

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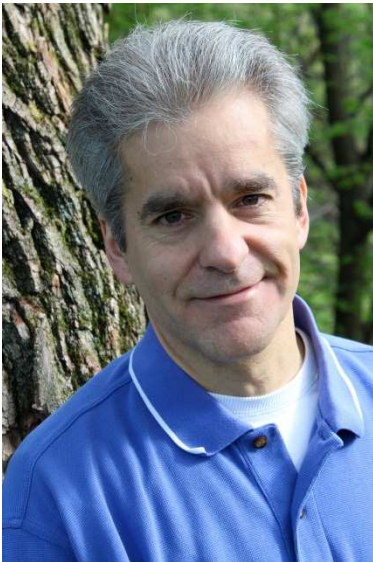
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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Happy where I am

*"What I have learned is that there will ALWAYS be somewhere else you will want to be happy. And as we chase this illusive happiness somewhere else, we miss the opportunity to be happy right where we are."*

In last month's newsletter I mentioned my partner and I are considering moving to a new home. We have begun to look at various properties. Each time we see a new place my partner asks me "So, what do you think?" To which I respond, almost without exception, "I can see myself living here." My partner asked me once why I seemed to be so ambivalent regarding where I lived. How was it I could see myself living almost anywhere?

I explained that I have been training myself to be happy where I am instead of trying to figure out how to be happy somewhere else. We can always find reasons to be happy somewhere else, with something else, or someone else. Why not be happy where I am?

I have learned that my efforts, if any are required, are better spent on being happy where I am, rather than trying to figure out how to be happy somewhere else. What I have learned is that there will ALWAYS be somewhere else you will want to be happy. And as we chase this illusive happiness somewhere else, we miss the opportunity to be happy right where we are.

Awakin.com recently published (June 8, 2015) a short piece from Eckhart Tolle where he spoke about a similar state of being. Here is what he had to say...

*J. Krishnamurti, the great Indian philosopher and spiritual teacher, spoke and traveled almost continuously all over the world for more than fifty years attempting to convey through words - which are content - that which is beyond words, beyond content. At one of his talks in the later part of his life, he surprised his audience by saying, "Do you want to know my secret?" Everyone became very alert. Many people in the audience had been coming to listen to him for twenty or thirty years and still failed to grasp the essence of his teaching. Finally, after all these years, the master would give them the key to understanding. "This is my secret," he said. "I don't mind what happens."*

*He did not elaborate, and so I suspect most of his audience were even more perplexed than before. The implications of this simple statement, however, are profound.*

*When I don't mind what happens, what does that imply? It implies that internally I am in alignment with what happens. "What happens," of course, refers to the suchness of this moment, which always already is as it is. It refers to content, the form that this moment - the only moment there ever is - takes. To be in alignment with what is means to be in a relationship of inner nonresistance with what happens. It means not to label it mentally as good or bad, but to let it be. Does this mean you can no longer take action to bring about change in your life? On the contrary. When the basis for your actions is inner alignment with the present moment, your actions become empowered by the intelligence of Life itself.*

To be happy where I am is the 'alignment' that Eckhart Tolle is referring to above. To be happy where I am is to 'not mind what happens.' As Tolle puts it... "to be in a relationship of inner nonresistance with what happens." The physical structure I live, the house, condominium, or apartment, has little, if anything, to do with my internal state of happiness. Cultivate an alignment with inner nonresistance to life and you will know happiness, peace, and joy.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Arch of Silence

The love of Heaven arches over me  
In perfect quiet. Nothing from the world  
Can reach within its stillness. There can be  
No sharp intruders and no witnesses  
To unreality. The simple might  
Of innocence alone is there. Pretense  
Of any kind has fallen out of sight.  
In honest clarity the world appears,  
Redeemed and wakened from the dream of tears.

*Helene Schucman*

## 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).*

### 3. Regiena Heringa – Notes from the Light – July 2015

#### Line, Space and Mind

There is much to be said in your world concerning line, space and mind. If, for example, you view the inside of a triangle, you have two ways of experiencing its interior. You may travel with your eyes around the inside line of this form, and, with your awareness, experience limitation or, through your imagination, which naturally expands your mind, you may travel inside and through this closed form towards other possibilities. Hence, line and space are excellent teachers for you, people of this fine world, to help you gauge and develop the potential of your mind.

Let us explain in using this small example.

Imagine that you have a blank paper upon which you draw a vertical line which equally divides your paper. Your first observation may be that you have created a division—two equal segments. However, as you turn your paper on its side, you may have a different experience. Suddenly there appears in your mind the sensation of expansion, of wider possibility. This same line which you have *purposely and voluntarily shifted* from a vertical to a horizontal position, may have changed your experience of line, space and mind.

We speak today upon this subject so that you have the opportunity to monitor the awareness of your thoughts. We ask you to contemplate the following: are the structures of your thoughts confined to closed repetitive patterns which hinder your spiritual and social development? Are the spaces between your thoughts filled with grace and love for the Creator and all creation? Do your good thoughts which emerge from your inner divine origin move as an opening spiral touching all life around you, within you, and beyond you, meeting and greeting the marvellous sacredness of existence with other realms and dimensions? Yes, indeed, line and space found upon your world flow beyond it and into other vibratory worlds. This is so, for these configurations of lines and spaces, although modified to accommodate other realities, constitute a part of a great universal language.

Hence, we ask you to remember that the designs of lines and spaces which are found in all life upon your planet offer you the opportunity to learn and to advance. To the limited mind, these configurations are understood as restrictive and static patterns of expression. To the more aware and expansive mind, these same lines and spaces are stepping stones to a greater understanding of universal communication and way of life.

Humankind is evolving towards a more expansive spiritual, physical and intellectual existence, for that is the destiny of your world. To help humankind on its way, certain teachings are being presented to your people. Here, in this message, we ask you to consider your conscious relationship between line and space and how these attributes modify and advance your thinking and consequently, your being. Kindly remember that the more expansive the mind and heart, the deeper the space and the more magnificent and ephemeral the line.



**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:

### 4. Good News Of The Day

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

Meet Michael Lerner, one of the founding members of Commonweal -- an organization founded on the principle of engendering hope through service. "We can't know what the future will actually be," he shares. "but living in service and doing what we can engenders a form of hope, a form of resilience that is part of creating a global consciousness that can move us through these very difficult times." Read more to be inspired by his healing journey. <http://www.dailygood.org/story/977/michael-lerner-whispers-of-a-wounded-healer-awakin-call-transcript/> **Be The Change:** Take time to be of service to others. In offering your heart, you create a space for hope to be born.

Joseph Campbell's dictum, "Follow your bliss," has come to encapsulate his philosophy of life. Decades before the screaming tyranny of work/life balance reached its modern crescendo, Campbell heard the soul's cry and identified with enormous elegance and precision the root of our existential dissatisfaction.

<http://www.dailygood.org/story/1047/how-to-find-your-bliss-joseph-campbell-on-what-it-takes-to-have-a-fulfilling-life-maria-popova/> **Be The Change:** Do something in the spirit of following your bliss today.

Once a month for the past several years, with the help of a makeshift ice cream cart and an old-fashioned sewing machine, Michael Swaine has taken up a spot on the sidewalk in one of San Francisco's neediest neighborhoods. His mission? Mending clothes, people ... and a community, one stitch at a time. "Meeting these strangers is really an interesting part of what I find special about being alive." Enjoy this short video of Swaine in action in his self-titled "Reap What You Sew Generosity Project."

<http://www.dailygood.org/story/1075/reap-what-you-sew-generosity-project-kindness-blog/> **Be The Change:** Make an effort to try and find a project that you could invest some time in to help out your own local community.

"Researchers have a name for that high we get from witnessing human goodness: "moral elevation." And it has been shown to have many positive benefits. Past studies have found that moral elevation inspires optimism, and makes one want to be a better person and to act altruistically toward others." In this article, Jill Suttie, summarizes a new study which sheds some light on what happens in the body and brain during elevation, and why it has a distinct role to play in our human interactions.

<http://www.dailygood.org/story/1071/how-our-bodies-react-to-seeing-goodness-jill-suttie/> **Be The Change:** Take a few moments today to witness something beautiful -- perhaps the color of the sky during your evening commute, a smile on your colleague's face, or birdsong outside the window -- and reflect on any impact taking these moments has on your body and mind.

World renowned photographer, Yann Arthus-Bertrand, released "Home" on World Environment Day, June 5, 2009. Shot in 54 countries and 120 locations over 217 days, "Home" is almost entirely composed of aerial footage showing how everything on earth is interconnected. Though the visually stunning images inspire a sense of awe, wonder, and appreciation for our home planet, this film was produced to awaken a collective conscience and responsibility. "Home" poses the prospect that unless we take responsible action to protect the earth's resources, we risk losing the only home we may ever have.

<http://www.karmatube.org/videos.php?id=2241> **Be The Change:** Make every day Earth Day! For each day this month, choose one of these 50 small planet-saving actions and perform it with gratitude for our home planet. [{ more }](#)

It is often said that in order to truly love another, you must learn to love yourself. But, what does loving yourself even mean? Enjoy this poem by Nobel Prize-winning poet Derek Walcott that presents one perspective on what it means to love yourself. This masterpiece has been described as "one of the greatest, most soul-stretching poems ever written." <http://www.dailygood.org/story/1072/love-after-love-derek-walcott-s-poetic-ode-to-being-at-home-in-ourselves-maria-popova/> **Be The Change:** Don't forget your best friend: the one you see every time you look in the mirror.

Here's a seemingly simple question: Which type of individual would you rather hang out with -- a positive, fun-loving person, or a mean-spirited, highly critical and negative person? As best seller author and blogger Gretchen Rubin sees it -- and further backed up by studies -- the answer for many is surprisingly not as cut and dry as you might think. Enjoy her eye-opening take on this ongoing battle between Good vs. Evil that many of us are all too familiar with. <http://www.dailygood.org/story/1079/sincerely-enthusiastic-gretchen-rubin/> **Be The Change:** Go out of your way today to be as positive and enthusiastic as you can be towards friends and strangers alike.

The chirping of birds, the buzz of cicadas, the banter of gibbons--these sounds of the rainforest envelope us, and provide us refuge. And yet, just beyond there is an imminent threat--the ever-present sound of the chainsaw. Every year, our rainforests face a brutal deforestation -- it seems a losing battle. But, what if I told you there might be a rather simple solution to prevent future loss? A solution that begins with your old cell phone. Take a moment to listen to this insightful Ted talk given by Topher White, a young man whose innovative work is helping to save our world. <http://www.dailygood.org/story/1015/what-can-save-the-rainforest-your-used-cell-phone-topher-white/> **Be The Change:** Nature is our last true refuge. Take a moment to embrace its beauty, and reconnect with those wooded trails.

"One can never be alone enough to write"... And yet despite the vast creative and psychological benefits of boredom, we have grown so afraid of it that we have unlearned -- or refused to learn altogether -- the essential art of being alone, so very necessary for contemplation and creative work." In discussing the life and work of 19th century French artist and diarist Eugene Delacroix, Maria Popova delves into the role of solitude which is perhaps more pertinent for us in the 21st century in -- "an age of exponentially swelling social demands and distraction" -- than it was two centuries ago. <http://www.dailygood.org/story/1076/young-delacroix-on-the-importance-of-solitude-in-creative-work-and-how-to-resist-social-distractions-maria-popova/> **Be The Change:** Take a moment today to be in solitude, to be aware when discomfort with boredom arises and instead of picking up the phone, turning on the radio, flicking the remote, or whatever it is that is habitual -- just be.

"Start now, just get on and do it." That's the sort of advice given by billionaire, Richard Branson -- and, his life is a testimony to this simple principle. In fact, Branson has started so many new adventures in his life -- businesses, charities, and expeditions - that it's unlikely he ever felt "ready" to start any of them. But, isn't that sometimes what makes the difference? Forging ahead in lieu of creating our own obstacles? This thought-provoking article outlines habits of some of the movers and shakers of the world. Spoiler alert - the advice is not what you may think. <http://www.dailygood.org/story/904/habits-of-successful-people-start-before-you-feel-ready-james-clear/> **Be The Change:** What are some of your greatest hopes? And, why are you still only just thinking of them? Get out today, and take a chance -- do, and see what dreams may come.

Why do we waste so much energy looking for someone to blame when something doesn't go our way? Dr. Bren Brown provides us with valuable insight into how the constant search for blame limits the meaningfulness of our relationships. Bren Brown is a highly respected researcher on the subject of vulnerability. She has mastered using the art of storytelling and self-disclosure to bring life and practical meaning to the data she's collected and analyzed for over 10 years. Equally important is that Bren also shows us it's okay to laugh at ourselves as we acknowledge our imperfections. <http://www.karmatube.org/videos.php?id=6632> **Be The**

**Change:** Learn more about Dr. Brene Browns insights regarding how our vulnerability is truly the birthplace of innovation, creativity and change. <http://www.karmatube.org/videos.php?id=2212>

## 5. Love is the Source of Fearlessness

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

--by [Margaret Wheatley](#) (Jun 01, 2015)

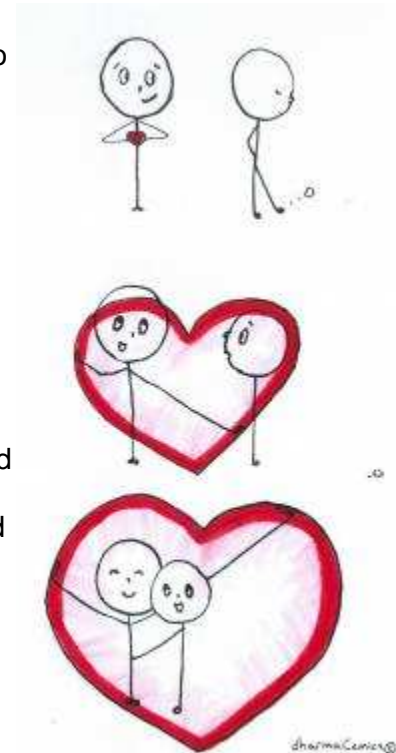
Some of the prison bars that we have constructed for ourselves are our fear of losing our jobs. Our fear of not being liked. Our need for approval. Our desire to make important changes but not have to risk anything at all. So, we still want the comfort of this life and it feels like a bigger risk to step out and say, "No," or to say, "You can't do that to me." It feels like a larger risk, because I think the real prison we're in is our affluence, and our focus on our affluence or our hypnosis around material goods. I offer you this to think about: what is it that keeps you from acting fearlessly?

Bernice Johnson Reagon, who was very active in the civil rights movements and also a wonderful singer, co-founder of Sweet Honey in the Rock, tells the story of looking back at those days of the civil rights movement, now from the safety and comfort of a successful life and career. She said, "In those days, we used to go out onto the streets, we used to protest. They would shoot at us, and someone would get killed. And then we'd go to their funeral and then we'd mourn and we'd grieve. And then the next day, we'd go back on the streets and protest some more." And she said, "When I look back, now, I think we were crazy to do that." But, then she said this. "But, when you're doing what you're supposed to do be doing, it's somebody else's job to kill you."

Can we work beyond hope and fear? Can we find a way to be motivated, to be energetic, to be happy; to take delight in the work that we're doing that isn't based on outcomes, that isn't based on needing to see a particular result? Is that even available?

What if we could offer our work as a gift so lightly, and with so much love, that that's really the source of fearlessness? We don't need it to be accepted in any one way. We don't need it to create any certain outcome. We don't need it to be any one thing. It is in the way we offer it, that the work transforms us. It is in the way we offer our work as a gift to those we love, to those we care about, to the issues we care about. It is in the way we offer the work that we find fearlessness. Beyond hope and fear, I think, is the possibility of love.

- See more at: <http://www.awakin.org/read/view.php?tid=1087#sthash.PN6fLPYt.dpuf>





## 6. Not Minding What Happens

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

--by [Eckhart Tolle](#) (Jun 08, 2015)

J. Krishnamurti, the great Indian philosopher and spiritual teacher, spoke and traveled almost continuously all over the world for more than fifty years attempting to convey through words - which are content - that which is beyond words, beyond content. At one of his talks in the later part of his life, he surprised his audience by saying, "Do you want to know my secret?" Everyone became very alert. Many people in the audience had been coming to listen to him for twenty or thirty years and still failed to grasp the essence of his teaching. Finally, after all these years, the master would give them the key to understanding. "This is my secret," he said. "I don't mind what happens."



He did not elaborate, and so I suspect most of his audience were even more perplexed than before. The implications of this simple statement, however, are profound.

When I don't mind what happens, what does that imply? It implies that internally I am in alignment with what happens. "What happens," of course, refers to the suchness of this moment, which always already is as it is. It refers to content, the form that this moment - the only moment there ever is - takes. To be in alignment with *what is* means to be in a relationship of inner nonresistance with what happens. It means not to label it mentally as good or bad, but to let it be. Does this mean you can no longer take action to bring about change in your life? On the contrary. When the basis for your actions is inner alignment with the present moment, your actions become empowered by the intelligence of Life itself.

- See more at: <http://www.awakin.org/read/view.php?tid=2089#sthash.tZmrzbnt.dpuf>

## 7. Home – The Movie

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

World renowned photographer, Yann Arthus-Bertrand, released "Home" on World Environment Day, June 5, 2009. Shot in 54 countries and 120 locations over 217 days, "Home" is almost entirely composed of aerial footage showing how everything on earth is interconnected. Though the visually stunning images inspire a sense of awe, wonder, and appreciation for our home planet, this film was produced to awaken a collective conscience and responsibility. "Home" poses the prospect that unless we take responsible action to protect the earth's resources, we risk losing the only home we may ever have. - See more at:

<http://www.karmatube.org/videos.php?id=2241#sthash.6wWHEyyV.dpuf>

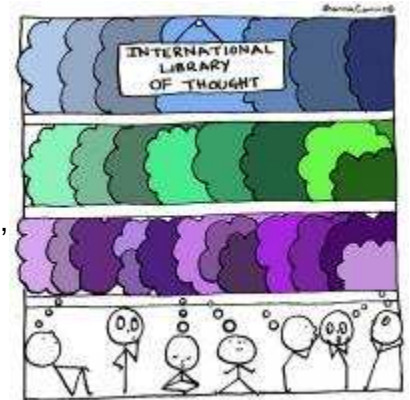
## 8. Privacy In Not Possible

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

--by [Vimala Thakar](#) (Jun 15, 2015)

Traditionally, the investigating of psychological weaknesses in relation to social action has been taboo, not acceptable. As long as a social activist provided service to others, it was considered irrelevant whether he or she suffered from greed, jealousy, anger or fear. "It's my personal business, not yours," has been the attitude.

In truth, the inner life or the psychological life is not a private or a personal thing, it's very much a social issue. The mind is a result of collective human effort. There is not your mind and my mind, it's a human mind. It's a collective human mind, organized and standardized through centuries. The values, the norms, the criteria are patterns of behavior organized by collective groups. There is nothing personal or private about them. There is nothing that could be a source of pride or embarrassment.



Privacy in personal life is not possible. This statement may seem shocking, but please do realize that thought is very subtle matter that emanates from each of us. The moment a thought is born, whether it is expressed or not, it emanates in the form of a wave, and floats in space. We may close the doors to our rooms, and feel that nobody knows our thoughts, but what we do in so-called privacy affects the life around us. If we spend our days victimized by negative energies, negative thoughts, if we yield to depression, melancholia, bitterness, these energies pollute the atmosphere. Where then is privacy?

We need to learn as a social responsibility to look at the mind as something that has been created collectively, and to recognize that our individual expressions are expressions of the human mind. Our thoughts, feelings and emotions are all a playback of the memory contained in us. What we each call "my response" is really a response of the collective.

- See more at: <http://www.awakin.org/read/view.php?tid=2095#sthash.fpCM4O5z.dpuf>

## 9. A Bigger Container

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

--by [Charlotte Joko Beck](#) (Jun 22, 2015)

We can talk about “oneness” until the cows come home. But how do we actually separate ourselves from others? How? The pride out of which anger is born is what separates us. And the solution is a practice in which we experience this separating emotion as a definite bodily state. When we do, A Bigger Container is created.

What is created, what grows, is the amount of life I can hold without it upsetting me, dominating me. At first this space is quite restricted, then it's a bit bigger, and then it's bigger still. It need never cease to grow. And the enlightened state is that enormous and compassionate space. But as long as we live we find there is a limit to our container's size and it is at that point that we must practice. And how do we know where this cut-off point is? We are at that point when we feel any degree of upset, of anger. It's no mystery at all. And the strength of our practice is how big that container gets.

As we do this practice we need to be charitable with ourselves. We need to recognize when we're unwilling to do it. No one is willing all the time. And it's not bad when we don't do it. We always do what we're ready to do.

The practice of making A Bigger Container is essentially spiritual because it is essentially nothing at all. A Bigger Container isn't a thing; awareness is not a thing; the witness is not a thing or a person. There is not somebody witnessing. Nevertheless that which can witness my mind and body must be other than my mind and body. If I can observe my mind and body in an angry state, who is this “I” who observes? It shows me that I am other than my anger, bigger than my anger, and this knowledge enables me to build A Bigger Container, to grow. So what must be increased is the ability to observe. What we observe is always secondary. It isn't important that we are upset; what is important is the ability to observe the upset.

As the ability grows first to observe, and second to experience, two factors simultaneously increase: wisdom, the ability to see life as it is (not the way I want it to be) and compassion, the natural action which comes from seeing life as it is. We can't have compassion for anyone or anything if our encounter with them is ensnared in pride and anger; it's impossible. Compassion grows as we create A Bigger Container.

- See more at: <http://www.awakin.org/read/view.php?tid=2091#sthash.WqylesuH.dpuf>



## 10. Home – The Movie

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

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sense of awe, wonder, and appreciation for our home planet, this film was produced to awaken a collective conscience and responsibility. "Home" poses the prospect that unless we take responsible action to protect the earth's resources, we risk losing the only home we may ever have. - See more at:

<http://www.karmatube.org/videos.php?id=2241#sthash.WYVaNAcq.dpuf>

## 11. 100 Thank You's

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

For a year and a half, artist Lori Portka painted her gratitude through individual pieces of art for 100 people who have made a difference in her life. In her effort to truly live a life of gratitude, Lori learned that gratitude grows, and grows, and grows. "The more that I focused on gratitude, the more I was grateful for." This beautiful film captures Lori's motivation and some of the reactions from the recipients of her gratitude at an emotional exhibition of the 100 paintings. "One person, one person can make such a difference." - See more at:

<http://www.karmatube.org/videos.php?id=6606#sthash.ZFWNew3.dpuf>

## 12. Moving Beyond the Blame Game

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

Why do we waste so much energy looking for someone to blame when something doesn't go our way? Dr. Brené Brown provides us with valuable insight into how the constant search for blame limits the meaningfulness of our relationships. Brené Brown is a highly respected researcher on the subject of vulnerability. She has mastered using the art of storytelling and self-disclosure to bring life and practical meaning to the data she's collected and analyzed for over 10 years. Equally important is that Brené also shows us it's okay to laugh at ourselves as we acknowledge our imperfections. - See more at:

<http://www.karmatube.org/videos.php?id=6632#sthash.sGamNPmD.dpuf>

## 13. The Power of Vulnerability

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

Brene Brown studies human connection - our ability to empathize, belong, love. In a poignant, witty, and highly relevant talk at TEDxHouston, she shares a deep insight from her research; one that sent her on a personal quest to know herself as well as to understand humanity. It's worth taking out the 20 minutes for this one. - See more at: <http://www.karmatube.org/videos.php?id=2212#sthash.fY1BiYba.dpuf>

## 14. Allan Watts – Let Go of Controlling Everything

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

“To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do you will sink and drown. Instead you relax, and float.” ~ Alan Watts. Alan Watts (1915-1973) is best known for his work in making Zen Buddhism, along with Indian and Chinese philosophy, accessible to the general public. Using a mix of lucidity and humor, Watts bridges the gap between Eastern thought and Western minds. A perfect example of this is his brief talk about letting go of control. He believes that “In giving away control, you've got it.” The trick is to trust others and the process by completely relinquishing power. When we are able to let go, we become one with the universe. - See more at:

<http://www.karmatube.org/videos.php?id=4584#sthash.E94siix.dpuf>

## 15. A Declaration of Interdependence

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

Filmmaker Tiffany Shlain rewrote the U.S. Declaration of Independence to be A Declaration of Interdependence and asked people all over the world to film themselves reading the script and send in the videos. Video, art, and translation submissions poured in from all over the world in over 50 languages, helping to pioneer "cloud filmmaking." Watch this exhilarating montage of user-generated content demonstrating the vast potential of creative collaboration. - See more at:

<http://www.karmatube.org/videos.php?id=4246#sthash.452BIFkX.dpuf>

## 16. Building A Green Future

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

John Hardy's dream of building a green school comes alive in Bali. With bamboo architecture, no walls and a diverse range of teachers, this school not only teaches reading writing and arithmetic but also teaches how to reconnect to nature thus building future green leaders. - See more at:

<http://www.karmatube.org/videos.php?id=2188#sthash.2nI2HSGx.dpuf>

## 17. Taking Flight for Life and Hope

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

When we allow our better angels to dream and take flight, lives can be touched in amazing ways. In the aftermath of the earthquake that devastated Haiti in January of 2010, Stu Hirsch and the members of Archangel Airborne dared to dream of something that never was and take action to save lives. Stu's dream of combining aviation and healthcare took flight on a mission to share free medical treatment and work with the

citizens of Haiti to build sustainable, effective systems of healthcare. This inspiring video documents one such mission where over the course of 4 days the team touched the lives of approximately 1000 patients. Archangel Airborne continues to spread it's wings and share the gift of life and hope with return trips to Haiti and other communities impacted by disaster. When dreams meet action in the spirit of giving, our better angels can indeed help change the world. - See more at:

<http://www.karmatube.org/videos.php?id=5012#sthash.3RIhZ654.dpuf>

## 18. Listening To Sycamores

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

Pamela Weiss is a Buddhist meditation teacher who is a pioneer in integrating mindfulness techniques into leadership development and organizational transformation. In this DO Lecture, Weiss illustrates the abundance that comes from being mindful and present with stories of Sycamore trees and the young life of George Washington Carver. When we are quiet enough to listen to trees and plants, we realize that we are part of a web of connection that ties us to all living things. This awareness, in and of itself, has an impact (is a kind of healing) and is the way we change the world. - See more at:

<http://www.karmatube.org/videos.php?id=4583#sthash.Jb1uGgPj.dpuf>

## 19. Kill Them With Love

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

In a humorous, poetry slam style Boonaa Mohammed puts forth the message of the imperfection yet interconnectedness of all human beings. Why judge others, when embracing them will make your life richer? Love is the answer. - See more at: <http://www.karmatube.org/videos.php?id=2515#sthash.dxbhrT2z.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.*

### 20. 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.

## 21. 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)).

## 22. 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)).

## 23. Spirituality Workshops

### “Exploring Spirituality”

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



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

## “The Laws of Spirit”

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

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

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

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

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

## “Forgiveness”

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

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

All workshops will skillfully blend personal reflective time with facilitated reflection circles to provide the opportunity for discussion with other participants.

Unless otherwise stated, all workshops will be held at the Subud Centre, 357 Wilmont Avenue, Ottawa (at Churchill Avenue, one block South of Scott Street). Please bring any food, snacks and/or refreshments you will need throughout the day. There are kitchen facilities available, with running water, and a fridge you can keep your food, snacks and refreshments in.

You are invited to wear comfortable clothing and consider bringing with you additional layers, such as a fleece, shawl or blanket. The sedentary nature of the day may result in you wanting to add layers to stay warm. Also consider bringing your favorite cushion or pillow for sitting on the floor.

\* The cost of the workshop includes a workbook that you will use throughout the day and then take home with you.

## 24. 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>.

## 25. 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

## 26. 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:

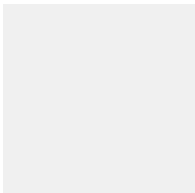
- Sacred attention therapy
- Spiritual exploration and life coaching
- Spiritual programming (e.g., discussion groups, study groups, workshops, etc.)
- Public speaking
- Traditional ministerial services focused on visitation with the sick, infirm and dying.
- Daily contemplative sharing
- OM websites

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.

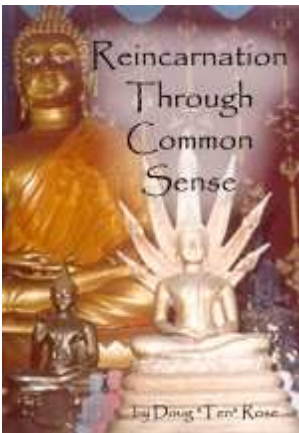
## 27. OM Websites

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.

## 28. 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

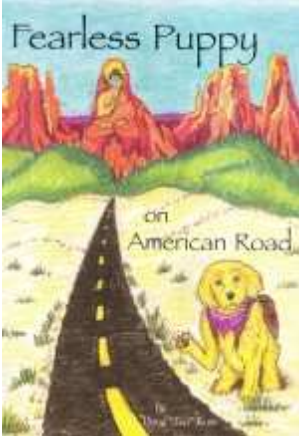
times, too.

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...

July 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)