

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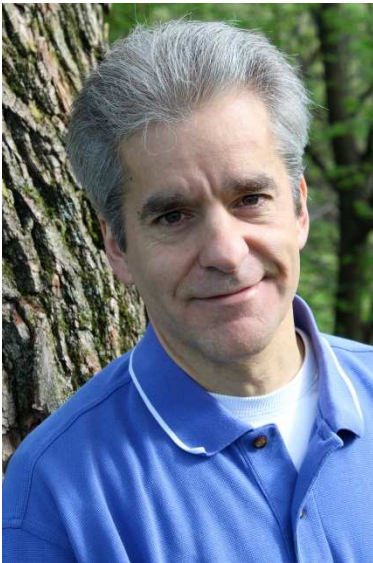
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



What to do when things don't go exactly as you planned?

As I write this message, I have just completed a 6-month process of moving from one home into another home. The journey appears to have been one of four distinct phases.

Phase 1 began in June with the decision to actually sell the house we had been living in for four years. This decision kicked off a flurry of activity to get the house ready for sale. This meant undertaking a few, minor repairs around the house, giving the house a thorough cleaning, and eliminating the clutter that had built up over the years.

Phase 2 began in July when the 'For Sale' sign went up in front of the house. This Phase was marked by keeping the house extraordinarily clean at all times and having to vacate the house whenever a potential buyer wanted to come and view the house.

Once the house sold at the beginning of September, Phase 3 began. Phase 3 was all about finding a new home to move to. We found a new home in mid-October.

Phase 4, the final stage that we just completed, included packing up the house we had been living in and moving to our new home. This Phase had the very interesting element of beginning renovations of our new home before we moved in.

In each of the four Phases mentioned above, there were times when things did not go exactly as planned (said with a smile on my face...). My approach to each of these little (some were big) hiccups was to reset the 'plan' and carry on. Until, of course, the next hiccup came along and then another adjustment was made.

Each time I made an adjustment, however, I could feel the tension building. I was losing control. The situation had created its own energy and I was caught up in that energy of change. As the tension built, I felt more and more like I was trying to swim upstream, against the current.

It was only when I was able to 'let go' and 'go with the flow' of the current that the tension was released. And that moment of release was always met with laughter. When things became too intense, too insane, too crazy, I would just laugh.



So...what to do when things don't go exactly as planned? Just laugh. In that laughter is the divine wisdom that life is not happening to you, but life is happening for you. In that laughter is the surrender to the events around you. In that laughter is your freedom and peace.

There is a saying, 'we plan and God laughs.' I invite you to laugh along with him/her. 😊

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Morning

How lovely is the morning! All the things
Of earth are fresh and newly born again.
The ravages that seemed to wear away
The newness in which yesterday began
Have been restored. The world's recovery
Shines on each blade of grass and every leaf
That sings again of morning. And God's Voice
Calls to His Son to make another choice.

Helene Schucman

3. Quote or Question

"What seems to be the fear of death is really its attraction."

(A Course in Miracles, T-19.IV.C.1.5)

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 – December 2015

Holographic Insertion and Discernment-Part One

As you are well aware, there are a multitude of dimensions and universes whose frequencies lie close to your material world and others who vibrate in less dense physicality. Hence, some of these creations vibrate in resonance to your world and others vibrate in harmonic frequencies and patterns which are divergent from your world.

Among your planet and others, lie dimensions and oscillating regions which pulsate not only at a distinct frequency, but in a different manner. Many of these vibrational locations cannot be detected by your instruments at this time. To discover such a magnitude of intelligence and vibration would at present create overwhelming waves of confusion within your emotional systems and your intellectual capabilities.

Kindly understand that we do not diminish your way of being and thinking. It is to be remembered, gentle people of this planet, that there is a great need for your citizens to comprehend the following: the furtherance of exceptional scientific discovery can only be made once your world has understood that all life in all dimensions, physical and non-physical vibrates within its home of unconditional love, fellowship and sharing. The deeper the peace upon your world, the greater the opportunity for growth and expansion in all facets of your societies and the more significant the help from the stars.

Let us speak of the nature of vibrating matter in your material reality and examine how discernment is best practised.

For eons of your time, there has been the insertion of holograms from one reality into another. You may think that all which constructs your world originates within itself. But this is not entirely so. As you are beginning to witness, there is an increase in the insertion of other time frames, other objects, ideas, depths, widths and lengths which are sliding into your physical world, affecting it and continuing on. These insertions of other vibratory elements are directly connected to the elevation of human consciousness as it moves towards a purer expression of divinity. More and more individuals upon your earth are slipping in and out of earth time becoming invisible, and reappearing. Many of your citizens are experiencing exquisite language of colour, sounds, and forms which they cannot describe in human terms.

This movement of inter-dimensionality and inter-universality is a natural occurrence and many residents upon your planet are travelling upwards towards significant openings, greater melding and exceptional gatherings of friendship. There is a direct link between the insertion of divinely guided holographic projections from other realities into your physicality and the voluntary spiritual advancement of your citizens. It is to be remembered that anomalies are presented to you for your observation, learning and progress.

It must also be understood that trickery is afoot in your world. The insertion of other realities upon your planet is also being performed by those of your earth who boast a leadership of disarray. However, these holographic insertions are filled with technology and not with divine essence—this quintessence of sacred, infinite and immortal life.

End of Part One. Part Two of *Holographic Insertion and Discernment* will be presented in January 2016.



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.

Can we create social change without money? Just holding that question can raise some very interesting insights. In theory, our society is supposed to balance our three big sectors. The private sector, the voluntary sector and the public sector. Each has its purpose and, in theory, it works. But in practice, money has become such a driving force that we have started to put a price tag on everything. And the problem with price tags is that we start to lose connection with the priceless. We start to lose connection with our intrinsic motivations. What designs would emerge if we don't lead with money? What designs emerge when we lead with something subtler or something internal? These questions open up a whole new realm that can change the fundamental way in which we relate to each other. <http://www.dailygood.org/story/1143/can-we-create-social-change-without-money-nipun-mehta/> **Be The Change:** Offer a form of non-monetary capital today: perhaps an idea, a song, an introduction, a listening ear, a prayer or a baked treat.

In what has been named as one of the best commencement speeches of all time, Parker Palmer, author, educator, and founder of the Center for Courage and Renewal, shares six pillars of a wholehearted life. The first, be reckless in matters of the heart: "Fall madly in love with life. Be passionate about some part of the natural and/or human worlds and take risks on its behalf, no matter how vulnerable they make you." Read on for more and to watch the video. <http://www.dailygood.org/story/1158/six-pillars-of-the-wholehearted-life-maria-popova/> **Be The Change:** What small task can you do on a regular basis that helps to spread love, peace, and justice in the world?

After the heartbreaking loss of their only son, Pradeep and Damyanti Tanna, a couple from India, transformed their lives in a beautiful effort to honor their son Nimesh's giving spirit. Family friend Kintan Parekh sums up their ongoing endeavor as such, "There couldn't be a better tribute to Nimesh. He was a person with a golden heart." Read on to learn how this couples' generosity has touched hundreds of lives. <http://www.dailygood.org/story/1159/the-couple-who-feeds-hundreds-each-day-shreya-pareek/> **Be The Change:** Big or small, explore trying to find a way to honor a lost loved one.

At two, Evan Leversage was diagnosed with brain cancer. In the five years since then he has been through extensive chemo and radiation treatments. When the family recently learned that his tumor had grown, and that there were no guarantees on how much time he had left, they had Evan make a bucket list. On it was a trip to Niagara Falls, a movie and his favorite restaurant. Also: Christmas. When Evan's mother Nicole Wellwood asked her family to celebrate Christmas in October, she had no idea that their little town would come together and take things to a whole new level. <http://www.dailygood.org/story/1161/a-small-town-s-beautiful-gift-to-a-child-huffington-post/> **Be The Change:** Care unconditionally for someone today.

There's something deep nestled within a dog's unconditional love, that prompts humanity's abiding devotion to these gracious, four-legged beings. In our worst of times, they are always there -- cold nose pressed firmly to heart, reminding us that we are not alone. In her beguiling book, *Beloved Dog*, artist Maira Kalman brings to life the deep bond between humans and their canine companions. <http://www.dailygood.org/story/1162/an-illustrated-love-letter-to-canine-companions-maria-popova/> **Be The Change:** Open your eyes wider today towards all living beings. Whether it's the birds outside your window, the squirrel racing across the yard, the cat next door, or your own beloved pet, take a moment to appreciate their presence in the world.

In the high desert of northern New Mexico Ra Paulette, with only his dog for company, has spent the past 25 years scraping and shaping New Mexico's sandstone into man-made caves of art. He calls them his wilderness shrines -- massive in scale, poetic in their design. If his work takes your breath away, that's just what he hoped it would do. <http://www.dailygood.org/more.php?n=6495> **Be The Change:** First ask yourself what you feel is the difference between work and play. Then try to play at making something, building, painting, making music, expressing more of yourself.

"What I regret most in my life are failures of kindness. Those moments when another human being was there, in front of me, suffering, and I responded ... sensibly. Reservedly. Mildly. Or, to look at it from the other end of the telescope: Who, in your life, do you remember most fondly, with the most undeniable feelings of warmth? Those who were kindest to you, I bet. Its a little facile, maybe, and certainly hard to implement, but Id say, as a goal in life, you could do worse than: Try to be kinder." In this excerpt from a commencement speech, George Saunders makes an eloquent case for kindness. <http://www.awakin.org/read/view.php?tid=1048> **Be The Change:** November 13th is World Kindness Day. Do something kind for someone today and share your story here! <http://www.kindspring.org/story/>

In late 2012, Brice Royer was lying on a bed in terrible pain. He had been diagnosed with stomach cancer -- and, in unbearable pain, was contemplating taking his own life. But something kept him going, long enough to find a purpose within his suffering. From the ashes of hardship, he realized the blessing of unconditional love. Read on to be inspired by one man's miraculous journey. <http://www.dailygood.org/more.php?n=6523> **Be The Change:** Don't wait to be asked. Extend the blessing of loving-kindness to those who are in need.

"At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a palliative care physician at Zen Hospice Project who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life." <http://www.dailygood.org/story/1165/what-really-matters-at-the-end-of-life-bj-miller/> **Be The Change:** What would your life look like if you allowed yourself to live more fully?

"The Little Gardener" is a picture book by Emily Hughes, which is "at heart a parable of purpose -- tender assurance for anyone who has ever undertaken a labor of love against seemingly insurmountable odds and persevered through hardship, continuing to nourishing that labor until the love emanates out, becomes contagious, and draws in kindred spirits as a centripetal force of shared purpose and enthusiasm." Here, we can see Hughes' vibrant illustrations that capture both human tenderness and attention, as well as the beauty of wilderness. <http://www.dailygood.org/more.php?n=6503> **Be The Change:** Take a moment to reflect on a labor of love in your own life. How has the effort of nourishing with love been a force of transformation?

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. <http://www.karmatube.org/videos.php?id=5356>

Most of us are taught from a very early age, that hard work is the key to happiness. As a result, we learn to measure success in terms of benchmarks and milestones, rather than the satisfaction that comes by way of the doing. Though, what if we could view things in an entirely new way? In this thought-provoking interview, organizational psychologist Adam Grant discusses the newer value measurement--one derived directly from the satisfaction of being of service. <http://www.dailygood.org/more.php?n=6525> **Be The Change:** Consider your interactions within the workplace. Why not lead today's discussions with openness of a generous heart?

"Can you walk, sweetheart?" I say these words to our dog Stella who is dying. Its time for breakfast and if she walks from our bed to the kitchen, maybe that will be a sign. Maybe she will be alright. So I ask her again, Can you walk? As I ask, I remember eleven years of sleeping twisted like a pretzel so the dog could get a good

nights sleep. I remember mornings, how she rose at dawn and stomped her Pointers feet on the mattress to get me up, to flush me out of the brush of sleep as she would a wild quail. Now its nine a.m. and she sighs at the foot of the bed, eyes alert and breathing rapidly." In this poignant piece the writer reflects on the relationship between joy, love and suffering. <http://www.dailygood.org/story/1168/choosing-suffering-over-safety-bonnie-rose/> **Be The Change:** This week pay attention to the tension of choosing between safety and 'suffering' as it arises in your own life.

6. Be With The Magic

Reprinted from www.awakin.org.

--by [Steve Karlin](#) (Nov 02, 2015)

When animals look out of their eyes they don't see what we see. Some of them see ultraviolet light, some of them can see very clearly for hundreds of yards, some of them can't see further than a foot away from their heads, some of them see color, some of them don't see color. When they listen with their ears, what they hear is not the same as what we hear. When they taste, their taste buds are different than ours. When they smell, some of them smell hundreds of times better than we can, some of them can't smell at all. But we as human beings have the ability to reach out to them and they have the ability to reach out to us and when those two things touch, when the being of that wild animal and the being inside of you are yearning for a relationship and it touches, that's the magic. [...]



Most of the time we stop ourselves from seeing what's really going on outside of us. Or we use the filters that we put in place and what we see is only a projection of what we want to see out in nature. What we need to do is sit down and just go to that zero point, that place of quietness inside where we can have relationships and understand what is going on around us. I think that some sort of contemplative, meditative practice is extremely important for us as human beings, no matter what it is. It's an incredible way to clear yourself out so you can be there in a present state in a relationship.

A wolf called Cheyenne helped me tremendously to cultivate a meditative, mindful practice. Whenever I was in this wolf's enclosure and I started to think about something else, immediately within seconds the wolf knew that I was not one hundred percent with her. In response, she would lift up her lip and start growling at me, telling me: "Steve, you are here with me now. You be here. Don't think about other things. Don't be outside this thing. Be with the magic that is taking place between me and you at this moment." And that lesson has carried me over because with her, she was physically telling me, "Meditate, be still."

Meditation is not always with your eyes closed, being remote from humans, and remote from everything. A lot of it has to do with what happens when your eyes are open and you're walking around in this world. Who are you? Are you out for yourself? Are you becoming a martyr? Who are you? Are you judging everything by standards that you're not even sure of? Maybe you can just be who you are and not have to worry and change that self-narrative because we all have a self-narrative about who we are but like any story we can change it. We have the power of the pen, which is our consciousness. We have the power of rewriting our own story, which is inner work. And that's just as important, if not more, as outer work. It really helps clear you out and when you're cleared out inside, these animals tend to want to look at you and they're attracted to you.

- See more at: <http://www.awakin.org/read/view.php?tid=2122#sthash.IINkF54g.dpuf>

7. Organic Gift

Reprinted from www.awakin.org.

--by [Parker Palmer](#) (Nov 09, 2015)

Years ago, I heard Dorothy Day speak. Founder of the Catholic Worker movement, her long-term commitment to living among the poor on New York's Lower East Side - had made her one of my heroes. So it came as a great shock when in the middle of her talk, I heard her start to ruminate about the "ungrateful poor."

I did not understand how such a dismissive phrase could come from the lips of a saint - until it hit me with the force of a Zen koan. Dorothy Day was saying, "Do not give to the poor expecting to get their gratitude so that you can feel good about yourself. If you do, your giving will be thin and short-lived, and that is not what the poor need; it will only impoverish them further. Give only if you have something you must give; give only if you are someone for whom giving is its own reward."



When I give something I do not possess, I give a false and dangerous gift, a gift that looks like love but is, in reality, loveless - a gift given more from my need to prove myself than from the other's need to be cared for. That kind of giving is not only loveless and faithless, based on the arrogant and mistaken notion that God has no way of channeling love to the other except through me. Yes, we are created in and for community, to be there, in love, for one another. But community cuts both ways: when we reach the limits of our own capacity to love, community means trusting that someone else will be available to the person in need.

One sign that I am violating my own nature in the name of nobility is a condition called burnout. Though usually regarded as the result of trying to give too much, burnout in my experience results from trying to give what I do not possess - the ultimate in giving too little! Burnout is a state of emptiness, to be sure, but it does not result from giving all I have; it merely reveals the nothingness from which I was trying to give in the first place.

May Sarton, in her poem "Now I Become Myself," uses images from the natural world to describe a different kind of giving, grounded in a different way of being, a way that results not in burnout but in fecundity and abundance:

*As slowly as the ripening fruit
Fertile, detached, and always spent,
Falls but does not exhaust the root...*

When the gift I give to the other is integral to my own nature, when it comes from a place of organic reality within me, it will renew itself - and me - even as I give it away. Only when I give something that does not grow within me do I deplete myself and harm the other as well, for only harm can come from a gift that is forced, inorganic, unreal.

- See more at: <http://www.awakin.org/read/view.php?tid=2105#sthash.ssKerdZH.dpuf>

8. Kindness Includes Everything

Reprinted from www.awakin.org.

--by [George Saunders](#) (Dec 22, 2014)

What I regret most in my life are *failures of kindness*. Those moments when another human being was there, in front of me, suffering, and I responded ... sensibly. Reservedly. Mildly.

Or, to look at it from the other end of the telescope: Who, in *your* life, do you remember most fondly, with the most undeniable feelings of warmth? Those who were kindest to you, I bet. It's a little facile, maybe, and certainly hard to implement, but I'd say, as a goal in life, you could do worse than: *Try to be kinder*.

Now, the million-dollar question: What's our problem? Why aren't we kinder?

Here's what I think: Each of us is born with a series of built-in confusions that are probably somehow Darwinian. These are: (1) we're central to the universe (that is, our personal story is the main and most interesting story, the *only* story, really); (2) we're separate from the universe (there's US and them, out there, all that other junk – dogs and swing-sets, and the State of Nebraska and low-hanging clouds and, you know, other people), and (3) we're permanent (death is real, o.k., sure – for you, but not for me).

Now, we don't *really* believe these things – intellectually we know better – but we believe them viscerally, and live by them, and they cause us to prioritize our own needs over the needs of others, even though what we really want, in our hearts, is to be less selfish, more aware of what's actually happening in the present moment, more open, and more loving.

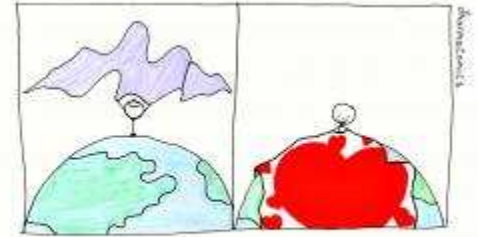
So, the second million-dollar question: How might we DO this? How might we become more loving, more open, less selfish, more present, less delusional, etc., etc.?

Well, yes, good question. Unfortunately, I only have three minutes left.

So let me just say this. There *are* ways. You already know that because, in your life, there have been High Kindness periods and Low Kindness periods, and you know what inclined you toward the former and away from the latter. Education is good; immersing ourselves in a work of art: good; prayer is good; meditation's good; a frank talk with a dear friend; establishing ourselves in some kind of spiritual tradition — recognizing that there have been countless really smart people before us who have asked these same questions and left behind answers for us.

Because kindness, it turns out, is *hard*— it starts out all rainbows and puppy dogs, and expands to include . . . well, *everything*.

- See more at: <http://www.awakin.org/read/view.php?tid=1048#sthash.Kcj0b638.dpuf>



cover the world in kindness.

9. Time Is A Season

Reprinted from www.awakin.org.

--by [David Whyte](#) (Nov 16, 2015)

Most traditional human cultures have seen the hours of the days in the same way as they have encountered the seasons of the year: not as clear lines drawn across our experience, but as an advancing quality, a presence, a visitation, and an emergence of something growing inside us as much as it is growing in the outer world. A season or an hour of the day is a visitation whose return is not always assured. Every spring following a long winter feels as miraculous as if we are seeing it for the first time. Out of the dead garden rises abundance beyond a winter eye's comprehension.

The hours and the seasons are sometimes a flowering, sometimes a disappearance, and often an indistinguishable transience between the two, but all the hours of the day and the seasons of the year enunciate some quality in the world that has its own time and place. To make friends with the hours is to come to know all the hidden correspondences inside our own bodies that match the richness and movement of life we see around us. The tragedy of constant scheduling in our work is its mechanical effect on the hours, and subsequently on our bodies, reducing the spectrum of our individual character and color to a gray sameness. Every hour left to itself has its mood and difference, a quality that should change us and re-create us according to its effect upon us.



In many traditional cultures, a particular hour of the day is seen to have a personal, almost angelic presence, something that might be named - though only in hushed tones, and only in ways that reinforce its unknowingness. The Benedictine, Brother David Steindl-Rast, defines an angel as the eternal breaking into time, each particular breakthrough of the numinous utterly extraordinary and utterly itself. Time and each hour of time is a season, almost a personality, with its own annunciation, its own song, its whispering of what is to be born in us. Its appearance like a new conversation in which we are privileged to overhear ourselves participating.

To escape from the prison of time is to grant the hours their own life; to uncurl the iron grip of our hand on any given moment while at the same time finding the ability to be more present, more robust, more open to our own self-evident absurdities, while continuing the conversation.

- See more at: <http://www.awakin.org/read/view.php?tid=2121#sthash.AY05pXy9.dpuf>

10. I Awaken Before Dawn

Reprinted from www.awakin.org.

--by [Helen Moore](#) (Nov 23, 2015)

I awaken before dawn, go into the kitchen and fix a cup of tea.
I light the candle and sit in its glow on the meditation cushion.
Taking my cup in both hands, I lift it to my Lord and give thanks.
The feel of the cup against my palms brings the potter to mind
and I offer a blessing for his hands.

I give thanks for the clay, the glaze and the kiln.
I take a sip and follow the warmth into my body.
I offer a blessing for those who brought electricity to my home,
who dug the ditches for the lines,
who built my home and put in the wires,
who made my tea kettle and brought me water to fill it.

I take a sip and bless the people in India or China who grew the tea,
cultivated it, picked and dried the leaves, took it to market,
handled it through the many transactions to bring it to my home.
I take a sip and bless those people in Florida, California or Central America
who grew the tree that blossomed into flowers.

I give thanks for the warmth of the sun and the rain which turned the blossoms into lemons,
and I bless the hands that picked the fruit, sorted it, touched it as it traveled from the orchard to my table.
I take another sip and bless the hands of those who provided the sugar
which sweetened the tea, harvested the cane, processed it,
bagged it and sent it on its way to me.

I take another sip and lift my cup in gratitude as I feel the interconnection of my body now with theirs,
my blood now with theirs,
my bones now with theirs,
and my heart fills with love for all of creation.

I give thanks.

- See more at: <http://www.awakin.org/read/view.php?tid=2129#sthash.XVchVgpc.dpuf>



11. American Bear

Reprinted from www.KarmaTube.org.

"American Bear" captures the adventures of Sarah Sellman and Greg Grano, who embark on a 60 day, 30 state trip around the United States, critically examining American culture, compassion and fear, by relying on the kindness of strangers for a bed in a different town each night. This 10 minute excerpt, shared exclusively with KarmaTube, follows three days of the journey in South Dakota and Montana, featuring two of their hosts: a charismatic dinosaur bone collector and the granddaughter of the last warrior woman of her Cheyenne tribe. This sequence concludes with a critical conversation between Sarah and Greg as they debate the ethics of their project - are they giving back in light of receiving so much? - See more at:

<http://www.karmatube.org/videos.php?id=2876#sthash.LzuVol33.dpuf>

12. The 100 Rupee Smile

Reprinted from www.KarmaTube.org.

Homeless individuals face many challenges in their present situations, so Gowtham Shola just wants to give them a moment of magic. Shola, an illusionist, walks through the streets of New Delhi, India and performs magic tricks. After asking for a rupee, Shola performs a sleight of hand to transform the single rupee into a 100-rupee note. With a fun and captivating trick, he removes the assumptions or attitudes of giving alms or providing charity. And that will bring a smile to anyone's face. - See more at:

<http://www.karmatube.org/videos.php?id=5369#sthash.8zrbtAyt.dpuf>

13. Want to be Happy? Be Grateful!

Reprinted from www.KarmaTube.org.

We all want to be happy. What is the connection between happiness and gratitude? It seems pretty simple - when you are happy, you are grateful. But think again. We all know people who have everything a person could want, but are not happy - they want more. We also know people who have suffered misfortune, and yet are happy. How can that be? It is gratefulness that makes you happy, and not the other way around. We hold the master key to our happiness in our own hands. Watch this TED talk in which Brother David Steindl-Rast teaches us a simple method for living gratefully moment by moment. - See more at:

<http://www.karmatube.org/videos.php?id=4596#sthash.4OP6IVof.dpuf>

14. **Three German Students Surprise A Homeless Guy**

Reprinted from 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.UmskiJpL.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.

15. 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.

16. 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).

17. Spirituality Workshops

“Exploring Spirituality”

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

“The Laws of Spirit”

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

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

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

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

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

“Forgiveness”

Forgiveness offers us tremendous opportunities for inner peace, joy and love in our lives. From a spiritual perspective, forgiveness is essential for spiritual growth and unlocks a door—it is a key—to higher levels of consciousness. For those who recognize that their inability to forgive themselves and others is holding them back from the inner peace they seek,

this workshop will be most beneficial. You will also benefit from attending if you want to develop tools to help others learn how to forgive. In this workshop we will explore what forgiveness is and, more importantly, how to forgive through a series of self-exploratory exercises. We will discuss some of the common reasons we choose not to forgive and examine some practical tools and approaches to forgiveness. (\$125, 5 hours in duration)

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

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

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

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

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

18. A Course in Miracles Global Community Centre

Spiritual Guidance is honored to host the 'A Course in Miracles (ACIM) Global Community Centre.' This Centre is a meeting place for ACIM students and teachers from around the world to access coaching counselling, therapy, study and discussion groups, courses, a community café for you to communicate with other students and teachers, and helpful resources and links. Visit the ACIM Global Community Centre at <http://www.servingyourjourney.com/ACIM.html>.

19. Serving Your Loved-Ones

Do you have a loved-one who is seriously ill, dying or who has recently died? If so, Spiritual Guidance extends a heartfelt offer to serve your loved ones. Many believe they are helpless in assisting their loved-ones during times of terminal illness and/or when they are dying. Many believe there is nothing that can be done to bring their loved-ones peace or to ease their suffering. Furthermore, many believe that after their loved-ones have died, there is nothing that can be done to continue guiding them to a peaceful passing and rebirth. This is not the case.

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

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

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

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

If you have any questions, you are invited to follow up with us. You can contact us at meagher@servinyourjourney.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.servinyourjourney.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.servinyourjourney.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.

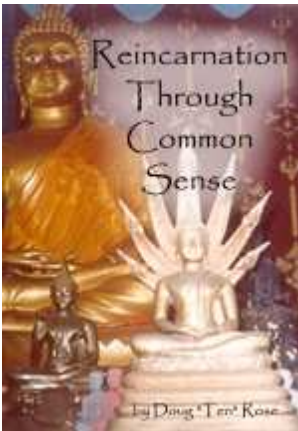
21. OM Websites

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.

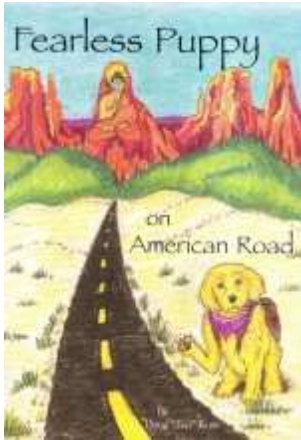
Magic is redefined as objective reality and common sense. Spirit is presented as a functional friend, without the fairy dust. Moods run from adventurous psychosis through enlightened bliss as writing styles run through ancient prose to sharp modern internal rhyme. The main character's life runs through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

Serving your personal journey toward enlightenment...

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.

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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