting that enough for all our needs is given to us
and to share **generously**
what I so generously receive.
In thanksgiving for life, I pledge
to overcome **apathy**
by waking up to the opportunities
that a given moment offers me
and so to respond **creatively** to every situation.

In thanksgiving for life, I pledge
to overcome **violence**
by observing that fighting violence by violence
leads to more violence and death
and, thus, to foster life by acting **non-violently**.

In thanksgiving to life, I pledge
to overcome **fear** which is the root of all violence
by looking at whatever I fear as an opportunity
and, thus, **courageously** to lay the foundation
for a peaceful future.



16. Awaken the Wisdom of the Heart

Reprinted from www.KarmaTube.org.

"Our heart knows what our mind has forgotten - it knows the sacred that is within all that exists, and through a depth of feeling we can once again experience this connection, this belonging." ~Llewellyn Vaughan-Lee. What does it mean to live from the heart? According to Dena Merriam, founding member of the Contemplative Alliance, it means living with a fuller appreciation of what it means to be a human being on this earth. The wisdom of the heart shows us our connection to the whole. If we move from a consciousness of just thinking about ourselves first, to one of the well-being of the whole, things will evolve naturally into a much more caring, loving, and sustainable society. Listen to Dena and other leaders from different spiritual practices share their thoughts on how we can live from the heart. - See more at: <http://www.karmatube.org/videos.php?id=5694#sthash.6EOqZdQF.dpuf>

Serving your personal journey toward enlightenment...

17. When An Entire Town Walks Into A Convenience Store

Reprinted from www.KarmaTube.org.

He runs a convenience store in Levittown, New York. For the past 10 years, Avi Gandhi has owned and solely operated Center Land Stationery -- working 12 hours a day, 7 days a week, without a single sick day. He is, however, much more than a guy who punches numbers into the cash register. "He knew the names of everyone who came in, who their family was, what their disappointments were, the dreams they had. He would frequently joke, offer sage advice, let people pay him back if they were hard up, listen intently, and make people feel like they mattered," says friend and customer, Celeste Hamilton Dennis. So when the local community learned that he was going to have to let go of his lease, they stepped up with a flash mob to show him how much they loved him. Take a look. - See more at:

<http://www.karmatube.org/videos.php?id=5804#sthash.tLvUST87.dpuf>

18. Ripple Effect

Reprinted from www.KarmaTube.org.

"A simple act of caring creates an endless ripple." Grab some tissues and watch this story of the ripple effect of kindness.

- See more at: <http://www.karmatube.org/videos.php?id=5717#sthash.T7nXiVJA.dpuf>

19. How to Start an Empathy Revolution

Reprinted from www.KarmaTube.org.

Empathy is a popular concept today. Everyone, from relationship counselors to business leaders to ecological activists are talking about it. But, what is it? It is the imaginative act of stepping into another person's shoes and viewing the world from their perspective - truly understanding where the other person is coming from. In this age of income inequality, climate change and global poverty, empathy can lead to radical social change. Watch this TEDx talk by Roman Krznaric, in which he illustrates the kinds of political changes that can come from mass "empathic flowering" and gives us eight ideas to start a global empathy revolution. - See more at:

<http://www.karmatube.org/videos.php?id=4771#sthash.oBVXo14r.dpuf>

20. A New Story of People

Reprinted from www.KarmaTube.org.

"Our hearts know that a more beautiful world is possible; but our minds do not know how it's possible". The world we see around us is based on a story. The current story of who we are as a people says that we are separate beings - separate from each other and from Nature - interacting through market transactions to maximize economic and reproductive self-interest. In this video remix, Charles Eisenstein explores how we can make the transition from the old story of separation, competition and self-interest to a new story of interconnection. - See more at:

<http://www.karmatube.org/videos.php?id=4666#sthash.BgB1VcP1.dpuf>

Serving your personal journey toward enlightenment...

21. How Do You Define Yourself?

Reprinted from www.KarmaTube.org.

"We are a way for the cosmos to know itself." ~Carl Sagan You are a complicated human being living inside your skin, or you are the big bang - the original force of the universe. The source of all light is in your eyes - your eyes evoke light out of the universe; your eardrums evoke noise out of the air; your soft skin evokes hardness out of wood... How do YOU define yourself? - See more at: <http://www.karmatube.org/videos.php?id=4380#sthash.jYEBHkhL.dpuf>

22. The Real You

Reprinted from www.KarmaTube.org.

Say the following sentence a few times to yourself, perhaps with your eyes closed: "The real, deep down you is the whole universe." (Alan Watts) Can you allow yourself to imagine what that means, what that might feel like? Who are you? Who am I? Are we one and the same? In this incredible video, philosopher Alan Watts guides you through a breathtaking experience, expanding your consciousness and transforming your sense of "I". - See more at: <http://www.karmatube.org/videos.php?id=4515#sthash.vNiNqzHc.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.

23. 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.

Serving your personal journey toward enlightenment...

24. Sacred Attention Therapy

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

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

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

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

25. Spiritual Exploration and Soul Coaching

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

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

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

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

26. Spirituality Workshops

“Exploring Spirituality”

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

Serving your personal journey toward enlightenment...

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

“The Laws of Spirit”

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

Part 1 will see you review some of the more prominent laws of spirit.

Part 2 will have you identify the laws that are most relevant to your life path.

Part 3 will give you an opportunity to work through exercises to help you more closely examine the laws identified in Part 2 and how to address your core issues, hopefully with greater ease.

All of the material in this workshop is based upon the ambitious work of Dan Millman in his book “The Life You Were Born to Live: A Guide to Finding Your Life Purpose”. (\$125, 5 hours in duration)

“Forgiveness”

Forgiveness offers us tremendous opportunities for inner peace, joy and love in our lives. From a spiritual perspective, forgiveness is essential for spiritual growth and unlocks a door—it is a key—to higher levels of consciousness. For those who recognize that their inability to forgive themselves and others is holding them back from the inner peace they seek, this workshop will be most beneficial. You will also benefit from attending if want to develop tools to help others learn how to forgive. In this workshop we will explore what forgiveness is and, more importantly, how to forgive through a series of self-exploratory exercises. We will discuss some of the common reasons we choose not to forgive and examine some practical tools and approaches to forgiveness. (\$125, 5 hours in duration)

To register your interest for any of the above workshops, please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@servinyourjourney.com.

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.

Serving your personal journey toward enlightenment...

27. Spirituality Discussion Groups

Spiritual Guidance leads discussion groups on spirituality in Ottawa, Canada. One of these discussion group is designed for organizations wanting to host a lunch-hour spirituality discussion group for employees. If you or someone you know is interested in participating in these discussion groups, please contact us at rmeagher@servinyourjourney.com or 613-204-0299. You can also register your interest on the 'Services' page of the Spiritual Guidance website (<http://www.servinyourjourney.com/page04.html>).

28. A Course in Miracles 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>.

29. Serving Your Loved-Ones

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

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

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

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

30. Supporting Spiritual Guidance

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

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

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

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.

31. Interfaith Community Celebration

Interfaith Community Celebration

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

When: Wednesdays, Mar 19, Jun 11, Sep 17, Dec 3, 2014.

Where: Contact Robert at rmeagher@servingyourjourney.com or 613-204-0299 for details.

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

Food: Enjoy sharing light communal offerings, potluck style.



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

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

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

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

Serving your personal journey toward enlightenment...

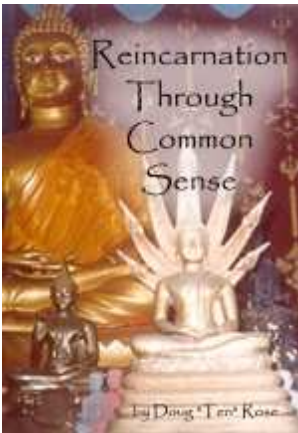
32. OM Websites

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

33. Reincarnation Through Common Sense and Fearless Puppy on American Road

*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS *

“Once you accept the universe as being something expanding into an infinite nothing which is something, wearing stripes with plaid is easy.” Albert Einstein



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

The rural Buddhist Monks and Nuns of a forest temple in Asia adopt a very troubled soul from Brooklyn, New York. He can't speak the language. No one there speaks English. He is penniless, has no intention of studying spiritual discipline, and is amusingly psychotic. This author is not a theology student! He is nonetheless given access to the ancient roots and spiritual wings that define the Wisdom Professionals who have rescued him. He redefines life and reports the details in a manner so intimate and natural that you'll think you are having coffee on a barstool in the temple with him. You may laugh a lot on your way to Nirvana! You may say "Ouch!" a few times, too.

Magic is redefined as objective reality and common sense. Spirit is presented as a functional friend, without the fairy dust. Moods run from adventurous psychosis through enlightened bliss as writing styles run through ancient prose to sharp modern internal rhyme. The main character's life runs through death into reincarnation without ever leaving his body—and he describes this process in vivid terms and living color.

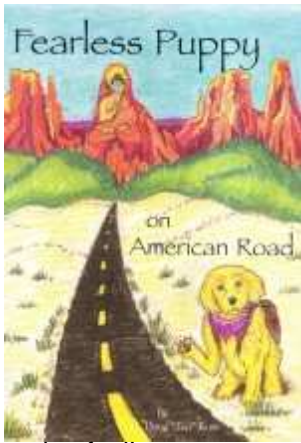
This down to earth treatment gives a clear view in simple terms of truths that we more often find fossilized within concretized symbols beneath rusting metaphor. For an experience unique in comedic drama, spirituality, adventure, and sheer creativity, buy and read *Reincarnation Through Common Sense*.

http://fearlesspuppy.org/m_reincarnation.htm

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

<http://www.fearlesspuppy.org>

Serving your personal journey toward enlightenment...



rocket fuel!

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

**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.

34. 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

Spiritual Guidance

Serving your personal journey toward enlightenment...

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA
613-204-0299

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

Twitter: [rmeaghertweet](https://twitter.com/rmeaghertweet)

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

Facebook: www.facebook.com/Servingyourjourney