

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 OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Watching Ourselves

*“...how blessed we would all be if we had the opportunity to ‘watch’ ourselves in our daily lives.”*

Last month I had the interesting experience of being photographed and videotaped as I went through my primary series Ashtanga yoga flow. Ashtanga yoga is a style of yoga codified and popularized by K. Pattabhi Jois and is often promoted as a modern-day form of classical Indian yoga. Ashtanga yoga is characterized by flowing sequences of movements that emphasize breathwork (called ‘ujjayi breathing’ by many) to provide the life force to sustain you throughout your practice—this is fundamental and essential to the Ashtanga flow, given the strenuous and demanding nature of the Ashtanga practice (relative to other forms of yoga). Ashtanga yoga is generally thought to be comprised of three series, or flows—primary (yoga chikitsa: yoga for health), intermediate (nadi shodhana: the nerve purifier), and advanced (sthira bhaga: centering of strength).

I had been invited to participate in this photo and video shoot as part of a friend’s longitudinal study and project to photograph and videotape yoga students. I was pleased to be part of the project and help my friend realize their goals with their project.

Before starting the photo and video session, I remember going over in my mind how I thought I looked doing the Ashtanga primary series—a sort of visualization exercise. My, how we create an image of ourselves in our minds!...and, my owe my, how it so often is ‘not’ anything like reality!!! So...away we went...I doing the yoga series and my friend snapping photographs...all the time the video camera is rolling.

I remember feeling quite pleased with my practice and was sheepishly curious what I actually looked like on video. I always knew there was room for improvement, areas of my practice that needed work—afterall, that’s why one practices, right? So I prepared myself for seeing, at times, a graceful swam moving effortlessly with one’s breath, and, at other times, seeing some areas for improvement. What I actually saw on video was something ‘quite’ different! (said with a raised brow!)

What I saw on video was more like watching a scene from the Bugs Bunny show where Daffy Duck was attending his very first yoga class! I couldn’t believe it was me!!! I remember asking my friend... “Is that me!?” To which he responded, “Yah, that’s you. Looks pretty good, Rob.” “Good!!!!???” I replied. “Are you kidding me!?!...I look like Daffy Duck!!!” We both roared laughing.

As I walked home from the photo/video shoot, I replayed the experience in my head. Thoughts were running rampant. My ego was full of all sorts of judgements and hatred about what I saw on video—to the point that I actually thought, for one moment, of giving up my yoga practice. My ego had me believing that I clearly was nowhere near where I thought I was and there was no point in going on, given I had made so little progress in all the time I had been practicing.



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On the other shoulder was the calming and soothing presence of the angel. This angel was inviting me to let go of my judgements about myself and return to the basics of yoga and allow the pose to manifest and express itself through me, however my body allows it to.

My final revelation about the experience came with the realization of how blessed we would all be if we had the opportunity to 'watch' ourselves in our daily lives. No doubt, there would be just a few occurrences of thinking we were a graceful swam in action but noticing something quite different when the video was played back.

And the realization continued when I realized that our spiritual practice IS that opportunity to step outside ourselves and simply observe ourselves. Whether its yoga, meditation, contemplative reading, or study groups...our spiritual practice gives us the opportunity to stop and observe ourselves. But furthermore, our spiritual practice invites us, first, to step outside of ourselves and realize that person in action is not who we really are. And, second, that the person 'watching' ourselves is someone we would do well to cultivate a relationship with. For that person—the watchful person—is our true selves, our divine essence. That person is God.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Song of Peace

The melody of peace is always there.  
It neither dies nor wavers. It remains  
A calm, soft sound, more still than silence, and  
An ageless recollection in the minds  
That God created. Ceaselessly it sings  
To all the world, that is remember Him.  
The sounds of earth are quieted before  
This ancient melody, which speaks of love  
In limitless dimension. Where in fear,  
When God has guaranteed that He is here?

*Helene Schucman*

## 3. Quote or Question

"If you reach deeply into your own heart and the heart of other, understanding will arise. If there is understanding, acceptance and love will follow, and suffering will be eased." (Thich Nhat Hanh)

## 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 – Laughter Yoga – The Best Cardio-Workout

**Today, heart disease and stroke take one life every 7 minutes and 90% of Canadians have at least one risk factor according to the Heart and Stroke Foundation.** Volunteers canvass for donations through the month of February, to support life-saving research and raise awareness of heart disease and stroke within their communities.

Modern day stressors, worries and lifestyle changes have increased the rate of heart diseases which are a major cause of death and despair.

Even as doctors and patients try to minimize the risk factors, scientific studies have proved that laughter is the simplest answer to a healthy heart. An extended hearty laugh as in Laughter Yoga, the unique exercise routine, is one of the fastest ways to accelerate heart rate and provides an excellent cardiovascular workout and heart massage.

Dr. Michael Miller, a leading heart researcher and Associate Professor of Medicine, Epidemiology and Preventive Medicine Director, Center for Preventive Cardiology at University of Maryland Medical Center discovered that laughter expands the blood vessels promoting circulation and reducing blood pressure.

We can see, feel, and enjoy the experience of laughter, but what we don't see is how beneficial it is for our internal body chemistry. I like to say that your feelings are your chemistry. I see love and laughter as the twin building blocks that hold life together. It seems to make a lot of sense that the pleasant feelings and images that emerge through laughter alter your body chemistry in a good way—supporting your immune system.

#### Risk Factors and How Laughter Yoga Helps

**High blood pressure:** Known as the silent killer, it is one of the main causes for heart attacks and strokes. A good, hearty laugh normalizes blood pressure and stabilizes the pulse and the heart rate. Scientific studies have proved that a few days of Laughter Yoga exercises and deep breathing lowers BP thus reducing the risk of a heart attack. It improves circulation and increases the supply of oxygen.

**High blood cholesterol:** Having too much cholesterol in the blood is not a disease in itself, but can lead to the constriction of the arteries.

Regular Laughter Yoga can expand the blood vessels and open the arteries. It allows the blood to flow freely to all parts of the body, thus preventing a cardiac failure.

**Physical inactivity:** Lack of exercise and sedentary lifestyle is also a major risk factor for heart disease. In fact, an inactive lifestyle contributes to higher blood cholesterol and triglyceride levels, lower HDL levels and

increases obesity. Studies show that people who get regular aerobic exercise have better cardiovascular fitness, which decreases their risk of heart attack. The American Heart Association recommends 30 to 60 minutes of aerobic exercise three to four times a week to promote cardiovascular fitness.

Just 20 minutes of hearty laughter is as good as an hour of aerobic exercises. It is a physical exercise - easy to do, safe and economical. It provides a fast and powerful no-sweat cardiovascular workout. Anyone can do it and feel the difference just after the first session. It loosens the body muscles and increases mobility. In fact, it is extremely beneficial for seniors who have restrictive movement due to age or illness.

**Stress and anxiety:** Stress is the number one killer today and most of the illnesses are stress related. When under a state of stress, the biochemical changes alter the breathing pattern making it shallow and irregular.

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.

**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.

A participant of a ten week program at Sackville Hill Seniors Recreation Centre has this to say.

*"Kathryn, I'd like to thank you for helping me to learn to laugh again. As I mentioned, I have been struggling with depression. The first week I had trouble remembering what it was like to laugh. Now, after several weeks, it has become easier to smile and laugh. I sincerely thank you for the positive difference you have made in my life".*

**Diabetes:** is also a major cause for heart diseases. Recent scientific study proves that Laughter Yoga has a profound impact on diabetes. The study confirmed a marked drop in the sugar levels after few days of hearty extended laughter.

Hearty laughter quickly counters depression and a negative outlook, especially when practiced within a group of peers. This is partly due to chemicals released by the brain and partly caused by a powerful emotional response to the group dynamics of laughter yoga.

Join your nearest laughter yoga club today and laugh away stress, build a better immunity against disease, strengthen your heart and feel part of a positive, loving, joyful, healthy community.

Laughter Yoga, giant step towards extending your life to the fullest.



**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 – Notes from the Light – March 2015

### Inner and Outer Matter (Sound) - Part One

Gentle people of this earth, we invite you to use your imagination. Picture that you are gazing into a magical mirror which reveals your inner reflection, translating your physicality into moving images of particles, waves, spirals and various other geometric forms. Here you envision your body as a higher spiritual expression from which you can learn and for which you can rejoice.

In performing such an activity, what do you discover?

To assist you, let us present a few concepts for further exploration.

In your world, your physical body is understood to be the densest of all your various forms of being, thinking, feeling and loving. Yet before your body reaches its final dense state, there are other movements, more refined and more subtle, which birth the physical body and which remain within it. These elegant and refined elements can be accessed at any point in your life to ensure greater and more advanced growth of all aspects of your existence, including the physical form.

One of most refined expressions of matter moving into a denser form is sound. Here there is a vibration which, in a manner of speaking, calls together certain particles of matter. These particles are gathered and coalesce to become a physical pattern at first undetected by the human eye. They then are densified to reveal the final physical structure available for human perception.

Hence sound is the gatherer, initiating a closer association of particles, so that a physical pattern can be created and, consequently, perceived by the human senses.

Individual particles of matter, whether densified into physicality not, maintain their foundational birthright as Light. Although in the higher worlds of existence there is no separation between Light and Love, we wish to remind you that, in a third-dimensional world view, Light can be understood as the initial physical expression life and Love the vibrant underpinning of all life be it physical, parapsychical or non-physical.

Let us present you with this parallel: your emotional body is the vibrational underpinning of the thoughts you create and the consequent manifestation of those thoughts into matter. So, too, is Love the vibrational underpinning for Light which manifests as physical particles in your third-dimensional world.

Fine and evolving people of this blue sphere, do you now comprehend the importance of being a loving guardian of your body, your mind and your heart? As you gaze into the magic mirror, can you imagine the flowing and swirling of particles that are housed within your physical form? Can you then also imagine these same particles dancing beyond your body to encompass other worlds? Can you celebrate the truth that you are expansive, intelligent and sacred creations connected to the pulsing lives of your neighbours and strangers upon your planet, within your universe and well beyond it?

Kindly understand, gentle citizens of this good earth, that you are connected in body, mind, heart and spirit to the multiple vast universes which, to your third-dimensional perspective lie further away from your planet and, to our perspective, lie deep within your own awareness.

Part Two of Inner and Outer Matter will be presented in April 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. Jeanne Jessica – Feeling Unworthy and Aspects From Past Lives

As some questions have come up from feedbacks people sent to me on older messages about past lives in my spiritual blog, I am going to give some more information here - that it may serve others too. We are going to take 2-3 examples of many different difficulties that one can experience in situations where aspects from past lives are still hidden.

Some well known issues are themes like a lack of self-confidence and the feeling of unworthiness. Our first reaction is then that we go to see a therapist or seek for help in all types of healing modalities. For some part, all this works very well and is helping in a wonderful way. But in rare cases, the old and often painful emotions are coming back some time later again. This has been observed with certain fears same as with other emotional issues.

The reason is that most of these therapies and healing modalities focus their work on this one lifetime and do not go into older past lives. Often, they analyze forward and backward the whole childhood and all the relationships between the family members of this lifetime. And then maybe in the next therapy everything is turned upside down, analyzed, diagnosed and categorized again. If at the end, the patient is getting better and feeling better and is healed, all is well.

But the reason why in some rare cases this is not working, is because our Soul has had many other lifetimes before this life. Some Souls have had many hundreds of lifetimes. You can see a young person standing there at the bus station, but in truth its Soul can be „a lot older“ than you by the high numbers of incarnations experienced on this planet.

And because the Soul has had other lifetimes with difficult situations too - some of the memories of those pains and fears could still be active in this lifetime. And they can influence how a person is feeling in certain situations. They can be the reason for strange fears and different other things. And if after years of analyzing what happened in the past and in the childhood of this lifetime, the patient is still not better, some answers can be found when opening up to the idea that it could come from experiences in older lifetimes. We can find these observations in the books of Dr. Brian Weiss and others.

You can understand that if in your last 5 incarnations you have been struggling with a deep feeling of unworthiness because of some very difficult experiences in your worlds there, it can be you brought that theme with you into this lifetime. Or any other type of difficult emotions, fears or consciousness.

Therefore, before allowing any kind of labels, prejudices or other things being put on you by any person - maybe you are just a high sensitive being, an old Soul who had have many lifetimes on this planet. And there

is nothing wrong with you. Now this all is another reason why we should never judge or put labels on others: we have no idea about their Souls journey.

Plus, it is part of the process of awakening, the path of Light where we more and more become one with our Soul - we are being guided to heal those old wounded aspects from past lives. And we can heal them in a similar way we do the healing work with the "inner child". And this will then free us from old fears and other old emotional issues.

We not only brought certain memories from past lives into this lifetime, but we did also carry with us a certain type of consciousness. For some people, depending on the experiences of the past lives, it was a consciousness of a very specific theme and that is what they then attract in this lifetime more easily than others. When you see that some people entertain a strong consciousness about certain themes, chances are they were living within that same state of consciousness already in their last few lives.

Truth is that when we observe the journey of our Soul over many lifetimes, we for sure have not always been a saint who never made any mistakes. Open the books of the history and read. We all have been part of some of the things that are written there, in some roles or other roles. And so, isn't it just natural that there can be some memories that we have taken with us into this lifetime, because past then it was not possible for us to heal them?

Now, in this lifetime, in this New Energy and this New Consciousness, the potentials and possibilities for healing and release are grander than ever before. This whole thing with aspects from past lives explains also why two young children in the same family sometimes do react in a total opposite way to the same situation: their Souls have had different experiences in their past lives, and that is why their sensitivity is so different.

And so, it makes sense that instead of too much looking for answers outside in the world to explain us why we feel the way we feel - why not start and sit for a moment every day and listen to what our Soul is trying to tell us? The answers come from within our own heart and our own Soul. And the importance of taking the time to turn inward and connect with our own Soul is too often underestimated. In my understanding, we cannot fully heal as long as we do not take the time to connect with our Soul.

Divine Blessings to You,



Jeanne Jessica Andereggen is a spiritual teacher, coach and energy-healer. She is also the author of a blog website with different spiritual messages about the journey of the Soul. Through her coachings (online with skype) and the distant healing sessions, she facilitates the self-healing processes of the whole being, especially the healing of the heart and the Soul. For more information, kindly visit [www.jeannejess.net](http://www.jeannejess.net) or the blog website <http://jeannejess.blogspot.ch>



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 7. Good News Of The Day

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

"Essential to survival, seeds have profound spiritual implications. For centuries the planting of seed in the earth not only nourished humanity, but also symbolized the mystery of life and the journey of the soul. In our current supermarket lifestyle of pre-packaged products, far removed from the cycles of planting, we have nearly forgotten this mystery. Now as the integrity of the seed is threatened, so is its primal meaning." These words are taken from the new book, Sacred Seed: A Collection of Essays. Enjoy these gorgeous excerpted photos and quotes from a book that celebrates the miraculous seeds of life.

<http://www.dailygood.org/story/946/inspiring-quotes-about-the-sacredness-of-seeds-dr-vandana-shiva/> **Be The Change:** Growing plants helps keep you stay connected to the natural world. Pick up seeds from plants in your neighborhood or from your local farmer's market to grow something beautiful this spring!

When somebody says they "need a hug," it's possible that they are not just being overly dramatic or merely frivolous. According to research from Carnegie Mellon University, it turns out that people might actually need hugs to help ward off illness. Psychologist Dr. Sheldon Cohen, who headed the research, came to this conclusion, "those who receive more hugs are somewhat more protected from infection."

<http://www.dailygood.org/story/954/science-proves-that-hugs-can-boost-your-immune-system-carolyn-gregoire/> **Be The Change:** Let's keep this simple: do your best to make sure you share a hug with someone today.

"When day-to-day life seems to revolve around providing for others, we can forget to nourish our own bodies and spirits. And yet, self-care is what empowers us to give back to the world, fully and joyfully. Start your practice by taking just a few moments each day to affirm your commitment to eat well and live a healthful life." Read on for a selection of inspiring everyday affirmations. <http://www.dailygood.org/story/943/34-affirmations-for-healthy-living-catherine-swift/> **Be The Change:** Embrace the practice of a mindful waking. Take a few moments each morning to affirm your commitment to a more healthy you.

"On some abstract level, we know that money and other outward signs of success won't ultimately make us happy -- perhaps because we know wealthy or famous or powerful people who are deeply unhappy -- but on another level, we don't really believe it ... or at least we don't believe it applies to us. Why do we experience such a disconnect between what we know to be true in the abstract and what we believe is true for us?" Christine Carter thinks a big part of the answer lies in our flawed pursuit of happiness. This article shares more... <http://www.dailygood.org/story/963/why-happiness-is-the-wrong-pursuit-christine-carter/> **Be The Change:** Today be happy and fulfilled by committing a random act of kindness!

"So hibernation is a threefold time. It is a time for retreat and replenishment... a time for our wordless philosophy to finally be born...a time for our hidden destiny to whisper in our heart, You're not forgotten. I'm still here. We're in this together." For all of us who feel swept up in the buzz of achieving rather than being, Andreana A. Lefton's sincere reflection on rest and integration is a treasure trove of welcome wisdom. <http://www.dailygood.org/story/964/the-gifts-of-hibernation-andreana-e-lefton/> **Be The Change:** The first chance you get to choose between doing more or resting, choose the latter, and just be.

What does it mean to live from the heart? According to Dena Merriam, founding member of the Contemplative Alliance, it means living with a fuller appreciation of what it means to be a human being on this earth. The wisdom of the heart shows us our connection to the whole. If we move from a consciousness of just thinking

about ourselves first, to one of the well-being of the whole, things will evolve naturally into a much more caring, loving, and sustainable society. Listen to Dena and other leaders from different spiritual practices share their thoughts on how we can live from the heart. <http://www.karmatube.org/videos.php?id=5694> **Be The**

**Change:** Carve out 15 minutes of quiet time for yourself each day, whether it is in meditation, taking a walk, or sitting with a cup of tea.

"The other day I was driving home and a text chimed in on my phone. It was one of those really important texts that makes you do stupid things like respond while you are driving. Which I nearly did. Instead, I pulled over, and started letting my fingers fly on the tiny keyboard...Before I could finish the text, I realized something interesting. I was actually addicted to that brief moment of relief delivered by responding to that text right away." In this insightful piece Kelly Wendorf reflects on how, "modern culture's framing of time drives an artificial sense of urgency," and offers up a shift in perception that just might bring us to a place of greater wisdom and power. Also included in the piece -- a quick "Are You An Adrenaline Addict" self-test...

<http://www.dailygood.org/story/961/are-you-an-adrenaline-addict-by-kelly-wendorf/> **Be The Change:** Today, when you experience the urgency to respond -- to an e-mail, text message or voice mail, try something different. Pause. Inhale. Exhale. Take a moment to let your next action come from that powerful expansive place of conscious choice.

Imagine beginning a practice of gratitude that would someday help transform another's world. In 2008, and in the midst of her own personal challenge, Hailey Bartholomew did just that -- snapping one photo each day of something she was grateful for. This simple act led to the creation of 365.com -- a site which would soon inspire thousands. Among them, a young mother named Amy Gill - who, in the midst of heartache found refuge within gratitude. This moving short video tells her story of love, loss and renewal.

<http://www.karmatube.org/videos.php?id=4737> **Be The Change:** Starting this Valentine's Day take a moment each day to acknowledge something you are grateful for.

"Silence is a sound, many, many sounds. I've heard more than I can count. Silence is the moonlit song of the coyote signing the air, and the answer of its mate. It is the falling whisper of snow that will later melt with an astonishing reggae rhythm so crisp that you will want to dance to it. It is the sound of pollinating winged insects vibrating soft tunes as they defensively dart in and out of the pine boughs to temporarily escape the breeze, a mix of insect hum and pine sigh that will stick with you all day...But silence cannot be imagined, although most people think so. To experience the soul-swelling wonder of silence, you must hear it." With brilliance and poetry, acoustic ecologist Gordon Hempton asks us to preserve and protect the last bits of silent space in the world. Read on to hear more of his stirring narrative that brings to life the beauty of the natural world.

<http://www.dailygood.org/story/972/sounds-of-silence-gordon-hempton/> **Be The Change:** Spend some time to sit outdoors today and listen to the sounds of nature. What do you hear?

With a deep recognition of the legacy of kindness her parents passed on to her, Audrey Lin has made a life out of creating and sharing her own random acts of love and generosity. It is an approach that she says creates, "some giddiness in my heart." Read more on Audrey and her ongoing journey, including stories about a meaningful conversation with a homeless man, a three-day walking pilgrimage, and her conviction about the power of stillness. <http://www.dailygood.org/story/966/audrey-lin-invisible-kindness-bela-shah/> **Be The Change:** Today, bring a ray of sunshine into someone's life through an unexpected act of kindness.

"One of the most enlivening things about exploring empathy has been the amazing response I get from people I talk to...just about everyone instinctively 'gets' the concept, even without any formal enquiry. It seems as though we instinctively feel that empathy is central to healthy, social, human life. Our understanding of empathy is rapidly developing thanks to various thought leaders elevating the concept on a global scale." For those looking to explore the realm of empathy more deeply, here's a list of 5 essential books on the subject.

<http://www.dailygood.org/story/969/where-to-start-on-empathy-5-essential-reads-nathan-wiltshire/> **Be The Change:** Look for opportunities to practice empathy today with different people, and in different situations today.

Giving up what seemed like an exhilarating life and a dream job in the heart of New York City, Pico Iyer made a pivotal decision by moving half way around the world and into the foothills of Kyoto, Japan. Gone was the hustle and bustle of a city that never sleeps, and found was a place that he felt afforded him a chance to find what he was looking for... stillness. For as Pico Iyer believes, it is in 'stillness' that we can find what truly sustains us. <http://www.dailygood.org/story/936/the-art-of-stillness-pico-iyer/> **Be The Change:** Go out of your way to try and make time to sit alone in silence -- even if only for a few minutes a day, or even a few minutes a week.

## 8. Difference Between Healing and Curing

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

by Michael Lerner, PhD

In my thirty years of working with cancer patients, I've seen a profound distinction between curing and healing.

Curing is what a physician seeks to offer you. Healing, however, comes from within us. It's what *\*we\** bring to the table. Healing can be described as a physical, emotional, mental and spiritual process of coming home.

Even if we're losing ground physically, there's extra-ordinary emotional, mental and spiritual healing that can go on. One of the most toxic new-age ideas is that we should "keep a positive attitude." What a crazy, crazy idea that is. It is much healthier, much more healing, to allow yourself to feel whatever is coming up in you, and allow yourself to work with that anxiety, depression, grief. Because, underneath that, if you allow those feelings to come up and express themselves, then you can find the truly positive way of living in relationship to those feelings. That's such an important thing.

Then there's the ideas we have about ourselves, our lives, about what the disease means. Often, people feel like their disease is some kind of judgment on them: "What did I do wrong?" I'm not sure that's an idea that serves people very much. When I had my heart-attack, I felt as though I was reborn. Even though I had been working with cancer patients for 18 years, when it was *\*my\** heart attack, there was this profound rebirth experience. My beloved wife says that after the heart attack, I spent the first three months just rearranging the rocks in our garden. The whole world seemed new to me. I was inventing my life all over again. So there is the opportunity that comes with cancer, to ask ourselves how we want to reinvent our lives. And that can be one of the most powerful healing things we can do.

Healing is the most fundamental aspect of our condition, and it's a continuous rediscovery of what it means to be alive. It spills over into the rest of our life and guides us. It's not only about some "spiritual experience" of being high all the time. Not at all. It is about living with the ongoing stresses and strains and difficulties -- and joys -- of life, but doing so in a way that we feel whole.

Living in relationship with the struggles of life is what makes us human.



## 9. The Reality of the Illusory World

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

by Rupert Spira

Well over a hundred years ago the painter Paul Cézanne said, “A time is coming when a carrot, freshly observed, will trigger a revolution.” Cézanne meant that if we could see even a simple everyday object such as a carrot, as it truly is, our experience would be revolutionized. But what does it mean to see an object as it truly is? The key is in the phrase ‘freshly observed,’ which means to see clearly, unobstructed by the concepts that thought superimposes on our experience. In fact, most of us are completely unaware that our experience is filtered through a fine mesh of conceptual thinking that makes it appear very different from how it actually is.



As the Chinese sage Huang Po said, some 1200 years ago, “People neglect the reality of the illusory world.” The illusory world? Now that’s even more radical than Cezanne! It’s one thing to look freshly at a carrot, spade, house or world, but quite another to consider it an illusion. What did he mean?

We often hear phrases in the non-dual teaching such as, ‘The world is an illusion.’ But such phrases may create a rebellion in us, for we know that our experience is very real. So how to reconcile these two positions – one, ‘the illusory world’ and two, the undeniable reality of our experience?

Anything that appears must appear in or on something. For instance, an image appears on a screen; a chair appears in the space of a room; the words of a novel appear on a page; a cloud appears in the sky. What about the mind, body and world? Our only experience of them is what currently appears to us as thoughts, images, feelings, sensations, sights, sounds, textures, tastes and smells. In other words, all we know of a mind, body or world are appearances, and all these are continually appearing and disappearing. We may have a concept of a continuously existing mind, body or world, but we never actually experience such an object.

All experience arises within our self, this transparent emptiness. And the only ‘stuff’ present in our self, out of which all experience can be made, is our self itself. It is our direct, intimate experience that all we know of a mind, body or world is made out of and is identical to the transparency of our own Being.

Just as the screen on which an image appears is usually overlooked due to our exclusive focus on the image itself, so this open, empty, transparent presence of our own Being is usually overlooked due to our exclusive focus on the objects of the mind, body and world – that is, on thoughts, feelings, sensations and perceptions. However, just as it is not possible to see an image without seeing the screen so, although this Presence is usually overlooked, it is never truly unknown.

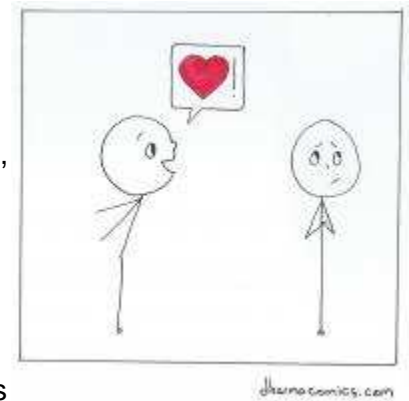
Love is the common name we give to experience when the ‘other’ is no longer experienced as ‘other;’ when the subject/object relationship collapses. It is to see the appearance of an image but to know it only as screen. It is to attribute the reality of the image to the screen. It is to know everyone and everything as one’s own self.

## 10. Sincerely Enthusiastic

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

by Gretchen Rubin

I wanted to laugh more, I wanted to show more loving-kindness, and I also wanted to be more enthusiastic. I knew that it wasn't nice to criticize but it was *fun*. Why was it so deliciously satisfying to criticize? Being critical made me feel more sophisticated and intelligent — and in fact, studies show that people who are critical *are* often perceived to be more discerning. In one study, for example, people judged the writers of negative book reviews as more expert and competent than the writers of positive reviews, even when the content of both reviews was deemed to be of high quality. Another study showed that people tend to think that someone who criticizes them is smarter than they are. Also, when a person disrupts a group's unanimity, he or she lessens its social power. I've seen people exploit this phenomenon; when a group is cheerfully unanimous on a topic like 'The teacher is doing a great job' or 'This restaurant is terrific,' such a person takes the opposite position to deflate the group's mood. Being critical has its advantages, and what's more, it's much *easier* to be *hard* to please. Although enthusiasm seems easy and indiscriminating, in fact, it's much harder to embrace something than to disdain it. It's riskier.



When I examined my reactions to other people, I realized that I do often view people who make critical remarks as more perceptive and more discriminating. At the same time, though, it's hard to find pleasure in the company of someone who finds nothing pleasing. I prefer the company of the more enthusiastic types, who seem less judgmental, more vital, more fun.

For example, one evening, as part of a surprise birthday party for a close friend, we went to a Barry Manilow concert, because my friend loves Barry Manilow. Afterward, I reflected that it showed considerable strength of character to be such an avowed Barry Manilow fan. After all, Barry Manilow is . . . well, Barry Manilow. It would be so much safer to mock his music, or to enjoy it in an ironic, campy way, than to admire it wholeheartedly as she did. Enthusiasm is a form of social courage. What's more, people's assessments are very influenced by other people's assessments. So when my friend said, 'This is terrific music, this is a great concert,' *her* enthusiasm lifted *me* up.

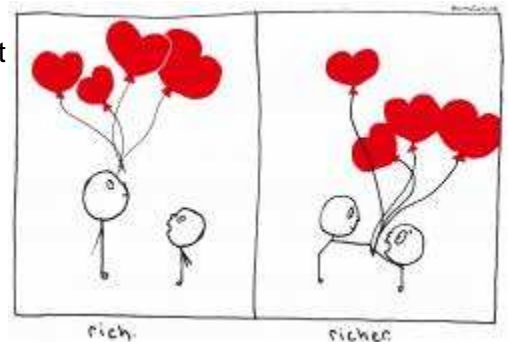
I wanted to embrace this kind of zest. I steeled myself to stop making certain kinds of unnecessarily negative statements: 'I really don't feel like going,' 'The food was too rich,' 'There's nothing worth reading in the paper.' Instead, I tried to look for ways to be sincerely enthusiastic.

## 11. The Act of Giving is the True Gift

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

by Author Unknown

In an ancient Indian epic, Arjuna, a famed warrior questions his divine charioteer, Krishna, about the noblest giver in the land. "Karna is without doubt the finest example of generosity in the kingdom," Krishna informs him. The answer irks Arjuna. Karna is one of his biggest rivals on the battlefield. He frowns deeply and says nothing. Krishna, noticing Arjuna's furrowed brow and the competitive gleam in his eyes, hides a smile. The subject is dropped for the time being, but several days later, Krishna devises a skillful test.



"Do you see those two mountains?" Krishna asks Arjuna, as they are riding together one evening. As Arjuna turns his gaze, the tall peaks in the distance begin to shimmer and reflect the light. The two mountains have turned into solid gold. "Now Arjuna, I have a task for you," says Krishna, "You must distribute these two mountains of gold among the poor villagers who live in the foothills. Let me know when you have given away every last pebble of it."

Excited by this opportunity to impress Krishna and the world with his philanthropic abilities, Arjuna summons all the villagers together and addresses them grandly. "Listen," says Arjuna, "For I bring glad news. I will be distributing these two glorious mountains of gold amongst all of you." A gasp of wonder and delight rises from the audience, and the air fills with songs in praise of the great warrior Arjuna. Energized by the admiration Arjuna sets about creating a master plan for the collection and distribution of the gold.

For two straight days and nights he shovels gold ceaselessly from the mountain. Not stopping an instant for food, water, rest or sleep. And yet, to his bafflement and utter dismay, the mountains remain undiminished. The more he shovels the more there remains. Forced to the brink of exhaustion, he seeks Krishna out. "I must take a few days of rest before I continue," he confesses wearily.

In response, Krishna summons Karna into his presence. "Do you see those two mountains?" Krishna asks of Karna. "Yes," returns the noble warrior. "You must distribute them among the poor villagers who live in the foothills. Let me know when you have given away every last pebble of it." Without a moment's hesitation Karna calls out to two villagers who happen to be passing by at that moment. "Do you see those two mountains?" Karna asks them. "Yes," comes the response. "Those two mountains of gold are yours to do with as you please," says Karna with a smile bright as the sunrise. And just as easily as he utters these words, he bows to Krishna and walks away.

Arjuna sits dumbfounded by this turn of events. Krishna turns to him, his voice rich with a love and wisdom beyond the ages. "Arjuna -- in your mind the gold occupied a place of high value, and you were sub-consciously attracted to it. You had a muddled approach to giving. You tried to strategize and divide up the gold according to who you thought was most worthy of the gift. But these petty calculations tired your spirit, and over time, you were forced to realize that the mountains' abundance is far beyond the capacity of your individual head, heart and hands." Arjuna silently absorbed the truth of these words into his being.

"And what about Karna?" he finally ventured to ask. "The gold meant nothing to Karna," returned Krishna easily, "For him the true gift was not the gold but the act of giving in itself. He had no calculations to make, nor was he seeking anything in return by way of acknowledgement or praise. He offered everything with a clear

heart and a pure mind, and having given he moved on to meet the next moment. And that, dear Arjuna, is a true sign of a person on the path of Awakening."

## 12. My Father's Gift

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

'Gift' is a must watch short film that has a profound, heart-touching message about the importance of giving, and the true value of wealth. It's a beautiful depiction of how we deeply touch others when we selflessly give our time, love and kindness. "Gift" is about a boy who grew up not liking his father because he believed he was poor, unintelligent and unsuccessful, but his father had a secret. It was only until after his father's death he discovers the true reach of his father's generosity towards others and the joy and laughter he brought to others. He finally understands his father's message to him as a boy, that "being rich is not about how much you have, but how much you can give." - See more at:

<http://www.karmatube.org/videos.php?id=4921#sthash.JOoddngCM.dpuf>

## 13. Opening Doors and Hearts

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

Opening a door is more than a physical act. It's about putting yourself out there, getting to know people, making them feel comfortable, and making them feel welcome. After being bullied, Josh Yandt decided to make a change that ultimately had a dramatic impact on his life and on the lives of his fellow students. Watch this sweet story of how the London, Ontario, high school paid forward Josh's acts of kindness and connection.

- See more at: <http://www.karmatube.org/videos.php?id=6062#sthash.PxoxF0q6.dpuf>

## 14. Awakening the Heart Wisdom

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

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

<http://www.karmatube.org/videos.php?id=5694#sthash.qziMFBsv.dpuf>

## 15. 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.N45WOoZC.dpuf>

## 16. The World's Deadliest Belief

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

There is a belief that is responsible for more suffering and death in the world today, than all the natural disasters, combined. And the deadliest part of this is that most of us hold this belief and don't even know it. In this TEDx talk, Jim Cervelloni uses an allegory to illustrate what he believes to be the world's deadliest belief, based on our collective "backward thinking." Watch this powerful message about the way our thoughts and beliefs have the potential to shape our lives. - See more at:

<http://www.karmatube.org/videos.php?id=4382#sthash.3P3UXnQ2.dpuf>

## 17. Amazing Indians

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

The desire to serve others is innate, as these three men demonstrate on this episode of Amazing Indians. There is Manimaran, the founder of the World People Service Centre, who devotes himself to caring and treating leprosy patients abandoned by society. In the tiny, drought ravaged village of Shivni, Uddhav Khedekar worked for six years to build water conservation methods to bring water to the community. Meanwhile, Kanailal Saha sells kachoris to provide funding for his school, Little Planet, designed to educate underprivileged children. Their compassion and self-sacrifice has saved numerous lives, and promoted a ripple of change in their respective communities. Not only are all three men amazing Indian citizens, they are also extraordinary people. - See more at: <http://www.karmatube.org/videos.php?id=4794#sthash.g5dM6Oyw.dpuf>

## 18. 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.AN2bPoFg.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@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.

## 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.

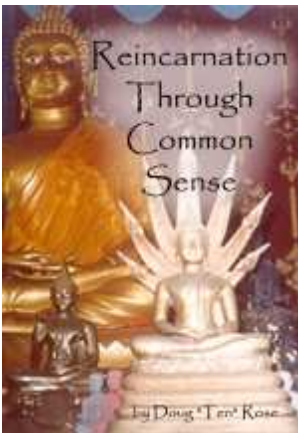
## 26. OM Websites

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

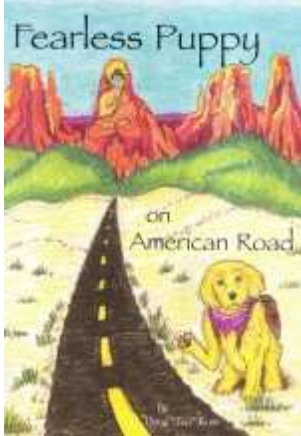
times, too.

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.

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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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