

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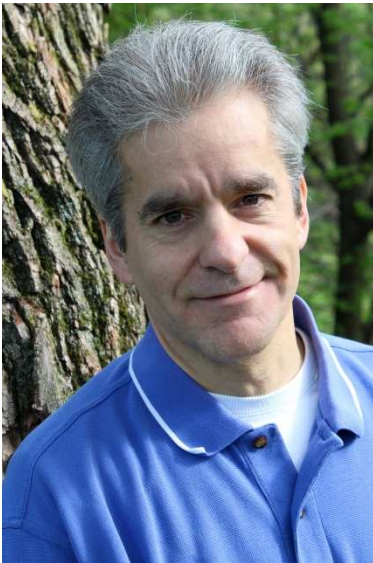
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



A Case For God...

"We see the manifestation of the existence of God all around us. So why would we ever question God's existence in our lives?"

For those familiar with Karen Armstrong's book by the same title, this article is not about that book. I want to share with you my own, recent experience that gave me proof that God exists. But first, allow me to define what God is, for me. God is the great mystery; God is the glue that binds all of existence together. God cannot be seen with the human eye, although the manifestation(s) of God can. This gives us a window on God's existence.

For students of A Course in Miracles, the Course speaks of 'miracles,' which for me are the same as expressions or manifestations of God. Students of the Course will do well to learn and know what miracles are in their daily lives. In the very first Section of the first Chapter of the Course, one of the principles of miracles states "Miracles occur naturally as expressions of love. The real miracle is the love that inspires them." (ACIM T-1.I.3.1-2) In their book "The Answer Is A Miracle," Course scholars Allen Watson and Robert Perry define a miracle like this... "A miracle is the activity of the Holy Spirit which shifts our perception from false to true and thereby grants us unconditional, instantaneous and free deliverance from the imprisoning (yet illusory) problems of this world. We accept miracles (into our own minds), extend them (to others) and so recognize that we have received them." (p. 18)

My own, recent experience of God was not as intellectual as the Course or Mr. Watson or Mr. Perry's description. It was far more gentle and obvious.

I recently cycled and trekked to a local lake called Pink Lake, in the majestic Gatineau Hills. This marvel of nature's beauty is now a designated nature preserve. The crystal clear waters of Pine Lake resemble high-altitude mountainous lakes with their aqua-colored, pristine waters.

After reaching the lake, I hiked to a bluff high above the surface of the water and perched myself on a rock outcropping to have a panoramic view of the magnificent lake. The sun was high in the sky, the wind was warm, the waters were the personification of purity...the entire scene was magical.



Just one aspect of this magical scene that mesmerized me was that even though there was a beautiful breeze blowing (from high atop the rock outcropping I had perched myself on), the waters were as still as glass. The topography of the surrounding area had the lake sunken well below the tree line. So the trees acted as a buffer for the wind and resulted in the water staying still as glass.

Every so often, however, a breeze would obviously descend on the surface of the lake resulting in the formation a gentle ripple effect on the surface of the water. I say "obviously descend" because I could not see the breeze with my physical eyes, but its manifestation I could see (i.e.,

the ripple effect on the surface of the water). The ripple effect would spread over a concentrated area and morph in shape and size as it moved across the surface of the water. The shapes and size of this concentrated area of ripples transformed as it danced across the water. And the sun bounced off the ripples to create a magic show of glistening diamonds as the light bounced off the cresting ripples, like a transcendent light show from the heavens.

As I watched the spectacle unfold in front of me, I realized I was witnessing a 'miracle.' I was seeing God. The miracle, God, was not the beautiful, transforming ripples on the water, or the magical light show of glistening diamonds dancing across the cresting ripples. The miracle, God, was the breeze that created the ripples on the surface of the water. I could not see the wind, but I could see the manifestation of its existence.

We may not be able to see God with our physical eyes. But we surely do see God's manifestation all around us. But let us not be fooled. As the Course says "Miracles occur naturally as expressions of love. The real miracle is the love that inspires them." God occurs naturally as expressions of love. God, however, is not the expression of love. God is the energy that inspires them. That ripple on the water is not God. The wind, the element that created the ripple, is God. We see the manifestation of the existence of God all around us. So why would we ever question God's existence in our lives?

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Singing

There is a singing underneath the world
That holds it up, and enters in behind
All twisted thoughts, and comes to set them straight.
There is an ancient melody that still
Abides in every mind and sings of peace,
Eternity, and all the quiet things
That god created. Angels sing with joy,
And offer you their song, for it is yours.
You sing as ceaselessly. The Son of God
Can never sing alone. His voice is shared
By all the universe. It is the call
To God, and answered by His Voice Itself.

Helene Schucman

3. Quote or Question

"No thirst for gain, no fear of loss: Lo, peace is yours." ~ Sri Chinmoy

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 – September 2015

True Reality

When you look upon the splendour and the glory of an early morning sunrise, do you not stop all human thought to simply breathe in the loveliness of the scene? When you listen to a musical composition which lifts you to a place within to touch the very essence of love, beauty and compassion, do you not feel a greater experience which moves you out and away from your daily thoughts and activities?

Many in your world may ridicule you by stating that you are escaping reality. However, we ask you this: what is reality and, what indeed, is *your* reality? Is reality an environment which you bow to, or is it one which you soulfully create? There are many realities and the birthplace of these realities lies within each person. How these realities are brought forth and developed in collaboration with the Divine Spirit are based on several variables which include the individual's use of free will, and the individual and collective progress on the spiritual path. Let us explain.

True reality is the vibrational field as set out by the Divine Creator. It houses perfect love, perfect light and perfect manifestation no matter the world or plane of existence, material or immaterial. This true reality is the stuff which holds all physical matter together in loving order. It lies within the very core of each particle of vibrating matter, for within every cell of your physical bodies this reality is existent. It is infinite, immutable and perfect and no thing or being can modify it. However, all individuals, being continually immersed in this true reality, can consciously reclaim their birthright by choosing to move towards this perfect reality to rediscover its perfect territory, and to joyfully live within it.

In this time upon your fine earth, there are realities which are colliding, each forcibly trying to become the supreme reality. In this mobile confusion of attempting to dominate, you may witness clusters of communities—collectives—which gravitate towards a common reality, be it of obscurity or of light.

Kindly reflect on the following: the various realities founded on obscurity demonstrate that the free-will of the individual has been weakened. However, those various realities founded on light, heighten the individual's *voluntary* desire to meld with the true reality. Hence, this individual purposely creates pathways of distinct and collective realities based on the all-encompassing true reality of divine perfection. We ask you, therefore, people of the Planet Earth, to contemplate which realities you wish to bow to or which realities you wish to bring into being.

It has been stated before that your world and your people of light, so cherished by us and the many dimensional communities of sacredness and holy power, will be elevated to a greater sphere of peaceful exploration and understanding within true reality. Will you come with us? Will you join us in heart and in mind

so that together we may enjoy the beauty of the sunrise and celebrate our friendship within the universal community of the Creator?

We ask you to treasure your divine nature. Celebrate your goodness and remain vigilant to the understanding that each breath you take is a reminder of your life founded on the gracious stance of true reality.



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

5. Sepi Tajima – How To Understand Stress Levels

Stress Levels and Internal Space

There is a direct correlation between our stress levels, our functionality and the amount of free space available inside. Let's now have a look at the different stages we can be in.



1. Relaxed

Available space is maximum.

The person can tackle life challenges in full power and even go about helping others with their stuff.

2. Occupied

Available space is average.

The person is focused on the task at hand, brainstorming and trying to find solutions. Some amount of challenge is helpful as it motivates us to stay focused and alert. A certain level of stress keeps us going and it can work as a motivating factor, a fuel to help us move forward in a healthy way.

3. Busy

Available space is none.

The person is accessing resources to complete the tasks at hand. If this state continues for too long, either there will be a breakthrough and increased resilience or a breakdown.

Life is what happens to you while you're busy making other plans. — Allen Saunders



4. Stressed

Available space has been none for a while.

The demands (real or imagined) are more than the person's potential (real or imagined), the situation is becoming unhealthy and critical. The person, at times without any fault, is not able to learn or master the skills needed to tackle the situation and will eventually feel stressed out. Here, feelings of worthlessness, hopelessness and disappointment start to creep inside.

The cup is filled up to its maximum capacity and the person is running on empty for long; at the verge of having an explosion or an implosion. Common signs and symptoms of stress start appearing in physical, emotional, mental, and behavioural aspects.

5. Over-loaded

Available space is negative.

The person is gradually losing the ability to cope; full crisis is getting closer. This state can interfere with one's ability to function, the quality of life, and relationships at home and outside. It also affects one's physical, emotional and mental health, and lead to disease and suffering in various levels.

There is an urgent need to free space inside and develop new skills, at the same time, this state is hardly appropriate for learning new skills. The person is not in the mindset nor has the energy for it. It is essential to find ways to unload and to stop the additional inputs so the person can bounce back to the functioning level and acquire the needed skills.

Surprisingly, the ways the majority of people attempt to unload is through consuming alcohol, drugs, smoking, aggressive behaviour or medication. These things eventually work as an additional load: pressures the body, diminishes the mental faculties, and numbs the sign and systems that are there to communicate the need to make some serious changes and make self-care the priority.

6. Overwhelmed

“Did you just ask what is my available space?!”

Danger! You may be close to burning out!

At this stage, signs and symptoms of stress are becoming more obvious. Relationships, work life, even our homes and rooms get messier. Doctors who focus solely on the physical symptoms may fail to see the bigger picture and the contributing factors. They may add more pressure on the body's natural functioning by prescribing stronger medication to relieve the pain and numb more the person to the ongoing crisis. As a result, since the main issue was never targeted, it continuously grows, and we end up needing ever stronger neutralisers.

Also in this stage, one has consumed most of his/her energy and it's really not fair to be expected to come up with solutions for his/her anxiety, depression, chronic sadness and dysfunctional behaviours.

Recognising you are not where you want to be is a starting point to begin changing. – Deborah Day

Prepare For Rainy Days



Just like it is wise (and we are so told) to save money and invest for the rainy day, it's essential to invest in yourself and your well-being while you are well and functioning. Put time, energy and money into self-development, and learn how to manage and regulate your thoughts and emotions. Practicing meditation and mindfulness can be powerful tools to improve your filtering ability and emptying your cup. Challenges are certain to come, as long as we live, so this effort pays off tenfold.

You can always bounce back from different emotional states and stress levels; this is possible yet not easy. The farther down the track, the more effort and time it requires, but you **can** bounce back to your optimum state, better equipped and skilled for the future challenges.

Don't be discouraged! Beating yourself up only adds more load and pressure upon you and makes things harder. If the world is not kind to you, at least you befriend yourself.

If your compassion does not include yourself, it is incomplete. – Jack Kornfield

Guiding Questions

#1 How full is your cup?

#2 What is your stress level?

#3 If your stress level is too high, how can you free up some internal space?

=> In future posts, I will talk about what causes stress mentally and psychologically.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sepi is a multi-cultural Counsellor. Her goal is to help people understand themselves better and in a deeper level, rather than using any sort of diagnosis or labeling. A person seeking support is seen as one whose struggles have been overwhelming at the time and needs to gain a better perspective, support and tools to navigate through the challenging times. Challenges are seen as opportunities and collaboratively we recreate and rebuild the (fragmented) individual and come to a sense of balance, acceptance and wholeness. Sepi's focus is on education and prevention, that is why she is creating a FREE online psycho-educational centre for anyone to connect and find some rest and answers to more complex topics. You can read more about her work and ideas in her personal blog. www.sepitajima.com Sepi can be reached by email at salvation75@gmail.com.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

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

The joy of children encountering the natural world on their own terms is becoming a lost idyll, no longer an integral part of growing up. There are many reasons for this loss -- urbanization, the changing social structure of families, the fear of stranger danger. But also much of environmental education has become restrictive and rule bound, taking on a museum mentality, where nature is a composed exhibit on the other side of the glass. This thought-provoking article explores what it means to get hands on with nature.

<http://www.dailygood.org/more.php?n=6411> **Be The Change:** Open yourself to new impressions of nature today, and introduce a bug or a flower to a child.

In this inspirational and motivating TED Talk, Bill Strickland shares his remarkable journey from a kid flunking out of school in a high crime-rate ghetto of Pittsburgh, to a man who has inspired thousands of people in his own neighborhood. Building on the belief that you can transform anyone by offering them hope, respect and dignity, Strickland has been lauded as a visionary genius by some of the most powerful people in America.

<http://www.dailygood.org/story/1110/bill-strickland-rebuilding-a-neighborhood-with-beauty-dignity-hope-ted-com/> **Be The Change:** Try finding ways that will help inspire and impact those in your own neighborhood or workplace.

In scientist M Jackson's new book, *While Glaciers Slept: Being Human in a Time of Climate Change*, she examines climate change by combining personal stories with scientific exploration.

<http://www.dailygood.org/story/1106/staying-human-in-a-time-of-climate-change-new-author-on-science-grief-and-hope-christopher-zumski-finke/> **Be The Change:** Take time first to feel the reality of major changes in your life and then imagine the suffering of the earth as it processes the great changes taking place today.

"We live amid surfaces, and the true art of life is to skate well on them...To finish the moment, to find the journey's end in every step of the road, to live the greatest number of good hours, is wisdom." In this article, Maria Popova shares quotes on how to live a rounded and rewarding life, from Emerson's beautiful essay titled "Experience". <http://www.dailygood.org/story/1095/emerson-on-small-mercies-the-true-measure-of-wisdom-and-how-to-live-with-maximum-aliveness-maria-popova/> **Be The Change:** One way to live fully is to let go of what you're holding onto tightly. Ask yourself what could you let go of today?

What motivates our action? In this TED talk life coach and motivational speaker, Tony Robbins, shares his thoughts on the art of fulfillment. "It's about appreciation and contribution.," Robbins shares. "You can only feel so much by yourself." In his talk he discusses the "invisible forces" that motivate everyone's actions

<http://www.dailygood.org/story/1101/why-we-do-what-we-do-tony-robbins/> **Be The Change:** What motivate and/or drives you to change? Take a moment to assess that which has helped define your reason why.

Passion has no expiry date. This is rings true for Grandpa who at 97 years continues to follow his passion for painting. The world has changed phenomenally in his lifetime. He spent his career as a typographer, creating letterforms by hand but now, thanks to his grandson, he produces his art on the computer. This sweet film showcases some of Hal Lasko's work as well as his abundant energy for creating.

<http://www.karmatube.org/videos.php?id=4338> **Be The Change:** Today take time to do something that makes your heart sing.

We may imagine love to be quite utopian, but consider the alternatives. In not choosing love we are left with law and the prospect of global bureaucratic stagnation. In not choosing law we are left with force and the prospect of either global devastation or global domination. If we value our freedom and vitality as a species, we are obliged to do no less than learn to love one another as a human family. And it starts with the stories we tell -- because those stories shape our view of ourselves and the path we take through this time of collective awakening and global turning. To achieve authentic and lasting reconciliation as the foundation for our future, we can consciously choose narrative that require the power of love and compassion as a practical basis for organizing human affairs. Futurist Duane Elgin shares more. <http://www.dailygood.org/story/1028/love-as-a-great-transition-story-duane-elgin/> **Be The Change:** At the dinner table today, recount a story of how compassion has touched your life.

"Technology is terrific...But in the end, there's no real progress without change in people." This is the conclusion that Kentaro Toyama, leader of Microsoft Research India, reached after five years of working to implement technological solutions for social change. Hear his reflections on progress, technology, and the human will. <http://www.dailygood.org/story/1085/kentaro-toyama-beyond-technological-utopianism-audrey-lin/> **Be The Change:** How does technology extend your actions? Try to turning off your phone or shutting your laptop, and consider: what remains to be done?

"Learning, today, is heavily rooted in the material realm. It's almost an assembly line to get a job, to get money, to survive, and for the few who get past that -- to conquer. Materialistic endeavors are, of course, very useful to operate in the world, but it requires a very different skill-set to engage with our inner values." In this essay, Nipun Mehta explores what it takes to grow our "Compassion Quotient" and revolutionize our education system. <http://www.dailygood.org/story/1089/i-teach-to-learn-compassion-in-education-nipun-mehta/> **Be The Change:** Next time you have the opportunity to teach something to another person, whether it be a child, colleague, student, friend, or loved one, consider the possibility of leading and ending with compassion.

Don't think planning healthy meals and snacks during your day are important? Read this eye-opening article that illustrates the connection between good decision-making and healthy eating. <http://www.dailygood.org/story/1118/the-fuel-of-good-decision-making-mark-liskey/> **Be The Change:** Take some time to plan out and prepare some simple, healthy snacks you can keep with you throughout the day.

In a hyper connected world, bombarded by multiple forms of stimulation, how do we remain aware of the quiet gifts that the present moment has to offer? Cultivating a mindfulness practice can be a powerful way to train our minds and tune into the beauty of here and now. The benefits are manifold. Drawing on the latest research as well as age-old wisdom traditions, this inspiring article offers up five reasons to practice mindfulness in daily life. <http://www.dailygood.org/story/1117/5-reasons-to-be-mindful-kindspring-org-editors/> **Be The Change:** Sign-up for the upcoming 21-Day Mindfulness Challenge! <http://www.kindspring.org/challenge/join/672/>

Biomimicry is the design and production of materials, structures, and systems that are modeled on biological entities and processes. In this eye-opening Ted Talk, Janine Benyus offers up some incredible insight into the fast-growing world of biomimicry and all the promise it holds for humankind. As Benyus states in her talk, "Learning "about" the natural world is one thing; learning "from" the natural world... that's the profound switch." <http://www.dailygood.org/story/1120/surprising-lessons-from-nature-s-engineers-janine-benyus/> **Be The Change:** Discover more of Janine Benyus and her fascinating TED Talks on the inspiring TED website. https://www.ted.com/speakers/janine_benyus

As more and more things continue to drain and distract our attention, it is imperative that we uncover ways to gain back our focus. In this inspiring article, Dr. Christine Carter, author of "The Sweet Spot," details three tricks to help create an environment that is relaxed, comfortable and productive, versus a mental state that is filled with anxiety and stress. <http://www.dailygood.org/story/1119/three-tricks-to-help-find-your-flow-christine-carter/> **Be The Change:** Next time you have an important task to tackle, be sure to make an effort to see if you can get achieve a deep focus by getting into your 'sweet spot.'

Ricochet was a puppy prodigy. From the moment she was born, she was training to become a service dog for a person with a disability. As she grew, it was clear her talents were undeniable; but her free, youthful spirit could not be contained -- Ricochet would give in to her instincts to run playfully and chase birds and small animals. A definite no-no for a service dog. Rather than push harder to make Ricochet something she was not or give up on her entirely, her trainer had the heart and vision to see that Ricochet's special talents and energy could be used to help in other ways. Turns out Ricochet's unique gift is surfing! Watch the story of how Ricochet became a SURFice dog helping charitable foundations and people with disabilities. Paw-abunga! <http://www.karmatube.org/videos.php?id=1823> **Be The Change:** Everyone has a special gift to give to the world. How can you help someone else apply their unique talents to realize their fullest potential?

"Everyone has it in their heart to do things like this." Those are the words spoken by Josh Cyganik, who one day decided to take action and simply turn a negative into a positive. Enjoy this uplifting story about how one man's inspiration ended up having a ripple effect that then inspired many others to help out an elderly man and his wife transform their home. <http://www.dailygood.org/story/1121/a-track-inspector-s-good-deed-goes-viral-kindness-blog/> **Be The Change:** Big or small, make it a priority to find a cause that with your efforts can help make a change for the better.

We typically think of a 'bucket list' as that special list of things we wish to do, see, or accomplish before we say our final farewells. But, what if there was another way to view it? That is, to create a list comprised of life's most special moments already lived? In this lovely story, a young woman recounts how much the kindness of neighbors helped to restore her faith -- inspiring a whole new kind of 'bucket list'. Curious? Read on... <http://www.dailygood.org/story/1123/my-bucket-list-of-gratitude-lisa-gastaldo/> **Be The Change:** What moments are you most grateful for? Take a moment to create a list to inspire kindness to others.

"What do the Grand Canyon, Sistine Chapel, and gazing at distant stars all have in common? They can awaken a deep appreciation for the world around us and inspire a profound sense of awe. This sensation is often accompanied by an awareness of something larger than ourselves -- that we play a small part in an intricate cosmic dance that is life." In this article, author Adam Hoffman describes recent studies that find that feeling small in nature makes us more generous to other humans. <http://www.dailygood.org/story/1124/how-awe-makes-us-generous-adam-hoffman/> **Be The Change:** Take a moment to experience the awe that nature inspires -- perhaps, look for the stars in the night sky, watch the sky turn orange, purple, and pink at sunset during your evening commute -- and reflect on how doing so impacts your relationship with others in your life.

Coworking is all the rage these days - with innovative spaces cropping up all around, designed to help invoke our inner creative spirit. There are spaces which double as coffee shops and climbing gyms. And, now? There is a shared space within the trees. Dubbed TreeXOffice, the project brings together six to eight people at a time to work under the canopy of a tree. It is designed with the intention of giving back to the environment. With 'rentals' of these spaces garnering nearly \$1,000 per month - the profits are used to improve the space surrounding. Read more to learn of this exciting and innovative new way of giving back to our environment. <http://www.dailygood.org/story/1125/want-to-shake-up-your-work-day-try-coworking-in-a-tree-cat-johnson/> **Be The Change:** Whether by planting a tree, or offering a space to reflect - there are a myriad of ways to give back to our environment. Take time today to reflect.

For centuries, our ancestors have gathered around the proverbial fire, so to speak--holding space for unity and peace. In many ways, these 'circles' have helped to foster dialogue, to grow community, and engage in a shared path of understanding. In this lovely interview, Kay Pranis, a national leader in restorative justice, discusses the wisdom within our collective knowledge, and the blessing our interconnection brings. Please take a moment to be inspired by her brilliant introspection. <http://www.dailygood.org/story/1116/learning-to-not-know-awakin-call-transcript/> **Be The Change:** Have dinner around the table tonight; learn to create 'circle moments' within each day.

7. The Pleasure of Serving

Reprinted from www.awakin.org.

--by [Gabriela Mistral](#) (Aug 03, 2015)

*All of nature is a yearning for service:
The cloud serves, and the wind, and the furrow.*

*Where there is a tree to plant, you be the one.
Where there is a mistake to undo, let it be you.*

*You be the one to remove the rock from the field,
The hate from human hearts,
And the difficulties from the problem.*

*There is joy in being wise and just,
But above all there is the beautiful,
The immense happiness of serving.*

*How sad the world would be if all was already done.
If there was no rosebush to plant,
No enterprise to undertake.*

*Do not limit yourself to easy tasks.
It's so beautiful to do what others dodge.*

*But don't fall prey to the error that only
Great tasks done can be counted as accomplishments.
There are small acts of service that are good ones:
Decoratively setting a table,
Putting some books in order,
Combing a little girl's hair.
That one over there is the one that criticizes,
This other one is the one that destroys.
You be the one that serves.*

*Serving is not a labor just for inferior beings.
God, who gives fruit and light, serves.
His name could be rendered thus: He Who Serves.*

*And he has his eyes on our hands,
And he asks us at the close of day:
"Did you render service today? To whom?
To a tree, to your friend, to your mother?"*

--Gabriela Mistral



8. Spontaneous Resonance

Reprinted from www.awakin.org.

--by [James O'dea](#) (Aug 10, 2015)

A friend recently described her spontaneous reaction to a police officer beating a black youth. The cracking sound of a blow to the youth instantaneously ignited a mighty "No!" as she surged toward the officer whose baton remained frozen in the air. She was like a moral whirlwind entering the story as she put herself between the officer and the youth.

This kind of spontaneous reaction can unleash powerful energy that generally remains latent and untapped—like suddenly having the strength to lift up a car to rescue a parent or child. In a November 2010 article Psychology Today refers to this phenomenon as the convening of "stealth superpowers." There are indeed superpowers available to us when we tap into the oceanic depth of our relatedness to others and to deep empathic connection with the most vulnerable.

We engage reservoirs of insight and skillfulness in the universe when we spontaneously tap into its deepest moral principles. Heroic acts of extraordinary courage, conscience and selfless sacrifice often exhibit a remarkable degree of spontaneity. And even the Muse itself has this quality: "Poetry is the spontaneous overflow of powerful feelings." (William Wordsworth)

According to Lao Tsu spontaneity is the essence of Reality itself and we should always get out of the way and "Let reality be reality." Deepak Chopra puts it simply, "Ultimately, spiritual reality unfolds when you're spontaneous." This, in fact, is the Great Way, the flow of the Tao itself mirrored in its energetic aspect as the subatomic flow of the universe. As our great wisdom teachers have pointed out it is the stuff going on in our heads that blocks the flow of spontaneity.

To serve the spontaneity of Life itself and becoming *one with* it points to the subtle difference between spontaneous reactions and spontaneous resonance. Resonance is about oneness. Just as in the example of stringed instruments -- when a string is plucked on one the same string on a nearby instrument will vibrate. Yes only the same string vibrates -- as if it recognizes its own frequency. Spirituality is about being able to become one with the full orchestral range of vibrations that life offers and recognize it all as the life-giving music of creation.

In science there is the idea that spontaneity is said to occur when there is no external force catalyzing an event. Composting, for example, is an example of a spontaneous process. Under the right conditions Nature will do what is needed.

This notion of spontaneously arising resonance without any forcing is, for Meher Baba, the key to understanding the nature of love and how it spreads: "Love has to spring spontaneously from within; it is in no way amenable to force. Love and coercion can never go together." Only love can awaken love. With this understanding we can see how a self-awakening love born in freedom might eventually ignite the collective soul of humanity.

- See more at: <http://www.awakin.org/read/view.php?tid=2104#sthash.I0BTXowY.dpuf>



9. Choosing Suffering Over Safety

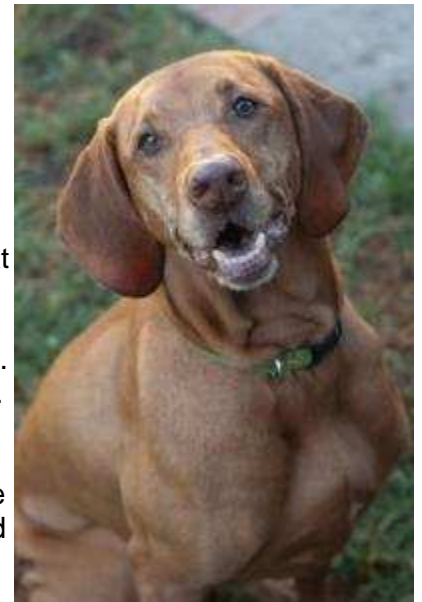
Reprinted from www.awakin.org.

-by [Bonnie Rose](#) (Aug 17, 2015)

“Can you walk, sweetheart?” I say these words to our dog Stella who is dying. It’s time for breakfast and if she walks from our bed to the kitchen, maybe that will be a sign. Maybe she will be alright. So I ask her again, “Can you walk?”

As I ask, I remember eleven years of sleeping twisted like a pretzel so the dog could get a good night’s sleep. I remember mornings, how she rose at dawn and stomped her Pointer’s feet on the mattress to get me up, to flush me out of the brush of sleep as she would a wild quail. Now it’s nine a.m. and she sighs at the foot of the bed, eyes alert and breathing rapidly.

When my mother was dying, I didn’t ask that question. I didn’t ask any question. I didn’t want to know the answer because the answer would change everything. We didn’t talk about the cancer – how it was devouring my mother’s bones and internal organs, how it was planning to steal my favorite person. We didn’t talk about love and loss, or her longing to see me find a life that would blossom. We didn’t mention how death would assassinate that joy for her or how death would rob me of the pleasure of coming home from college for Thanksgiving break and seeing her face at the kitchen window, eager to hear every detail of my life. Death would kill that. So we didn’t talk about it.



I was immobilized. Together in our once safe home in Briarcliff that last morning my mother couldn’t speak. She wanted something from me. She wanted my help. I was seventeen and I didn’t know what to do. Something bad was in the room. I was too scared to show my fear. I wanted to fix it. I didn’t know what to do.

So I held her hand, tears without sobs pouring down my cheeks, bewildered in the face of unspeakable death. She looked at me and said “Thank you.” Thirty-six hours later, she died. Those were the last words she ever said to me.

Somehow, through the years of living, ministry, dying loved ones, lost pets and lost loves, I’m learning to ask “Can you walk?” I’m learning to ask the other hard questions and be still and present with the answers. I am learning how to suffer.

I took my first cautious steps toward suffering in *Shadowlands*, the Broadway production where by fluke and connections, I was cast as an understudy for eight weeks. The play is about C.S. Lewis’s transition from intellect to experience. When Lewis was a child, his mother died. He never cried, never allowed himself to feel the loss. Late in life, when Lewis was a crusty bachelor professor, he met his true love Joy Gresham. Shortly after they met and married she got cancer and died. When Joy died, he allowed the devastation to overtake him.

He said, “The boy chose safety, the man chooses suffering.”

Eight shows a week, sitting backstage listening to the monitors, I hear those words: The boy chose safety, the man chooses suffering.

And now, every day, I make the choice between safety and suffering. Will I have the courage to face what happens and keep my heart in the room?

Because I don't know if I can walk. I don't know if I can stand. There are days I stagger about this stage called earth, confronted with the sorrows of being human – the loss, the death, the indignity of perpetual change.

But sometimes suffering is not suffering.

Those last days with Stella, I would gladly suffer again. It was an honor to hold her as she let go. It was a joy to put her needs first. It was a joy to ask, "Can you walk?" and be in love with whatever was true. It was joy to cherish her, to understand that love is love and it doesn't matter if she's just a dog, and that death can never kill a love like that. Suffering is not suffering. Suffering is the new joy.

- See more at: <http://www.awakin.org/read/view.php?tid=2100#sthash.OVsmBIBe.dpuf>

10. True Splendor of Science

Reprinted from www.awakin.org.

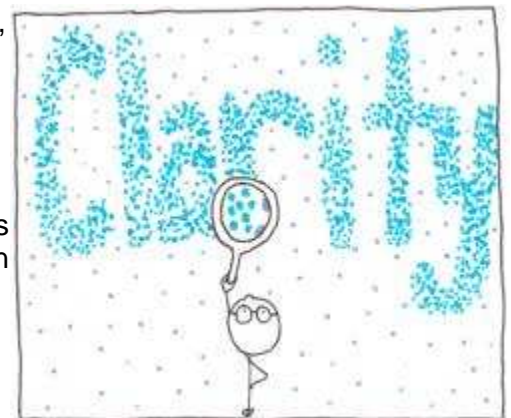
by Alan Watts

The true splendor of science is not so much that it names and classifies, records and predicts, but that it observes and desires to know the facts, whatever they may turn out to be. However much it may confuse facts with conventions, and reality with arbitrary divisions, in this openness and sincerity of mind it bears some resemblance to religion, understood in its other and deeper sense. The greater the scientist, the more he is impressed with his ignorance of reality, and the more he realizes that his laws and labels, descriptions and definitions, are the products of his own thought. They help him to use the world for purposes of his own devising rather than to understand and explain it.

The more he analyzes the universe into infinitesimals, the more things he finds to classify, and the more he perceives the relativity of all classification. What he does not know seems to increase in geometric progression to what he knows. Steadily he approaches the point where what is unknown is not a mere blank space in a web of words but a window in the mind, a window whose name is not ignorance but wonder.

The timid mind shuts this window with a bang, and is silent and thoughtless about what it does not know in order to chatter the more about what it thinks it knows. It fills up the uncharted spaces with mere repetitions of what has already been explored. But the open mind knows that the most minutely explored territories have not really been known at all, but only marked and measured a thousand times over. And the fascinating mystery of what it is that we mark and measure must in the end 'tease us out of thought' until the mind forgets to circle and to pursue its own process, and becomes aware that to be at this moment is pure miracle.

In such wonder there is not hunger but fulfillment. Almost everyone has known it, but only in rare instants when the startling beauty or strangeness of a scene drew the mind away from its self-pursuit, and for a moment made it unable to find words for the feeling. We are, then, most fortunate to be living in a time when human knowledge has gone so far that it begins to be at a loss for words, not at the strange and marvelous alone, but



at the most ordinary things. The dust on the shelves has become as much of a mystery as the remotest stars; we know enough of both to know that we know nothing. Eddington, the physicist, is nearest to the mystics, not in his airier flights of fancy, but when he says quite simply, "Something unknown is doing we don't know what." In such a confession thought has moved full circle, and we are again as children.

11. The Pixel Painter

Reprinted from www.KarmaTube.org.

Passion has no expiry date. This is rings true for Grandpa who at 97 years continues to follow his passion for painting. The world has changed phenomenally in his lifetime. He spent his career as a typographer, creating letterforms by hand but now, thanks to his grandson, he produces his art on the computer. This sweet film showcases some of Hal Lasko's work as well as his abundant energy for creating. - See more at: <http://www.karmatube.org/videos.php?id=4338#sthash.gZcXhs26.dpuf>

12. Seeds: A Story of Uncommon Change

Reprinted from www.KarmaTube.org.

Discover the story of Aruna, who's journey speaks of the transformative power of love and service. Aruna grew up in a poor leprosy community in India and, like so many other kids growing up in the harsh reality of a slum, did not believe in her dreams or that much good would come from her life, other than a prescribed arranged marriage. That was, until, she met Jayesh Patel, co-founder of Manav Sadhna, an NGO based on the Gandhi Ashram in Ahmedabad, India, who recognized and nurtured her potential as a leader. His belief inspired Aruna to take her education and life more seriously, and to take a more active role in her community's affairs. As a result, she is now one of a handful of young women — the first in the community's history — who successfully enrolled in college, who actively volunteer, and who have opened up an entirely new path for girls growing up. This film gives the viewer a privileged insight into a humble corner of the world in Ahmedabad India. It also reveals that no matter where you are from, you can bring about change through compassionate service and can grow from the love that it brings. - See more at: <http://www.karmatube.org/videos.php?id=6705#sthash.nFwBfnlt.dpuf>

13. Sixth Graders on Mindfulness

Reprinted from 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.1bxRvwv0.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 by the 25th of the month, for distribution in the following month's e-newsletter.

14. 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.

15. 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).

16. 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).

17. Spirituality Workshops

“Exploring Spirituality”

This personal exploration workshop will facilitate, embrace and celebrate the opportunity to explore spirituality. You will have the opportunity to discover: What is spirituality to/for me? What are the characteristics of spiritual living and spiritual people? What are the impediments to spiritual growth? What spiritual practice is possible and what works best for me? To add another interesting element to the workshop, you will have the opportunity to participate in meditation and guided imagery exercises to nurture and facilitate your experience. (\$165, 6 hours in duration)

“The Laws of Spirit”

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

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

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

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

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

“Forgiveness”

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

To register your interest for any of the above workshops, please contact Rev. Robert Meagher at 613-204-0299 or rmeagher@servingyourjourney.com.

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

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

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

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

18. 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>.

19. 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 heartfelt offer to serve your loved ones. Many believe they are helpless in assisting their loved-ones during times of terminal illness and/or when they are dying. Many believe there is nothing that can be done to bring their loved-ones peace or to ease their suffering. Furthermore, many believe that after their loved-ones have died, there is nothing that can be done to continue guiding them to a peaceful passing and rebirth. This is not the case.

Spiritual Guidance is offering to extend the ancient Buddhist practice of 'Phowa' for your loved-ones to guide them to a peaceful passing and rebirth. If you are asking yourself, "If I or my loved-one is not Buddhist and/or does not believe in Buddhism or any form of God, is there any conflict?" The simple answer is 'no'. The Phowa practice invokes the 'truth' of compassion and love that crosses faith / spiritual traditions and beliefs.

If Spiritual Guidance can be of service to you in this way, please:

1. Email us a picture of your loved one (in a standard graphical format; for example: .jpeg, .gif, .pdf, etc.) to rmeagher@servingyourjourney.com.
2. Provide your loved-one's name (first name is all that is necessary) and their date of death (if they have died).

We will add your loved-one's picture to our 'Phowa' practice wall and pray for them daily.

If you have any questions, you are invited to follow up with us. You can contact us at rmeagher@servingyourjourney.com or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher
Spiritual Guidance

20. Supporting Spiritual Guidance

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

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

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

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

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

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

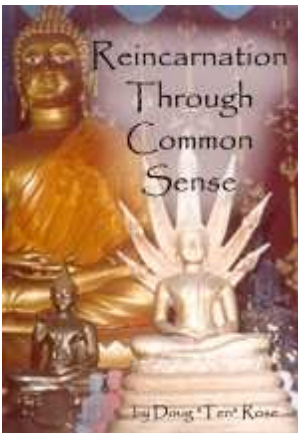
21. OM Websites

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.

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

*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS *

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



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

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

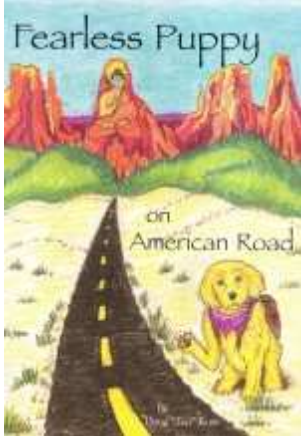
times, too.

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

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

http://fearlesspuppy.org/m_reincarnation.htm

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



<http://www.fearlesspuppy.org>

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

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

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

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

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

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

23. Global Harmony Conference

Living Our Lives in Global Harmony Conference
Sep 26 and 27, 2015 in Kitchener, Ontario

Love, Peace and Harmony

Religious values flow from the knowledge of religion while secular humanistic values flow from the knowledge of secular humanism. Spiritual values are accordingly, inspired by the knowledge and understanding of the Spirit.

The intention of this conference will be the experience of spiritual values in the context of:

1. Oneness in the Spirit
2. Oneness in the Spirit of every being, animate and inanimate
3. Oneness in the Spirit of all divine beings
4. Oneness in the Spirit of all religions
5. Loving diversity as ourselves without concern for reciprocity
6. Discovering how everything integrates and unites
7. Discussion on how to live in harmony with the universe, animate and inanimate
8. How to avoid fragmenting and dividing
9. Avoiding exploitation of human beings and nature
10. Exploring the negatives that pull us away from the Spirit



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Media



When:

Sat, Sep 26, 2015, begins 07:30 am Sun, Sep 27, 2015 –ends at 5:30 pm

Where:

Lyle S. Hallman Faculty of Social Work Wilfrid Laurier University 120 Duke Street West Kitchener, Ontario N2H 3W8

Cost:

\$89 for 2 days, EBD save \$20.00. Student rate is available. Bursaries available.

Register:

[Online By Clicking Here](#)

Off-line: Mail us a check made out to **Spiritual Heritage Education Network Inc.** to cover the the registration fee(s) with the name(s) of the participant(s), contact e-mail(s) and contact phone(s), *Our mailing address: Spiritual Heritage Education Network Inc. 14B Charles Street West, Kitchener ON N2G 1H2 Canada*

The Event

[Watch a two minute video by clicking here.](#)

The event features outstanding speakers, daily guided meditations, a panel discussion, small group sharing and an evaluative plenary session:

Fred Lawlor Master of Ceremonies	Kumi Kaise Mentor is the mental designer who can promote human evolution	Dr. Christopher Burris Why We (Think and Say We) Do What We Do
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Serving your personal journey toward enlightenment...

Vicky Garach Guided Meditation	Rev. Zenji Acharya The Buddha's Teachings on Universal Harmony that influenced Mahatma Gandhi, Rosa Parks & the Dalai Lama	Moderators: Brenda Solanki Panel Discussion Small Group Leaders Mindful Sharing
Dr. Shiv Talwar There is One God, Period!	Susan Cranston Conscious Communications to Live Our Lives in Harmony	Dr. Ingrid Brand Intercultural competence: An essential attribute for business school graduates
George Rowinski JUST THE (THOUGHT) OF GOD: THE SECRET OF SECRETS	Dr. Rory Dickson Sufism and the Art of Harmony	Dr. Atif Khalil Archetypes of Feminine Spirituality in Early Islam
Dr. Kamran Mofid Values to live by to build a better world	Dianne Frederick Guided Meditation	Moderators: Barb Bedford Evaluative Plenary Session

The event is organized by Spiritual Heritage Education Network Inc. (SHEN, <http://spiritualeducation.org>). This is the sixth of its yearly reflective conferences on the overarching theme of Education to Globalize the Human Mind. Further information on the event is available at <http://spiritualeducation.org/work/conf2015>. Our phone number is (226) 240-0364 and e-mail is info@spiritualeducation.org.

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

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

Facebook: www.facebook.com/Servingyourjourney