

Serving your personal journey toward enlightenment...

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

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

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

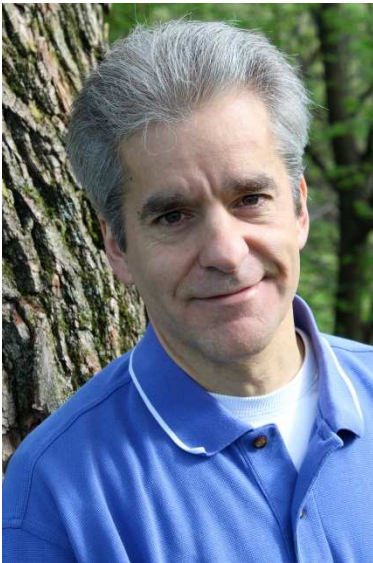
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Where do you find your inspiration?

Where do you find your inspiration? The answer to this question will pave your way to peace, joy, and love.

There are many forms of inspiration. Perhaps it is in words; in a poem or story. Perhaps it is in children. Maybe you are inspired by family members, friends, or celebrities. Your inspiration may come from nature—the land or oceans—or from the infinite wonder of the heavens. You may be inspired by animals, or flowers, or a kind gesture shown to someone by another.

Whatever inspires you, embrace it. Allow it to enter your very being and lead you to live the life you have always wanted to live—a life you are destined to live.

All of us could use some inspiration in our lives. All of us can use a 'pick-me-up' now and then. Until you discover your very own personal reservoir of inspiration, allow that which inspires you to lift you up and carry you to new heights of freedom and majesty.

Let your wings take flight and allow your soul to soar...high, high above the confusion and malaise of this world. This is not where you are supposed to be. Allow life to show you its majesty. Allow life to be your strength as you walk each day in gratitude and grace. Allow the winds of change to gently caress you and lead you where you need to go. Don't resist.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

Healing

To heal it is not needful to allow
The thought of bodies to engulf your mind
In darkness and illusions. Healing is
Escape from all such thoughts. You hold instead
Only a single thought, which teaches you
Your brother is united with your mind,
So bodily intrusions on his peace
Cannot arise to jeopardize the Son
Whom God created sinless as Himself.
Think never of the body. Healing is
The thought of unity. Forget all things
That seem to separate. Your brother's pain
Has but one remedy; the same as yours.
He must be whole, because he joins with you,
And you are healed, because you join with him.

Helene Schucman

3. Quote or Question

"Judgement is the hard face of insecurity, the unforgiving face of fear..."

~ Richard Harvey, "The Flight of Consciousness: A Contemporary Map for the Spiritual Journey", Ashgrove Publishing, London and Bath, page 45.

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 – November 2015

The Wall—Stand Still or Move Forward

Your world can go no further. There is a wall, impenetrable to those who do not understand it, which ensures the fine destiny of your world and your physical earth. However, kindly understand that the stature, composition and permeability of this wall is flexible and variable. Any and all individuals have the opportunity to understand this structure and, in so doing, may traverse it to advance towards transformative lives of perfection and hence freedom.

This wall around your planet is also around its citizens, societies and nations. This structure is not to emphasize the disunity of your world. No indeed. It is to emphasize the tremendous thirst and hunger you have as universal citizens to *unify* your world.

It has been said many times over that the destiny of your world and your planet is one of elevation so that all your citizens may be joyfully united with other members of a vast community which spans many of your planets, galaxies and dimensions. This destiny has not changed. What has altered, rather, is your understanding of limitation and how to overcome it. Hence, the presence of this vibrating and transformative wall.

Let us explain.

Imagine that you are standing on the surface and in the middle of a great sea. All around you waves are colliding. Yet, you find yourself in the centre of this chaotic movement, unaffected and in stillness, exquisitely anchored in the calmness found in the middle of this great expanse of water. Why is this so? You have discovered here that the great wall which holds back the confusion of the waves also transforms you and raises you up to a higher positioning of your divine life-force.

It is to be remembered that in your physical world, the wall of which we speak has an inner and an outer surface. On one side of the structure you may witness the shadow world and on the other side, the world of progress upwards to the vibrant and living expression of all that is Light.

Hence, we ask you to contemplate the following: is this wall which surrounds your being, your thoughts, your actions, your hopes and ideals, placed in such a fashion as to hinder your spiritual progress or to further it?

Kindly understand that this wall has not been positioned arbitrarily around yourselves, your nations and your planet. It is in place to ensure that, as you awaken to a greater world, you have the opportunity to reflect upon both choices found in the following question: do I wish to be blocked and stand still or do I understand that the wall will yield and reshape itself to my spiritual transformation if I determine it to be so? The answer you

choose will determine the direction of your life and will influence existence upon your planet, within your world and well beyond it.

Many of you have already chosen wisely. This we know and understand. Kindly remember that, you, your world and your citizens are much cherished and we are grateful for your pure intentions and actions.



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.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

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

This short excerpt from the feature documentary film, Flying Paper, is an uplifting story of Palestinian children in Gaza engaged in the age-old tradition of kite making and flying. The driving narrative of the film centers on a remarkable quest, but showcases the determination and artistic expression of the youth that come together to achieve a shared goal. This quest is a beautiful form of creative resistance and resilience in the face of the daily difficulties endured by the children of Gaza. <http://www.karmatube.org/videos.php?id=5431> **Be The Change:** Pass on a family tradition, craft or custom to the young people in your life.

Kees Veldboer and his wife Ineke, a nurse, started Stichting Ambulance Wens or the Ambulance Wish Foundation to fulfill last wishes of terminally ill patients. Eight years later with 230 volunteers, six ambulances and a holiday home, the service has fulfilled almost 7,000 last wishes.

<http://www.dailygood.org/more.php?n=6479> **Be The Change:** Find the way to fulfill someone's deep wish today, perhaps even your own.

Dr. Vijayalakshmi Deshmane is one of India's most reputed oncologists who dedicates her life to service through medicine. But, when she was just a child, born into a "backward caste" and a socio-economically disadvantaged family living in the slums of India, with little access to food and basic amenities, leave alone educational opportunities, it was not obvious she would have such an illustrious career. Yet, through her family's and her own efforts, she defeated the odds stacked against her. In this interview, Dr. Deshmane describes her incredible journey of personal and social transformation -- fostered through love, service, community, and faith -- that led her from a childhood selling vegetables with her mother to being a leading breast cancer specialist. <http://www.dailygood.org/more.php?n=6480> **Be The Change:** Reflect on a dream or aspiration you have long held, but hesitated to pursue -- what little or big step can you take today towards that dream?

One of our most firmly entrenched ideas of masculinity is that men don't cry. But historical and literary evidence suggests that, in the past, male weeping was regarded as normal in almost every part of the world for most of recorded history. Consider Homer's Iliad, in which the entire Greek army bursts into unanimous tears no less than three times... <http://www.dailygood.org/more.php?n=6482> **Be The Change:** Ask yourself why the quality of feeling awakened by music or poetry or sad news of a loved one that brings us to tears should be limited by a gender.

We think we know beauty through sight, but these four visually impaired people envision beauty in a different form. Robert, Sheila, Sean, and Virginia describe how they visualize beauty through aspects such as a person's character, or through experience, such as the smell of warm, baked cookies or grass beneath ones feet. Beauty becomes an experience of living and finding joy -- the most beautiful thing in the world.

<http://www.karmatube.org/videos.php?id=5111> **Be The Change:** Beauty reaches beyond sight. Begin to recognize beauty through your experiences.

Years of research by Stanford psychologist Carol Dweck highlights the power of our beliefs, both conscious and unconscious, in shaping almost every aspect of our lives. "One of the most basic beliefs we carry about ourselves...has to do with how we view and inhabit what we consider to be our personality. A 'fixed mindset' assumes that our character, intelligence, and creative ability are static givens which we can't change in any

meaningful way...A 'growth mindset,' on the other hand, thrives on challenge and sees failure not as evidence of unintelligence but as a heartening springboard for growth and for stretching our existing abilities. Out of these two mindsets, which we manifest from a very early age, springs a great deal of our behavior, our relationship with success and failure in both professional and personal contexts, and ultimately our capacity for happiness." <http://www.dailygood.org/story/1145/fixed-vs-growth-the-two-basic-mindsets-that-shape-our-lives-maria-popova/> **Be The Change:** Think about a time when a setback made you feel as if you were not cut out for something you love. How can you look at that set back as an opportunity to learn and grow instead?

If you are like most people, you probably find yourself easily distracted or preoccupied by needless thoughts. So in an effort for you to gain control of your ability to concentrate, Dr. Rick Hanson, a psychologist and the author of several books, details seven important steps you can take to keep your wandering mind focused and centered. <http://www.dailygood.org/story/1147/just-one-thing-pay-attention-rick-hanson/> **Be The Change:** Today, try experimenting with one or more of the steps recommended in the article.

"Although poetry itself exerts a singular power over the human spirit... it is hardly a power that comes easily to the poet." In his poem, titled "How to Be a Poet (to remind myself)," the wise and wonderful poet Wendell Berry reminds us of the "vitalizing power of silence and stillness and self-refinement" which are so essential to being a poet, an artist of any kind, and really, a complete human being. <http://www.dailygood.org/story/1148/wendell-berry-on-how-to-be-a-poet-and-a-complete-human-being-maria-popova/> **Be The Change:** Take a few moments today to be immersed in silence.

"In a world where hoarding wealth is considered the norm, giving money to complete strangers -- with no strings attached -- seems like a radical idea. Yet, for the hundreds who have taken part in Free Money Day since its humble beginnings in 2011, there is a knowing that greater sharing is needed in this world -- now more than ever." <http://www.dailygood.org/more.php?n=6464> **Be The Change:** What gift can you give to someone today, big or small, with no strings attached?

Why are we so hesitant to offer kindness to self? When thinking of others, it feels good to share the deeper qualities of compassion -- qualities such as tenderness, understanding, and acceptance. And, yet? We experience so many hindrances in offering the same to self. In this must read article, author Kristin Neff tackles the misconceptions surrounding self-compassion. <http://www.dailygood.org/story/1150/the-5-myths-of-self-compassion-kristin-neff/> **Be The Change:** Take a moment to actively engage in the practice of self-compassion. Whether simply a moment alone, or an evening out with friends -- explore the many benefits compassion brings.

Rudy Corpuz, an anti-violence activist was born and raised in San Francisco in the 1970s and 80s in a neighborhood where drugs and gangs were the norm. He had a rough start, never graduated from high school, didn't start reading until he was in the eighth grade, dealt and did drugs, and was a gang leader. He then had a magical turning point, a "a dramatic change of heart" that catapulted him into transformation, leading him to start United Playaz, an organization that is trying to make the SoMa neighborhood in San Francisco a safer place by working with youth on violence prevention and leadership through street outreach, case management, in-school service, recreational activities, and support to incarcerated youth. Read this article to learn more about Corpuz's journey from a gang member to a peace activist. <http://www.dailygood.org/story/1140/it-takes-a-hood-to-save-the-hood-awakin-call-transcript/> **Be The Change:** Moved by love, Corpuz is working to transform his neighborhood, and in turn has himself been transformed. Take a few moments to reflect on experiences of transformation spurred by love's labor in your own life.

Tucked away in a rural village about 40 minutes drive from the city centre of Medan, Indonesia, is a small school bursting with love. Abdi Kasih, which means "dedication with love" was born out of one woman's transformation from pity to love for children with intellectual challenges. Watch as one of the volunteers describes the changes that she has experienced in her own approach to life after spending a year with the

children of this school. <http://www.karmatube.org/videos.php?id=4869> **Be The Change:** Open yourself up to the possibility of learning a profound life lesson from a child. What has a child taught you?

Since the beginning of time, the battle between good and evil has always been at the forefront of human existence. But only until recently has science started to help better understand the complexities of it all. And just as good and bad are linked, science also reveals how our inner world and the external one are tied together. The overall takeaway? If you want to find and foster the good in society, you need to start by searching for the goodness inside yourself. <http://www.dailygood.org/story/1153/how-science-helps-us-find-the-good-jeremy-adam-smith/> **Be The Change:** Do something today to affirm and nurture the goodness within you.

What is the secret to a happy life? Ask anyone you know, and each will provide a different and widely varying response. In 1938, 268 men volunteered for a intriguing study conducted by Harvard University -- one in which their personal happiness might be measured throughout the years. Though no single study could ever predict the outcome of a man's life, there were some interesting revelations. Two of the most important lessons learned? Omnia vincit amor, or "love conquers all." And, the other? All men have the capacity to change. Read more of this fascinating study to learn from those who have truly discovered happiness in life. <http://www.dailygood.org/story/1154/what-are-the-secrets-to-a-happy-life-george-e-vallant/>

Be The Change: Take a moment each day to reflect on your life. What is it that brings you the most happiness and joy?

6. Compassion Really Cannot Be Considered A Virtue

Reprinted from www.awakin.org.

--by [Swami Dayananda Saraswati](#) (Oct 05, 2015)

Ego and pride are closely related, almost synonymous effects born of the same cause, ignorance of the relationship of the individualized sense of I with the world. (...) Although, graced by free will, I have the power to choose my actions, I have no power over the actual result of the action chosen; the result I anticipate can never be more than a probability among possibilities. I do not produce the result. The result of any act of mine, occurs both as the product of materials that I have not authored as well as the outcome of many circumstances, past and present, known and unknown, which must operate in concert for the given result to occur.



If my strong skillful arm throws the winning pass in the final seconds of an American football game, the material and circumstantial factors that come together to produce this are too many for the final result to be a matter for personal pride. I am neither the creator of the football itself nor of my athletic body. Many people and experiences contributed to the development of the skill in the arm that threw the ball. I am not responsible for the clearing of the rainstorm so that the game did not have to be canceled, or for the sharp earth tremor that occurred 60 seconds after my pass, since a minute earlier, my pass would have been spoiled. Nor can I claim credit for my colleague for who caught the pass to convert the possibility into the winning points.

Pride and ego, when examined, become so silly that humility really cannot be considered a virtue. Humility is simply understanding the world, including myself, because I am part of the world, just as it is. When I

understand things as they are, I will be neither proud nor will I be self-condemning. Self-condemnation also is an expression of the ego (...), to be cleansed by the understanding that there is no locus for condemnation other than a particular thought. (...) I see that personal credit for anything is irrelevant and cannot be substantiated. I simply enjoy the world as a field for the discovery of knowledge, without pride, without egotism.

- See more at: <http://www.awakin.org/read/view.php?tid=2120#sthash.pb2NeHwU.dpuf>

7. We Are What We Choose To Be

Reprinted from www.awakin.org.

--by [Dawna Markova](#) (Oct 12, 2015)

On rare and precious moments, someone will tell me about when he used to play the saxophone or when she used to dream about opening a halfway house for abused women or when he thought he could mentor boys in the inner city or when she was going to write a book about how she made it through her childhood. And they light up. There is no other way to describe what happens. Their cheeks flush, their bodies become animated, their voices are electric as they speak. For a moment, the clock stops ticking. Then they pause, shake themselves the way a dog does on a hot day after swimming in a cool lake, and they crawl back in their girdle, talk about money and time and reasons why not. "Well, (...) I am not the sort of a person who could just... I wouldn't feel like me that way." I watch heart failures as the clock begins to tick again.



My son once told me he didn't want to grow up to be a man because they all seemed like they were walking dead. I came back from being dead realizing we are totally free to live fully alive. Now. In this moment. Free to define ourselves. We are what we choose to be. I don't mean free to have. I mean free to be. I know many among us don't have sufficient nourishment, space, education. But I also remember learning how Nelson Mandela sang of freedom at the top of his lungs on a boat while being taken to prison. And I remember the Jamaican angel who swept the floors in a hospital and whispered words to me in the dark of the night that changed everything: "You are more than your fear." I know there are others among us who have more food than they can ever eat, bigger houses than they can ever occupy, more education than they can ever use, and still they suffer from spiritual insufficiency and lack of the kind of nourishment that a sense of purpose brings. Most of us would never dare sing at the top of our lungs on a boat for fear of being embarrassed!

Parker Palmer (...) wrote, "No punishment anyone might inflict on us could possibly be worse than the punishment we inflict on ourselves by conspiring in our own diminishment."

- See more at: <http://www.awakin.org/read/view.php?tid=2119#sthash.dU9XIY9r.dpuf>

8. Lessening the Power of Negative Emotions

Reprinted from www.awakin.org.

--by [The Dalai Lama](#) (Oct 19, 2015)

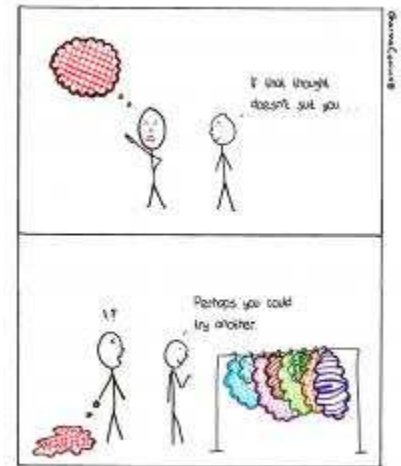
I profoundly believe that real spiritual change comes about not by merely praying or wishing that all negative aspects of our minds disappear and all positive aspects blossom. It is only by our concerted effort, an effort based on an understanding of how the mind and its various emotional and psychological states interact, that we bring about true spiritual progress. If we wish to lessen the power of negative emotions, we must search for the causes that give rise to them. We must work at removing or uprooting those causes. At the same time, we must enhance the mental forces that counter them: what we might call their antidotes. This is how a meditator must gradually bring about the mental transformation he or she seeks.

How do we undertake this? First we identify our particular virtue's opposing factors. The opposing factor of humility would be pride or vanity. The opposing factor of generosity would be stinginess. After identifying these factors, we must endeavor to weaken and undermine them. While we are focused on these opposing factors, we must also be fanning the flames of the virtuous quality we hope to internalize. When we feel most stingy, we must make an extra effort to be generous. When we feel impatient or judgmental, we must do our utmost to be patient.

When we recognize how our thoughts have particular effects upon our psychological states, we can prepare ourselves for them. We will then know that when one state of mind arises, we must counter it in a particular way; and if another occurs, we must act appropriately. When we see our mind drifting toward angry thoughts of someone we dislike, we must catch ourselves; we must change our mind by changing the subject. It is difficult to hold back from anger when provoked unless we have trained our mind to first recollect the unpleasant effects such thoughts will cause us. It is therefore essential that we begin our training in patience calmly, not while experiencing anger. We must recall in detail how, when angry, we lose our peace of mind, how we are unable to concentrate on our work, and how unpleasant we become to those around us. It is by thinking long and hard in this manner that we eventually become able to refrain from anger.

One renowned Tibetan hermit limited his practice to watching his mind. He drew a black mark on the wall of his room whenever he had an unvirtuous thought. Initially his walls were all black; however, as he became more mindful, his thoughts became more virtuous and white marks began to replace the black ones. We must apply similar mindfulness in our daily lives.

- See more at: <http://www.awakin.org/read/view.php?tid=2116#sthash.3OHSC4Lj.dpuf>



9. Death is Life's Door

Reprinted from www.awakin.org.

--by Paul Fleischman (Oct 26, 2015)

(Note from the Editors: 'Sitting' here refers to seated meditation)

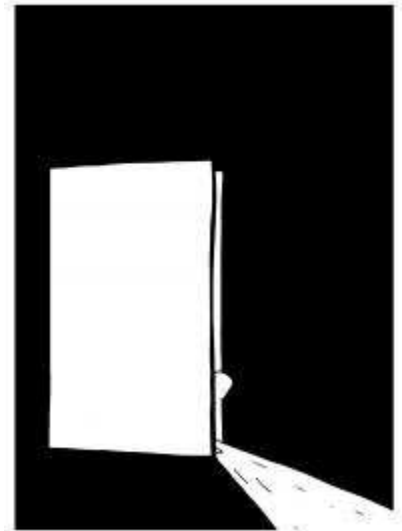
Sitting enabled me to see, and compelled me to acknowledge, the role that death had already played, and still continues to play, in my life. Every living creature knows that the sum total of its pulsations is limited. As a child I wondered: Where was I before I was born? Where will I be after I die? How long is forever and when does it end? The high school student of history knew that every hero died; I saw the colors of empires wash back and forth over the maps in the books like tides. (Not me!) Where can I turn that impermanence is not the law? I try to hide from this as well as I can, behind my youth (already wrinkling, first around the eyes, and graying), and health insurance: but no hideout works.

Every day ends with darkness; things must get done today or they will not happen at all. And, funny, rather than sapping my appetite, producing "nausea," (...) the pressure of nightfall helps me to treasure life. Isn't this the most universal human observation and counsel? I aim each swing of the maul more accurately at the cracks in the oak cordwood I am splitting. I choose each book I read with precision and reason. I hear the call to care for and love my child and the forest trails that I maintain as a pure ringing note of mandate. I sit at the dawn of day and day passes. Another dawn, but the series is limited, so I swear in my inner chamber I will not miss a day.

Sitting rivets me on the psychological fact that death is life's door. No power can save me. Because I am aware of death, and afraid, I lean my shoulder into living not automatically and reactively, like an animal, nor passively and pleadingly, like a child pretending he has a father watching over him, but with conscious choice and decision of what will constitute each fleeting moment of my life. I know that my petals cup a volatile radiance. But to keep this in mind in turn requires that an ordinary escapist constantly re-encounters the limit, the metronome of appreciation, death.

I sit because knowing I will die enriches, and excoriates my life, so I have to go out of my way to seek discipline and the stability that is necessary for me to really face it. To embrace life I must shake hands with death. For this, I need practice. Each act of sitting is a dying to outward activity, a relinquishment of distraction, a cessation of anticipatory gratification. It is life now, as it is. Some day this austere focus will come in very, very handy. It already has.

- See more at: <http://www.awakin.org/read/view.php?tid=2125#sthash.76rMyZiW.dpuf>



10. 7,200 Kites Flying for Peace and Dignity

Reprinted from www.KarmaTube.org.

This short excerpt from the feature documentary film, Flying Paper, is an uplifting story of Palestinian children in Gaza engaged in the age-old tradition of kite making and flying. The driving narrative of the film centers on a remarkable quest, but showcases the determination and artistic expression of the youth that come together to achieve a shared goal. This quest is a beautiful form of creative resistance and resilience in the face of the daily difficulties endured by the children of Gaza. - See more at:

<http://www.karmatube.org/videos.php?id=5431#sthash.PjGBErT2.dpuf>

11. The Beauty We Can't See

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We think we know beauty through sight, but these four visually impaired people envision beauty in a different form. Robert, Sheila, Sean, and Virginia describe how they visualize beauty through aspects such as a person's character, or through experience, such as the smell of warm, baked cookies or grass beneath one's feet. When life consists of nothing but feelings, going to the beach and sitting by the shore is beauty with its calm and peace. Losing one's sight means also losing one's judgment. Beauty becomes an experience of living and finding joy — the most beautiful thing in the world. - See more at:

<http://www.karmatube.org/videos.php?id=5111#sthash.iyQSqo5M.dpuf>

12. Why These Kids Love School

Reprinted from www.KarmaTube.org.

Tucked away in a rural village about 40 minutes drive from the city centre of Medan, Indonesia, is a small school bursting with love. Abdi Kasih, which means "dedication with love" was born out of one woman's transformation from pity to love for children with intellectual challenges. Watch as one of the volunteers describes the changes that she has experienced in her own approach to life after spending a year with the children of this school. - See more at:

<http://www.karmatube.org/videos.php?id=4869#sthash.8fSWQ8dk.dpuf>

13. Two Little Pieces of Chocolate

Reprinted from www.KarmaTube.org.

Francine Christophe was born in 1933, the same year that Adolph Hitler took power in Germany. When she was eight years old, she and her mother were deported to the Bergen-Belsen concentration camp. In this interview for "Human," a film project directed by photographer, Yann Arthus-Bertrand, she recounts an extraordinary tale of generosity at a time of great privation. - See more at:

<http://www.karmatube.org/videos.php?id=6829#sthash.WEyVCoMr.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 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.
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.

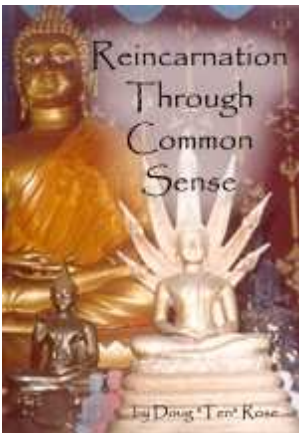
21. OM Websites

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

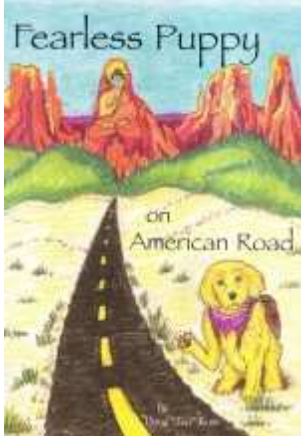
times, too.

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. [ACARelationship.Com](http://www.ACARelationship.Com)

The Right Place for the Right One!

ACARelationship.Com has the Divine being inspired solution for you...

Today, there are people online using WWW.ACARelationship.Com self-study, relationship training course-membership program, designed for singles and couples alike who are capable of establishing, maintaining or enhancing, compatible assured relationships, (**CARs**). **(Mature individuals, with a variety of spiritual backgrounds and relationship goals, become members of ACARelationship.Com. for insight into long term, satisfying and safe relationship development.)**

The silent tears and prayer that went into the development and revamping of the long awaited Website, WWW.ACARelationship.Com, self-study course of study membership program, came after the sudden, unexpected death of wife Audrey, on a sunny day in November. Therefore, we can contribute WWW.ACARelationship.Com.'s manifestation to God's hand, reaching out for Audrey and making her

husband Tyrone, pause to remember the “Until Death Do Us Part” marriage vow, retained in their relationship for 31yrs. Heartache, pain and sorrow type emotions were poured into what Tyrone knew his wife Audrey, would have supported, in the darkest periods of his relationship life.

WWW.ACARelationship.Com.’s Course of Study content, was adapted in part from the Mohawk College, “A Lover’s Check-Up” Compatibility Course 101, developed and lead, from the Continuing Education Department, until Dr. T.’s retirement. The knowledge gained from being a post graduate, from the Canadian Human Rights College of Canada, a Conflict Resolution Certificate from the Canadian Institute of Peace Conflict Studies and being a U.S. Vice President’s Task Force on Youth Motivation Award recipient, provided some educational background, which allows Dr. T. Childs to welcome a diverse group of individuals to the new insightful ACAR program activities and services. **(Including optional relationship coaching in the privacy of an individual’s home, without security concern, because Dr. T. believes, if God is for you, no man can stand against you!)**

Dr. T. Childs believes that since men typically think with less concern about going for a regular medical check-up, why not take a Relationship “Check-Up” and at least keep relationships healthy? Every day, many successful single and spiritually connected Men and Women look to WWW.ACARelationship.Com’s self-study online course membership program, to invest time and energy toward understanding the mechanics involved, when meeting and/or connecting with a God sent, “Mr. or Ms. Right,” while establishing or enhancing compatible assured relationships, (**CARs**) as they continue to take care of the day-to-day aspects of a hectic life style. **(ACARelationship.Com “Star” Members are certified, when demonstrate a relationship style transformation, expected of self or significant other, upon the completion of ACAR’s membership program package.)**

Research has shown that many individuals living a high pressured life style today are not using appropriate vehicles to communicate or express their inner most thoughts, to a significant other/lover, or mate, hence the WWW.ACARelationship.com Relationship Course Program helps. Dr. T Childs says, “A joint effort to help keep relationships going strong is what WWW.ACARelationship.Com is driving toward, which provides the necessary roadmap to **A Compatible Assured Relationship.**” (**ACAR’s**) **(In 2011 about 1 in 5 couples, in their late 50s, were divorced or separated. 21.6% women, 18.9% men. An imperfect situation.)**

An obtainable primary objective of ACAR members, taking the complete course-of-study program service, has been to increase ones knowledge base, about a lovers’ style or significant others’ emotional love behavior (**Compatibility**) and get an understanding of the God inspired love language used, as it affects and relates to compatible assured relationships. (**CARs**) **(The WWW.ACARelationship.Com. program, can be a valuable tool, to pull out of your relationship toolkit and crank-up the love language and relationship style used.)**

WWW.ACARelationship.Com has had members who were not looking for long-term commitments or marriage as a goal, until completing the “Star” membership program and course topics, including those dealing with aspects of Relationship Perspective; **(What is Love?)**, Commitment **(Failure, Faith or Phobia?)**, Infidelity **(The ‘Why’ of Cheating1)** and Relationship Issues **(Jealousy and Sexuality)**. Encounter workshop topics may explore some carnal aspects of casual dating desires, within non-commitment relationships however, ones thinking should be changed, when acquiring long term compatible relationship knowledge, at the **(2days/3nights)** Encounter Retreats, ACARelationship.Com offers, in the ‘Love Capital’ of North America, Niagara Falls Canada.

Individuals, who take the complete ACAR “Star” Membership package, shall have every opportunity to obtain WWW.ACARelationship.Com resource services for life, like an Advice Line (**Pay Per Call 24/7 1-800**) to personally discuss relationship matters related to the course. Members may take Independent Traveler’s cruise holiday/vacation or resort with other WWW.ACARelationship.Com ‘Star’ members. Individual statistics are not in yet on the number of relationships and/or marriages saved however enhanced but, many **ACAR** members

express thanks for the multiple benefits received. **(We do know, for the first time in Canadian history, there are more unmarried people than legally married people age 15 and over in the country.)**

If you are an individual who does not know 'the how' in maintaining, enhancing or developing a compatible assured relationship (**ACAR**), like many others in today's society, make the choice to learn from WWW.ACARelationship.Com program and receive a life time of relationship services. ACARelationship.Com want you to attain the knowledge base necessary to have what you want in your relationship life. We think, like in the Bible, "A wife does well to remember that in God's view, a quiet and mild spirit is of great value." **(Peter)** This is also very useful for husbands as well, so it's time to change their thinking about sex and sexuality, therefore stopping the association of shame and blame, within the context of relationships and achieve compatibility via the use of WWW.ACarelationship.Com content! **(Relationship workshops, lectures and services are offered as a "Free" public service resource to non-profit and ecclesiastical assembles for fundraising, in the Global Community, upon request.)** Director,

Dr. T. Childs info@acarelationship.com acarelationship@gmail.com **(To God be the Glory!)**

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

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