

Serving your personal journey toward enlightenment...

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

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

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

In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Exciting News!!!	2
2. Personal Story of Spiritual Lessons	3
3. Poem	5
4. Quote or Question	5
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	6
5. Regina Heringa – Notes From the Light – April 2015	6
6. Marc Lerner – Free Yourself From Illusions	7
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	9
7. Good News Of The Day	9
8. Returning to the Language of Life	11
9. End of Absense?	12
10. What Does It Mean To Be Fully Human?	13
11. It All Goes Wrong Anyways	13
12. A Question of Story	14
HEART AND SOUL ADVERTISEMENTS:	15
13. Spiritual Resources	15
14. Sacred Attention Therapy	16
15. Spiritual Exploration and Soul Coaching	16
16. Spirituality Workshops	16
17. A Course in Miracles Global Community Centre	18
18. Serving Your Loved-Ones	18
19. Supporting Spiritual Guidance	19
20. OM Websites	20
21. Reincarnation Through Common Sense and Fearless Puppy on American Road	20

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Exciting News!!!

Dear Spiritual Guidance e-Newsletter Recipients,

I have two pieces of exciting news to share with you. First, after years of study and dedicated inner work practice, I have been granted Certification in Psycho-Spiritual Psychotherapy (Certified LEVEL 1 – Sacred Attention Therapy).

Second, the above milestone coincides with the launch of Sacred Attention Therapy (SAT) Online Training, Level 1. I have been honored to collaborate with my teacher, Richard Harvey, and Founder of SAT, to develop a radical, innovative, psycho-spiritual training for healing professionals, laypeople, as well as for people who are serious about their own personal and spiritual growth and development, consisting of four levels of teaching. Each level of the course consists of twelve modules. Each module contains approximately 1 ½ hours of audiovisual presentation, and includes a supporting document which includes the course contents and summary, notes and references, contemplative questions, a section on working with clients, exercises – both written and experiential – an extended case study covering Seven Core Elements of SAT, and a bibliography with notes and guidance. The recommended time to complete one level of the course is one year, although with enthusiasm and commitment it is possible to complete it sooner. On completion of levels 1-3 you may apply for formal certification or a certificate of course completion. On completion of level 4 students may apply for the Diploma in Sacred Attention Therapy.

Go to <http://www.sacredattentiontherapy.com/sat-online-training.html> for all the details!

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Personal Story of Spiritual Lessons



It really is about the journey...

“There is no finish line, no goal, no end destination.”

This month’s e-newsletter departed from the norm whereby my opening piece shared some exciting news with you (see *“Exciting News!!!”* above, if you have not already). I will now use my usual passage to share a teaching directly related to that ‘exciting news.’

Last month did see me launch the exciting, new initiative I speak of in “Exciting News” passage above. What the experience taught me, however, was that it really is about the journey, and not the destination.

When I began working on the online training initiative, I remember feeling like I was embarking on an expedition to climb a very tall mountain. Let’s use the almost-mythical Mount Everest for our example.

When I was first approached about embarking on the adventure (i.e., developing the online training course), I was honored and excited; but I was also speechless, somewhat dumbfounded, and terrified. “Where does one even BEGIN with such a huge undertaking?,” I remember saying to myself. Like with any adventure of this magnitude—of any adventure, actually— “the adventure begins with one step.” This teaching is reminiscent of the wise old saying... “the journey of a thousand miles begins with one step.”

Given my background as a university professor (giving me the skills to develop curriculum), my background in business (giving me the skills to put this together and offer it as a service), and my technology skills (allowing me to use various technologies to produce and deliver the education, online), I had everything I needed to bring this together. But it just felt SO daunting!

I remember near the beginning of the journey...it felt like I was standing at the base of Mount Everest. I started to gaze upwards in the sky...to the summit of the great mountain. My neck was wrenched from having to gaze up so high! I can remember thinking to myself, in the context of the great task that lay ahead of me... “You have GOT to be kidding me!!!”...as I nervously point to the summit of Mount Everest... “You want ME to get to the top of THAT mountain????!!!”

“Oh dear GOD!...WHAT have I gotten myself into????!!!”...were my initial thoughts. “Why did I say yes to this crazy adventure????!!!”



But we start our adventures, don’t we? We take a step. And then we take another step. And at some point we realize the start line is far behind us, yet the summit of the mountain remains far off in the distance...still way too far to seem like a realistic goal. Such was the case at a point in production of the online training...

I had completed 10-15 of the 38 lectures (for Level 1 online training). By this point in the lecture production, the intensity of the endeavor was 'full throttle.' I remember having a vision...

I was standing on a ledge—more like clinging to the side of Mount Everest!!!—and I took a moment to pause and look upwards toward the summit. It still seemed SO far away..., and yet I felt like I had been climbing for a lifetime!

Then...I looked down—something I had not done yet in the climb. I froze...from fear!!!

I was SO far off the ground. I had been focused so much on the climbing I had not even noticed how far I had come. I remember thinking...

"The summit still seems like something I will never attain...but I'm way too far up the side of this mountain to consider going back down. So...keep on keepin' on."

And the climb continued...

As each lecture was produced, the half-way point loomed in the distance. And when I finally reached that half-way point in the lecture production (19 of 38), the energy of the experience shifted. I started to believe I would...some day...get there.

As the weeks of intense, dedication unfolded, the summit came more and more into focus. And as the summit came within reach, I remember starting to realize that all along this was about my journey up the mountain and NOT about reaching the summit (i.e., completing the lectures and launching the online training).

Don't get me wrong...to complete the production and actually launch the online training was a monumental achievement and one worth celebrating. However, what I learned along the way is FAR more important than actually reaching the summit. It IS the journey that gets us to the summit. Once at the destination, the learning...well, the learning stops.

I think we so often—I know I did, and still do—get lost in the pursuit of the finish line, the goal, the end destination. Well, I have news for you...

There is no finish line, no goal, no end destination. There is only what we are doing in this very moment. And our peace and joy is in THAT very moment, not in a perceived moment that we envision coming, or one that we think we experienced in the past.

It really is about the journey, not the destination. For there is only journey, and no destination.

In love, gratitude, compassion and forgiveness...

Shanti, Namaste, Agapé,

Rev. Robert Meagher

3. Poem

Quietness

The world knows not of quiet. Restlessness
Is its abiding law. From there it goes
To pain and joylessness, and back again
To the unceasing restlessness on which
It stands, uncertain, insecure and frail,
Prey to illusions, victimized by guilt
Yet quietness comes over it at last.
For when forgiveness comes, its certain gift
Is stillness, in which all the world is hushed;
A silence where the littleness of sin
Shrinks into nothingness before the Love
Forgiveness represents. And in His Name
Is everyone acknowledged as the same.

Helene Schucman

4. Quote or Question

“There is no shame in having many faults; it would be more worrying if there were none to correct.” (Chinese proverb)

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).

5. Regiena Heringa – Notes From the Light – April 2015

Inner and Outer Matter (Colour and Sound) - Part Two

In our previous message, certain concepts were presented to assist you in understanding the nature of particles of matter within the body. In your third-dimensional world, Light is the creative impulse and manifestation of physicality and Love the underpinning of this Light. It was proposed that sound is a refined manner of gathering of particles to form physical patterns.

Let us now then continue.

Your material universe abounds with vibrations of colour-in-light, some perceived by human vision and others lying beyond it. What role, then, does colour play in the manifestation of physical matter?

To answer this question, you are reminded that all life holds within itself unity and individuality. To your perspective, the divine Creator can be understood as the perfect universal and cosmic presence of love and intelligence. Your people are divine creations issuing from this sacred universality. As you increasingly participate in this present planetary awakening of all aspects of creation, you recognize that you carry within yourself both the individual and cosmic identities of God-essence. Once you have acknowledged this, you then willingly rest in this God-essence and, through personal expression and action, serve humankind by inciting the outward flow of this divine core.

In your material world, the amalgamation of individual strands and vibrations of colour can be observed as white— pure core Light. This Light embraces the unity of matter. Colour, as the partitioning of this universal Light, demonstrates the existence of individuality in matter.

Let us present you with a simple illustration.

Imagine that you are gazing over a field of snow brightly lit by the sun. The snow, as seen in its entirety is white and yet its separate parts sparkle in various colours. Here you observe both the expressions of unity and individuality.

Hence the role of colour in your physical world is to allow you to explore individual structures and viewpoints to promote spiritual, emotional and intellectual progress.

It can thus be observed that sound is the gatherer of particles to create physical patterns and colour is the initiator of physical individuality.

Of what importance is this information to you daily existence?

Kindly realize that your first and eternal position in life is within Love—the unifying force of all creation which impulses life. From here, through your physicality, you explore, create, individualize, unify and progress upwards and inwards.

All life in your dimension advances from density to transparency and from disparity to union. Hence, the lighter and purer the sounds you listen to and develop in your inner meditations and reflections, the more your physical body, mind and emotions resonate to finer translucent patterns of existence. These, in turn, create sympathetic vibrations with other refined patterns of life found within and upon your planet as well as in other dimensional worlds. As you allow the radiance of the core white Light to permeate the various colours that make up your material body and world, you will observe that you are automatically transported into God-essence unity.

In truth, you move from a third-dimensional reality to an all-dimensional reality

Hence, we ask you to create great beauty within your thoughts and your emotions. Spend time falling into the colours of light that you see all around you in your physical world and allow pure core Light to infuse your awareness. Listen to the sounds that come from the air around you. Sit quietly in your inner sacredness of Love and allow joyful sound to spring up. Sense marvellous patterns and colours that arise from the rhythm of your own divine heart, as you begin to hear sound, and sense colours and patterns which demonstrate your individual and universal identities.

Your spiritual nature is a loveliness which suffuses all life. Therefore, encourage wholesome unity between your inner-self body and your outer-self body. It is to be remembered that each good thought and each kind action magnify gladness upon your good earth.



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

6. Marc Lerner – Free Yourself From Illusions

Spirituality exists in the silence beyond your thoughts. A pure spiritual experience happens beyond the creations of your mind. Understanding spirituality is different than having a spiritual experience, for a spiritual experience is free from the illusions created by the mind.

In Eastern philosophy, illusions are defined as perceptions and conceptions. Illusions are the creations of our mind. They are symbols of what actually exists. Unfortunately, we believe those illusions to be reality. As an example of perception, my being legally blind often makes me perceive things that really are not there. One time, I saw a pillow on the bed and thought it was a cat. As an example of conception, you can go to a restaurant and read a menu. The menu is a symbol of the food and will not satisfy your hunger. These are creations of the mind that are only symbolic and should not be believed as reality.

There are four major illusions we need to recognize in order to free ourselves from these traps:

1. The concept of time is an illusion created by the mind. Although the body has a built-in clock and we can use time as a tool that still doesn't make the concept real. The past and the future are but thoughts in our minds that exist in the moment. That means that they are not real and can be changed if they don't help you in your struggle. Casey Stengel said, "The future isn't what it used to be." This is a good example of putting the illusion of time into words

2. Our perceptions and conceptions are illusions. They may seem very real, but they are created by the mind, and they only represent what is out there. You may say, "I can see the real world, and it is not an illusion." But if you look up into the sky and see a star, that star may have exploded many years ago and not exist-all you see is the light of that star. The existence of the star is an illusion. Your perceptions of the outer world are just symbols in your mind. They may accurately represent what you perceive, but they are still illusions.

3. Our self-image was created by our past conditioning and is also an illusion. The self-image is very significant, for we direct our thoughts to our self-image. If you have a negative self-image, you will get negative responses to your thoughts. Developing a positive self-image gives you positive responses. In a struggle, it is very helpful to accept your Positive Self, so that you can put all of your energy into fighting your struggle instead of fighting your Negative Self.

4. Our personality was created by our environment and is also an illusion. The personality is the way we were taught to think and respond to our wisdom. Since we are able to change that which we think to (the self-image), we can also change the thinker or the personality.

If you believe in these illusions, they will be hard to change. In psychology, Dr. Assogioli said that we could not change anything we identify with. Just as you cannot wash the floor you are standing on, you cannot change thoughts you really believe in. In order to change your life, you need to change your inner reality. Your spiritual self is naturally connected to a thought-free Silence and from that place comes the freedom to change the illusions you hold.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Marc Lerner's spiritual path began when he went to India and later studied meditation for 12 years. After that, his real spiritual journey began 34 years ago, when he was diagnosed with MS. He was rendered legally blind; when he could not see the outer world clearly, it forced him to look within. He now writes books on his spiritual journey to empower people to face major challenges. His books are on Amazon/Kindle. They deal with changing your self-image, a healthy way to be sick and a creative way to approach death. Learn more at his blog: marclerner.com. You can contact Marc at marclerner@att.net.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

7. Good News Of The Day

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

"If empathy is truly to take its place as a central value in contemporary culture," says author Roman Krznaric, "we need to put it to the test in the most difficult situations...We must extend our empathetic imaginations not just to the dispossessed or disadvantaged, but also to those whose views and actions we might oppose or disdain...That is how empathy can become both a moral guide and a basis for a philosophy of living." Roman Krznaric challenged the limits of his own empathy by visiting and opening his heart to people who he felt were responsible for immense injustices and the suffering of entire communities. What he learned about the humanity in all surprised and challenged him. Read on to learn about his courageous journey.

<http://www.dailygood.org/story/951/empathy-with-the-enemy-roman-krznaric/> **Be The Change:** Is there someone in your life whose views and actions you oppose or disdain? Practice seeing the world through their perspective, because only when we truly understand the world through others' eyes can true progress occur.

Is it any coincidence that when a friend or loved one does something nice for us, we feel "touched"? As John Tuite, founder of The Centre for Embodied Wisdom, tells us, "We mistakenly think that touch occurs on the periphery of our self, a skin thing." But as he shares, touch is a crucial piece of our health and development, and one we all too often go without as we get older. <http://www.dailygood.org/story/983/touch-as-nutrition-by-john-tuite-kindness-blog/> **Be The Change:** Give someone you love a hug today!
<http://www.dailygood.org/more.php?n=6244a>

Patti Pansa knew the common regrets of the dying, and with stage-four metastasized breast cancer, she wanted to live her last days without them. "Between radiation treatments, spinal surgery, and a bucket list trip to Alaska, Patti wrote essays, talked with anyone who would listen, dreamed and created...Patti spent the last five months of her life celebrating, sharing, creating, loving, and living." By taking risks, trusting the universe, and operating from a place of gratitude, Patti developed and launched the "No Regrets Project" in her final days in this world, leaving behind five simple, personal practices that helped her live her life to the fullest. She offered these practices as a road map for anyone seeking to create the life they have imagined, with consciousness, wisdom, and authenticity. <http://www.dailygood.org/story/965/no-regrets-living-with-dying-kitty-edwards/> **Be The Change:** If you knew your time on the earth was coming to an end, is there anything you would regret about the way you lived your life? Explore steps you can take toward living a life that is more aligned with your values.

Marilyn Lacey, founder and executive director of Mercy Beyond Borders, invites us to consider the power of creating welcoming space for others, even those we consider strangers or enemies. Marilyn explains that hospitality "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." This poignant piece causes us to pause and consider the lines we can artificially draw between ourselves and others, and wonder what beautiful things may happen if we are willing to let those lines go.

<http://www.dailygood.org/story/987/creating-welcoming-space-sister-marilyn-lacey/> **Be The Change:** When you interact with the next person who crosses your path, practice expanding the welcoming space you provide for the other to truly be himself or herself in your presence.

For many of us, it is easy to fall into the habit of thinking or feeling that we are not doing enough when we see others doing great things or having amazing experiences. Constantly comparing ourselves to others and/or

feeling as though we are not enough causes us to become unhappy and takes away from living in the moment. Read this article on how to appreciate every day and every moment more.

<http://www.dailygood.org/story/988/the-contentment-habit-leo-babauta/> **Be The Change:** Do you find yourself feeling unhappy because you are comparing yourself to others? When you catch yourself doing that, take a moment to truly appreciate the goodness in your life just the way it is.

"Forgiveness can lead to understanding. Understanding plants the seeds for love." Loving our enemies may be one of the most difficult pearls of wisdom to live out in our day to day lives. It requires overcoming our fears, our egos, and our need to be right. This piece, that tells the story of one woman's compassionate response to a band of young neighborhood pranksters, reminds us of how powerful and important it is to keep taking small steps towards loving those who challenge us. <http://m.dailygood.org/story/991/teaching-our-children-to-love-their-enemies-kozo-hattori/> **Be The Change:** Make the effort to get to know someone who irks you. Even if it's with a simple hello and a smile, aim to see the best in them.

"...to have a relationship with a wild creature, first you have to have a relationship with yourself." For thousands of years, human beings have lived side by side with animals. We share a common heritage here on earth, and, when we open our minds, we find there is much to learn from wild perspectives around us. Steve Karlin shares the insights he has gained after years spent caring for and connecting with animals; going within to connect with all that is without <http://www.dailygood.org/story/1004/something-profound-awakin-call-transcript/> **Be The Change:** As you walk out of your house this morning, take a moment to ask: what do you hear? What do you see? And how might another being perceive these same moments?

In his book, *The Island of Knowledge: The Limits of Science and the Search for Meaning*, astrophysicist and philosopher Marcelo Gleiser explores the interface between our commitment to knowledge and our parallel flirtation with the mystery of the unknown. How has the progress of modern science compounded the perplexities and paradoxes of our quintessential human longing? <http://m.dailygood.org/story/995/the-island-of-knowledge-how-to-live-with-mystery-in-a-culture-obsessed-with-certainty-and-definitive-answers-maria-popova/> **Be The Change:** Stop a few times in the day, look at something around you, and allow yourself to wonder about the science behind it, as well as its mystery.

Many of us are well aware of the impact of music upon our mood. An old, familiar tune may not only help to alleviate stress, it could potentially offer us a brighter outlook for our day. But, did you know that music can play a positive role on our physical health, as well? Expanding research points to its application in the field of traditional medicine. Whether simply helping to alleviate anxiety, or more specifically, working to boost our immune system's responsiveness -- the benefits are certainly noteworthy. This article explores five ways in which music can directly improve our overall physical health. <http://m.dailygood.org/story/984/five-ways-music-can-make-you-healthier-jill-suttie/> **Be The Change:** Take a moment today to notice the subtler effects of music on your sense of well-being.

The trick to being a happier person? Turns out it may lie in setting small, simple goals that can help you to focus on the important things in your life. This engaging infographic shares some startling data on the truth about happiness, it illustrates how setting goals and being happy are part of a virtuous cycle, and also reveals what kind of goals lead to the greatest joy. <http://m.dailygood.org/story/986/happiness-goals-countdown-lifecoachhub/> **Be The Change:** Today is the International Day of Happiness! Incorporate one of the goals listed in the article (or one of your own) into your daily routine.

'Gift' is a short film that conveys a profound message on the importance of giving, and the true value of wealth. It illustrates how we touch others when we selflessly give of our time, love and kindness. 'Gift' is about a boy who grew up believing that his father was poor, unintelligent and unsuccessful. After his father's death however, the son discovers the true reach of his parent's generosity, and just how much joy he brought to others. He finally comes to understand the truth of his father's words: "Being rich is not about how much you have, but how much you can give." <http://www.karmatube.org/videos.php?id=4921> **Be The Change:** Start a

movement in your community to pay forward kind acts of giving. It all begins with a smile!

<http://www.kindspring.org/smilecards/>

"In 1981, two white supremacists brutally murdered an eighteen-year-old black boy in Mobile, Alabama. During the trial, there was an astounding moment: one of the men expressed true sorrow for what he had done. Everyone took a breath. And the boy's mother, Beulah Mae Donald, forgave him." The ability of human beings to love, even those who have deeply wronged us, is a recurring source of amazement and awe. Gayan, a poet and musician, was moved to compose a song dedicated to Beulah Mae Donald and the greatness of her spirit. Read more to feel the power of his awe-inspiring words describing Beulah's remarkable and beautiful act of forgiveness. <http://www.dailygood.org/story/1005/black-madonna-a-song-of-forgiveness-gayan-macher/> **Be**

The Change: Which grievances can you muster up the courage to forgive today?

8. Returning to the Language of Life

Reprinted from www.awakin.org.

by Anat Vaughan-Lee

We do not always know what it is or how to articulate it, but deep inside there is a longing, a longing to live according to a true calling. A calling that comes not from the personality but from a deeper part of ourselves, a part that is connected to a greater whole that, if we recognize, opens a door to a different experience of life. Like a new horizon that opens before us, it offers the possibility that we can see and experience and connect to life in a new way. A way that enables us to participate differently and more deeply, from an awareness of a great and unfolding mysterious whole which we are a part.



But if we give it a second look, this emergence of the new light, a new beginning in the winter, belongs to a mystery of light and dark that we have always been part of. So although it may appear to be an end of a cycle, we are really participating in a mystery that has been celebrated in every culture over the thousands of years of recorded history.

I call it a participation of being.

The need to participate with a greater awareness evokes in me the image of the seed and the question: in today's culture, what are we really rooted in? We wish for a fresh start, like a new seed, a new growth. The power of a seed is unimaginable. Within it lies the mystery of time, the cycle of the seasons and of death and rebirth. It possesses both masculine and feminine qualities which are in constant creative dialogue. From the dark womb of the feminine the direct force of the masculine emerges and shoots up into the light. Light and dark are in constant relationship. The seed is also both the center and the circumference, calling us to remember the sacred nature of life, the interconnected language of the universe, a song of oneness communicating to us and telling us, again and again, that we too are partaking in a primordial whole.

When we begin to realize this, a very mysterious process is awakened within us. We begin to participate in the great mystery of being that is so central to our existence. We begin to realize we are rooted in a greater rhythm, the reality of a greater whole which is at the same time unique to each of us. If and when we begin to live from such awareness, I wonder if our whole view of what a new year can mean will bring with it a very

different understanding, an understanding that is so essential to the quality of our life, providing us a new sense of our roots.

Returning to such awareness is a returning to the language of life, no longer from a place of separation but from a place of sacred communion. When we hold this awareness within our body we become a full participant with the earth and the cosmos—at that moment something is allowed to live according to its true nature. We remember. That which is remembered lives. When we hold this consciousness in our heart, we naturally offer it back to life. This not only gives life meaning, but like a seed, revitalizes it. We then participate not only in the mystery of our own being but in the whole wonder of creation.

9. End of Absense?

Reprinted from www.awakin.org.

by Michael Harris

As we embrace a technology's gifts, we usually fail to consider what they ask from us in return — the subtle, hardly noticeable payments we make in exchange for their marvellous service. We don't notice, for example, that the gaps in our schedules have disappeared because we're too busy delighting in the amusements that fill them. We forget the games that childhood boredom forged because boredom itself has been outlawed. Why would we bother to register the end of solitude, of ignorance, of lack?



The more I thought about this seismic shift in our lives — our rapid movement toward online experience and away from rarer, concrete things —the more I wanted to understand the nature of the experience itself. How does it feel to live through our own Gutenberg moment? How does it feel to be the only people in history to know life with and without the Internet?

And if we work hard enough to understand this massive game changer, and then name the parts of the new game we want to go along with and the parts we don't, can we then pack along some critical aspect of our earlier lives that those technologies would otherwise strip from us? Or will we forget forever the value of that lack and instead see only a collection of gains? It's hard to remember what we loved about absence; we never ask for our deprivation back.

To understand our unique predicament, and understand how to win ourselves those best possible lives, we need to root out answers in every corner of our experience. But the questions we need to ask at each juncture remain as simple as they are urgent: What will we carry forward? And what worthy things might we thoughtlessly leave behind?

The answer to that second question was painfully clear as I sat at my little beige desk in the offices of *Vancouver* magazine. What I'd left behind was absence. As a storm of digital dispatches hammered at the wall of my computer screen, I found myself desperate for sanctuary. I wanted a long and empty wooden desk where I could get some real work done. I wanted a walk in the woods with nobody to meet. I wanted release from the migraine-scale pressure of constant communication, the ping-ping-ping of perma-messaging, the dominance of communication over experience.

Somehow I'd left behind my old quiet life. And now I wanted it back.

10. What Does It Mean To Be Fully Human?

Reprinted from www.awakin.org.

"To be fully human is really to discover who I am... To discover who I am is to discover also the unity between my head and my heart." Jean Vanier answers some "big questions" including "what does it mean to be fully human" - questions that are the hallmark of the Templeton Prize. Vanier is the 2015 Templeton Prize Laureate for his work with L'Arche, a revolutionary international network of communities where people with and without intellectual disabilities live and work together as peers. "To become fully human is to let down the barriers, to open up and discover that every person is beautiful." - See more at:

<http://www.karmatube.org/videos.php?id=6156#sthash.ZUVfdTpu.dpuf>

11. It All Goes Wrong Anyways

Reprinted from www.awakin.org.

by Ajahn Brahm

Wherever you live -- in a monastery, in a city, or on a quiet tree-lined street -- you will always experience problems and difficulties from time to time. This is just the nature of life. So when you have problems with your health you shouldn't say, "Doctor, there is something wrong with me -- I'm sick"; rather you should say, "There is something right with me -- I'm sick today." It's the nature of the human body to be sick now and again. It's also the nature of the septic system to need pumping out when you don't expect it, and it's the nature of the water heater to sometimes break down. It's the nature of life to be this way. Even though we struggle as human beings to try to make life go smoothly for ourselves and others, nevertheless it's impossible to ensure that happens.



Whenever you experience any pain or difficulty, always remember one of the deep meanings of the word suffering: asking the world for something it can never give you. We expect and ask impossible things from the world. We ask for the perfect home and job and that all the things we work hard to build and arrange run perfectly at the right time and place. Of course, that is asking for something that can never be given. We ask for profound meditation and enlightenment, right here and now. But that's not the way this universe works. If you ask for something that the world can't supply, you should understand that you're asking for suffering.

So whether you work or meditate, please accept that things will go wrong from time to time. Your job is not to ask for things the world can't give you. Your job is to observe. Your job is not to try to prod and push this world to make it just the way you would like it to be. Your job is to understand, accept, and let it go. The more you fight your body, your mind, your family, and the world, the more collateral damage you'll cause and the more pain you'll experience.

Sometimes, when we understand and stand back from our daily lives, we see the big picture. We see there's nothing wrong with the monastery, nothing wrong with us, nothing wrong with life. We understand that it's just the nature of the world to go "wrong" -- that's what the Buddha meant by the first noble truth of suffering. You work, struggle, and strive so hard to make your life just right -- to make your home, your body, and your mind just right -- and it all goes wrong anyway.

12. A Question of Story

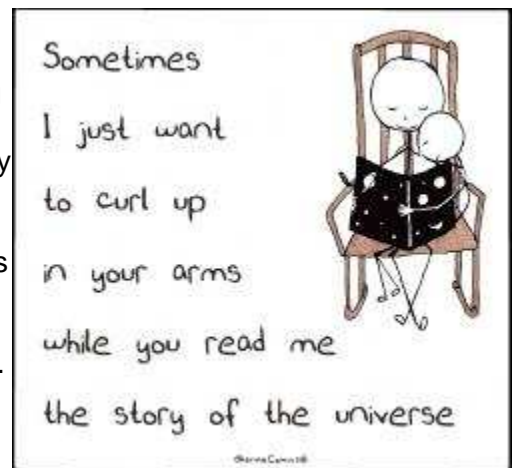
Reprinted from www.awakin.org.

by Thomas Berry

For peoples, generally, their story of the Universe and the human role within the universe is their primary source of intelligibility and value. Only through this story of how the Universe came to be in the beginning and how it came to be as it is does a person come to appreciate the meaning of life or to derive the psychic energy needed to deal effectively with those crisis moments that occur in the life of the individual and in the life of the society. Such a story communicates the most sacred of mysteries and not only interprets the past, it also guides and inspires our shaping of the future.

The Universe story is the quintessence of reality. We perceive the story. We put it in our language, the birds put it in theirs, and the trees put it in theirs. We can read the story of the Universe in the trees. Everything tells the story of the Universe. The winds tell the story, literally, not just imaginatively. The story has its imprint everywhere, and that is why it is so important to know the story. If you do not know the story, in a sense you do not know yourself; you do not know anything.

It's all a question of story. We are in trouble just now because we are in between stories. The Old Story—the account of how the world came to be and how we fit into it—sustained us for a long time. It shaped our emotional attitudes, provided us with life purpose, energized action, consecrated suffering, integrated knowledge, guided education. We awoke in the morning and knew where we were. We could answer the questions of our children. We could identify crime, punish transgressors. Everything was taken care of because the story was there. But now it is no longer functioning properly, and we have not yet learned the New Story.



HEART AND SOUL ADVERTISEMENTS:

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

13. 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.

14. 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).

15. 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).

16. 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.

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.

17. 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>.

18. 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.
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 or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher
Spiritual Guidance

19. Supporting Spiritual Guidance

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

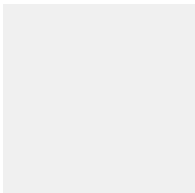
- Sacred attention therapy
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.
- Daily contemplative sharing
- OM websites

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

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

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

1. Please go to the home page of our website (www.servingyourjourney.com) and click on



the button toward the bottom left of the home page.

OR

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

OR

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

679 Cooper Street
Ottawa, ON K1R 5J3
CANADA

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

Love and gratitude for your support and generosity.

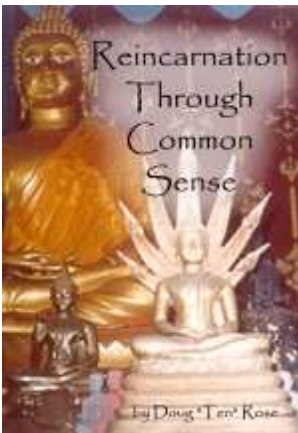
20. OM Websites

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.

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

*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS *

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



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

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

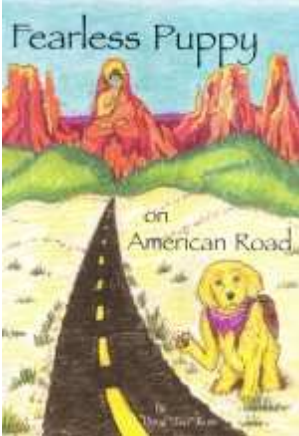
times, too.

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

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

http://fearlesspuppy.org/m_reincarnation.htm

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



<http://www.fearlesspuppy.org>

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

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

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

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

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

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

April 2015 e-Newsletter

Page | 22

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

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

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

Facebook: www.facebook.com/Servingyourjourney