

Serving your personal journey toward enlightenment...

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

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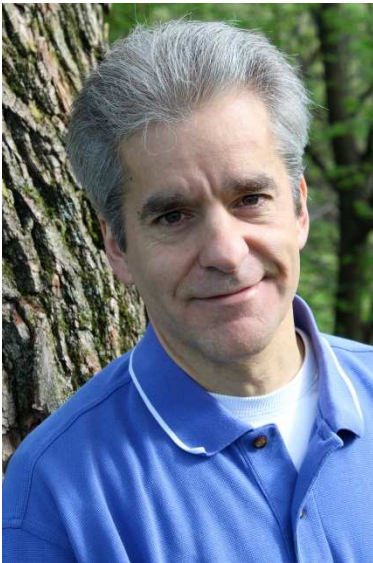
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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servinyourjourney.com](mailto:newsletter@servinyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### What am I taking a vacation from?

*“Have you any idea how blessed I am? Have you any idea how grateful I am for living a life that is so full of joy, happiness, peace, and love that I don’t think for a moment about the need to take a vacation...”*

Allow me state my bias and prejudice upfront. In the conventional sense, I have not taken a vacation in more than six years. Now, as you allow that opening statement to sink in...allow me to share some background.

When I worked in corporate Canada, I adored my vacations. I soooo... looked forward to my vacations. I would plan and save money for my vacations. I would begin planning and saving for my next vacation almost as soon as I came back from the previous one! I would dream up elaborate destinations I wanted to go to. And what a tension release it was to even ‘dream up’ these vacations. The mere thought of going on a vacation, to get me away from the pressure-packed career and life I was leading, was a stress reliever in and of itself, let alone the actual vacation. The mere act of planning for my vacation was a very effective distraction from the life I was living, but secretly despised.

A short while ago a dear soul friend returned from one of those stereotypical ‘dream vacations.’ They traveled afar to a tropical island where they spent several weeks frolicking in the pearly-white sands of majestic beaches, with palm trees swaying in the gentle, south pacific breezes. You know the scene, perhaps... Upon returning from this south pacific dream vacation, my friend declared that they would no longer live there life ‘wanting to get away from it all.’ They made a declaration that they would transform their life so they never needed to take another vacation again.

Conventional wisdom, wellness psychology of the west, suggests we need a break from our jobs to relax and regenerate / rejuvenate. This conventional wisdom purports that it is unhealthy to stay in a stressful environment for too long; that we need to take a break so that our stressful lives don’t adversely affect our health and well-being.

Allow me to ask a question...

When we take a vacation, in the traditional sense, what is it we are taking a vacation from? A stressful job? A stressful relationship? Some place or some thing we want to get away from? A life we don’t want to be living? An existence that does not suite us?

Do you ever ask yourself these questions? I certainly did when I was working in corporate Canada, but I was overwhelmed at even the concept of living my life another way; at living my life in such a way that the very idea

of 'vacation' was something that was not needed, but something that I may, or may not, decide to do. Not because I could, or could not, but because I didn't need to take a vacation from my job, or my life.

When I left corporate Canada 6 years ago, I set myself adrift to explore a new way of living and seeing the world I lived in. Just one of the wondrous manifestations of that new way of living and seeing the world I live in is the letting go of the need to take a break from the life I am living.

Why would I want or need to take a 'vacation' from the work I love? It doesn't even feel like work to me, in the traditional sense. It is 'work' in the doing sense, but not in the sense of 'trying.' My life's work is effortless. My life's work is blessed. My life's work is a gift. Why, on earth, would I want or need to 'get away from it all' and take a break? My life is my work; and my work is my life. Have you any idea how blessed I am? Have you any idea how grateful I am for living a life that is so full of joy, happiness, peace, and love that I don't think for a moment about the need to take a vacation, in the traditional sense.

May you experience this joy, happiness, peace, and love in your lifetime. What a wonderful world it would be.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Recognition

Redemption is a very quiet thing.  
The noises of the world are still before  
Its gentle advent. Silently it comes,  
Asking for nothing; giving everything.  
Its quietness extends across the world,  
And stops just short of Heaven, where there is  
No further need for anything at all.  
Without demands the Son of God can rest,  
Accepting what belongs to him in truth.  
Now is he silent. Now his mind is still.  
Now does he recognize what is his will.

*Helene Schucman*

## 3. Quote or Question

"The trial of the world is not surmounted by trying to avoid it, but by living life as best we can, so that we may find out who we are in the process of taking responsibility for our lives and destinies." ~ Thomas Clearly, The Essential Koran, p. 184

## 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 – October 2015

#### The Uniqueness of Creation

All creation has individual markings. These are patterns which identify the uniqueness of each living thing which include plant, rock, animal, and human. You have often heard that each snowflake and each fingerprint is unique and that each thought pattern carries its own distinctive imprint, and this is so.

Although you may observe through your human vision that all plants or birds of the same species are identical this is not so. As surprising as it may seem to you, creation in your world is unique. How is this so? Why is this so?

It is to be remembered that life upon your world can be witnessed as both individual and unified expressions which, in truth, harbour no separation. In a genuine well-balanced life, the individual component of creation flows forth from sacred unity and together they form a harmonious whole. Let us explain.

All life vibrates within the glory of the love and intelligence of the great Divine. Here, there is no separation for, as paradoxical as it may seem, all life exists only with this holy vibration. Hence, existence is a unified field within the sacred vibration of the Creator. However, within this unity there also exists uniqueness, for life is created with individual imprints. The beings you name as those of light— the immortals, the angels and the ascended ones—are unified within a perfect, sacred vibration and yet each presence may also demonstrate its individuality.

What is the purpose of unique imprints and patterns in life? Why are creations not identical?

To answer these questions, the topics of free-will and empowerment need to be addressed

The gift of free-will is offered to you so that you may voluntarily create thoughts, emotions, words and actions which glorify all life. In employing self-determination in such a manner, you become conscious of a magnificent empowerment which brings you into the realm of noble creation so that you may assist in the healthy social, economic, creative, educational and scientific progress of all your citizens. Here you witness the birthing of a collective in light wherein each individual, sacred and unique, contributes to the joyful and intelligent advancement of life. If all creation were identical, the impetus for employing free-will and individual creative genius would waver.

Hence we ask you, cherished people of this plane, to reflect on your uniqueness and, in so doing, on how you can be of service to those in your world. Realize that each thought you create houses a unique pattern and that your entire vibratory stance is distinct. Your vibrational imprint, which transform and refines as you move closer to the language of your soul, not only radiates within your beings, your homes, nations and planet, but it also extends outwards into the universe as a distinctive creation.

It is to be remembered that the beauty and uniqueness of the flower you delight in, is the echo of your own loveliness and distinctiveness which resonates within the exquisite and infinite presence of God.



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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

Gabriela Mistral calls on us to serve as nature serves, suggesting each of us could be the one to remove the rock from the field or hate from the human heart. Read her lovely poem about service here... <http://www.dailygood.org/story/1131/the-pleasure-of-serving-gabriela-mistral/> **Be The Change:** Opportunities to serve are everywhere and at any moment. See how many times you can help nature or one of your fellow human beings today.

Can compassion change the world? In celebration of his 80th birthday, the Dalai Lama reached out to author, Daniel Goleman for assistance in capturing his compassionate vision. The result of their collaboration, "A Force for Good: The Dalai Lama's Vision for Our World", a book that is both a translation of the Dalai Lama's ideals and a call to action. <http://www.dailygood.org/story/1128/can-compassion-change-the-world-jill-suttie/> **Be The Change:** Take the time today to consider what actions might help to inspire compassion. In doing so, you might just help to make a better world.

Helen Ashe and Ellen Turner are 82-year old twin sisters with huge hearts. They cook breakfast for dozens of needy Knoxville folks who come to the Love Kitchen twice a week for a free meal, and for delivery to the hundreds of people in need who have no way to get to Love Kitchen, and for the hundreds more who come by and pick up much-needed emergency food bags. The sisters cook for the hungry, the homeless, the helpless, the hopeless, and the homebound and have been offering their love through service for 25 years. <http://www.dailygood.org/story/1127/cooking-with-love-t-wayne-waters/> **Be The Change:** What can you do today to exercise your generosity muscle?

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. <http://www.karmatube.org/videos.php?id=6705> **Be The Change:** Sow your own seeds of love. Do something small (or big) for someone in your neighborhood.

"One day, after a talk I had given on altruism, a person in the audience got up and said in an irritated tone: "What are you hoping for by encouraging us to cultivate altruism? Look at the history of humanity! It's always the same thing! An uninterrupted succession of wars and suffering. That's human nature, you can't change anything about that!" But is this truly the case?...Can the individual change? And if he can, does this change have an influence on society and on succeeding generations?" Author and Buddhist monk Matthieu Ricard takes a deep look at these questions in his book on altruism. <http://www.dailygood.org/story/1130/can-people-change-matthieu-ricard/> **Be The Change:** Today, take a small step towards making a change in yourself that you would like to see realized.

Listen to what Irish poet and philosopher John O'Donohue had to say in one of his last interviews about what he called "the invisible world." As he sees it, "the visible world is the first shoreline of the invisible world...And connecting to the elemental can be a way of coming into rhythm with the universe."

<http://www.dailygood.org/more.php?n=6441> **Be The Change:** Ask yourself what is truly elemental in your life as you listen to the rhythms of the world around you.

"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....But is that experience strictly personal? New research from UC Berkeley and UC Irvine suggests that experiencing awe can actually prompt us to act more benevolently toward others. In other words, awe can help make the world a better place." <http://www.dailygood.org/story/1133/how-awe-makes-us-generous-adam-hoffman/> **Be The Change:** What ordinary part of everyday life, if you stopped to consider it, would fill you with awe? Take a moment to appreciate that right now.

Enjoy this unlikely story of how the seeds of persistence, trust, and faith brought together the most unlikely of friendships between a rural Ghanaian man and an American woodworker. But perhaps more importantly, it was the partnership that was established that has empowered many underprivileged people in some impoverished villages around Ghana, West Africa. <http://www.dailygood.org/story/1115/moringa-community-using-an-innovative-woodworking-technology-to-build-hope-in-rural-ghana-rue-harrison-and-ralph-morini/> **Be The Change:** To learn more about the non-profit [moringacommunity.org](http://moringacommunity.org), visit their website to see how you can help out or donate. <http://www.dailygood.org/more.php?n=6426a>

In her enlightening and engaging new book, "Triumph of the Heart," journalist Megan Feldman Bettencourt strives to explain what forgiveness really means, some of its myths and misconceptions, as well as the healthy benefits it possesses. From incredible stories of people who have chosen forgiveness after their lives have been shattered, to others who are struggling to actually forgive themselves, the book is a wonderful overview on the true power of forgiveness. <http://www.dailygood.org/story/1134/learning-forgiveness-in-an-unforgiving-world-jill-suttie/> **Be The Change:** Challenge yourself to spend an entire week forgiving any and all that you feel have done you wrong - big or small.

"Julie Elman, like many artists, struggles with fear of the blank page. The creative process demands risk-taking, resilience, and messiness. An associate professor of visual communication at Ohio University, Elman understood the expectation to practice what she preached. To move beyond her fear and to explore what she was teaching her students, she conceived the Fear Project. People submit their fears to the project's website, and Elman visually interprets them, bringing them to life. Perhaps the most interesting part, aside from the striking visuals, is the resulting effect. The venture brings different fears together on one interface, normalizing and destigmatizing fear as a bad part of everyday life." <http://www.dailygood.org/story/1135/the-fear-project-alexa-strabuk/> **Be The Change:** Today, realize that many of your fears are held by others as well. Observe your fear without letting the presence of that fear cause concern. You are not alone.

You may have probably heard of the marshmallow experiment, where children were told they would get two marshmallows if they could resist eating the one placed in front of them for some time. The study highlighted how hard it can be to delay gratification, but how rewarding as well: children who resisted eating the marshmallow not only got two marshmallows but also did better later on in life. This article summarizes the latest research on how adults can have an easier time delaying gratification to secure larger payoffs in the future. <http://www.dailygood.org/story/1129/how-to-be-more-patient-and-why-it-is-worth-it-art-markman/> **Be The Change:** Next time you feel the urge for instant gratification, ask yourself what you would gain by being patient. Let the longer-term payoff help you resist the temptation to act impulsively.

Physics tells us that energy can neither be created nor destroyed. Our hearts tell us the same is true of the love and intentionality that propels a gift from one human being to another. Here, Wayne Muller shares the

story of Robert Montoya, and the many gifts that grew into a school in Mexico.

<http://www.dailygood.org/story/1136/paying-it-forward-why-our-gifts-always-keep-moving-wayne-muller/> **Be**

**The Change:** What small gift can you pass along today to help improve your community?

Growing up and growing old sounds like a logical notion but it also appears to be a surreal process that we don't realise is happening until it has happened. This trailer for "Present Perfect," gives you a glimpse into a yet-to-be released film which explores the very real experience of aging in America. Providence Mount St. Vincent in Seattle, Washington, is home to more than 400 elderly residents and it is also home to a pre-school. Documenting the interactions of the very young and the very old, this film asks what it is these two groups can offer each other while affirming the power of human connection.

<http://www.karmatube.org/videos.php?id=6704> **Be The Change:** Is there an elderly person that you know or who you see around from time to time in your neighborhood? Pop in to see them for a chat and a cup of tea or ask them out for a walk in the sun.

There are over 800 million undernourished people in the world today. Hunger and malnutrition are in fact the number one risk to health worldwide. Yet there is enough food in the world to feed everyone. In San Francisco, California, 1 out of 4 people go hungry at some point during the month. There are also more than 4,000 restaurants in the city that throw away excess food. Mary Risley, founder of Tante Marie's Cooking School, decided to do something to prevent that. In 1987, together with a small group of women, she started a grassroots initiative called Food Runners to help alleviate hunger, prevent food waste, and create community. San Franciscans connecting with other San Franciscans. <http://www.karmatube.org/videos.php?id=5058> **Be The Change:** Watch "Just Eat It" -- a 75 minute documentary film about food waste (from farm to table) and food rescue. <http://www.karmatube.org/videos.php?id=5058>

## 6. The Power of Art

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

--by [John F. Kennedy](#) (Aug 31, 2015)

Strength takes many forms, and the most obvious forms are not always the most significant. The men who create power make an indispensable contribution to the Nation's greatness, but the men who question power make a contribution just as indispensable, especially when that questioning is disinterested, for they determine whether we use power or power uses us.

Robert Frost coupled poetry and power, for he saw poetry as the means of saving power from itself. When power leads men towards arrogance, poetry reminds him of his limitations. When power narrows the areas of man's concern, poetry reminds him of the richness and diversity of his existence. When power corrupts, poetry cleanses. For art establishes the basic human truth which must serve as the touchstone of our judgment.

The artist, however faithful to his personal vision of reality, becomes the last champion of the individual mind and sensibility against an intrusive society and an officious state... In pursuing his perceptions of reality, he must often sail against the currents of his time. This is not a popular role.





If sometimes our great artists have been the most critical of our society, it is because their sensitivity and their concern for justice, which must motivate any true artist, makes him aware that our Nation falls short of its highest potential. I see little of more importance to the future of our country and our civilization than full recognition of the place of the artist.

If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him. We must never forget that art is not a form of propaganda; it is a form of truth... In free society art is not a weapon and it does not belong to the spheres of polemic and ideology. Artists are not engineers of the soul. It may be different elsewhere. But democratic society — in it, the highest duty of the writer, the composer, the artist is to remain true to himself and to let the chips fall where they may. In serving his vision of the truth, the artist best serves his nation. And the nation which disdains the mission of art invites the fate of Robert Frost's hired man, the fate of having "nothing to look backward to with pride, and nothing to look forward to with hope."  
- See more at: <http://www.awakin.org/read/view.php?tid=1089#sthash.jCC3XcJO.dpuf>

## 7. Love Like Water

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

-by [Mark Nepo](#) (Sep 07, 2015)

Water in its clear softness fills whatever hole it finds. It is not skeptical or distrusting. It does not say this gully is too deep or that field is too open. Like water, the miracle of love is that it covers whatever it touches, making the touched thing grow while leaving no trace of its touch.

Most things break instead of transform because they resist. The quiet miracle of love is that without our interference, it, like water, accepts whatever is tossed or dropped or placed into it, embracing it completely.

Of course, we are human and are easily hurt if not loved back or if loved poorly. But we waste so much of life's energy by deliberating who and what shall be worthy of our love when in the deepest elemental sense, these choices are not in our province, any more than rain can choose what it shall fall upon.

In truth, the more we let love flow, the more we have to love. This is the inner glow that sages and saints of all ages seem to share: the wash of their love over everything before them; not just people, but birds and rocks and flowers and air.

Beneath the many choices we have to make, love, like water, flows back into the world through us. It is the one great secret available to all. Yet somewhere the misperception has been enshrined that to withhold love will stop hurt. It is the other way around. As water soaks scars, love soothes our wounds. If opened to, love will accept the angrily thrown stone, and our small tears will lose some of their burn in the great ocean of tears, and the arrow released to the bottom of the river will lose its point. Only love with no thought of return can soften the point of suffering.

- See more at: <http://www.awakin.org/read/view.php?tid=2103#sthash.XHW79Nr9.dpuf>



## 8. The Gift of New Eyes

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

--by Rachel Naomi Remen (Sep 14, 2015)

Many years ago, I had just given a talk on the messages, both positive and negative, that we convey to our patients without our awareness; sometimes with words but often with just our tone of voice, our touch, our facial expression or the way in which we listen. At the end of the talk, I was standing with those who wanted to share their thoughts and discuss things a little more when a student came up to me, slipped a little piece of paper into the pocket of my white coat and walked off. I carried it around forgotten for almost a week. When I finally found it I was looking for something else (a lifelong pattern of mine). He had put together some lines from two other poems:

I had a dream  
That honeybees were making honey in my heart  
Out of my old failures.  
There is no right or wrong  
Beyond the right and the wrong  
There is a field.  
I'll meet you there.

I have never had the chance to thank him for the healing and the gift of new eyes. As a patient myself I knew how strengthening and life transforming such genuine meetings can be. How they open new possibilities. Perhaps this poem is the message that education needs to deliver to every student. It is a message for all of us as well.

- See more at: <http://www.awakin.org/read/view.php?tid=1054#sthash.BObZaR5x.dpuf>



## 9. Awareness is Profound Interest

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

--by J. Krishnamurti (Sep 21, 2015)

The man who wants to improve himself can never be aware, because improvement implies condemnation and the achievement of a result; whereas in awareness there is observation without condemnation, without denial or acceptance. That awareness begins with outward things, being aware, being in contact with objects, with nature. First, there is awareness of things about one, being sensitive to objects, to nature, then to people, which means relationship; then there is awareness of ideas. This awareness - being sensitive to things, to nature, to people, to ideas- is not made up of separate processes, but is one unitary process.



It is a constant observation of everything, of every thought and feeling and action as they arise within oneself. As awareness is not condemnatory, there is no accumulation. You condemn only when you have a standard, which means there is accumulation and therefore improvement of the self. Awareness is to understand the activities of the self, the 'I', in its relationship with people, with ideas, and with things.

That awareness is from moment to moment, and therefore it cannot be practiced. When you practice a thing, it becomes a habit, and awareness is not habit. A mind that is habitual is insensitive, a mind that is functioning within the groove of a particular action is dull, unpliant; whereas awareness demands constant pliability, alertness.

This is not difficult. It is what you actually do when you are interested in something, when you are interested in watching your child, your wife, your plants, the trees, the birds. You observe without condemnation, without identification; therefore in that observation there is complete communion: the observer and the observed are completely in communion. This actually takes place when you are deeply, profoundly interested in something.

- See more at: <http://www.awakin.org/read/view.php?tid=2114#sthash.7ht0lhq0.dpuf>

## 10. Compassion: an Objective Form of Empathy

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

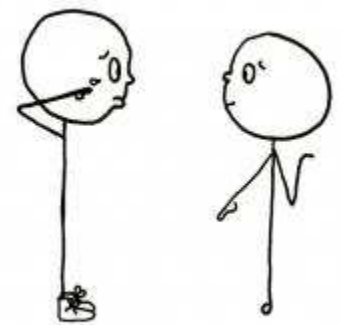
--by [Jeff Weiner](#) (Sep 28, 2015)

As the Dalai Lama explains, if you are walking along a trail and come along a person who is being crushed by a boulder, an empathetic reaction would result in you feeling the same sense of crushing suffocation and render you unable to help. The compassionate reaction would put you in the sufferer's shoes, thinking this person must be experiencing horrible pain so you're going to do everything in your power to remove the boulder and alleviate their suffering. Put another way, compassion is a more objective form of empathy. This idea of seeing things clearly through another person's perspective can be invaluable when it comes to relating with others, particularly in tense work situations.

For example, when strongly disagreeing with another, most of us have a tendency to see things solely through our own world view. In those situations, some will immediately assume that the other person is ignorant and/or has nefarious intentions. Your mind immediately turns to the thought, "How could they possibly not agree with me?"

In these circumstances, it can be constructive to take a minute to understand why the other person has reached the conclusion that they have. For instance, what in their background has led them to take that position? Do they have the appropriate experience to be making optimal decisions? Are they fearful of a particular outcome that may not be obvious at surface level? Asking yourself these questions, and more importantly, asking the other person these questions, can take what would otherwise be a challenging situation and transform it into a coachable moment and truly collaborative experience.

- See more at: <http://www.awakin.org/read/view.php?tid=2113#sthash.dF2NRMZI.dpuf>



Mind if I try those on for a moment?

## 11. Three German Student Surprise A Homeless Guy

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

This sweet film is a heartwarming story of compassion and creativity. By using the universal power of music, walls are brought down to expose a universal issue. It also highlights the ability we all have to bring about change, simply by making a positive difference to someone's day. - See more at:

<http://www.karmatube.org/videos.php?id=5356#sthash.IRWzSFM6.dpuf>

## 12. Seeds: A Story of Uncommon Change

Reprinted from [www.KarmaTube.org](http://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.ein5nMEq.dpuf>

## 13. Say It Like It Is: The World Is Coming To An End

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

There is no holding back in this powerful film featuring spoken-word artist Prince Ea. His lyrics are on point, wrapping all of society's faults and failings into a tight little ball before firing it straight at us. He lays out the problems but also the solution - "real love, true love, boundless love." "So yes, the world is coming to an end, and the path towards a new beginning starts within you." - See more at:

<http://www.karmatube.org/videos.php?id=5446#sthash.pOFq53HO.dpuf>

## 14. The Hidden Power of Smiling

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

While you are learning about the many, many benefits of smiling, you will find yourself smiling the whole time you are watching this video! - See more at:

<http://www.karmatube.org/videos.php?id=2349#sthash.r4vdY8dg.dpuf>

## 15. Food Runners

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

There are over 800 million undernourished people in the world today. Hunger and malnutrition are in fact the number one risk to health worldwide. Yet there is enough food in the world to feed everyone. In San Francisco, California, 1 out of 4 people go hungry at some point during the month. There are also more than 4,000 restaurants in the city that throw away excess food. Mary Risley, founder of Tante Marie's Cooking School, decided to do something to prevent that. In 1987, together with a small group of women, she started a grassroots initiative called Food Runners to help alleviate hunger, prevent food waste, and create community. San Franciscans connecting with other San Franciscans. - See more at: <http://www.karmatube.org/videos.php?id=5058#sthash.kB51oVaS.dpuf>

## 16. Where Has The Human Connection Gone?

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

Life can feel like a whirlwind of activity moving at a rapid and sometimes overwhelming pace. A simple social experiment, conducted in a public space, challenges this characteristic of our modern world by asking that people stop to share one minute of eye contact with a stranger. It had a profound effect on the people who participated and also on those who observed. In capturing those reactions, this film will continue to resonate throughout the global community. "We are like islands in the sea, separate on the surface but connected in the deep." ~ William James. - See more at: <http://www.karmatube.org/videos.php?id=6803#sthash.MHqOIWC9.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.

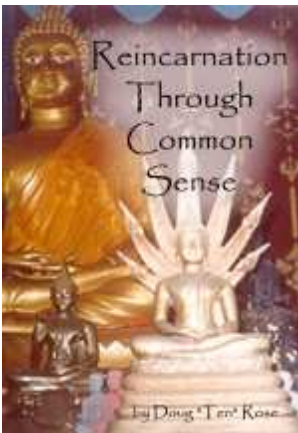
## 24. OM Websites

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

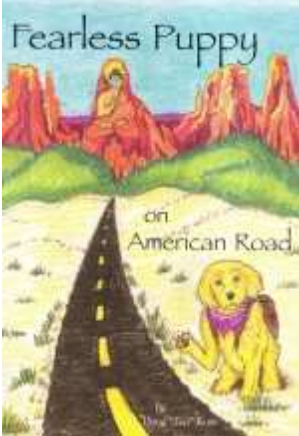
times, too.

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

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

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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