

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.

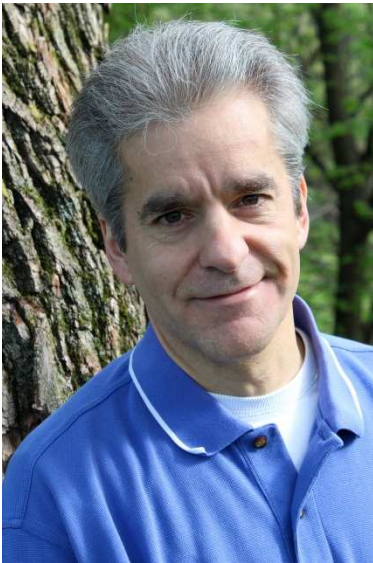
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## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### When our faith is tested

*“Acceptance, trust, and patience are symbiotically intertwined to create the condition I call faith.”*

This year I will celebrate 6 years of sobriety from an addictive way of life that was killing my soul. I couldn't help myself. I needed the substance to even get through my day. That addiction was to a deadly substance called 'ego.'

Six years ago I made the conscious choice to leave behind a life and lifestyle that was not serving me well and to explore a new way of seeing and living in the world. I could not have imagined the amazing journey it has been.

The journey has not been without its challenges. But I would not change even a minute of the transformative process of divesting myself of early life conditioning that was fraught with dis-ease, judgement, anger, and guilt.

Along the way my faith has been tested. I would have to say that this transformative journey has even brought me to my knees, numerous times. No doubt, I will be brought there again, and again. Each time my faith is tested, I learn three valuable lessons about life—acceptance, trust, and patience.

Acceptance, trust, and patience are symbiotically intertwined to create the condition I call faith. For me, it begins with acceptance of life on its terms, not on the way I want it to be. It does not mean 'giving up' on life but 'giving into' life. This acceptance is an all-important surrender to the ego that wants to fight life and force its will on Creation.

The acceptance leads to trust. I trust that what life is offering me is for my own good. 'Life is happening for me, not to me' is a saying that comes to mind. This trust leads to a final step in the process of building faith; but it remains the most difficult for me to master.

Patience requires our acceptance and trust that all will work out, because all is as it should be—perfect just as it is. This patience requires me to fully let go of all vestiges of wanting life to be something other than it is.

When I am able to accept, trust, and show patience, I begin to realize that the world is the effect of my thoughts. Said another way, I am the cause and the world is the effect. My faith is strengthened by the knowledge that I can see the world however I want to, and that the way I live in the world is a direct result of how I see it.

My faith is not tested, really. My faith is a wonderful reminder to see the world anew; to release myself from a distorted vision of dis-ease, judgement, anger, and guilt, to a divine vision of peace, unity, and love.

In growing patience...

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### Identity

Be still an instant. Draw aside the veil.  
Look beyond seeming. Here there is a place,  
A borderland between perception and  
The certain knowledge of the Mind of God.  
Here do they meet and blend an instant more,  
Until perception fades and disappears,  
And only the Eternal still remains.  
Forgiveness has removed all else but Him,  
And therefore there is nothing else but You.

*Helene Schucman*

## 3. Quote or Question

“Overcome anger by love, evil by good, the greedy by generosity, and the liar by truth.” (Buddha)

## 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. Regiena Heringa – Notes from the Light – May 2015

Anchor, Opening and Transformation

Gracious people of this world, the task at hand is a simple one. It invites you to remain within the very centre of your divine essence, in mind, heart and body, for there is nowhere else outside yourself to go. It may seem to you, in your third-dimensional world, that you need to follow a direction, whether up or down, in or out or side to side. Yet these outward movements are simply external symbols of your inner growth, unfoldment, development and transformation.

Let us explain.

The essence of all vibration houses both an anchor and an opening. The divine core of the Source which anchors dimensions, worlds, and a diversity of life presently unknown upon your earth, also bestows openings. If, for example, you gaze upon a field lit up by your sun, you will notice that the field is anchored in the sun and an opening is created for this field to change. Indeed, the field does not possess human consciousness. Yet, in its own way it displays transformation.

It has been said in your world that change is the nature of the universe. If this is so, kindly comprehend the following: all life is fundamentally and perpetually anchored in the divine core-essence which you may observe in your material world as particles of pure light. This anchoring gives you the security and hence, the impetus to explore the opening within which incites change and transformation. In this manner, individuals progress and advance upon their spiritual path. Beings in other worlds and dimensions whom you regard as immortals, living beyond the current understanding of your physics, continue to progress through the opening presented to them within the Divine anchor. This is so, for all life is in perpetual transformation and that which may seem perfect to you in your concept of perfection, is simply an expression of exquisite sacredness which will continue to be refined. It is to be remembered that all life evolves from the state of density to that of refinement and from the stance of disparity to that of unity.

Hence, we ask you to consider the following: when next you experience the inner quietness of sacred life, expand within this God-Force and anchor to It. You will easily recognize this holy and unified state for the loving connection with God and with all life is greatly amplified. From this place, a delightful sensation of opening will be presented to you and it will lead you to wondrous change and upliftment. Here, then, is an exquisite opportunity for you to experience the transmutation into a higher vibrational position. It is to be remembered that all transformation which results from a perfect union of sacred anchor and opening, originates in Light.

Imagine you are walking on the shoreline of an illuminating and quiet sea and you gently place your feet in its waters. Pretend that this water is the divine anchor and that you are within it. An opening in your mind and heart is automatically presented to you for exploration, *if you so wish it*. Therefore, while you are walking in

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this impressive sea ask yourself, “What is it that I wish to investigate here and why? What do I wish to explore above, within and below its waters? What is this feeling I experience in being one with the sea?”

We invite you also to reflect on the following questions: How do I wish to grow into a more refined expression of who I am? Firmly anchored in the divine Source, how may I become a radiant and universal being of service to celebrate new and majestic opportunities for all citizens upon this earth?

Creation is sacred and all life upon your planet is planted within the Divine core. Hence, fine people of this transformational earth, you may take the responsibility, if you so choose, to move into this inner holy anchor, explore its opening and progress upwards to greater love, expansion and realization. Transforming into a nobler way of being and doing is the ascensional path freely given to all. It is here you discover the true nature of change.



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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

Einstein was one of the first to confirm that time and space are truly relative phenomena, and no where is relativity more palpable than in the operating room of a hospital. For neurosurgeon Paul Kalanithi, time as he knew it underwent a radical shift when he was diagnosed with metastatic lung cancer. From the rush of the operating room to the tortoise trudge of rest and uncertain recovery, Paul, just weeks before his passing, shared these profound thoughts on time, life, and what we leave behind.

<http://www.dailygood.org/story/992/before-i-go-by-paul-kalanithi-photography-by-gregg-segal/> **Be The Change:** How do you keep track of time? How often do you notice your breath in a day? What about right now? Try and make each moment count today.

Change or die. That's the provocative belief of former Harvard Business School professor David Korten as he seeks to radically change the way the world thinks, especially when it comes to the subject of money. Wanting to steer away from the old paradigm that holds money and markets sacred, he believes the world needs to quickly shift into the emerging "Sacred Life and Living Earth" story. This article delves deeper into his perspective. <http://www.dailygood.org/story/993/replace-the-gospel-of-money-an-interview-with-david-korten-dean-paton/> **Be The Change:** As hard as it may seem, try reducing your dependence on money by starting to do more things yourself, and paying more attention to the gift economy.

"Critical thinking without hope is cynicism. Hope without critical thinking is naivete." What is the capital "T" truth when it comes to the state of affairs in our world today? Are we better off than we were before? Are we coming apart at the seams? Can we even know? Maria Popova of Brain Pickings offers her thoughts on how news and the media shape our perceptions of the now, and the crucial importance of maintaining balance.

<http://www.dailygood.org/story/1002/some-thoughts-on-hope-cynicism-and-the-stories-we-tell-ourselves-maria-popova/> **Be The Change:** Where do you get your news when you're not reading the DailyGood? Do your news sources help you keep a balanced perspective on what is happening in the world?

"In many ways it has been unbelievable. It has been almost breathtaking--this willingness to forgive, this magnanimity, this nobility of spirit." Desmond Tutu shared these words in 1997, speaking to a crowd about South Africa's Truth and Reconciliation Commission, and their efforts to heal the deep wounds of racism. In the wake of the killings of Mike Brown and Eric Garner, scholar Angela Davis suggests that Americans can learn from South Africa's example. <http://www.dailygood.org/story/934/-forgiveness-is-liberating-desmond-tutu-on-healing-a-nation-s-racist-past-desmond-tutu/> **Be The Change:** Try bringing the spirit of forgiveness into difficult interactions this week.

"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." <http://www.karmatube.org/videos.php?id=6156> **Be The Change:** Learn more about L'Arche, founded by Jean Vanier in 1964, and which now comprises 147 communities in 35 countries on 5 continents. <http://www.dailygood.org/more.php?n=6305a>



In this moving and thought-provoking talk, ServiceSpace founder Nipun Mehta considers what four years of Compassion College might look like. Through powerful stories of real-life people from South Africa, to India, and from Silicon Valley to Taiwan he illustrates our potential to cultivate generosity in every moment, no matter what our circumstances. He vividly draws comparisons between the four stages of compassion, and the freshmen, sophomore, junior and senior years of traditional colleges. Read on to be inspired by the capacity we each have to change ourselves, and the world. <http://www.servicespace.org/blog/view.php?id=16194> **Be The Change:** Experiment today with an unexpected act of kindness: do something nice for a stranger or for someone you usually find difficult to get along with.

We all know the benefits of a grateful heart. It helps us cultivate a deeper awareness of our true gifts in each moment. And yet, even though we know that the most important things in life aren't "things" -- why do we still have a tendency to want to accumulate material goods? Is there a way to deliberately cultivate gratitude, such that it releases us from our need for those bright, shiny things? New research suggests that the answer to that is, yes. Read on to discover how. <http://www.dailygood.org/story/1010/how-gratitude-beats-materialism-jason-marsh-dacher-keltner/> **Be The Change:** Take the time each day to write down five things for which you are grateful.

Forgiveness has been a cornerstone of all major world religions for hundreds of years as well as an increasingly popular subject in modern psychology. But as one researcher and psychologist put it, "I knew exactly how to ask God for forgiveness, but I had no idea how to forgive, or ask forgiveness from the people in my life." This thoughtful essay shares more. <http://www.dailygood.org/more.php?n=6286> **Be The Change:** Begin by forgiving yourself for whatever makes you feel guilty this week, then move on to forgive others for any perceived lack.

Despite a growing abundance of research that shows how valuable mindfulness meditation can be, there also seems to be many roadblocks that keep people from trying it out: from simple time constraints, to the fear of becoming stereotyped as one of those 'new age, touchy-feely' kinds of people. In this article, writer Jill Suttie sets out to get to the bottom of the troublesome myths that surround mindfulness. <http://www.dailygood.org/story/1013/my-trouble-with-mindfulness-jill-suttie/> **Be The Change:** Try allowing yourself at least a minute or two today to close your eyes, and to focus on simply breathing in and out.

"We've all been there. You're slouched in a meeting or a classroom, supposedly paying attention, but your mind has long since wandered off, churning out lists of all the things you need to do -- or that you could be doing if only you weren't stuck here... Suddenly you realize everyone is looking your way expectantly, waiting for an answer. But you're staring blankly, grasping at straws to make a semi-coherent response. The curse of the wandering mind!" In this article, Wendy Hasenkamp takes us on a journey to explore the neuroscience of a wandering mind, and suggests a research-backed and time-tested technique to help bring purpose and focus back into the equation. <http://www.dailygood.org/story/539/how-to-focus-a-wandering-mind-wendy-hasenkamp/> **Be The Change:** Today, when you realize your mind has wandered far away from where it was supposed to be, don't be hard on yourself. Instead, use it as an opportunity to become more aware of your own mental experience, and gently return your focus to your breath.

## 6. You Cannot Capture Silence, It Captures You

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

by Richard Rohr

For me, the two correctives of all spirituality are silence and service. If either of those is missing, it is not true, healthy spirituality. Without silence, we do not really experience our experiences. We may serve others and have many experiences, but without silence, nothing has the power to change us, to awaken us, to give us that joy that the world cannot give, as Jesus says. And without clear acts of free service (needing no payback of any sort, even “heaven”), a person’s spiritual authenticity can and should be called into question. Divine Love *always* needs to and must overflow!

To live in this primordial, foundational being itself, which I am calling silence, creates a kind of sympathetic resonance with what is right in front of us. Without it, we just react instead of respond. Without some degree of silence, we are never living, never tasting, as there is not much capacity to enjoy, appreciate, or taste the moment as it purely is. *The opposite of contemplation is not action, it is reaction.* We must wait for pure action, which always proceeds from a contemplative *silence* in which we are able to listen anew to truth and to what is really happening. Such spiritual silence demands a deep presence to oneself in the moment, which will probably have the same practical effect as presence to God.

You do not hear silence (precisely!), but *it is that by which you do hear*. You cannot capture silence. It captures you. Silence is a kind of thinking that is not thinking. It’s a kind of thinking which mostly sees (*contemplata*). Silence, then, is an alternative consciousness. It is a form of intelligence, a form of knowing beyond bodily reacting or emotion. It is a form of knowing beyond mental analysis, which is what we usually call thinking. All of the great world religions *at the higher levels* (mystical) discovered that our tyrannical mode of everyday thinking (which is largely compulsive, brain-driven, and based on early patterning and conditioning) has to be relativized and limited, or it takes over, to the loss of our primal being and identity in ourselves. I used to think that mysticism was the eventual fruit of years of contemplation; now I think it all begins with one clear moment of mystic consciousness, which then becomes the constant “spring inside us, welling up unto eternal life”.





## 7. Graduation

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

--by [Nimesh Patel](#) (Apr 06, 2015)

Have your eye on the goal, but then let it all go  
For everything changes, as you will come to know  
Every plan you make, and every seed you sow  
Is impermanent, nothing is ever yours to own

Once you realize this, oh you will see the truth  
That you never were the planter of your own fruits,  
But accept these gifts even if you don't know from who  
And kindly pay it forward to those behind you

Cuz ultimately, what we *take* will always disappear  
But what we *give* will live on for years  
So keep giving, of your stuff and yourself  
Until your ego, has completely melted

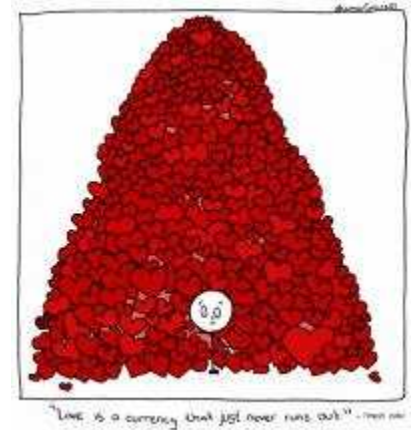
Be wary of the *impact* that you wanna make  
Instead make sure *you* are impacted each day  
Have your eye on the sky, but still see the ants  
For the small things are the foundation of all that will last

We move on  
As time passes by  
Let's just hope we move from  
Darkness to light  
When we reach the top  
And we look back, I  
Hope you cry,  
Filled with tears of joy, satisfied

Be careful not to accumulate too many things  
Because you may just end up with a pot full of greed  
And doing, likewise can also be deceiving  
So I encourage you all to practice just being

Be still, be happy, be loving, be kind  
Be humble, be magical, be aware, but be blind  
*Don't judge*, see the good in each and every soul  
Use your mind when needed, but follow your heart even more

Also, don't forget to thank God, every time you fail,  
Cuz your journey from failure, will be your legacy and tale  
Remember to feed birds, hug trees and bow to the sun  
Until you and Mother Nature are one



The last thing, is to be grateful for all of your gifts  
For gratitude and suffering cannot co-exist  
When you reach this space, every moment will be bliss  
And this graduating class, will mark your success

Happy, free, confused and lonely, miserable and magical at the same time  
Our capacity to love is a currency that just never runs out,  
Consider the likes of Gandhi, Martin Luther King, Mother Theresa,  
And may each of you tap into that generous ocean and discover everyday what it means to give,  
In giving may you fully experience what it means to receive,  
And as Martin Luther King Says, "Everyone can be great, because everyone can serve"  
May you all find greatness in service to life,  
May you all give, receive and never ever stop dancing. Thank you.

- See more at: <http://www.awakin.org/read/view.php?tid=1074#sthash.k1Am5YwU.dpuf>

## 8. A Circle of Trust

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

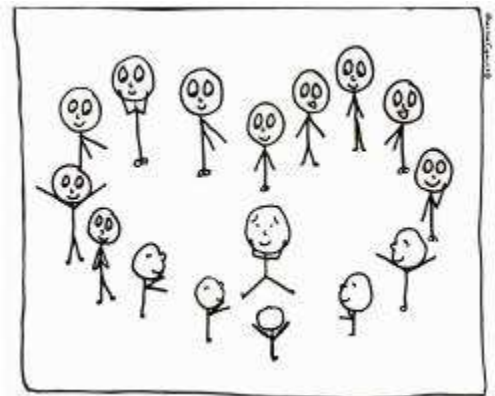
by Parker Palmer

Like a wild animal, the soul is tough, resilient, resourceful, savvy, and self-sufficient: it knows how to survive in hard places. I learned about these qualities during my bouts with depression. In that deadly darkness, the faculties I had always depended on collapsed. My intellect was useless; my emotions were dead; my will was impotent; my ego was shattered. But from time to time, deep in the thickets of my inner wilderness, I could sense the presence of something that knew how to stay alive even when the rest of me wanted to die. That something was my tough and tenacious soul.

Yet despite its toughness, the soul is also shy. Just like a wild animal, it seeks safety in the dense underbrush, especially when other people are around. If we want to see a wild animal, we know that the last thing we should do is go crashing through the woods yelling for it to come out. But if we will walk quietly into the woods, sit patiently at the base of a tree, breathe with the earth, and fade into our surroundings, the wild creature we seek might put in an appearance. We may see it only briefly and only out of the corner of an eye - but the sight is a gift we will always treasure as an end in itself.

Unfortunately, community in our culture too often means a group of people who go crashing through the woods together, scaring the soul away. In spaces ranging from congregations to classrooms, we preach and teach, assert and argue, claim and proclaim, admonish and advise, and generally behave in ways that drive everything original and wild into hiding. Under these conditions, the intellect, emotions, will and ego may emerge, but not the soul: we scare off all the soulful things, like respectful relationships, goodwill, and hope.

A circle of trust is a group of people who know how to sit quietly "in the woods" with each other and wait for the shy soul to show up... In such a space, we are freed to hear our own truth, touch what brings us joy, become



self critical about our faults, and take risky steps toward change - knowing that we will be accepted no matter what the outcome.

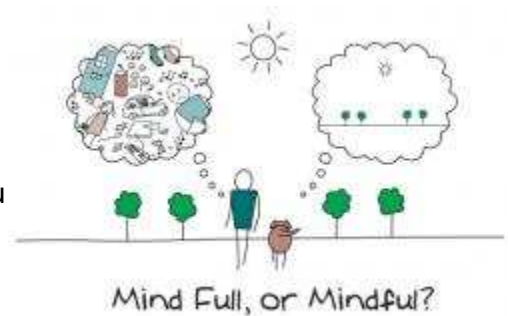
## 9. Surrender Your Data

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

--by Michael Quattrone (Apr 20, 2015)

Surrender your data, and I will give you wisdom. Empty your bank accounts, and let me show you value. Shut your eyes to entertainment, and open them to beauty. Unplug your high-speed connection and I will connect you to the eternal moment.

Come outside. There is a community waiting to stand in a circle with you and raise its voice. Come outside, and we will walk together to a place we have never been, but can remember. In such a place, the oldest things will be made new by the ripeness of your attention, and all the ancient stories we no longer know will be spoken in tongues of fire and emblazoned on your senses.



Have you tried to think your way into life, or out of it? How has that worked so far? But your merciful heart can forgive you, no matter how long it has been packed away. No matter how many times you denied it, didn't hear, or pretended not to. That is the heart that brought you here. That is the same generous heart that has opened your life to this moment of choice, this palace of surrender, this precipice of love: your heart that was wild enough to be born into your animal form; your heart that will savage all your false domesticity, and sink its teeth into the flesh of human purpose; the heart that feeds on the blood of life; the heart that gives it back—twofold, tenfold, Godfold—renewed, re-vowed, in the rhythm of the drumbeat that invented time.

This is the choice that is both “now or never” and “now and always.” And all that's asked of you is to say yes. You must say yes in a way you have not spoken any word before. In a way that breaks both language and silence. Say yes, the oldest prayer to the oldest god; the yes that created everything and holds us still; the yes that only you can say, and only you can hear; the yes that ripples through your body with hunger and pleasure and fear; the yes that will echo, and give you no rest, and will restore you beyond measure; the yes your soul has already spoken; the song that has already moved you; the yes of the name you are given at the gates of heaven, for that is where I am meeting you now.

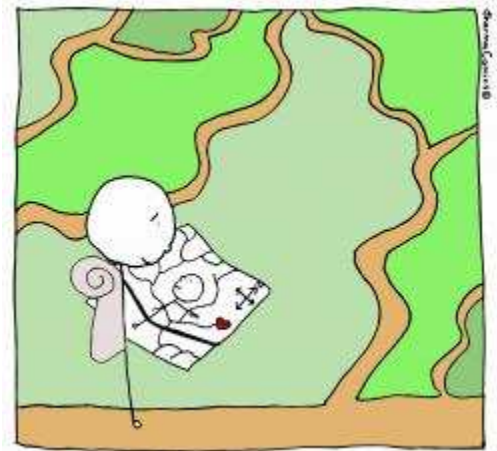
That is the threshold you are crossing.

## 10. Force of Kindness

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

--by [Sharon Shalzberg](#) (Apr 27, 2015)

Many of us long for an underlying sense of meaning, something we can still believe in no matter what happens to us, a navigational force to pull all the disparate pieces of our lives together into some kind of whole. Perhaps we find ourselves feeling helpless when even a little too much of the unexpected occurs, defenseless when we find we don't have control over a situation and can't fathom what might happen next, unsure of where to turn when we aren't having the positive effect we want with a troubled family member or a friend. In any of these circumstances, and in so many more, we shut down. Then we go through the motions of our day, day after day, without much dynamism or spirit.



Many of us experience ourselves as fragmented, perhaps as confident and expressive when we are with our families but a completely different person when we are at work, frequently hesitant and unsure. Perhaps we take risks when we are with others but are timid when alone, or are cozily comfortable when alone yet are painfully shy and withdrawn when with others. Or maybe we drift along with the tides of circumstance, going up and down, not knowing what we might really care about more than anything else, but thinking there must be *something*.

To explore kindness as that thread of meaning requires finding out if we can be strong and still be kind, be smart and still be kind, whether we can be profoundly kind to ourselves and at the same time strongly dedicated to kindness for those around us. We have to find the power in kindness, the confidence in kindness, the release in kindness; the type of kindness that transcends belief systems, allegiances, ideologies, cliques, and tribes. This is the trait that can transform our lives.

Kindness is the fuel that helps us truly “walk our talk” of love, a quality so easy to speak about or extol but often so hard to make real. It helps us to genuinely care for one another and for ourselves as well. Kindness is the foundation of unselfconscious generosity, natural inclusivity, and an unfeigned integrity. When we are devoted to the development of kindness, it becomes our ready response, so that reacting from compassion, from caring, is not a question of giving ourselves a lecture: “I don't really feel like it, but I'd better be helpful, or what would people think.” When we are devoted to the development of kindness, we are no longer forcing ourselves into a mold we think we have to occupy; rather, it becomes a movement of the heart so deep and subtle that it is like a movement of the sea close to the ocean floor, all but hidden yet affecting absolutely everything that happens above. That's the force of kindness.

- See more at: <http://www.awakin.org/read/view.php?tid=1071#sthash.SOMwUmQZ.dpuf>

## 11. Just Breathe

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

"Your blood keeps pumping because, like, you're really mad. And you start to get sweaty because you're getting really, really mad. And then when you start getting really mad, you turn red." Entirely un-scripted, this video was filmed on a Saturday afternoon with students of Citizens of the World Charter School in Mar Vista, California, and their families. These 6-year old kids began learning mindfulness techniques in Kindergarten and can teach us all a thing or two about coping with difficult emotions. - See more at:

<http://www.karmatube.org/videos.php?id=6120#sthash.NWdcaKWXdpuF>

## 12. Teaching the "Healer's Art"

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

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention.... A loving silence often has far more power to heal and to connect than the most well-intentioned words." Dr. Rachel Naomi Remen believes that listening is good medicine, and she has developed a training program that changes the way doctors practice their "healing art." Her course is now taught in half the medical schools in the United States. - See more at:

<http://www.karmatube.org/videos.php?id=5088#sthash.qY2CKyp3.dpuf>

## 13. Happiness Revealed Through Gratitude

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

Imagine living your life in a constant state of gratitude. Award-winning filmmaker Louie Schwartzberg believes nature's beauty is a gift that can help us cultivate a sense of wonder and appreciation. In his TEDxSF talk, he shares a new project which explores this idea of interconnectedness through a young child and the wisdom of Benedictine monk Brother David Steindl-Rast. Accompanied by stunning time-lapse imagery, we are reminded to open our eyes to the blessings and miracles present within each day. - See more at:

<http://www.karmatube.org/videos.php?id=4565#sthash.lGggirnw.dpuf>

## 14. The Art of Being Yourself

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

Caroline McHugh is a student and teacher of human potential because social reformation always starts with individual change. The truly remarkable people are not the ones who make the most money, but the people who achieve what they set out to do - those that have found their unique gift and put that gift at the service of their goals. In this TEDx talk, McHugh uses the analogy of a true mirror to help us find ourselves. Being yourself doesn't dictate what you do but how you do it. When you look at a regular mirror, you look at yourself,

seeking assurances. When you look at a true mirror, you look for yourself - you look for a revelation of who you really are. Your job is not to be anything like anybody else. What do you expect from life? What does life expect of you? - See more at: <http://www.karmatube.org/videos.php?id=5342#sthash.g4XM6jX1.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.*

### 15. 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.

## 16. 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)).

## 17. 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)).

## 18. 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.

## 19. 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>.

## 20. 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

## 21. 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.

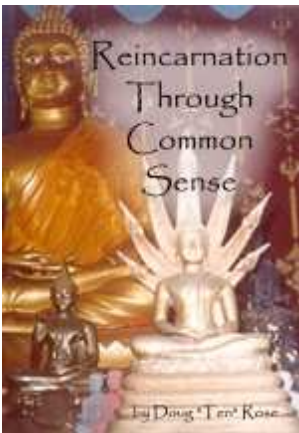
## 22. OM Websites

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.

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

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

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



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

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

times, too.

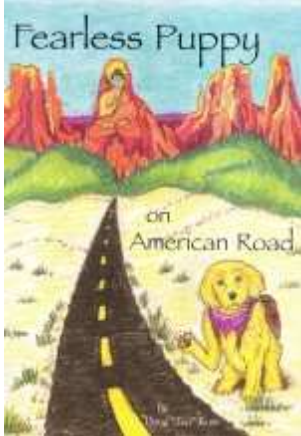
Magic is redefined as objective reality and common sense. Spirit is presented as a functional friend, without the fairy dust. Moods run from adventurous psychosis through enlightened bliss as writing styles run through ancient prose to sharp modern internal rhyme. The main character's life runs through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

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

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

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





<http://www.fearlesspuppy.org>

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

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

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

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

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

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

# Spiritual Guidance

Serving your personal journey toward enlightenment...

May 2015 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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Facebook: [www.facebook.com/Servingyourjourney](https://www.facebook.com/Servingyourjourney)