

***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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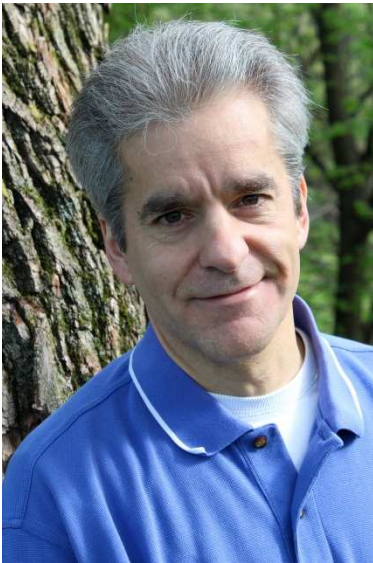
## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	3
3. Quote or Question	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	5
4. Kathryn Kimmins – Depression and Anxiety: It's Not All in Your Head	5
5. Regiena Heringa – Message from the Light – February 2015	7
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	9
6. Good News Of The Day	9
7. Not Resisting Resistance	12
8. Creating Welcoming Space	13
9. Going Beyond the Roles We Play	14
10. Working With Soil. Attending to Soul	15
11. Freely vs Free	15
12. Ripple Effect	16
13. Life is Easy	16
14. Universal Giving – A Lifeline for the Poor	17
15. Living With A Miracle	17
16. If Not Now, When Should You Chase Your Dreams?	17
17. Instant Karma	18
18. Choice	18
HEART AND SOUL ADVERTISEMENTS:	19
19. Spiritual Resources	19
20. Sacred Attention Therapy	20
21. Spiritual Exploration and Soul Coaching	20
22. Spirituality Workshops	20
23. A Course in Miracles Global Community Centre	22
24. Serving Your Loved-Ones	22
25. Supporting Spiritual Guidance	23
26. OM Websites	24
27. Reincarnation Through Common Sense and Fearless Puppy on American Road	24

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Stop Trying and Notice What You Have Accomplished

*"...for as long as we strive, try, quest for accomplishment, we will never achieve what we are after."*

I have made an interesting observation (for me) of late. For as long as I strive, try, quest for accomplishment in something, I will never achieve what I am striving for. It is only when I stop, become aware, that I realize what has happened...perhaps, what I have accomplished. My realization comes in 'not doing.' Let me explain.

When I began my daily meditation practice many years ago, I can remember thinking and feeling like I was making quick progress. Then, that progress seemed to slow down. I did not feel like I was getting the 'buzz' I once received after a meditation session. And then it got to the point where it felt like I was not making any progress at all. Days, weeks, months would go by and it just felt stagnant. But it was in the awareness of how I was living my daily life (with more peace and tranquility) that I realized the daily meditation practice was, in fact, continuing to have a remarkable and transformative affect.



Similarly, when I began my daily yoga practice years ago, it felt like I made quick progress. Then, the progress seemed to slow and eventually seemed to stop. Yet, I continued on. I would be in a yoga class and remember thinking... "Focus, Rob...focus! I need to get deeper in this pose. Try, Rob...try!!!" As with the meditation practice, it dawned on me one day after I had become tired of 'trying' that if I just focused on 'being' in my yoga practice instead of 'doing,' I became aware that I was deeper into my poses than I had ever been before. The yoga has shown me time and time again that for as long as I focus on 'doing' I will get frustrated with my accomplishments. But when I focus on 'being,'

I surprise myself time and time again at how much progress I have actually made.

This distinction between 'doing' and 'being' is an important one for our times. We so easily become caught up in our own self-importance and the busyness of our lives (the 'doing') that we rarely take a moment to stop and just 'be.' For as long as we 'do' we create the conditions that bring us out of awareness and into an egoic state of never-ending-thought, illusion, and chaos. It is only by 'stopping' that we have a chance to bring awareness back into our lives.

I am not referring to taking a vacation here! That often results in simply transferring our 'doing' to another activity; to busying our lives and minds with other things to distract us from the stress and pressure that we momentarily left behind in favor of going on the vacation in the first place. I am referring here to stopping trying to get somewhere with our lives and simply 'being' in our lives. To walk through every moment of our day in complete awareness of all that is going on around us. When this truth reveals itself to us, when we awaken to the perfection around us at every moment in our lives, we become less affected by what is seemingly going on around us. We become more calm and more at peace.

So...stop trying and notice what you have accomplished. It may just surprise you.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Real World

Where stars are formless but their light remains,  
And shines forever; where the sun has lost  
Its burning heart, and yet it still remains  
A gentle and eternal glow that keeps  
All things in peace and softness, and the rays  
From every living thing reach out to find  
All other living things, and on from them  
To their Creator; where, when petals fall  
And leaves decay, the scent and color of  
The flowers come, preserved forever fresh  
And lovely, and the song of birds remains  
Although their wings are still; here everyone  
Will come to rest, his journey almost done  
And hears God's Voice acknowledging His Son.

*Helene Schucman*

## 3. Quote or Question

"You cannot be lonely if you like the person you're alone with." -- *Wayne Dyer*

## 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 – Depression and Anxiety: It's Not All in Your Head

Here are six possible reasons why you may be anxious or depressed.

A recent study concluded that pharmaceutical antidepressants fare no better than placebo in treating mild to moderate depression. The good news is that there are a number of physical causes of anxiety and depression that can be treated naturally, starting with breakfast.

#### High Insulin

Is a coffee and doughnut your standard breakfast? If so you could be spiking your insulin levels which then manifest symptoms such as anxiety and depression, says Kent MacLeod, biochemist and clinical pharmacist. To reduce your insulin levels and stabilize it, start by limiting high-glycemic carbohydrates and coffee and increase good quality proteins such as eggs, chicken, fish and protein drinks such as hemp or rice, pea or whey powders.

#### Food Intolerances

The treatment for food intolerances is avoidance. Eliminating certain foods such as gluten, milk, eggs and soy for a period of two weeks, then reintroduce them one at a time, paying careful attention to symptoms.

#### Nutrient Shortages

Vitamin and mineral deficiencies such as omega-3 fatty acids, magnesium, zinc, B12 and folic acid may cause mental health issues. "Every nutrient deficiency has proven to have an effect", says Kent MacLeod. Deficiencies may be corrected through supplementation. Talk to your natural health practitioner at SRH Health Foods in Hamilton to find the supplements that are right for you.

#### Celiac Disease

Celiac disease is an autoimmune disease triggered by the ingestion of gluten. If your mood is accompanied by other symptoms of celiac disease such as cramps, bloating, and fatigue consider getting a blood test. This means you avoid gluten at all costs, even traces of it will damage the intestine. A healthy intestinal lining will go a long way toward reducing anxiety and depression.

#### Low Thyroid

It is estimated that 30 percent of Canadians suffer from some sort of thyroid condition, up to 50 percent of who may be undiagnosed. Those with Hypothyroidism require medication and some will suffer from symptoms such as depression and fatigue.

Thankfully, there are natural ways to improve thyroid function without medication. Diet is key. Adequate protein, healthy fats such as virgin olive and coconut oils, fruits and sea salt are essential. Soy and polyunsaturated fats should be avoided. Iodine, amino acid L-tyrosine and selenium help supply the body with nutrients required to make thyroid hormones.

## Other Hormone Imbalances

The drop in estrogen that women experience at menopause, low progesterone, increased testosterone or a dysregulation in adrenal hormones, cortisol and dehydroepiandrosterone (DHEA) can result in anxiety and depression.

**Laughter Yoga** is a combination of unique laughter exercises, deep diaphragmatic breathing, singing, dancing and a relaxation meditation.

Laughter Yoga can reduce stress levels by 75% or more in just one session. It minimizes stress, reduces blood pressure and lifts depression. It also boosts the immune system and increases circulation for better air flow to the body and the brain.

When under a state of stress, the biochemical changes alter the breathing pattern making it shallow and irregular.

Depression is the number one disease in the world. It generates extreme negative thoughts which can even get suicidal.

Laughter Yoga is the ideal answer to depression. It releases endorphins, a natural opiate, which alleviates pain and kick starts good feelings. It helps to elevate the mood instantaneously and changes the perspective towards things thereby reducing depression.

**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 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.

Kathryn Kimmins, a Holistic Practitioner since 2002, delivers through spiritual guidance, Hands on Healing" encompassing Reiki, CranioSacral Therapy, Touch for Health and Laughter Yoga.

She recommends you take Laughter seriously because it changes the way you look at life!



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



## 5. Regiena Heringa – Message from the Light – February 2015

### Layers and Patterns - Part Two

In our previous message we spoke of the truth that your world, your physical bodies and your very minds are layered and function in patterns. As your planet refines itself, moving from a heavier layer to a lighter one, it begins to consciously encounter other worlds and dimensions. As it raises itself up, your world continues to respect its individuality and that of your inhabitants, while also happily recognizing its membership within a greater society. Thus you are gathered up into the arms of a vaster collection of worlds which demonstrates parapsychical, inter-dimensional and multi-dimensional properties and which offers these same properties to you and your earth.

More and more of your inhabitants realize that the refinement of their senses is experienced through their stance as sacred creations. Kindly understand that as the human senses are transformed into a finer vibrational pattern, there is an elevation of these senses. The thought patterns you create in a third-dimensional world are limited to your personal events. As you move through the layers of physical senses and experiences, you arrive at higher resonating patterns which lie beyond your particular world. In your refinement, you let go of restrictive personal experiences and come forth as noteworthy individuals wanting to share more and more with others. You begin to shift from an insular position to a more comprehensive one, realizing that the more you expand your minds and hearts, the more you increase your desire to serve others. This is true for the citizens upon your earth and for your world itself.

All is in expansion: the mind, the senses, the heart, your entire material dimension. Hence, as inhabitants of this fine planet you are naturally evolving with it. No matter the shadows that you presently observe falling upon your earth, expansion continues to intensify for the natural flow of life is to advance from the lesser to the greater. Yet throughout this planetary upliftment, all life remains eternally connected to the whole of existence.

Let us illustrate these truths to you.

Imagine that you are standing in a warm body of water. As you look up at the sky, its blue colour is reflected upon the surface of the water. As you look down, you observe a part your physical body above the water's surface and another part below it. Underneath the water, you see the sand at your feet. We ask you now to contemplate the following: the reflection of the sky in the water creates a divergent reality. Your part of the body in the water is at variance with the part of your body above the water. The water and the sand have been altered by the presence of your body. However, despite these variables, all elements are connected to a whole. In this example, the whole can be considered as the third-dimensional world composed of water, sky, body and sand.

Hence we invite you to consider the following: there is a layering and intermingling of your world with other worlds and dimensions. These encounters will continue and increase so that you and your earth, while retaining uniqueness, may be uplifted and united with remarkable societies. In choosing, by your own free will to experience such events, you can enjoy this elevated existence. Through the use of your gifts of heightened perception you will delight in seeing, sensing, touching, hearing and detecting the wondrous scents, music, forms and colours of breath-taking worlds of revered light, love and intelligence.

Therefore, we ask you to become more aware of your many living patterns found in your minds, hearts and bodies. Understand that you have many layers within yourself and as you voyage through them, you encounter the sacred essence wherein you dwell. It is to be remembered, however, that this holy essence which dwells within you also permeates all layers and patterns of existence everywhere, for no thing lives in isolation. We

request that you view each and every aspect of life, visible and invisible, with the same reverence as you view your own, for all existence dwells as a pure and perfect point within the Heart of the great Divine One.



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).



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

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

Grace has the capacity to transcend even our darkest of spaces. It is a sudden miracle, basked in the light of loving-kindness. And, grace has the capacity to heal. "These moments of grace," author Mary Traina writes, "teach us that there is always more to life than we can imagine." But, how do we open our hearts to grace? By way of answer, this article offers up a series of simple, yet moving real-life stories.

<http://www.dailygood.org/story/902/grace-happens-mary-traina/> **Be The Change:** Slow down. This moment is full of wonder, why not take the time to cherish it?

When a musician encounters an extraordinary unsung hero at the checkout counter of his neighborhood grocery store, he is so moved that he cannot get the experience out of his mind for weeks. His thoughts and feelings eventually manifest into words on his blog: "When real heroism steps out of a movie, or off the pages of a book...it has the capacity to touch a part of you that has been sleeping. It reaches right into your soul, and reminds you what you could be...No matter what storms life may bring, when you meet real heroism, it reminds you what you sometimes forget: that you can rise to the occasion." Read on for the full story of Amitabhan's inspiring experience with a humble hero, and what he learned from it. <http://www.dailygood.org/story/921/the-unsung-hero-at-the-checkout-counter-amitabhan/> **Be The Change:** What difficulty in your life makes you feel incapable? Today, look that difficulty in the eye and decide that you will, with humility and strength, persevere.

In this sharp yet poignant piece, writer Anne Lamott reflects on mortality and what it means to be truly alive. She writes of her experience taking a walk with a friend who is dying, "First of all, friends like this may not even think of themselves as dying, although they clearly are, according to recent scans and gentle doctors' reports. But no, they see themselves as fully alive. They are living and doing as much as they can, as well as they can, for as long as they can." Anne goes on to share a conversation she had with a friend processing a fatal diagnosis. "I have what everyone wants, but no one would be willing to pay." said Anne's friend. What are they? "The two most important things. I got forced into loving myself. And I'm not afraid of dying anymore." Read on for more of Anne's eloquent thoughts on the charged complexity of our human experience." <http://www.dailygood.org/story/939/anne-lamott-on-grief-grace-and-gratitude-maria-popova/> **Be The Change:** How do you keep yourself in touch with the beauty of life? Some people keep gratitude journals, meditate, create music, connect with family, etc. Choose and implement a daily practice that reminds you of life's immense beauty.

We are now entering radically changing times -- and it's only natural for our worldly expressions of simplicity to evolve in response. For more than thirty years Duane Elgin has explored the "simple life" and articulated it for tens of thousands of people all over the world. To Elgin, the most accurate way of describing this approach to living is with the metaphor of a garden. Here he describes 10 unique expressions of the simple life that we can work with. <http://www.dailygood.org/story/947/10-ways-to-live-simply-in-2015-duane-elgin/> **Be The Change:** Step up your simplicity: join the 21-Day Simple Living Challenge to receive a daily suggestion for 3 weeks. <http://www.kindspring.org/challenge/join/339/>

Crouching in the back of a van is a young boy with a fresh injury. He'd been hit with a bottle when he got into a fight. Stanislas Lukumba, a tall, good-looking, fortyish nurse, checks for shards of glass as the driver shines his

cell phone on the wound. For the past eight years, Stanislas has made nightly trips in the van, a mobile clinic that runs in Kinshasa in the Democratic Republic of Congo. Stanislas, a former orphan himself, intentionally stops in neighbourhoods where street children hang out. He is accompanied by Kapeta Benda Benda who interacts with street children and listens to their problems. Together, this courageous and compassionate duo engage heart-to-heart with some of Kinshasa's most vulnerable kids, fostering trust, connectivity, and opportunities for a better life. <http://www.dailygood.org/story/817/former-orphan-provides-safe-haven-for-street-kids-kem-knapp-sawyer/> **Be The Change:** Create a safe haven for someone by offering them your full and loving presence.

When we view nature as a collection of resources, it's easy to lose sight of our place in the greater scheme of life on planet earth. Fortunately, more and more research is affirming what many feel in their bones: that connecting with the natural world is intimately tied to our health and development. Here are six promising trends for those striving to reintegrate nature into the lives of children around the world. <http://www.dailygood.org/story/940/six-promising-trends-for-the-new-nature-movement-richard-louv/> **Be The Change:** Crack your window open today and let some fresh air flow into your lungs.

Doctors are now being taught the communication of empathy, along with the ability to understand patients' emotions, in the hope that it can facilitate more accurate diagnoses and more caring treatment. In an interview, Dr. Helen Riess, the founder of Empathetics, discusses her innovative work on fostering empathy in the physician-patient relationship and its implications for improving healthcare delivery. <http://www.dailygood.org/story/930/building-empathy-in-healthcare-kasley-killam/> **Be The Change:** This week lend a sympathetic ear: practice empathy with a friend, an acquaintance or even a stranger.

At times, it seems as if world peace is an impossible dream. Every evening, our television screens bear witness to the violence that invades our societies. And yet, we never lose faith that someday we might once again find our way. Efforts like Seeds of Peace give us reason to believe we can still transform our world. This initiative brings children together from conflict zones across the globe and helps them see each other and their differences in a new light. Now their first generation of alumni are leaders in their own communities and helping to build peace. Read more to learn how little seeds can help to transform this world. <http://www.dailygood.org/more.php?n=6105> **Be The Change:** The next time you are caught in conflict, take time to pause before you react. Remember, when we listen to the hearts of others -- our hearts can be heard, as well.

Sometimes noticing the little things make us realize how truly amazing life can be. Showing love, being forgiving and taking time to be awed by things we take for granted, like the beauty of a butterfly or the power of a hug, can be powerful reminders to be grateful. Read further to be reminded of how beautiful life can be. <http://www.dailygood.org/story/931/just-one-thing-be-amazed-rick-hanson/> **Be The Change:** Think of something or someone that makes you feel wondered and amazed? Take the time to show your appreciation for that object or person.

If you live with fear and anxiety, you are not alone. Anxiety is the most common mental illness in the U.S.-- more than 50 million people have been diagnosed with anxiety at some point throughout their lives. Thankfully, Friedemann Schaub gives anxiety sufferers a whole new way of looking at and addressing their condition in his book. He emphasizes that anxiety is the product of a limiting belief about ourselves and offers tools to change that vision. <http://www.dailygood.org/story/925/the-fear-and-anxiety-solution-kaitlin-vogel/> **Be The Change:** Write down ten things you've accomplished in your life, ten skills and talents that you have, and ten times when you've solved a problem or overcame adversity.

We all know the benefits of mindfulness in our day. But, do we understand the link between our practice and our performance in the workplace? And is it possible to cultivate this moment to moment awareness in a 'bottom line' driven environment? In a recent study, researchers have found that the more mindful the supervisor, the lower their employees' emotional exhaustion and the higher their job satisfaction. And, that's

just the beginning. Read on to learn how mindfulness just might help to increase an employee's overall well being. <http://www.dailygood.org/story/938/three-benefits-to-mindfulness-at-work-jeremy-adam-smith/> **Be The Change:** Learn how to cultivate mindfulness in the smallest of tasks. Whether preparing notes for a meeting, or simply refilling your tea -- there are opportunities to reconnect to this joy of being.

If we want to be high-functioning and happy, we need to re-learn how to be still. When we feel like there isn't enough time in the day for us to get everything done, when we wish for more time... we don't actually need more time. We need more stillness. Stillness to recharge. Stillness so that we can feel whatever it is that we feel. Stillness so that we can actually enjoy this life that we are living.

<http://www.dailygood.org/story/926/starved-for-time-here-s-a-surprising-and-easy-solution-christine-carter/> **Be The Change:** Drive or commute today without any music or news distracting you.

Sometimes in life we find ourselves stuck. We live our lives by to-do lists or get caught up in making the 'right' decision and neglect our other interests and passions that help to define who we are. To rediscover happiness and our sense of self, we must be open and willing to change and to take the first step towards getting 'unstuck.' Read further for an inspirational story of one woman's journey to do just that.

<http://www.dailygood.org/story/924/firsts-are-the-antidote-to-stuck-lu-ann-cahn/> **Be The Change:** What is holding you back from being the person that you want to be or doing the things that you love? Identify a solution to the problem you identify.

What to do with "It"? There are many "its" in our lives, but no matter what "it" is that we have to face, we always have a choice about how we respond. Through her whimsical art, Deb Koffman reminds us that there's never just one way to deal with the blessings and challenges that greet us along the way.

<http://www.dailygood.org/story/949/what-do-i-do-with-it-deb-koffman/> **Be The Change:** What "it" are you facing today? See if Deb's art can help you transform your response to what has come your way.

Technology advances and a consumer-based world have created a 'sharing economy', where it becomes easy to commoditize things that were typically offered as gifts. Consider the difference between offering your neighbor a lift to the airport, and using Uber to find a stranger who will pay you for a ride. When society focuses all its energy on monetary pursuits, what happens to the spirit of volunteerism in our local communities? When we forget what it means to gift our time and kindness to others, we lose our sense of interconnectedness. We begin to live in a space of fear and scarcity, rather than joy and abundance. What's the antidote? By practicing unconditional generosity, and nurturing the pay-it-forward spirit, we can transform our world from one of 'sharing economies' to one full of 'gift ecologies.' This thoughtful piece by Nipun Mehta shares more.

<http://www.dailygood.org/story/788/from-sharing-economy-to-gift-ecology-nipun-mehta/> **Be The Change:** Do something from a space of unconditional generosity today.

"Many human afflictions are diseases of the heart, the mind and the spirit. Western medicine can't touch those. I cure them." Deep in the Amazon rainforest, there are a small number of indigenous tribes who maintain a healing tradition that far pre-dates the development of modern medicine. In this powerful TED talk, ethnobiologist Mark Plotkin outlines the many challenges and perils that are endangering the tribes of the Amazon rainforest, and the urgent need to protect their irreplaceable wisdom.

<http://www.dailygood.org/story/935/what-the-people-of-the-amazon-know-that-you-don-t-mark-plotkin/> **Be The Change:** Are there any small things you could change in your day to day life that could improve your health? If so, take a small step in that direction today!

As a child, Sujatha Baliga experienced repeated abuse at the hands of her own father. The deep pain and trauma of her experience would spur her towards victim advocacy. She enrolled in law school determined to become a prosecutor and help punish the perpetrators of such crimes. But a personal crisis in India followed by a serendipitous sit-down with the Dalai Lama himself, changed everything. "How do you work on behalf of abused people without anger as the motivating force?" she asked the famous paragon of compassion. His response electrified her. It set Baliga on a profound course that allowed her to ultimately forgive her father, and

to also discover her true calling in the field of restorative justice, working equally for victims and accused persons. In this interview Baliga shares the Dalai Lama's unforgettable advice, along with her powerful story. A story that demonstrates our human capacity to transcend even the most horrific events with love.

<http://www.dailygood.org/story/950/transcript-of-awakin-call-with-sujatha-baliga-awakin-org/>

**Be The Change:** Experiment with forgiveness today -- of yourself, of another, or of a circumstance. For inspiration, here is a poem by Thich Nhat Hanh, titled, "Please Call Me by My True Names."

<http://www.dailygood.org/more.php?n=6192a>

## 7. Not Resisting Resistance

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

by Peter Russell

The building where I used to run a meditation group was on the same street as a fire station; one could almost guarantee that sometime during the meditation a fire engine would come rushing past, sirens wailing. Not surprisingly, people would afterwards complain: "How could I meditate with that going on?"

How often have we felt something similar? There's an unspoken assumption that the mind can only become quiet if the world around is quiet. We imagine the ideal meditation setting to be somewhere far from the madding crowd—a retreat deep in a forest, a peaceful chapel, or the quiet of one's own bedroom, perhaps. It is much harder for the mind to settle down in a noisy environment. Or is it?

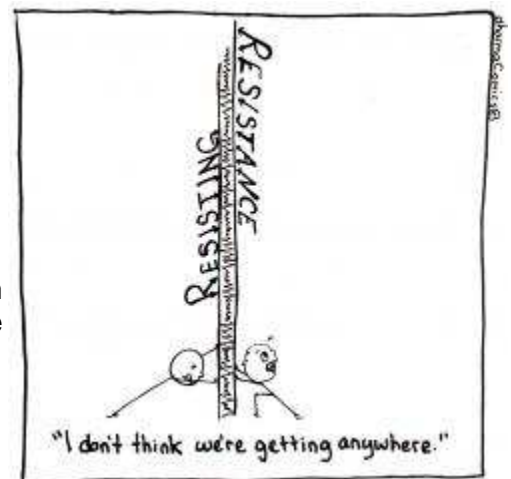
I suggested to the group that the next time a fire engine came blasting by they look within and explore whether the sound really was that disturbing? After the following meditation, a participant reported how the noise no longer seemed a problem; it was there, but it didn't disturb her. The disturbance, she realized, came not from the sound itself, but from wishing it weren't there.

When we accept things as they are, "go with the flow," there is ease. This is our natural state of mind -- content and relaxed. Dis-content arises when we resist our experience. Our natural state of ease becomes veiled by a self-created discontent.

Thus, we can return to a more peaceful state of mind by letting go of our attachments as to how our experience ought to be and accept it as it is.

Upon hearing this, people often ask: Does this mean I should accept injustice and cruelty, the homeless sleeping on the streets, or the recalcitrant attitude of my partner? Of course not. There are numerous situations that we should not tolerate, and each, in our own way, will be called to do what we can to improve the world. "Accepting our experience as it is" means just that; accepting our experience in the moment. If we are feeling frustrated, angry, or indignant, accept that feeling. Don't resist it, or wish it weren't there; but let it in, become interested in how it feels.

Even more valuably, we can explore the resistance itself. It can be quite subtle, and not easily noticed at first. So I find it useful to simply pause and ask: "Is there any sense of resistance that I am not noticing?" And gently



wait. I may then become aware of some resentment towards my experience, wishing it were different, or perhaps just a sense of tension or contraction in my being. Then rather than focusing on whatever I may have been resisting, I turn my attention to the resistance itself, opening to this aspect of "what is."

Rather than dividing experience into two parts—the experience in the moment, and thoughts and judgments about that experience—any resistance is now included as part of the present moment. Not resisting the resistance, the veil of discontent dissolves, and I return to a more relaxed, easeful state of mind.

That is what is meant by a quiet mind. Not an empty mind. We are aware of the world just as before. Aware of sounds, sensations, thoughts and feelings. We are simply allowing our experience to be as it is. Not wishing for something different, not creating unnecessary discontent.

## 8. Creating Welcoming Space

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

by Sister Marilyn Lacey

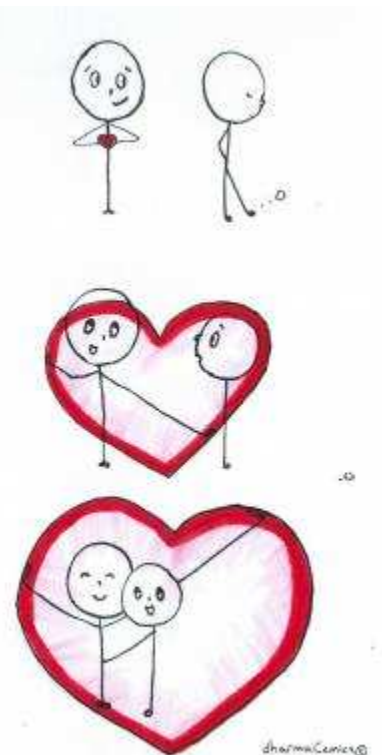
One way of measuring whether our love is genuine, however, is to examine how far we've extended the boundaries that determine whom we are willing to be in relationship with. When these borders reach out as far as they can go, there will be no one left outside, there will be no one cursed. There will be no more strangers. Everyone will be welcome.

Reflect for a minute on what it feels like to be *welcomed*. The word means, simply, 'come and be well' in my presence. It's a fundamental human experience, and a very crucial one. When I am welcomed, I feel good. I can be myself. I relax and feel unself-conscious, energized, happy. On the other hand, when I am *not* welcomed, I doubt myself, turn inward, shrivel up. I feel excluded, not accepted, and not acceptable. This is painful. If it happens often enough, I will question my own self-worth.

Hospitality means creating welcoming space for the other. Henri J. Nouwen notes that the Dutch word for hospitality, *gastvrijheid*, means 'the freedom of the guest.' It entails creating not just physical room but emotional spaciousness where the stranger can enter and be himself or herself, where the stranger can become ally instead of threat, friend instead of enemy.

That precious experience — when contemplated, cherished, and celebrated — enables me in turn to welcome others: I begin to be less fearful of the other; I start to see the stranger as gift. I become willing to create space in myself to invite the other in, and I open myself to the possibility of being changed by the presence of the other.

I invite the reader to sit with any of the wonderful hospitality stories found in the traditions of all the great religions. Mull them over; ask God for insight into them. Then ask for courage to take small steps in expanding your own circle of hospitality. These might be as tentative as smiling at the stranger in line with you at the grocery store, as deliberate as hosting a get-together for all the strangers in your apartment building, or as





dramatic as volunteering to foster an unaccompanied refugee child in your own home. It might not cost you much, or it might mean going out on a limb: Can you imagine yourself during Thanksgiving dinner speaking up to your brother-in-law in defense of the undocumented, pointing out that, really, everyone is kin to us, and everyone has a human right to live where they can support their own family?

## 9. Going Beyond the Roles We Play

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

by Mack Paul

We seem so very real. But our bodies are really not our own and we have no control over either their coming or going. We have roles that we play and try to convince ourselves that they are real. It is illuminating to watch this process in kids because with them, the process is very transparent. They try on identities like they are trying on t-shirts. When they find one they like, they identify with the narrative that supports it and then they split up into mutually antagonistic groups. Adults do the same thing but adult identities are covered up under thick layers of justification that appear reasonable.

Shakespeare had it right it when he said that "all the world's a stage and all the men and women are merely players." Roles are a good thing that give us structure and purpose. But when we really begin believing in the roles we play we become more and more willing to sacrifice ourselves and others to them.

Sports are a perfect example. They are popular melodramas that are absolutely meaningless and of no consequence whatsoever. We invest huge amounts of emotion in them involving a relatively mild form of human sacrifice. Thankfully, we don't drag people up on an altar to cut their throats and tear out their hearts any longer but we do dress them up in football uniforms and cheer as they beat their brains out. I saw a picture of Brazilian fans after their World Cup loss to Germany. Had I not known better I would have thought they were watching their children being torn apart by wild dogs.

The purpose of religion and spiritual practices is to see beyond our individual dramas to a greater, transcendent truth. Everyone who practices a religion understands this. Nevertheless, the practice of religion largely consists of bitter fighting over competing mythologies.

Mindfulness isn't about what we believe. It is the simple act of paying curious and non-judgmental attention to the present moment. The present moment sounds pretty good. We hear that and imagine a state of bliss. Then we spend a little time in the present we find that is mainly made up of one thought after another. We hate that and complain that we can't get the mind to stop. Minds don't stop. Minds think. We can only observe the endless stream of stories and witness our desire to believe them without actually believing them. That isn't so easy.



## 10. Working With Soil. Attending to Soul

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

by Gunilla Norris

A garden tends to get inside us. If we go there to accomplish something or to get something, the garden soon becomes a burden. With expectations that it must look good or that it has to produce no matter what, we will soon grow tired. The garden is really a place in which we can give ourselves away. This is true of any serious contemplation, too. We are transformed by it. We are reduced and revealed by it. In it we may experience a lived sense of our connection to the earth, to our inner freedom, and to the Sacred, the ground of our existence.



"For me gardening is a process that invites me to be fully engaged. It is also a constant exercise in letting go since so much happens that is not in my control. Strangely this duality seems to cultivate a joy that embraces impermanence and finds refuge in the invisible.

"Gardening brings food and flowers to the table and sustenance to the soul. I am not talking about having a perfect garden. Ours certainly isn't! Weeds are as happy here as are flowers. Bushes get bushier and need trimming. What may start out as an elegant garden plan becomes more haphazard over time. With the years our garden has turned out to be a bit of this and that and always too big to really tend properly.

"From the start this is not the garden I designed. Someone else did, and before that there was a yard of sorts. Coming here to live I have inherited what already was, just as I inherited my parents, my siblings, and my particular time in history. We work with what we are given. That's the real garden. I can't claim anything here. I can only 'be' in the garden, tend it, and further it. Isn't that what we all do, what life asks us to do? [...]

"In my garden while I am digging I am also tilling inner soil. My garden is a place of commitment and of neglect, of arrogance and humility. It is a place of taking stock and of deep silence — a place of contemplation. And so for me over time it has become a place of grace.

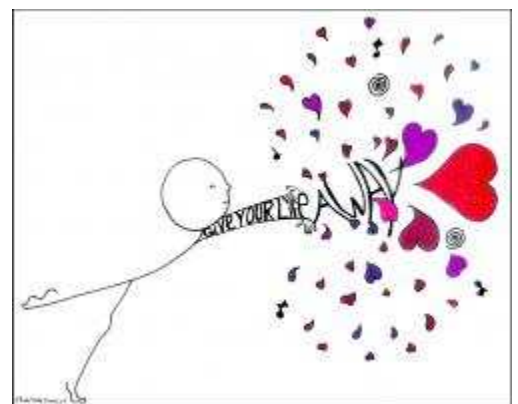
"I experience as the particular human being I am. I have no choice about that, but I trust that I am more like other people than not, and that what I find working the soil might also be what others find working theirs. I want to trust that with reverence for the place and awareness of my foibles, I can grow to be more present and a better steward of my small corner of the earth.

## 11. Freely vs Free

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

by Thuy Nguyen

Today, after receiving acupuncture during my donation based shift, a patient asked me why I was "giving away" such amazing treatments for free. Don't you value your skills? She asked. Don't you want to demand that others value your skills too? Don't you want them to show you





respect by paying you what you are worth? Then she saw my perplexed expression and then added, oh, I see you are trying to fix the world. You are trying to help people in need because they are lacking. That is good of you. She waited for a response but I was speechless. There was so much off in what she said to me that I didn't know where to start, so instead, I tipped my head slightly as to nod. She smiled, deposited \$5 into our money box and left. I've been thinking about what she said ever since.

I do what I do and there is no amount of money that anyone could give me to make me feel that it is an adequate match to what I have to offer. Not \$5, not \$5000. Because what I have to offer is not quantifiable. What I have to offer is myself and it not only reflects in my practice of Chinese Medicine but how I run my business. It is what has evolved over my 16 years of thinking about medicine and health and how I would like to affect and be affected by the world I live in. It is a reflection of my understanding of health and our connections with one another.

My practice reflects my faith in abundance, trust, and connection that is possible in the world that we live in and my faith in the profound healing capabilities of Chinese Medicine. I am taken by its simplicity, its gentleness, its humbleness, its accessibility, its profound depth, its quiet healing. I am heartened (especially in this day and age) to be able provide an environment where 5 complete strangers can lie down side by side to nap, relax and heal together, no strings attached. And I am amazed that day after day, people do come to do just that. That is trust. That is healing.

From this understanding, value and worth take on very different perspectives. It is only because of my understanding of the profound value of what I do that I offer it up freely. Not for free, freely. I am not doing this to fix a broken world or to give to people in need. The world is not broken, what people may or may not need is beyond my comprehension. I am simply doing this because it is the most natural expression of who I've become and of who I am.

## 12. Ripple Effect

*Reprinted from [www.KarmaTube.org](http://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.t3jJVYdQ.dpuf>

## 13. Life is Easy

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

"Life is easy" says Jon Jandai. "Why do we have to make it so difficult?" After pursuing "success" in Bangkok for several years, Jo dropped out of university to return to village life. There, he went back to the life he knew as a child, working 2 months of the year to grow rice (with an additional 15 minutes a day to grow vegetables), dug a couple of fish ponds, built his own homes using earthen bricks, and gave up buying clothes (he has so many clothes from friends and visitors that he has to give them away). Jo contends that to be happy, we cannot just rely on money; we have to reconnect with each other. - See more at: <http://www.karmatube.org/videos.php?id=2747#sthash.PJAodb1W.dpuf>

## 14. Universal Giving – A Lifeline for the Poor

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

At the age of 12, Pamela Hawley witnessed extreme poverty in Mexico. This experience grew into a lifelong commitment to service through social entrepreneurship. In 2002, Hawley created a website, Universal Giving, that facilitates people to donate and volunteer in vetted development programs around the world. With the click of a button, anyone can donate to help provide school supplies in Central America, build houses for the poor in Africa, run literacy projects in the Philippines, or choose among many other projects that provides basic needs for a community. To date, her team has raised a whopping \$1.5 billion through their unique model of assistance without taking any share of the donations raised through their site. Pamela Hawley has been honored with the Jefferson Award for Public Service, as well as selected as a finalist in Ernst & Young's "Entrepreneur of the Year Award." Hawley's mantra: "Create a world where giving and volunteering are a natural part of everyone's everyday life." - See more at:

<http://www.karmatube.org/videos.php?id=4428#sthash.fBSwnrEH.dpuf>

## 15. Living With A Miracle

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

Sometimes it is hard for Dawn James to remember that her two-year-old son, Eli, is a miracle. Diagnosed with spina bifida in the womb, doctors gave Eli a zero percent chance of survival. However, despite the significance of his condition, and an exposed spinal column, Eli proved the doctors wrong. Even in times of trial, Dawn chose to uphold the family's motto: "Don't borrow tomorrow's worries for today." Today, Eli is a happy little boy that loves playing peekaboo, his older sister, and his Mickey Mouse toy. He thrives in the best way he possibly can, supported by the love of his family, and especially his mother, who says she would not trade her life with anyone else. - See more at: <http://www.karmatube.org/videos.php?id=4739#sthash.4Gr2WgUt.dpuf>

## 16. If Not Now, When Should You Chase Your Dreams?

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

21 -year old serial entrepreneur Jeet Banerjee has been a businessman since the age of 9. But he's always wondered when the right time is to pursue your dreams. In this TEDx talk, Banerjee asks us three questions. 1) If you could do anything right now, what would you do? 2) Are you doing it? 3) Why not? He urges us to make the time to follow our passion, whatever they may be. - See more at:

<http://www.karmatube.org/videos.php?id=4653#sthash.whKQem1i.dpuf>

## 17. 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.tQ8JSJq3.dpuf>

## 18. Choice

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

In May of 2013, Dana Saint traveled with his girlfriend Nina to South Africa and Mozambique. During the trip, Saint proposed marriage to Nina. Saint, co-owner of Gnarly Bay Productions, constructed this breathtaking montage of imagery on his journey, overlapped by an internal monologue of his reflections and emotions during that period. No matter what our present circumstance is in life, Saint's words inspire and encourage us in whatever is our journey, whatever is our choice. - See more at: <http://www.karmatube.org/videos.php?id=4416#sthash.dJnMJO0a.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.*

### 19. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page (<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.

## 20. 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)).

## 21. 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)).

## 22. Spirituality Workshops

### “Exploring Spirituality”

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

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

## “The Laws of Spirit”

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

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

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

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

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

## “Forgiveness”

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

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

## 23. 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>.

## 24. 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



## 25. 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.

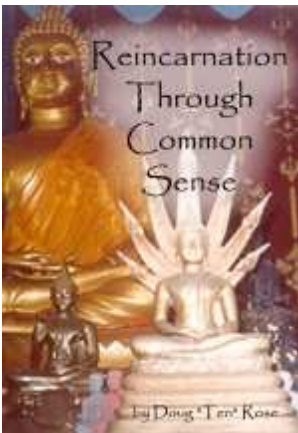
## 26. OM Websites

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.

## 27. 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

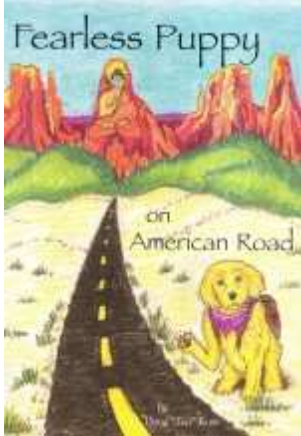
times, too.

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.

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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.*

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