

Serving your personal journey toward enlightenment...

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

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

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

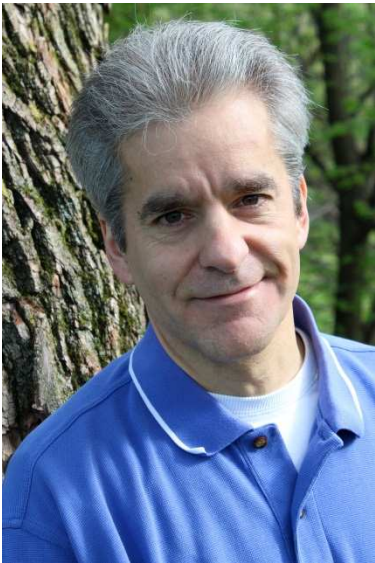
## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	4
3. Quote or Question	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	5
4. Regiena Heringa – Notes From The Light: August 2015	5
5. Sepi Tajima – How To Understand Stress Levels	6
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	9
6. Good News Of The Day	9
7. Man's Most Important Mistake	12
8. Money Is A Lot Like Water	13
9. Call Me By My True Names	14
10. Effects of Adversity	15
11. The Surrender Experiment	16
12. 100 Thank You's	17
13. Kid Warrior for the Earth	17
14. Unseen Connectivity	17
15. Grace and the High Road	18
16. Sixth Graders on Mindfulness	18
HEART AND SOUL ADVERTISEMENTS:	19
17. Spiritual Resources	19
18. Sacred Attention Therapy	20
19. Spiritual Exploration and Soul Coaching	20
20. Spirituality Workshops	20
21. A Course in Miracles Global Community Centre	22
22. Serving Your Loved-Ones	22
23. Supporting Spiritual Guidance	23
24. OM Websites	24
25. Reincarnation Through Common Sense and Fearless Puppy on American Road	24

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### **More and more, the world offers me less and less**

*"I can foresee the point where the world, as we know it, will offer me nothing."*

The more I live a contemplative and neo-monastic life, and the more I devote myself to my spiritual growth and development, the less the world offers me anything. I can foresee the point where the world, as we know it, will offer me nothing.

These opening words may be alarming to some. For in a certain context they may speak to one's will to live in this world. I understand should anyone judge me and these words, expressed as they are. For some, these words may speak to a despair and disenchantment. And such despair and disenchantment can be interpreted as speaking to one's desire to no longer live in this world.

Let me assure you that I have never felt such a will to live, I have never felt such a purpose in life, and I have never felt so at peace with my awareness of the world offering me little, if anything. Please, allow me to explain further through my teacher's writings. In his lecture "Disenchantment: The Infinitely Blessed Path to Awakening or Provoking the Divine," my teacher, Richard Harvey, speaks of this spiritual despair and disenchantment from an enlightened perspective...

*But there is another kind of despair and disenchantment. It may be very difficult for us to spot the difference, to know why and how it is different. This despair is different in essence because it is spiritual in nature. It is also sane, supremely sane, and in the life of spiritual seekers, those who are in search of themselves, this despair, this disillusionment, and this disenchantment with life signifies a threshold, a spiritual transformation, a movement through the veils. It is a vital step in your liberation from the chains, from the bindings of the world and your attachments to it.*

*Spiritual disenchantment begins in a variety of ways. Objects, activities, and events that gave you pleasure, interested or fascinated you, seem dull. You feel less enthusiastic about pursuits that previously entertained or enthused you. It may only be in small increments. You may hardly notice. There's a hint of danger about this incremental incursion, this slow motion surge of disinterest, of apathy or inertia. Occasionally, the experience of disenchantment is sudden, unexpected, in a deep realization that your heart has changed in some radical way that you cannot for the moment understand.*

*To tread the spiritual path you must become free of material attachments. This does not mean that you don't own anything, that you give away your belongings and acquire a begging bowl and a loin cloth. It does mean that you live lightly, without clinging, depending, or putting your sense of achievement or wealth into material things. The reason for this is simply that material things will fade. They are merely temporary. They are not the truth.*

*They are of the world of appearances and therefore merely temporary, adaptive reflections of Brahman, of God, of the Divine.*

*When you identify yourself with what you do and what you have and what you attain—the material things—you must of necessity be afraid, because what you have acquired you could lose, what you have saved up can be taken away from you. All this is very well for a materialistic mentality. It is a kind of gamble, learning to work the world, climb the ladder, increase your stock, make wise investments. But for the spiritual seeker it just will not do. The seeker must dedicate herself to the life of the sacred and the spiritual and the attitude she must adopt is the attitude of courage. She must intend to be beyond fear, to reside in fearlessness.*

Some seekers, when aware of their despair and disenchantment with this world, do become fearful; and some will become lost in this fear and boomerang back to a material existence based out of their fear of letting go of a material existence. I have been one of the fortunate ones, I suppose. I realized early in my transformation that I wasn't giving up anything by giving up what the material world had to offer. The more I clung to the offerings of the material world, the more I gave up my peace.

I have not raced to give up all my material and personal possessions. It feels like a more gradual divesting of these material possessions. And each time I divest myself of these material possessions, the more free I feel. What I am also divesting myself of are the archetypal paradigms, beliefs and systems that are associated with living in the material world—health care, finance, education, relationships, etc.

So what's left when we let go of our attachments to the material world? What do you think?

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Inner Light

The time will come when time is meaningless,  
And place is nowhere. All our concepts wait  
But their appointed ending. They uphold  
A dream with no dimensions. At the gate  
Of Heaven are they merely laid aside,  
Before the blazing of the light within.

*Helene Schucman*

## 3. Quote or Question

*We don't always need what we want, and we don't always want what we need.*

## 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: August 2015

You are Cherished

Dear loving and kind people of Planet Earth, we ask you to release concerns of any abandonment you may harbour. The worlds of Light and understanding have always held you to their hearts in loving friendship and community and will continue to do so.

If you look into the very heart of the flickering flame which burns from your candle, you will recognize within its core a steady, solid and indestructible light which will never be extinguished, even if the flame itself is blown out and no longer visible through your physical vision. The energy imprint remains.

Kindly understand that the essence of all Light, life, love and understanding housed within your very soul will not be extinguished. This cannot be so, for the quintessence of your soul is Light. As the shadow seemingly lengthens upon your world, the brilliance of Light and victory strengthens.

“How do I know this?” you might ask. The answer is elementary, for the elegance of Light is demonstrated by its simplicity. Allow yourselves the opportunity to sit quietly and gently feel the beauty and the power which reside within you. Strengthen the inner knowingness that you are a member of a vast and loving universe which holds you and encourages you to participate in its community. Take stock of the refined thoughts and emotions that pulsate within you. Celebrate your understanding of divine creation.

It is to be remembered that throughout the universes and the multiple dimensions and spheres of existence, a common denominator exists. This common foundation vibrates brilliance, love, intelligence and unfoldment within all life, from the smallest particle of material matter to the greatest vibrations of immaterial life which yet escape the scrutiny and dissection of your technology.

Look into the palm of your hand and discover the many lines—the pathways—which cross-cross there. Feel within these lines and patterns a sense of accomplishment, of progress and of adventure. With your awareness and imagination, pretend that you are travelling some of these markings and imagine that these pathways continue on beyond the physical profile of your hand into infinity. Here you may comprehend that your physical body is not a restrained vehicle, but that it voyages through its energy imprint to behold and experience more expansive and vaster worlds.

Do you realize, loving people of this blue planet, how very precious you are to us all? Can you understand how every thought you create and fill with gracious feeling warms our hearts and those of the many vibratory worlds dancing in friendship and peace? Can you thus comprehend that you, as dedicated individuals to the upliftment of your citizens and your earth, are leading your nations to a noble destiny? You are the pioneers, the wise and loving instruments of Light and earthly transformation.

You have never been abandoned. You have always been guided and cherished. The shadow may grow long upon you earth, but it also grows thin. Through it burns the steady flame of your individual and collective sacred Light. Hence, remain steadfast, true and immovable within the God of creation wherein you dwell and have your being.



**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).

## 5. Sepi Tajima – How To Understand Stress Levels

Are you subject to suffering from stress overload?

Could you be near your breaking point, while chanting the modern mantra, “I stress, therefore I am”

Have you ever been puzzled by our society’s view on mental health and emotional wellness? These things are not prioritised in our educational, social, professional and even family systems. Well-being is not included in the main curriculum at schools, even in the 21st century!

In my life and profession, I have encountered far too many people who sit and beat themselves up for feeling “un-well”; they perceive themselves as “losers” in some ways. They think that others have the “right” to neglect them, and to push them aside. Their portion of life comes down to suffering silently, in their isolated corner, because they are perceived as “broken”. They may not be able to function or cope as well as before, or as well as it is expected of them. It needs not, and it shall not, be like this. They are already struggling, yet the suffering contributed by our lack of understanding, let alone our lack of support, makes it worse.

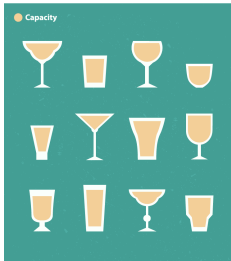
For decades, I am committed to serve and bring an end to these needless sufferings, to mend the broken hearts and relationships. And I realised that one of the key factors to healing is to broaden and educate ourselves towards the art of living in general and wellness in specific.

A healthy body, a brilliant brain, a wealthy bank account, a beautiful face, cannot be enjoyed and appreciated if not accompanied by emotional and mental wellness. Therefore, our emotional, mental and physical well-being must become our priorities in life. The chaotic life of most famous celebrities is a testimony to this fact.

This post is an invitation to look at your own life and well-being from a refreshed perspective. My commitment is to be with you in your journey, in your struggles, in your suffering, to the benefit of your own journey.

Wellness is not a medical fix but a way of living. – Greg Anderson

## Internal Capacity and Space



As illustrated above, cups and glasses have differing storage capacities; similarly, our internal capacity to handle life demands and challenges varies from person to person. Some people may look delicate, yet have a greater inner capacity; some may look tough, yet when challenged it becomes obvious that they have a lesser capacity. Understanding our unique internal capacity and respecting our limits plays a great role in our overall sense of wellness.

Your capacity is not set in stone from birth! Tackling life challenges, and learning to stretch our comfort zone will naturally increase our emotional and mental resilience. The fine line is to differentiate between what is enough, what is too much, or too little for you, so you take a timely break and replenish your energy and seek support rather than forcing things upon yourself.

Your capacity is your buffer in life. It basically indicates how much stress, challenge, or “crap” you can take in without it becoming overbearing. It is an essential factor that supports you to survive and thrive in this modern life, with its fast pace and ever new demands.

Do not wait for friends, family, partners or society to come and help you. Everyone is occupied with what is in his or her own cups. We need to take wellbeing in our own hands and make self-care a priority, before we break down and feel like a burden to others.

Knowing yourself is the beginning of all wisdom. – Aristotle

## Life Servings



Life continuously serves something rather unique in our cup. The servings vary in taste, strength, and effect; some are bitter, some sweet, some tasteless; some are soft, some harsh; some soothing, and some work like a strong medicine, with their own side effects. We end up developing craving and attachment for some of these experiences; and aversion towards others.

Try as we may, but we can't fully control the servings of life. It often comes without our request, regardless of our liking and dislikes. The Bartender of life has its own style, timing, plans and sense of humour at times. The experience of each serving gets intensified after it has been served in our cup! Life events get coloured by the mind. These coloured experiences get stored in our memory and become our reality. So, every single



event in life is actually always an event + interpretation. The event is a given; something we usually cannot do much about. But we can change our interpretation of the event. Once we learn to understand and affect our internal responses to things, many of the causes of anxiety, depression and fear simply vanish.

In the next posts, I will illustrate the stress levels to better understand and prevent stress overload.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sepi Tajima is a multi-cultural Counsellor with a non-pathologizing approach. She does not believe in labels nor medication; that is why she gave up studying traditional Medicine. She does not see a person seeking support as a patient, nor as someone broken or weak, but someone whose struggles have been overwhelming at the time, and currently needs to gain better perspective and tools to navigate through life. Challenges are seen as opportunities to reflect and grow. Her aim is to help the client come to a sense of balance and harmony in his/her life. You can read more about her work and ideas in her personal blog, where her aim is to create a FREE psycho-educational centre for anyone to find some rest and some answers to understanding themselves better [www.sepitajima.com](http://www.sepitajima.com). Sepi can be reached by email at [salvation75@gmail.com](mailto:salvation75@gmail.com).



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

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

Gitanjali Babbar is a curious spirit who is gently shaking the world with her selfless service. As the founder of "Kat-Katha" in Delhi, she is bringing community and love to the otherwise bleak existence of sex-trafficked women, their families, and even brothel owners. The community is growing strong and volunteers are pouring in. But, during her recent visit to Manhattan, she told writer Tracy Cochran that she does not want to be the head of a movement, and was reassured by the idea that soon the movement would take over and she would fade into the background. "It struck me as strange," Tracy writes, "that I was spending the day with someone whose idea of heroism consisted in taking off her armor, in making herself vulnerable to life, giving up the privilege of separation." In this piece, Tracy captures the beauty and grace of Gitanjali's spirit and the message of love and oneness that she brings to the world through her work.

<http://www.dailygood.org/story/1000/saturday-in-new-york-with-gitanjali-tracy-cochran/> **Be The Change:** RSVP here for a global conference call with Gitanjali this Saturday, and hear more about her remarkable journey. <http://www.awakin.org/calls/208/gitanjali-babbar/>

"When we choose Should, we are choosing to live our life for someone or something other than ourselves. The journey to Should can be smooth, the rewards can seem clear, and the options are often plentiful...Must is different. Must is who we are, what we believe, and what we do when we are alone with our truest, most authentic self. It's that which calls to us most deeply. It's our convictions, our passions, our deepest held urges and desires are unavoidable, undeniable, and inexplicable. Unlike Should, Must doesn't accept compromises." <http://www.dailygood.org/story/1066/the-crossroads-of-should-and-must-an-intelligent-illustrated-field-guide-to-finding-your-bliss-maria-popova/> **Be The Change:** What deep calling have you been avoiding in your life? How can you honor that calling, in at least a small way?

Under pressure, Oxford University Press revealed a list of the entries it no longer felt relevant to a modern-day childhood, including acorn, bluebell, buttercup, dandelion, ivy, lark, and mistletoe. The outdoor and the natural are displaced by the indoor and the virtual -- a small but significant symptom of the simulated life we increasingly live. And what is lost is the power that certain terms possess to enchant our relations with nature and place. <http://www.dailygood.org/more.php?n=6372> **Be The Change:** Remember from your childhood a few meaningful words that express the beauties of nature and bring them into your vocabulary today.

How do we bridge the inner realm of spirit with the outer world of material? Writer and philosopher Jerry Needleman has been pondering this question (and many others) for years. Here in a fascinating dialogue he shares his perspectives on "Money and the Meaning of Life." <http://www.dailygood.org/story/1087/jacob-needleman-money-and-the-meaning-of-life-awakin-org/> **Be The Change:** How do you relate to your money? Reflect on this question today and see what comes up for you.

"Today I'd like to surface an unpopular virtue. One that's fallen out of favor in a time of selfies and relentless status updates..." In this recent keynote that took his audience by storm, the founder of ServiceSpace makes a compelling case for -- humility. Rich with insight and studded with stories of unassuming heroes ranging from Nelson Mandela to unknown janitors, pilgrim monks and revolutionary CEOs, this talk masterfully illustrates the paradoxical power of an underrated virtue. <http://www.dailygood.org/story/1096/the-radical-power-of-humility->

[nipun-mehta/](#) **Be The Change:** Scan the landscape of your life today for the humble beings whose quiet gifts you may have overlooked, and take the opportunity to express your gratitude.

"Everyone wants to be happy, and increasingly, countries around the world are looking at happiness as an indicator of national well-being and considering happiness in policy making. As this year's World Happiness Report states, "Happiness is increasingly considered a proper measure of social progress and a goal of public policy." But what makes people happy, and which countries have the highest levels of happiness?" Read this summary to find out which countries are amongst the world's happiest, and what factors make them so.

<http://www.dailygood.org/story/1088/the-top-10-happiest-countries-and-what-makes-them-happy-cat-johnson/>

**Be The Change:** Reflect on what factors make you happy. Perhaps you don't live in one of these countries on this list. But what could you do to make your day, or someone else's day happier today?

In this year of his 80th birthday, the Dalai Lama has collaborated with psychologist and bestselling "Emotional Intelligence" author Daniel Goleman to issue a call to action for creating a more compassionate world. To write "A Force for Good: The Dalai Lama's Vision for Our World," Daniel Goleman synthesized cutting-edge research from places like Stanford, Emory, and the University of Wisconsin to highlight the power and regenerative ability of cultivating compassion and how it can change our world. In this interview, he shares what he learned during the process. <http://www.dailygood.org/story/1094/can-compassion-change-the-world-jill-suttie/>

**Be The Change:** What you have to offer may not be perfect, but it is important that you offer it anyway. Do so today.

"Pico Iyer is not a spiritual teacher or even, he says, a spiritual person per se. But he has become one of our most beloved and eloquent translators of the modern rediscovery of inner life. As a journalist and novelist, he travels the globe from Ethiopia to North Korea, and he lives in Japan. But he also experiences a remote Benedictine hermitage as his second home, retreating there many times each year. In this intimate conversation, we explore the 'art of stillness' he practices -- not in order to enrich the mountaintop, he writes, 'but to bring calm into the motion of the world.'" <http://www.dailygood.org/story/1092/the-art-of-stillness-pico-iyer/>

**Be The Change:** Devote some time to your inner life everyday and watch how your outer life improves.

Thomas Huxley once proclaimed that the fact that human consciousness results from something as mundane as irritating nervous tissue is as mysterious as the fact that a genie appears after Aladdin rubs his lamp.

Professor of Cognitive Science, Donald Hoffman, believes that we have been unable to understand the mystery of consciousness not because we are incapable of comprehending it, but because we have simply made one important and false assumption. Enjoy this TED talk to learn what that assumption is, why it is false, and how Professor Hoffman believes we can fix it. <http://www.dailygood.org/story/1090/donald-hoffman-do-we-see-reality-as-it-is-ted-com/>

**Be The Change:** For one moment, stand in silence, look at the sky, and contemplate how beautiful and mysterious life is.

As a child the renowned poet Pablo Neruda discovered a hole in a fence board from which, suddenly, appeared a tiny hand of a boy about Neruda's own age. The hand just as soon disappeared, and in its place there was a marvelous white toy sheep -- a gift to Neruda. This isolated incident would spark something deep in the poet and influence his work in all the years to come. In this beautiful passage Neruda reflects on that gesture of anonymous kindness and what it meant to him. <http://www.dailygood.org/story/1093/pablo-neruda-s-greatest-lesson-from-childhood-lewis-hyde/>

**Be The Change:** Reflect on an act of generosity or kindness that inspired you to shine. Then go out and do something to brighten someone else's day.

Hidden away north of San Francisco there's a special artist. He's been called a spirit carver. An artist friend of mine, who is also a Buddhist priest, told me about Zoshi. When Zoshi lived in Japan he was studying to become a Buddhist monk. Zoshi told me, "I didn't show any carving to my teacher for a long time. Then one day I brought him a carving. He said, 'Okay, you don't have to be a monk. You have to do this.'" This exquisite interview shares more. <http://www.conversations.org/story.php?sid=349>

**Be The Change:** Make something.

Carve it or paint it or build it or sew or draw it. It doesn't have to be perfect, or even "look good." It can be anything. Just give it a try. You might be surprised.

Adarsh Alphons rose to success from relative obscurity. After 'doodling' got him kicked out of one school, his diehard love of art soon led him to the chance of a lifetime: an opportunity to present his work to Nelson Mandela. It's no wonder then, that Adarsh has dedicated his life to giving other kids a chance to discover themselves and transform their world through art. <http://www.dailygood.org/more.php?n=6414> **Be The Change:** Want to learn more or get involved? Check out the ProjectArt website. <http://www.dailygood.org/more.php?n=6414a>

Non-violence is a term one often hears next to names like Martin Luther King and Gandhi. It may bring to mind boycotts and "passive" forms of resistance -- but when one digs deeper into the writings of Martin Luther King, we find so much more underlies the spirit and loving force of non-violence. Maria Popova of Brainpickings walks through six tenets of non-violent resistance, as outlined by Martin Luther King in his essay "An Experiment in Love." <http://www.dailygood.org/story/1098/an-experiment-in-love-martin-luther-king-jr-on-the-six-pillars-of-nonviolent-resistance-and-the-ancient-greek-notion-of-agape-maria-popova/> **Be The Change:** Who can you forgive today?

There are some who will exude happiness well into their nineties. And, others who will fall into the predicament of feeling life has lost its purpose. But, what makes the difference? And, more importantly -- how do we maintain our inner sense of relevance through every circumstance? The answer could be much simpler than you might realize. Read on to discover simple practices to infuse a little more joy into your day. <http://www.dailygood.org/story/1100/stop-worrying-about-how-much-you-matter-peter-bregman/> **Be The Change:** Take time to talk with a stranger, enjoy a rest along a well-wooded path. Notice what happens when you don't feel the need to prove or to fix anything.

Do you want to be remembered for the bullet points on your resume, or for the way you interacted with others on a daily basis? In a culture that often greatly favors the former, how do we cultivate the intangible values that form the cornerstones of a higher self? New York Times columnist David Brooks wrestles with these complex questions, and poses further inquiries to help guide our thinking and growth. <http://www.dailygood.org/story/1102/eulogy-versus-resume-virtues-david-brooks/> **Be The Change:** Take a look at your resume and ask: "what's between the lines?" How accurately does your resume reflect who you are and want to be in the world?

There are many in life who walk beside us. Be they human or animal, we are touched by those beings who accompany us through the unfolding mystery of space and time. And even knowing that the spiral of life moves ever onward, from birth to death and round again, how, when the time comes, do we say goodbye to those we love? Shannon Hayes shares the story of Spriggan, and of holding sadness, joy, and truth in the moment of a friend's passing. <http://www.dailygood.org/story/1103/how-do-you-say-goodbye-to-a-family-pet-shannon-hayes/> **Be The Change:** The next time you say hello to someone, take a moment to look them in the eyes as you ask how they're doing.

Why is it so difficult to forgive ourselves? One small, innocuous 'mistake' and our minds are instantly spinning. At times, it seems an endless battle between our inner critic and our inner protector -- with cynicism and regret often winning. But, what if we could turn it all around? In this article, author Rick Hanson explores practical techniques for 'hushing' our inner critic. <http://www.dailygood.org/story/1104/just-one-thing-forgive-yourself-rick-hanson/> **Be The Change:** Take a moment to recognize that we all make mistakes; allow yourself the experience of being forgiven.

"Over the past two decades, much of the research on happiness can be boiled down to one main prescription: give thanks. Across hundreds of studies, practicing gratitude has been found to increase positive emotions, reduce the risk of depression, heighten relationship satisfaction, and increase resilience in the face of stressful

life events, among other benefits. The problem is, gratitude doesn't always come naturally." In this article, Juliana Breines shares four key research-based principles and strategies for turning gratitude into a lasting habit. <http://www.dailygood.org/story/1097/four-great-gratitude-strategies-juliana-breines/> **Be The Change:** This week try adopting one of the strategies suggested in the article, and see what effect it has on your state of being.

## 7. Man's Most Important Mistake

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

--by [G. I. Gurdjieff](#) (Jun 29, 2015)

One of man's most important mistakes, one which must be remembered, is his illusion in regard to his I.

Man such as we know him, the 'man-machine,' the man who cannot 'do,' and with whom and through whom everything 'happens,' cannot have a permanent and single I. His I changes as quickly as his thoughts, feelings and moods, and he makes a profound mistake in considering himself always one and the same person; in reality he is always a different person, not the one he was a moment ago.

Man has no permanent and unchangeable I. Every thought, every mood, every desire, every sensation, says 'I.' And in each case it seems to be taken for granted that this I belongs to the Whole, to the whole man, and that a thought, a desire, or an aversion is expressed by this Whole. In actual fact there is no foundation whatsoever for this assumption. Man's every thought and desire appears and lives quite separately and independently of the Whole. And the Whole never expresses itself, for the simple reason that it exists, as such, only physically as a thing, and in the abstract as a concept.

Man has no individual I. But there are, instead, hundreds and thousands of separate small I's, very often entirely unknown to one another, never coming into contact, or, on the contrary, hostile to each other, mutually exclusive and incompatible. Each minute, each moment, man is saying or thinking, 'I.' And each time his I is different. Just now it was a thought, now it is a desire, now a sensation, now another thought, and so on, endlessly. Man is a plurality. Man's name is legion.

Try to understand that what you usually call "I" is not I; there are many "I's" and each "I" has a different wish. Try to verify this. You wish to change, but which part of you has this wish? Many parts of you want many things, but only one part is real. It will be very useful for you to try to be sincere with yourself. Sincerity is the key which will open the door through which you will see your separate parts, and you will see something quite new. You must go on trying to be sincere. Each day you put on a mask, and you must take it off little by little.

- See more at: <http://www.awakin.org/read/view.php?tid=2094#sthash.iTDeYI92.dpuf>





## 8. Money Is A Lot Like Water

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

--by [Lynne Twist](#) (Jul 06, 2015)

We've allowed this culture of money to shut down our heart, close off access to our soul, and drive us such that we behave in ways that undermine and erode the very center and core of our most human values. I believe it's possible to transform our relationship with money and the culture of money that we've created in a way that resources continue to flow, that prosperity continues to be available, and that all of us can be served, nurtured and empowered to more fully express who we are as the human family.



I learned a lot about money from a woman named Gertrude.

I met her in a church basement in Harlem. I was doing a small fundraising event for The Hunger Project. I had come from Minneapolis where I had met with an executive of a large food company. The food company had an image problem and felt that making a donation to The Hunger Project and being seen to support the end of hunger might help clean up its image. The executive I met with had given me a check for \$50,000—but he gave me the donation basically to get me to go away, to assuage his guilt about some public mistakes the company had made and to have the company look good in the eyes of the public. I could tell in the interaction we had that he had no real interest in connecting with resource-poor people or in making any kind of a difference in the work to end world hunger. The money was given from guilt, and the guilt was passed along with the money. I now felt guilty receiving it. I had received the money and the guilt. And both he and I were unfulfilled.

I had the \$50,000 check in my briefcase, which sat behind me on a table in the basement of the Harlem church. There were 75 people gathered before me. All of them were black. It was raining and there were leaks all over the room we were in. There were buckets strategically placed all around us catching the dripping water and there was a constant background noise of the rain outside and the dripping from the leaking walls and ceiling. I looked out at the audience and I knew that the people sitting there did not have much to give. I spoke to them about The Hunger Project's work in Africa, as I thought it would be the most relevant to their own lives and their heritage. When it came time to ask for donations, my palms were sweating and I began to perspire all over wondering if it was the right thing to do. I went ahead and made the request, and the room was absolutely silent.

After what seemed like a long, long time, a woman named Gertrude stood up. She was sitting on the aisle in the second row from the back. She was in her late sixties or early seventies. She had gray hair and when she stood up she was tall, thin, erect and proud.

She said to me, "I ain't got no checkbook. I ain't got no credit cards. To me, money is a lot like water. For some folks it rushes through their life like a raging river, but the money comes through my life like a small trickle. But I want to pass it on in a way that does the best good for the most folks. I see that as my right and as my responsibility. It's also my joy. I have \$50 in my purse that I earned from doing a white woman's wash and I want to give it to you."

She walked up the aisle and gave me her precious \$50 and at that moment I saw the power of money in a new way.

I knew that the \$50 that I received from Gertrude would buy more for the end of hunger than the \$50,000 check in my briefcase. I knew that that \$50 was money that came from the soul and not from some bank account. I saw that the power of money can be seen in the way we use it and the integrity with which we direct it into the world. Gertrude taught me a great lesson and I never forgot it.

As Gertrude tells us, we can look at money like water. It flows all over the planet and everywhere it goes it's useful, it makes things happen and it's passed along. We could say that water doesn't belong to any of us or it belongs to all of us. When water is flowing and moving it cleanses, it purifies, it makes things green, it creates growth, it nurtures. But when water starts to slow down, is held back and starts to be still, it can be toxic and stagnant to those who hold it. All of this can be true of money.

It's possible to have money flow in a way that serves our highest ideals and commitments rather than accumulate it so that we can gain power, authority and special privileges over others. Money can bear the mark of he or she who passed it on and in many ways can be voice, expression and commitment.

- See more at: <http://www.awakin.org/read/view.php?tid=2096#sthash.9hFJbbxN.dpuf>

## 9. Call Me By My True Names

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

--by [Thich Nhat Hanh](#) (Jul 13, 2015)

Do not say that I'll depart tomorrow  
because even today I still arrive.

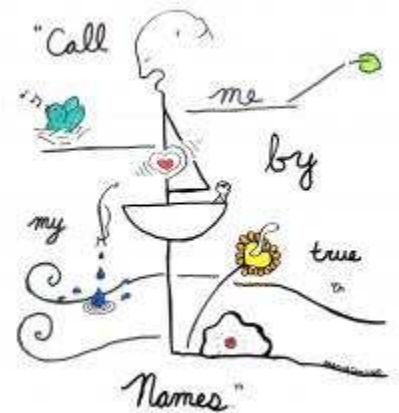
Look deeply: I arrive in every second  
to be a bud on a spring branch,  
to be a tiny bird, with wings still fragile,  
learning to sing in my new nest,  
to be a caterpillar in the heart of a flower,  
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,  
in order to fear and to hope.  
The rhythm of my heart is the birth and  
death of all that are alive.

I am the mayfly metamorphosing on the surface of the river,  
and I am the bird which, when spring comes, arrives in time  
to eat the mayfly.

I am the frog swimming happily in the clear pond,  
and I am also the grass-snake who, approaching in silence,  
feeds itself on the frog.

I am the child in Uganda, all skin and bones,  
my legs as thin as bamboo sticks,  
and I am the arms merchant, selling deadly weapons to Uganda.



I am the twelve-year-old girl, refugee on a small boat,  
who throws herself into the ocean after being raped by a sea pirate,  
and I am the pirate, my heart not yet capable of seeing and loving.

I am a member of the politburo, with plenty of power in my hands,  
and I am the man who has to pay his "debt of blood" to, my people,  
dying slowly in a forced labor camp.

My joy is like spring, so warm it makes flowers bloom in all walks of life.  
My pain is like a river of tears, so full it fills the four oceans.

Please call me by my true names,  
so I can hear all my cries and laughs at once,  
so I can see that my joy and pain are one.

Please call me by my true names,  
so I can wake up,  
and so the door of my heart can be left open,  
the door of compassion.

- See more at: <http://www.awakin.org/read/view.php?tid=2088#sthash.Mox6SBgC.dpuf>

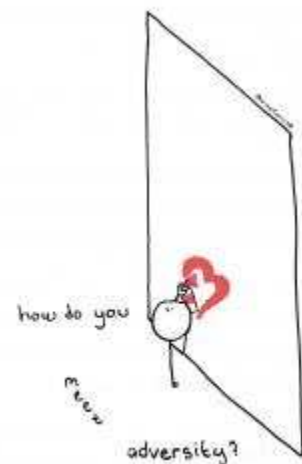
## 10. Effects of Adversity

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

--by [Eranda Jayawickreme](#) (Jul 20, 2015)

Adversity may help people distinguish between events they can really control by changing their environment versus uncontrollable events. While they cannot change the environment in the latter case, they can control their response to them by accepting and adjusting their beliefs to fit with facts on the ground. Thus, on receiving a serious health diagnosis, I would respond positively by accepting the diagnosis and acknowledging that I have led a full life and would soon be going to a "better place." Adversity may thus "humble" us in a way that is vital for our character growth, by educating us about the limits of the self, the limits of our control on the world, the weaknesses in our character, and the appropriate place of the self in the universe. In other words, adversity may free us from the tyranny of ego, by promoting a healthy sense of humility and helping us answer the question, "Why be good?" with the best response possible.

But we still don't know everything about the effects of adversity. We don't know, for example, what type and degree of adversity is "best" for our character, and it is important to be clear that some types of adversity provide few silver linings, if any. Not too long ago, Blackie and I traveled to a country with a terrible recent history of ethno-political conflict to talk with war survivors. During our travels, we heard heartbreaking stories of death, rape, injury, and loss. One young woman who remained positive and upbeat





throughout our conversation had been severely wounded by gunfire. A second woman continued to search for her most likely dead son. A man of strong faith had no stable home apart from his visits to the treatment center we were visiting. We were stunned into silence, and as we drove off that evening, we asked ourselves, "Why be good when life is stacked against you?"

It may take a lifetime for these people to recover from such trauma, if ever. The fact that all of us will encounter tragedy at some point in our life does not necessarily mean that we should actively seek it out or be indifferent when suffering befalls others. And of course, we must do our utmost to protect people from severe suffering. But the people we met all had admirable faith, and some remained remarkably graceful and positive despite all they had suffered. The fact that these people were able to continue about their lives without succumbing to complete despair -- and even respond with forgiveness and grace -- is one of the greatest testaments to the human spirit and fundamental human goodness I can imagine. - See more at:

<http://www.awakin.org/read/view.php?tid=1082#sthash.gmxi8grH.dpuf>

## 11. The Surrender Experiment

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

--by [Michael Singer](#) (Jul 27, 2015)

Life rarely unfolds exactly as we want it to. And if we stop and think about it, that makes perfect sense. The scope of life is universal, and the fact that we are not actually in control of life's events should be self-evident. The Universe has been around for 13.8 billion years, and the processes that determine the flow of life around us did not begin when we were born, nor will they end when we die. What manifests in front of us at any given moment is actually something truly extraordinary—it is the end-result of all the forces that have been interacting together for billions of years. We are not responsible for even the tiniest fraction of what is manifesting around us. Nonetheless, we walk around constantly trying to control and determine what will happen in our lives. No wonder there's so much tension, anxiety, and fear. Each of us actually believes that things should be the way we want them, instead of being the natural result of all the forces of creation.

Every day, we give precedence to our mind's thoughts over the reality unfolding before us. We regularly say things like, "It better not rain today because I'm going camping" or "I better get that raise because I really need the money." Notice that these bold claims about what should and shouldn't be happening are not based on scientific evidence; they're based solely on personal preferences made up in our minds. Without realizing it, we do this with everything in our lives—it's as though we actually believe that the world around us is supposed to manifest in accordance to our own likes and dislikes. If it doesn't, surely something is very wrong. This is an extremely difficult way to live, and it is the reason we feel that we are always struggling with life.

Nonetheless, it is also true that we are not powerless in the face of the events unfolding around us. We have been gifted with the power of will. From deep inside, we can determine how we want something to be and apply the power of our minds, hearts, and bodies in an attempt to make the outside world conform. But this puts us in a constant battle of our way versus the way it would be without our intervention. This battle between individual will and the reality of life unfolding around us ends up consuming our lives. When we win this battle,



we are happy and relaxed; when we don't, we are disturbed and stressed. Since most of us only feel good when things are going our way, we are constantly attempting to control everything in our lives.

The question is, does it have to be this way? There is so much evidence that life does quite well on its own. The planets stay in orbit, tiny seeds grow into giant trees, weather patterns have kept forests across the globe watered for millions of years, and a single fertilized cell grows into a beautiful baby. We are not doing any of these things as conscious acts of will; they are all being done by the incomprehensible perfection of life itself. All these amazing events, and countless more, are being carried out by forces of life that have been around for billions of years—the very same forces of life that we are consciously pitting our will against on a daily basis. If the natural unfolding of the process of life can create and take care of the entire universe, is it really reasonable for us to assume that nothing good will happen unless we force it to? For lack of a better name, I have called this the Surrender Experiment. - See more at:

<http://www.awakin.org/read/view.php?tid=2102#sthash.KcHnY4j6.dpuf>

## 12. 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.LqsYRBT5.dpuf>

## 13. Kid Warrior for the Earth

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

Xiutezcatl Martinez is 14 years old, and committed to changing the world. This self-described "indigenous, environmental, eco hip hop artist and activist" is also the youth director of Earth Guardians, a nonprofit that empowers young people around the world to become involved in environmental activism. "The biggest challenge we face is shifting human consciousness, not saving the planet." Martinez says. "Because the planet doesn't need saving; we do." For more, follow this link... <http://www.karmatube.org/videos.php?id=6550>

## 14. Unseen Connectivity

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

Spoken word artist Marshall Davis Jones eloquently reminds us how connected we all are. "We are more than us... It is when we are connected that we are most alive... This universe is one big game of connect the dots." In this TEDx performance, Jones hope that when we are gone, someone will look back and say: "We were

here, and when we were, we lived not for us, because we were more than us, we where all of us, we... were... one." - See more at: <http://www.karmatube.org/videos.php?id=5360#sthash.rv6klwA5.dpuf>

## 15. Grace and the High Road

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

Summer Kozai contracted bacterial meningitis at the age of 26, and had to have all four of her limbs amputated. She spent four years in hospital, and underwent 20 operations in the first year alone. But, she considers herself blessed - her brain function and vision have remained intact. Her quest to regain independence is a testament to her spirit and courage, reminding us that each day is a chance to prove that nothing is impossible. This documentary, a project for students in the Leadership Class at her alma mater, 'Iolani School, in Honolulu, Hawaii, shows us that we can all choose to live with grace and take the high road no matter the circumstances. - See more at:

<http://www.karmatube.org/videos.php?id=5216#sthash.kwiD7Kvk.dpuf>

## 16. Sixth Graders on Mindfulness

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

"It really calms me down 'cause I get really stressed about homework a lot and when I breathe and just take a moment it really helps me focus more and I can get a lot more done" says one student. "If you get angry, you can just breathe in and out a couple of times..." says another. Listen to the children of Meena Srinivasan's 6th. grade class at Park Day School in Oakland, California, talk about what they like about mindfulness and how it benefits them. - See more at: <http://www.karmatube.org/videos.php?id=5285#sthash.OBLDAjF9.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.*

### 17. 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.

## 18. 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)).

## 19. 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)).

## 20. 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.

## 21. 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>.

## 22. 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



## 23. 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 [ DONATE ] 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.

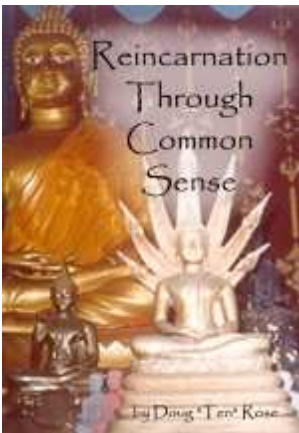
## 24. OM Websites

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.

## 25. 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

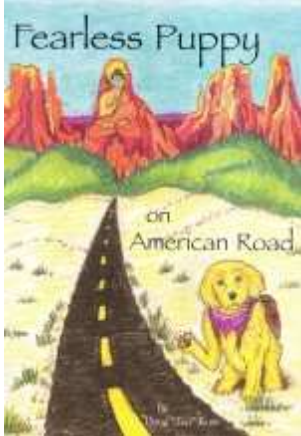
times, too.

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

---

*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...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

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

[newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com)

[www.servingyourjourney.com](http://www.servingyourjourney.com)

Skype: robert.meagher.03171966

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

Linked In: [ca.linkedin.com/in/robertmeagher](https://ca.linkedin.com/in/robertmeagher)

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