

Serving your personal journey toward enlightenment...

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

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

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# Spiritual Guidance

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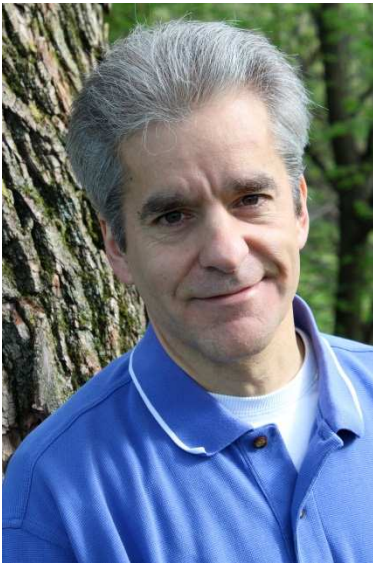
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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### How to shift your thoughts

*“The world is full of a lot of fear and a lot of negativity, and a lot of judgment. I just think people need to start shifting into joy and happiness. As corny as it sounds, we need to make a shift.”*

*Ellen DeGeneres*

We all know that we are 100% responsible for our thoughts, our actions, our life, our world. We all know that no one and no thing outside of us controls how we see the world. But we all know that sometimes our thoughts do take us to places we would rather not go. When this happens, how do we shift our thoughts back to a place of love?

I recently re-discovered a simple process that allows me to shift my thoughts away from worry and fear to a place of peace, serenity, joy and love. I want to share this process with you so that it may help you as much as it has helped me. For those student and teachers of A Course in Miracles, you may recognize this process from T-30.I – Rules for Decision.

This process I share with you begins with my first conscious thoughts when I wake in the morning. Even before I reach for the alarm clock to shut it off:



1. Say out loud... “Thank you!” And mean it! If you are not sure what you are saying thank you for, do not worry. In time, you will understand what you are saying “Thank you!” for. As a little suggestion, say the words with a smile on your face and notice how your day is that much more peaceful.
2. Next, say to yourself... “I will not judge anything today.” What is implied with this intention is that no matter what comes your way during the day, you will not get upset; because to get upset means you have perceived and judged the circumstance as something unwanted. Simply accept what comes to you throughout the day with no judgement.
3. Next, say to yourself... “This is the day I want.” And proceed to say out loud the kind of day you want. For me, I always say “I want a day full of peace, serenity, joy and love.”

Then I proceed to shut off my alarm. My intention has been set for the day...before I even get out of bed.

As I go throughout my day, I will often be met with circumstances that will challenge my invocation and intention above. When this happens, the first sign I am not in alignment with my intention is that I am feeling something that doesn't feel good—anger, anxiety, frustration, fear, etc. When I am aware of any devolving emotion:

1. *Say out loud or to yourself... "I forgot what to decide." Remember, I declared before I even got out of bed that I was (a) not going to judge anything today, and (b) I was going to have a day full of peace, serenity, joy and love. If I am feeling an emotion that is not aligned with that intention, then I must have forgotten what I decided to start my day.*
2. *Even if saying "I forgot what to decide" doesn't work for you, then simply admit to yourself that "At least I can recognize I do not like how I am feeling." This is your acknowledgement of your desire to see the situation differently. This is the door you are opening to change your mind about your situation and your opportunity to bring yourself back to peace, serenity, joy and love.*
3. *After one or both of the above two steps has been honored, simply declare "I want another way to look at this" and wait for your answer. It's within you...you only need to want to see the situation differently in order to see it differently.*

In short, you begin your day with a 3-step process:

1. *Thank you.*
2. *I choose not to judge anything today.*
3. *This is the day I want [then state the day you want].*

...and if you 'go off the rails throughout the day'...your 3-step process to get you back on track:

1. *I forgot what to decide.*
2. *At least I can recognize I do not like how I am feeling.*
3. *I want another way to look at this.*

The above, simple process has helped me through some, seemingly, very dark times recently. Not only did the above process teach me that all I was dealing with was my thoughts about something, not the actual thing, but it also taught me what it means to be vigilant for God. Every time my thoughts would devolve, I would bring my thoughts back to peace, serenity, joy and love. On one day in particular, I must have repeated my 3-step process AT LEAST 100 times during the day! But I did it! I was vigilant. And my day ended as it began, in peace, serenity, joy and love.

Give the above 3-step process a try and let me know how it works (or doesn't) for you. But remember, whether it works for you or not, it's your choice. And don't worry,..God still loves you, and so do I.

In love, gratitude, compassion and forgiveness...

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Will of God

There is a silence and a certainty  
Apart from time; a peace and quietness  
Surrounded by a thousand angels' wings,  
And kept inviolate by God's Own Hand.  
It is for everyone. Yet very few  
Have found it. It will wait for everyone  
Who seek, and all of them will find at last  
This secret haven, hidden from the world,  
And yet in open sight. Its clarity  
Is blazing, yet it is not often seen.  
Its call is constant, yet is rarely heard.  
Attack must overlook it, yet to love  
It gives an instant answer. Here the Will  
Of God is recognized and cherished still.  
And it is here that finally God's Son  
Will understand his will and God's are one.

*Helene Schucman*

## 3. Quote or Question

"Keep a green tree in your heart and perhaps a songbird will come." -- Chinese proverb (January 2015)

## 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. Kathryn Kimmins – Laughing in the New Year to Uncover Your Unique Ability

I believe we were put on this earth with a unique set of talents and gifts, which may include helping to inspire and motivate people to action. The most successful people have learned how to tap into this skill and apply it with passion and enthusiasm. They align all of their daily actions to pursuing their unique ability and their goals. They fixate only on applying their unique gift with relentless zeal and gusto. They find creative ways to delegate all other non-related activities so they can concentrate solely on their core genius. They focus on developing strong positive habits and apply these laws consistently. These people excite, inspire and engage everyone around them as a result of living their unique talent.

One way to uncover your unique gift is to ask five of your closest friends what you are recognized for. Ask them what your top talents and gifts are as they perceive them. Another way to determine your unique ability is to ask yourself, what do you love to do so much that you don't even want to charge money for doing it? It is that effortless for you.

For me it is inspiring and transforming people's lives through laughter. I love it. I love doing it every day. I love traveling, presenting, meeting new people, and making people laugh. For anyone that has seen me speak or coach, they can quickly ascertain that this is my passion. I am one with an audience, humble, confident, entertaining, engaging, and determined to get people to tap into their child-like spirit. This is what I was meant to do. This is so natural for me. So now is the time for you.

I encourage you to focus on YOU for a change. It's your time to concentrate on only you and what it is that you want most. A great way to start is to get focused, centered and be aware of what inspires you. Take some time now and uncover and ignite the 'genius' inside you. Only you can get in your way. Everyone, including the universe, is standing by to answer your call and get on your band wagon. You are the conductor and the only one that can uncover your unique ability so it starts and ends with you.

For some, uncovering their unique gift is effortless, for others it takes deep discovery. Perhaps you are still on your creative journey, uncovering every detail of your life and your goals. Just know that with each small step you take it takes you closer to finding the true you.

*All of us were put on this earth with a unique set of gifts and a core genius.  
Uncover yours NOW and become the person you were born to be.*



**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/>.

## 5. Regiena Heringa – Notes from the Light – January 2015

### Part One - Layers and Patterns

We ask you to consider the underlying structures found in your daily living.

In your world, a layering and patterned effect to life can be observed. You think one thought, create another and continue onwards in linear fashion. However, you may also create a central thought and modify it through additional thought patterns. In this way, you begin to layer your thinking by introducing a thought pattern into the other. Thus mental patterns move in and out of themselves to create new arrangements. This activity refreshes your mind and stimulates innate creative genius.

By using your gifts, you may also observe this environment of layers and patterns in dimensions which overlap and traverse your very own world.

There is presently an increased meeting of various dimensions and cosmic patterns. As your planet moves into a vaster expression of Spirit to radiate a greater freedom, it naturally begins to shed its densest layers. Therefore, your world is beginning to house a lighter, more transparent and clearer vibrational pattern.

Your people have many gifts which can be used to not only detect these shiftings but to be actively involved in this planetary upliftment. How is this possible?

It is to be remembered that there is a perfect reflection between the microscopic and the macroscopic worlds. Within the physical senses that you enjoy upon your planet, lie the more refined senses which are layered and patterned within you. Let us explain.

All elements within your physical bodies can be heightened and refined if you so wish it. The colours and patterns perceived by your human eyes can be uplifted to detect and enjoy greater light, colour and patterns which vibrate beyond your third-dimensional world. The music you presently enjoy through your physical ear can be beautified a hundred-fold by adjusting your hearing to a celestial vibration which resonates all around you and which, indeed, impregnates the very air that you breathe. Your physical senses can be adjusted,

refined and transformed into more comprehensive and majestic experiences. This is so, for all the fine attributes of planetary systems, consciousness and universes meld into one exquisite point of perfection which is secured deeply within the Creator's Heart.

Since all your physical senses can be honed and their refinement activated by your innate gifts, you ask: "If this is so, why do I not see through dimensions? Why do I not hear the angelic music of the spheres or see beings of great light?"

There are two elements to consider in answering these questions: your relationship to yourself and your relationship to the world around you.

We invite you to reflect upon the following; if you wish to live in holy patterns, then you are asked to contemplate the extent of your commitment to living the divine model. If your commitment is genuine, your physical senses will naturally elevate to greet these marvelous vibrational spheres. If you acknowledge that your external world is a true reflection of your inner sacred self, you spontaneously fashion a harmonic bridge between the two. In truth, you create a fluidity, a continuum, which naturally enhances and raises your physical senses.

It is to be remembered that your world is refining itself and asks that you accompany it on its journey.

End of Part One.

Layers and Patterns Part Two will be presented in February 2015



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

## 6. Dr. Nancy Cleaves – Death of the Ego

*Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. John 12:24*

We come here from the realm of Living Love, all flows in Sacred Unity. If we weren't given an ego, we would just go back into the Light the second we are born. There are many stories of rabbis, monks, and spiritual leaders coming so close to this realm, their faces shone, great miracles happened in their presence – nothing less than enlightenment that we all seek.

Our ego defines us as humans – and it is the source of all our pain. In the Light, we **know** we are one in the ONE. As humans, we feel separate and alone, and we all seek to heal this disparity, and fill the void. The result of an ego-based living is to feel **desperately alone!** The only true satisfaction is to come Home to Sacred Unity again.



Fanaa is the Sufi term for extinction. It means to annihilate the self, while remaining physically alive. Persons having entered this state are said to have no existence outside of, and be in complete unity with, Allah. Fanaa is equivalent to the concept of nirvana in Buddhism and Hinduism or moksha in Hinduism which also aim for annihilation of the self.

Abu Yazid al-Bistami approached the Divine Presence and “knocked on the gate”. He was asked, “Who is there?” “I have come, Oh my Lord”, replied Abu Yazid. He was told: “There isn’t any place here for two. Leave your ego behind and come”. When Abu Yazid once again approached the Divine Presence and was asked who it was, he said: “You, oh Lord”.

Surrendering our ego is a daily practice. Sitting with our souls and taking into account what feelings arise, gradually purifying all emotions to align with Love. It is not easy and many don’t choose the discipline. It is an agonizing dying, layer by layer. It takes a lot of time listening and embracing what feelings arise. We all have fears of loneliness and abandonment buried within. They disguise themselves in our masks of ego. That person left me. That person hurt me etc. I wouldn’t feel this way if I wasn’t alone etc. I find energy clearing the best tool in this venture. (changeworksinc.com)

Jesus said that if your eye be single, your whole body will be full of Light. That is the benefit of surrendering our ego – enlightenment, unity, wholeness. Rumi said,

I would love to kiss you. The price of kissing is your life. **Now my loving is running toward my life shouting, What a bargain, let’s buy it.**

The broad path, living in comfort and convenience, keeping busy, depending on others for our sense of love...leads to more and more loneliness. The seed of our soul is **alone**. If we let that seed die, it breaks open to a tree of Life, vibrant, joyous and one with the One.

The next article will be on the Rise of the Authentic Self. If you listen to Jesus in his language of Aramaic..one could say he was full of ego, always declaring the big 'I', but of course he was everything but. When he said "I am", he spoke the words, "Inana" (Aramaic - see the website Abwoon for the Aramaic scholar Neil Douglas'Klotz). *Inana* means 'i am in the I AM.



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

## 7. Doug Henderson, Ph.D – A New Year's Resolution

These are very interesting times. They are times of contraction, error and expansion. To know of these times is one thing, to live through these times is quite another matter. They are times of contraction, fear and chaos during which, personal withdrawal pervades and hatred prevails. They are times of error during which erroneous teachings and the proliferation of propaganda pervade. But it is also a time of testing of our free will choice. It all relates to consciousness. Depending upon, not just our choice for something better, but more importantly; the motive behind our choice. Each of us has the ability to look beyond the veil of the lower self and progress to another level of consciousness. It can be challenging because spiritual law dictates that one level of consciousness has no awareness of another level of consciousness. It's a personal desire, intention and willingness to move toward inner harmony and inner peace. It is a constant request that is expressed to something so much greater than we think we are, that comes from the recognition and realization that I am only ever experiencing myself. It's an inside job. No one can do it for us nor can we do it for anyone else. The reason for this is simple, Love cannot be commanded, it can only be desired. Nor can the subconscious mind be commanded. This is why man-made commandments fail. Our body, like our planet, is a vessel. If we are to transition like the caterpillar into something better we must have "**Agreement**" with the chaos that is going on within the cocoon. (vessel, body, planet)

What do I mean by agreement? Perhaps the teachings of the humble Nazarene are helpful here. "Agree quickly with thine adversary (ego, lower self) while thou art yet in the way with him, lest the adversary deliver thee unto the officer (possession) and the officer deliver thee unto the judge (false recognition, false accusation) and the judge deliver thee or cast thee into prison." And what is prison? – continued recognition of mortal and mental torment....." And thou shalt not come forth therefrom, until thou hast paid the last farthing." And what is the last farthing? Could it be our present perception of our world? Could it be the very denial of harmony, peace and the Creator mind that provided free will choice to each of us. Creation creates only like itself. And so it is with each of us. Creation does not interpret energy. (spirit) It is Spirit. Only man (the fallen angel) has the ability to will dis-harmony. All conflict is self-imposed. All attack is self-attack. *The moment that we allow a thought of dis-harmony to take possession of us, it becomes a false recognition and proceeds to become a false accusation that devolves to a further recognition of mortal and mental torment.* This is man's war-like nature and why each of us must be vigilant of our thoughts. Dr. David Hawkins, determined that 97% of all historic events were acts of war. But please remember that all acts of war begin with acceptance and possession within the mind and project from there. **To "Agree" or have "Agreement," does not have the meaning of present day interpretation. It means to behold or recognize the error, become cognizant of the error and release it and in doing so, accept freedom.** You see, we over complicate things because we dwell on the past but we must learn to "Let go and let God." It's as simple as breathing in and breathing out, but how many of you are aware to what extent you hold your breath? When we withhold our breath, we withhold love. It's simple awareness. But there is more to it than just that.

We cannot put new wine into old wine skins. Perhaps this analogy will help. Let's suppose that you wanted to replace the furniture in your "*living room*" and you placed the new furniture in your "*living room*" in addition to the old furniture. The first observation is that your "*living room*" is now terribly over-crowded but also that the new furniture does not harmonize with the old worn out furniture. So, it becomes apparent from experience that the "*living room*" requires both a de-cluttering and a purging or purification of the old furniture. The same is true of the mind and the mind is not within the body. The mind is within the *mental body* of the auric or energetic field which is in turn connected to all that is. The purging that is required is a process of self-purification in which all false beliefs, false interpretations, false conclusions and misconceptions are discarded in order to make room for the "*new wine*" of better choices that bring us into closer alignment and harmony with truth. It's a process, a very rewarding process. *The better choice, is the choice for Love or the choice for God.* However, the process begins with recognizing or acknowledging that this vessel has become full of old wine that has soured and turned to vinegar and requires replacement. In all of this we have freedom of choice. We can

continue to put *old wine in this vessel* or we can make a better choice. If we choose to continue to put *old wine in the vessel*, we are making a choice for insanity, in which case we keep doing the same thing over and over again expecting a different result. This, also is a choice for hell, torment and confusion because the Kingdom is not only within, we are the Kingdom! This is why the statement, I am only ever experiencing myself is so true.

In the event that our intention and desire is a choice for God or Higher Self (Holy Spirit), in which we become "*Whole*" or "*Holy*," then spirit will greet us once it has been determined that our motives are genuine and provide a helping hand. There are many benefits or by-products of this process, not the least of which the physical body re-generates. Now, "*a new vessel is being provided for new wine (thought)*." This is what healing really is despite all of our attempts to look outside our self. It's a very simple process but we have chosen to buy into and identify with and be possessed by, what is complicated. We identify with the ego, the label and not the teachings. We identify with the erroneous teachings (propaganda) to the exclusion of love for our-self, our neighbor and our species. When we identify or buy into anything, the propagandist becomes his own first customer. However, it seems to me that a choice for Love is far better than a choice for fear.

No amount of sorrow, guilt, self-flagellation or penance is appropriate. Our desire must be to start a new, right this very instant. That was then and this is now becomes our motto. When we go within and observe all the gunk that is there we must be able acknowledge it and accept it as our own creation. We must own and take responsibility for what we have done to the temple and to the planet without moralizing, without the guilt and the feelings of unworthiness. We are here to have experience and to make correction. *This is both our Sole function and our Soul function!* Any moralizing is totally counter-productive. Each of us is a Child of God. The body may have grown but the mind hasn't kept pace.

Only Love corrects. Again, Love does not conquer for there is nothing to be conquered – Love Corrects. It corrects because it outshines the darkness that lurks within. Since Love cannot be commanded it must be desired. It is a desire for God. When this desire is genuine, everything changes. It's a process. It does not mean that we will no longer have unhappy moments, it simply means that now that we have taken responsibility for the creations of our lower self, there will be times that come to our awareness where vigilance and diligence are required. Being absolutely present in our feelings will bring them to our attention and a better choice of feeling can be made. Simply take a moment and recall the feeling that you truly aspire to. You are a mobile broadcasting, transmitting, receiving device – an instrument of God – so choose what it is you really want and picture the end result only. Do not get caught up in how your desired outcome will come to you. If you do, you are now interfering with your own true nature. What is your own true nature? It's where your will, your desire and that of a Universal Creator Mind are one. If you sweat the details, your interference of the frequency of the broadcasting signal being emitted by you, is now in conflict with the Love being broadcast from Universal Creator Mind. The new picture (new wine) that you hold in mind will outshine the soured vinegar (old Wine) still lurking there.

You will fall in Love with this process because each time you observe (dispassionately) a blockage to Love and ask for guidance and understanding from your Higher Self – the blockage to Love will be removed. These blockages to Love are really the very thoughts or beliefs that block alignment and harmony with our Creator Source. As they are removed, there will be a feeling of exhilaration and renewed energy because you are no longer squandering your energy protecting personal defense mechanisms that blocked this all pervasive loving energy. As you continue to go through this process and become more whole, the holiness of your very existence will become more apparent to you. You will also, achieve higher states of consciousness that there never was prior awareness of. As the mind heals, the body and the soul will follow and the "*Mark of the Beast*," (ego) will be burnt off from the brightness of the light of the Higher Self that comes through more and more. The Mark of the Beast is completely extinguished at Level of Consciousness 666!!(Henderson)

This is how we transform our world. It's an inside job! As we transform our self, our vibratory rate increases and we become more loving. At Level of Consciousness 500 (Hawkins) we recognize that we are loved, loving and loveable! It is at this point that we go from projecting our negative thoughts (junk) upon the world and the

collective consciousness and we start radiating Love and become a beacon for all mankind. At level of consciousness 500 (Love) your presence is now drawing up 750,000 other individuated forms of spirit (humans) below level of consciousness 200!! (Courage) This is how we contribute to peace in our time. This is how correction is made. You are not helpless! It is my desire for each of you reading this message that you make your own self-nourishment and your own self-purification your fervent desire for this new year and all time.



**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 1<sup>st</sup>, 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](http://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](mailto:drdoug88@gmail.com), or via his website at [www.quantumru.com](http://www.quantumru.com).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 8. Good News Of The Day

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

When singer-songwriter and actress Caitlin Crosby got on stage with her hotel key conveniently draped on a makeshift chain around her neck, she had no idea that this would eventually open a door and lead to "The Giving Keys". This organization unlocks human potential through a circle of passed-on keys inscribed with inspiring words like "courage", "trust", and "love". Both givers and recipients of the keys share stories online in this pay-it-forward ecosystem. But perhaps the greatest testament to the power of the keys is its ability to transform the lives of their creators: homeless people who have, by way of lovingly crafting messages on pieces of metal, found self-esteem, education, employment, and keys to a brighter life.

<http://www.dailygood.org/story/876/the-giving-keys-unlocking-human-potential-with-discarded-metal-michelle-burwell/> **Be The Change:** Give someone an extra bit of encouragement today. Maybe through a note, a smile or a small gift.

"What is companionate love?" To Sigal Barsade, a Wharton School management professor, it is when workers "who are together day in and day out, ask and care about each other's work and even non-work issues...They are careful of each other's feelings. They show compassion when things don't go well." Not surprisingly, Barsade and a colleague found that this important aspect of one's workplace ultimately helped employee morale, teamwork and customer satisfaction. Adds Barsade, "Management can do something about this. They should be thinking about the emotional culture." <http://www.dailygood.org/story/901/why-fostering-a-culture-of-companionate-love-in-the-workplace-matters-knowledge-wharton/> **Be The Change:** This week do one thing to be more caring and compassionate to those around you in your workplace.

There are any number of reasons one can think of to not do something. In this beguiling illustrated strip Grant Snider playfully reminds us that, for all our potential excuses, there's nothing quite the like the feeling of leaping. <http://www.dailygood.org/story/900/making-the-leap-grant-snider/> **Be The Change:** Take a moment to ask yourself: what is keeping you from a leap in your own life? If it's one of the reasons artfully represented by Grant Snider, consider what it might feel like to take the plunge!

Growing up under conditions of privilege in India, Sarah Van Gelder developed an interest in the underlying causes of poverty and suffering from a young age. Driven by her quest to find answers and solutions, she established Yes!Magazine, a publication that focuses on positive and uplifting initiatives by individuals and groups to foster social justice and equality around the world. Read further for samples of stories featured in Yes! and for Sarah's insights into how humanity can embrace diversity to create a more just world.

<http://www.awakin.org/calls/index.php?pg=profile&cid=171&sid=15736> **Be The Change:** What cause are you passionate about and how can you become an advocate for them?

It was a cold rain, as author Kristi Jo Jedlicki made her way to the homeless shelter where she worked. While struggling to keep her umbrella from blowing away, she noticed an old friend standing by the doorway - his eyes gleaming with a soul filling joy, and in spite of the dreadful rain. When asked, he said simply "Waiting for you, of course. I had to see how my friend was doing and to make sure your day got off to a good start.â It's when we act selflessly for the benefit of others, that our heart may truly begin to smile. Read more to learn how kindness can change the world. <http://www.dailygood.org/story/886/let-a-smile-be-your-umbrella-kristijoedlicki/> **Be The Change:** Make it a point to greet each day with a smile. Remember, one simple act of kindness can help to create a more positive world.

Popular news and media outlets often report negative stories and rarely shed light on all the good that happens on a daily basis. Here are 34 stories of random acts of kindness that will warm your heart and bring a smile to your face. <http://www.dailygood.org/story/916/34-examples-of-heart-warming-humanity-posted-on-november-3-2014-by-kindness-blog/> **Be The Change:** Have you committed a random act of kindness or been the recipient of a stranger's kindness? If so, share your story with others today!

When tech executive David Campbell learned about the devastation in Thailand caused by the 2004 tsunami, he was moved to action. Armed with a wireless router and duct tape he flew to Thailand where, against the odds he organized a chaotic assortment of people from around the world into a team of effective volunteers. When Campbell returned home to the U.S., Hurricane Katrina hit the Gulf Coast. Using the model he developed in Thailand, Campbell was on the ground within a week in Biloxi, MS, eventually rallying over 1,500 people to help. In 2005 Campbell launched the non-profit All Hands Volunteers to support disaster-struck communities all over the globe. To date the organization has mobilized over 28,000 volunteers. Read on to learn more about this inspiring effort. <http://www.dailygood.org/story/892/one-man-s-organized-response-to-disaster-encore-org/> **Be The Change:** Contact an organization in your area that is doing work which speaks to your heart. Find out how you can contribute to their efforts in some way.

As life gets busier and busier, many find that it is almost impossible to juggle new ideas, new challenges or perhaps even new relationships. According to James Clear, this is where the analogy of pruning a rose bush comes into play: before we exhaust ourselves with trying to perfect the big picture perfect, we need to make careful and difficult decisions about what to cut out or trim back on. Doing this allows our lives to blossom to their full potential. Clear shares more about how to prioritize and "prune" our lives in this piece. <http://www.dailygood.org/story/919/priorities-and-the-art-of-pruning-james-clear/> **Be The Change:** Take some time to simplify and focus on what you believe is most important in your hectic life.

G.B. Road houses a total of 77 brothels. Home to 4,000 women, and 1,500 children, it is the largest red light district in Delhi, India. An area no woman would go voluntarily. Or so you'd think. But a few years ago, Gitanjali Babbar walked right in. She quite literally knocked on the brothel doors, walked up the narrow staircases, and talked to the people there -- sipped tea with the brothel owners, listened, laughed, and came to know the women as her sisters, their children as her family. Three and half years ago, she launched Kat-Katha, a nonprofit that's quietly transformed parts of G.B. Road's brothels into classrooms, community centers, and safe spaces for the women and their children to learn, explore creative arts, and come alive with a sense of connection, expression, and possibility. Read more about Gitanjali's courageous journey and compassionate spirit here. <http://www.dailygood.org/story/895/how-one-woman-s-love-is-transforming-delhi-s-brothels-audrey-lin/> **Be The Change:** Consider what you need to do to change yourself, in the spirit of Gitanjali Babbar, to help a sense of possibility emerge in a situation that feels otherwise impossible. Take that step.

"Love is an emotion, a momentary state that arises to infuse your mind and body alike," writes Barbara Frederickson. Yet this transient state holds much promise beyond feeling good; love can be poignant in shaping perceptions of who we are, how we relate to the world, and even our health. Far from being a private event, love is an experience shared between people when they connect in the spirit of goodness. And that connection is at the heart of love's most telling effects: stretching us beyond our boundaries, inspiring awareness, and inviting us into a state of oneness. <http://www.dailygood.org/story/906/micro-moments-of-love-barbara-frederickson/> **Be The Change:** Challenge the conventional, romantic notion of love today by feeling love towards a stranger. How does this connection expand your sense of self?

If you wrote an open letter to the children of the world, would you apologize to them? Following the tragic Newtown shooting that took the lives of 20 children exactly two years ago today, Randall Amster wrote such a letter. In it he addresses not just children but adults, as well: "This is not an excuse for our actions. We've let ourselves get caught up in the pace of our lives, and we've become distracted from the important issues that

we all need to work on together." Read his moving epistle here. <http://www.dailygood.org/story/929/an-open-letter-to-the-children-randall-amster/> **Be The Change:** Ask a child what is beautiful to them. Tell them what is beautiful to you, too.

"How are we so optimistic, so careful not to trip and yet do trip, and then get up and say OK?" Maira Kalman asked in pondering happiness and existence. What is it that propels us to get up after loss, after heartbreak, after failure? That's precisely what the Reverend Victoria Safford explores in her essay "The Small Work in the Great Work." <http://www.dailygood.org/story/915/what-it-really-means-to-live-our-mission-maria-popova/> **Be The Change:** Find a way to rise up from difficulties that lay you low this week and help someone else rise up as well.

As children, we're taught to be wary of strangers. To walk away, even when we know someone might need our help. Sadly, the world today seems to elicit this type of fear. And, as parents, we continuously struggle to help our children find the balance between staying safe and helping others. Read this inspiring story to learn how one mother's day of errands quickly became a teaching moment for her and her sons. <http://www.dailygood.org/story/887/a-simple-act-of-kindness-in-an-otherwise-crazy-world-becomes-a-teaching-moment-kevin-and-michelle-rivoli/> **Be The Change:** This world can be changed through direct acts of kindness. Take a moment today to reach out to someone in need.

When Bill Thomas became medical director of a nursing home he decided to attack what he termed the Three Plagues of nursing home existence -- boredom, loneliness and helplessness -- by bringing in some life. Cats, dogs, birds and green plants in every room, and visiting children after school, triggered unexpected transformations. Some medication doses were lowered, residents were invigorated in body and spirit, and a few patients were even able to return to independent homes. This excerpt from "Being Mortal", Atul Gawande's powerful new book on end-of-life care shares the extraordinary story of Bill Thomas' work. <http://www.dailygood.org/more.php?n=6163> **Be The Change:** What does life mean to you? Bring a taste of life to an elderly friend or acquaintance this week by accompanying them in some way for a short time.

While cleaning out her dresser, a woman stumbles across a beautiful handwoven purse that was gifted to her by a special teacher more than two decades ago. A question from her husband leads her to reflect for the first time on what prompted that teacher's thoughtful gesture. What followed was a beautiful insight on the ways in which our lives are supported by the kindness of countless people. Read Guri Mehta's reflections on 'being raised by a village', and watch the infectious music video that encapsulates the spirit of her words. <http://www.dailygood.org/story/941/unpacking-a-gift-from-21-years-ago-guri-mehta/> **Be The Change:** Is there a special gift you've received whose value you have yet to fully discover?

California-based nonprofit, Global Heritage Fund, is taking a unique approach to preserving our world's most endangered sites. They are bypassing the often tangled ties of bureaucracy, to invest directly into the community which surrounds it. By bringing together highly skilled engineers and archeologists, they are able to save some of our world's most sacred sites. And, in doing so, they're working to preserve an integral part of our cultural history. Take a look at some of these breathtaking sites, and learn more in this interview with the founder. <http://www.dailygood.org/story/877/travel-for-heritage-ghf-preserves-the-world-s-most-delicate-sites-asha-chhabra/> **Be The Change:** The importance of our past can not be overstated. Take time to learn about, and share this understanding with others.

## 9. Anyone Else Suffer from Active Laziness?

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

by Sif Anna Dal

I was recently reading a book about a boy who becomes acquainted with philosophy through the need to answer questions about living and dying and the meaning of life after his mother is killed in a car accident.

In the book, the boy is introduced to "The Tibetan Book of Living and Dying" by Sogyal Rinpoche. Within the pages of the book, the boy is introduced to the concept of "active laziness", the need to keep busy in order to avoid thinking about one's own mortality, or even about other important things, like what makes the individual happy. Or, in other words, it's easier to keep oneself distracted than face one's own demons -- and for people who believe they have no demons to face, are you alive?



There is always plenty of discussion to be found about the fast paced nature of today's society, and how people today fill their lives with endless activity and distraction. Consumerism is a big part of that distraction. Rinpoche views all of this as avoiding thinking about the nature of living and dying; the short time that we have on this plane and what we do with that time, and how we feel, or experience that period of living.

It certainly rings true for me. Even with four children to raise and care for, a degree to finish and a household to maintain and keep running smoothly, I often feel I need to be doing MORE. I often lament at not having the energy or time to do MORE. So many people I know are the same. Busy to the point of breaking down, but unable to cut right back because, well, because - they don't even seem to be able to articulate why.

I know I often feel lonely, not because I'm alone - I'm hardly ever alone - but because I fail to connect with other people. Now, I have to ask myself, is the person I most fail to connect with, is actually me? Would I be better at connecting with other people if I understood myself better? And how much do other people actually connect with one another (...)? Is shooting the breeze really connecting? Is being in the same place as someone, talking to them, the same as actually connecting with another person? Or is it just another way to distract oneself from being with oneself?

Frenetic energy springs to mind. It's everywhere. Everywhere we go, all the social media, shopping centers in particular, are BOOMING with frenetic energy. If a person isn't comfortable in the calm quiet places, isn't that a problem? If you cannot sit in a room with another human being without speaking, without the tv or the radio on, or something else to distract you -- the computer, the phone, the book -- can you really say you know how to be with yourself and with another person?

I sometimes sit just with myself and my thoughts. I don't often with someone else and our thoughts.

Anyone else suffer from active laziness?

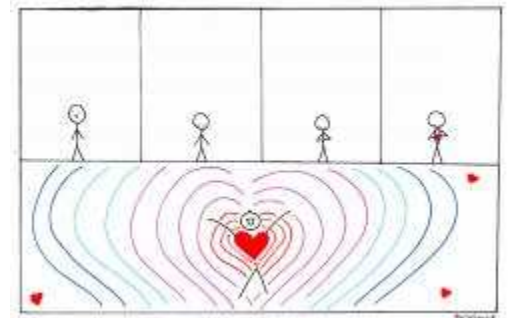


## 10. A Heart Wide Open

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

by Joel and Michelle Levy

"Then it was as if I suddenly saw the secret beauty of their hearts, the depth of their hearts where neither sin nor knowledge could reach, the core of reality, the person that each one is in the eyes of the divine. If only they could see themselves as they really are, if only we could see each other that way all the time, there would be no more need for war; for hatred, for greed, for cruelty. I suppose the big problem would be that we would fall down and worship each other." - Father Thomas Merton, Epiphany at 4th and Walnut in Louisville, Kentucky



Can you remember a time (or times!) when you were really cracked open, and beheld the overwhelming beauty or suffering of the world around you? Can you remember how it felt to have your heart that wide open, your seeing that deep and clear, and what it felt to simply be present and alive in those moments?

In one of the later Superman movies, there's a touching scene where Superman takes Lois Lane way up into the sky, and asks her to listen. "Listen. Tell me what you hear," he tell Lois. Lois listens hard, and responds, "I don't hear anything. " Superman then replies, "I hear everything. All the cries for help from all the people in danger. I hear voices of countless voices of people calling for help."

In the Chinese tradition, Quan Yin is regarded as the embodiment of Universal Compassion. Her name literally means, "She who hears the cries of the world." In Asian cultures it is understood that Quan Yin is really a dimension or quality of our own innate compassionate presence, an innate quality of being that each of us can find within the depths of our own hearts - our most essential being. In Christianity this archetype of compassion may be related to as the Christ or Mother Mary, in Jewish tradition as the Shekina, the Divine Feminine immanent aspect of God residing within us as "in-dwelling Presence."

It takes courage to wake up, to open our wisdom eyes, look more deeply, see more clearly, and feel deeply into the subtle, complex, and profound interrelationships that weave the fabric of our lives and world.

To the fainthearted, it may superficially seem easier to live in denial, mindless of the intensity of beauty, joy, and wonder, numbed to the sorrow, suffering, and pain in our lives and world. Aloof and semi-disembodied, we distance ourselves from the raw, vivid, intensity, and intimacy of our feelings and our visceral responses to the suffering of the world within and around us. Such self-protective strategies keep us distanced from our heart, our feelings, our loved, ones, yet sooner or later, most of us get cracked open, one way or another, by the raw intensity of the nature of our lives and world.

If we are truly committed to embodying compassion, there is an opportunity for gratitude, wisdom, and dedication to come together at least three times a day in our busy lives. When is this? At times when we select and eat the foods that sustain our lives.

## 11. Our Environment Is An Integrated Whole

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

by Ganoba

We have a very special relationship with our environment. The sooner we realize it, the better it is for all of us.

Life as we know it came into being because of the environment. Having given birth to it, it has nurtured and supported it and provided the playground for its evolution. It continues to do so in spite of the ravages caused to it by the modern man.

The environment in our living experience appears in five principle forms, namely the earth, water, air, space and energy. These five individually and in conjunction with the others take on millions of forms. For example, earth appears as dust, sand, boulders, hills and mountains; water appears as vapour, moisture, rain, streams, brooks, rivers, ponds, lakes, oceans, snow, glaciers etc.; energy appears as heat, light, sound, electricity, magnetism and so forth. Air is a subtle element and hence we can only experience it in its various forms and moods. Space is very subtle and so we sense it when it is missing or crowded out. Together they create this wonderful universe. Similarly life has taken on zillions of forms; the amphibians, the reptiles, the worms, the bacteria, the birds and beasts, the trees, the creepers, the bushes the algae and so forth.

Because of our reductionist ways of thinking and perception, we do not see that our environment is an integrated whole. We also do not see the oneness of life. We have cut it up into meaningless and lifeless shreds. We have also missed the wonderful relationship between life and the environment. Many people, particularly the indigenous ones, see the environment as the mother, playmate, lover or companion. They respect and love it, at times even worship it. Modern man sees it as a wild beast to be tamed, domesticated, mastered and then enslaved.

The environment, taken as a whole, is our primary resource for living, play and evolution. When we break it up it loses life and meaning. That is what has happened with money. It is not part of the natural environment. It is a creation of man. Progressively it has become more virtual and artificial. **Money does not fulfill any of our needs, either of sustenance or evolution. But we have come to believe this myth.** We are living with many other myths. A most pernicious one is the existence of the individual independent of the environment.

Let us identify all these modern day myths and drop them. Then we can live truly as human beings playing our rightful role in the natural scheme of things.



## 12. Kindness Includes Everything

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

by George Saunders

What I regret most in my life are *failures of kindness*. Those moments when another human being was there, in front of me, suffering, and I responded ... sensibly. Reservedly. Mildly.

Or, to look at it from the other end of the telescope: Who, in *your* life, do you remember most fondly, with the most undeniable feelings of warmth? Those who were kindest to you, I bet. It's a little facile, maybe, and certainly hard to implement, but I'd say, as a goal in life, you could do worse than: *Try to be kinder*.

Now, the million-dollar question: What's our problem? Why aren't we kinder?

Here's what I think: Each of us is born with a series of built-in confusions that are probably somehow Darwinian. These are: (1) we're central to the universe (that is, our personal story is the main and most interesting story, the *only* story, really); (2) we're separate from the universe (there's US and them, out there, all that other junk – dogs and swing-sets, and the State of Nebraska and low-hanging clouds and, you know, other people), and (3) we're permanent (death is real, o.k., sure – for you, but not for me).

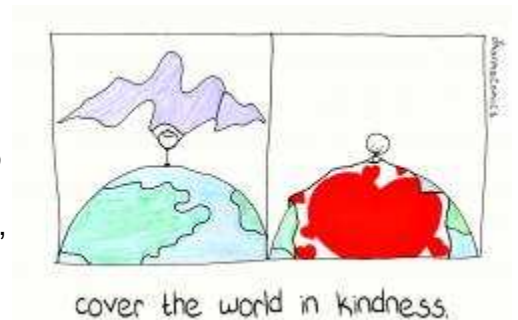
Now, we don't *really* believe these things – intellectually we know better – but we believe them viscerally, and live by them, and they cause us to prioritize our own needs over the needs of others, even though what we really want, in our hearts, is to be less selfish, more aware of what's actually happening in the present moment, more open, and more loving.

So, the second million-dollar question: How might we DO this? How might we become more loving, more open, less selfish, more present, less delusional, etc., etc?

Well, yes, good question. Unfortunately, I only have three minutes left.

So let me just say this. There *are* ways. You already know that because, in your life, there have been High Kindness periods and Low Kindness periods, and you know what inclined you toward the former and away from the latter. Education is good; immersing ourselves in a work of art: good; prayer is good; meditation's good; a frank talk with a dear friend; establishing ourselves in some kind of spiritual tradition — recognizing that there have been countless really smart people before us who have asked these same questions and left behind answers for us.

Because kindness, it turns out, is *hard* — it starts out all rainbows and puppy dogs, and expands to include . . . well, *everything*.



## 13. To My People: An Ode to Humanity

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

Every one of us is a product of so many other people's love, blessings, inspiration and support. We are all so interdependent upon each other. In a very real way, we are all a close family. In this soulful and upbeat music video, "To My People", musicians Nimesh "Nimo" Patel, Chad Harper, and Nick Dalton, along with magical filmmaker Ellie Walton, remind you of that oneness that is so deeply rooted in all of humanity. It will move you to hug the next person you see! - See more at:

<http://www.karmatube.org/videos.php?id=5579#sthash.hRZnpttP.dpuf>

## 14. Instant Karma

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

What goes around comes around...sometimes faster than we might expect! In this beguiling video two young men pose as homeless musicians on the street. While one plays a mournful melody on a violin, the other holds out a jar for spare change. The moment someone makes an offering however, the tune abruptly changes and the tables are delightfully turned. Watch and smile as a series of unsuspecting givers become the receivers. A beautiful reminder that all our acts of kindness, no matter how small, are always returned manifold. - See more at: <http://www.karmatube.org/videos.php?id=4714#sthash.kVmMxlck.dpuf>

## 15. A Period of Non-Doing

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

There are many situations around the world that seem overwhelming - climate change, poverty, violence... While at the same time, we are surrounded by signifiers of normality - celebrity gossip, sports, cat videos... How do we change conversations on important topics that affect our lives and the world in which we live? Author and self-described "de-growth activist." Charles Eisenstein, suggests that we take a break from our habitual ways and enter a period of latency - a period of "not doing." Perhaps we will see new pathways to relationships and different ways of communication that lead to trust in each other. - See more at:

<http://www.karmatube.org/videos.php?id=4664#sthash.ZkELXtgC.dpuf>

## 16. "If" by Joni Mitchell, Inspired by Rudyard Kipling

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

Rudyard Kipling's iconic poem, "If," first published in 1910, serves as timeless blueprint for personal integrity, self-development, and living a full, meaningful life. In 1995, "If" was named "Britain's favorite poem" in a survey by the British Broadcasting Corporation. This video features Canadian singer-songwriter Joni Mitchell's adaptation of the poem, sung in her signature style. - See more at:

<http://www.karmatube.org/videos.php?id=4594#sthash.9yUgkXIQ.dpuf>

## 17. Learning What's Important

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

At 19-years-old, Shaun Teo left the comfort of home to travel hundreds of miles to an isolated community in West Kalimantan, Indonesia. The Living Waters Village houses over 450 children and teenagers, many orphaned or abandoned by family. Established by Ronny & Kay Heyboer of Rivers of Life ministries, the village's young occupants receive food, shelter, and an education. Along with a dozen other volunteers, Shaun helped to expand the community by painting and digging the foundations and sand. Although Shaun's goal was to bless others, he explained, "I came here with the intention to bless others, but in the process, I have been blessed so much more." - See more at:

<http://www.karmatube.org/videos.php?id=3870#sthash.N4HjFo0c.dpuf>

## 18. This Is Our Choice Point

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

"Each time a cycle comes to an end it opens a window of opportunity called a 'choice point'." And in that window we have a choice between deep, transformative change or slow and inevitable demise. This is one of the core premises of the documentary Choice Point, a film that features interviews with diverse luminaries such as Archbishop Desmond Tutu, Sir Richard Branson, Jack Canfield and many others. The film taps into the wisdom of these prolific change-makers, who remind us through their own stories, of the tremendous potential that lies within each individual to shape their own and our collective future. - See more at:

<http://www.karmatube.org/videos.php?id=3972#sthash.ZjAOPXb3.dpuf>

## 19. States of Grace

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

"I made a decision to be of service to people. And I gave it my all." Dr. Grace Dammann was a frontline AIDS physician who miraculously survived a head-on collision on the Golden Gate Bridge. The accident left her wheelchair-bound and faced with a drastically altered reality. Now on the other side of the caretaker-patient divide Grace is forced to renegotiate her way of being in the world. "States of Grace" is a new documentary about her life. Not just a film about an incredible woman and the people who love her, it is also a moving meditation on loss, resilience and the renewal of the human spirit. - See more at:

<http://www.karmatube.org/videos.php?id=4685#sthash.j9nn78Vq.dpuf>

## 20. It Is Now That My Life Is Mine

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

In 2008, going through a dark patch, Hailey Bartholomew found comfort in a simple practice. Every day she took a photo of something she was grateful for. The practice yielded transformative results and led to the creation of 365grateful.com. Thousands would be inspired by it -- among them a young mother named Amy Gill. Thanks to Hailey's story, Amy would turn to gratefulness at a time of heartbreak in her own life. This film captures her beautiful spirit and story. - See more at:

<http://www.karmatube.org/videos.php?id=4737#sthash.NsY7AS7X.dpuf>

## HEART AND SOUL ADVERTISEMENTS:

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

### 21. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page ([www.servingyourjourney.com/Resources.html](http://www.servingyourjourney.com/Resources.html)). 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.

## 22. Sacred Attention Therapy

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

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

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

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

## 23. Spiritual Exploration and Soul Coaching

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

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

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

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

## 24. Spirituality Workshops

### “Exploring Spirituality”

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



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

## “The Laws of Spirit”

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

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

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

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

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

## “Forgiveness”

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

**To register your interest for any of the above workshops**, please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.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.

## 25. 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.servingyourjourney.com/ACIM.html>.

## 26. Serving Your Loved-Ones

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

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

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

1. Email us a picture of your loved one (in a standard graphical format; for example: .jpeg, .gif, .pdf, etc.) to [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.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@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com) or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 27. Supporting Spiritual Guidance

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

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

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

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

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

1. Please go to the home page of our website ([www.servingyourjourney.com](http://www.servingyourjourney.com)) and click on



the  button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street  
Ottawa, ON K1R 5J3  
CANADA

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

Love and gratitude for your support and generosity.

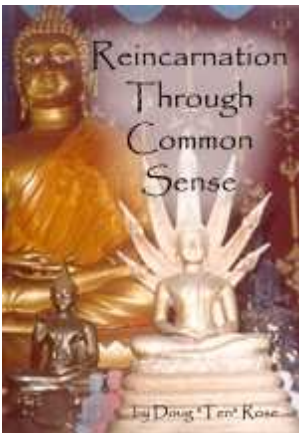
## 28. OM Websites

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.

## 29. Reincarnation Through Common Sense and Fearless Puppy on American Road

\*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS \*

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



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

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

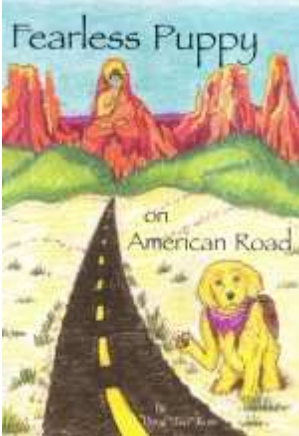
times, too.

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

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

[http://fearlesspuppy.org/m\\_reincarnation.htm](http://fearlesspuppy.org/m_reincarnation.htm)

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



<http://www.fearlesspuppy.org>

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

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

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

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

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

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

## 30. 5<sup>th</sup> International ICCS Conference in Mysore, India

Dear Relative:

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

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

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

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

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

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

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

Theme of the 5<sup>th</sup> International Conference is

## **“Universal wellbeing - Sustaining Nature, Culture and Communities”**

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

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

As like every year we will organize pre and post conference tours to visit India for 5 to 7 days based on participation by the delegates, Please do indicate if you wish to attend the tours.

Looking forward to welcoming you all in Mysore, India .

Best regards,

Shekhar Patel Ph. D. President ICCS USA

Praveen Veldanda. Secretary ICCSUSA

Shyam Parande, Margadarshak, ICC USA

**Please follow on our website at [www.iccsus.org](http://www.iccsus.org) for further information and details about the conference.**

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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