

Serving your personal journey toward enlightenment...

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

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

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

## In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	3
3. Quote or Question	3
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	4
4. Regina Heringa – Notes from the Light – January 2016	4
OTHER GIFTS AND E-NEWSWORTHY ITEMS:	6
5. Good News Of The Day	6
6. Every Seed Carries A Secret	9
7. The Trick is to Keep Seeing	10
8. Can Beauty Save the World?	11
9. No Better Place to Meet Yourself	12
10. Why Are We Running Out of Time?	13
11. Invisible Wings – A Tea Seller Who Travelled the World	14
12. The Man Who Quit Money	14
13. One Human Family, Food for All	14
14. The Story of the Chinese Farmer	15
15. Three Stages of Generosity	15
16. The Unexpected Joy of A Copenhagen Metro Commute	15
HEART AND SOUL ADVERTISEMENTS:	16
17. Spiritual Resources	16
18. Sacred Attention Therapy	17
19. Spirituality Workshops	17
20. A Course in Miracles Global Community Centre	18
21. Serving Your Loved-Ones	18
22. Supporting Spiritual Guidance	19
23. OM Websites	20
24. Reincarnation Through Common Sense and Fearless Puppy on American Road	20

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

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### A Christmas Miracles

The collective 'we' have recently passed through the annual Holiday Season generally known around the world as Christmas. I must say, I have never completely lost my joy of Christmas even though my enthusiasm for the bastardization of the festival has waxed and waned over the years. But over the past decade my joy for the Christmas season has enjoyed a resurgence and this past Christmas I received my very own Christmas miracle.

I was enjoying a meal with a friend and colleague several weeks before Christmas Day and I asked my friend if they were intending to celebrate Christmas and, if so, how. My friend shared that they do not celebrate the season and try not to even acknowledge it. They went on to share how the commercialization of the Season has all but ruined the enjoyment of an annual celebration that once brought much joy into their lives. I changed the subject; but my friend left me with some important material for my own inner work. What is it

about Christmas that continues to hold an allure for me?

As I grow older, and the grey hair becomes the more popular color on my head, I find an increased desire to keep life simple. So when it came to answering the question 'What is it about Christmas that continues to hold an allure for me?', I kept it simple. I enjoy the energy that is in the air—an energy of pause, reflection, kindness, and goodwill toward our fellow human being. Yes, yes, I know...there is much sadness in the world and the Christmas Season for many is a time of great sorrow, as it is a reminder to them of what they don't have, or maybe never did—gifts under the tree on Christmas morning, or even more fundamental, a family to share it with.

So I thought back to the coffee I enjoyed with my friend and colleague and brought a little bit of pragmatism into my inner work. The reality...Christmas is here, and here to stay. Christmas will never go away. You could even take away all the commercialization of the season and it will still be here. Because, underneath all the capitalist society gorging and feasting over of the Holiday Season, you have a period of time throughout the year, albeit brief, where even the most hardened hearts open up just a little...if only a smidgen. And it was this realization that presented my very own Christmas miracle to me this year.

Christmas will always be here. So I can choose to stick my head in the sand and play Ebenezer Scrooge and try and ignore it, or I can embrace it in a way that is meaningful for me. And so...I stepped back and decided that from this day forward, Christmas, as the collective 'we' refer to it as, will forever be known to me as the



'Season of the Heart.' A time of year when those hearts that are hurting will experience a momentary opening to the light and love that exists within all of us. And for those whose hearts are already opened, may the Christmas Season compel them to extend that love to every man, woman, and child they meet.

It truly is the 'Season of the Heart.' So open up your hearts and let the light shine in, through you, and extend that light and love back out to all of humanity. Every ray of light and love you extend will be returned to you with the glowing magnificence of the heavens.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Eternal Safety

Holy am I. By Love created, and  
By love sustained. For I have never left  
The Everlasting Arms. I am beset  
By dreams of sin, and grim forebodings seem  
To steal away my peace, and leave me prey  
To terror and malignant destiny.  
Yet does my holiness remain untouched,  
As God created it. For there can be  
No sin in God, and therefore none in me.

*Helene Schucman*

## 3. Quote or Question

"Love is not blind; it simply enables one to see things others fail to see."

*William Blake*

## 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 – January 2016

#### Holographic Insertion and Discernment Part Two

As noted previously, (see Notes from the Light December 2015) it is to be understood by the citizens of your earth that there is a natural intersecting of worlds and dimensions which, in their passing, insert and modify certain holograms in your world. This action coincides with the heightening of human consciousness as it moves towards its birthplace of divine consciousness. The more developed the loving heart and the kind mind, the greater the opening towards more inclusive worlds and communities.

It was also stated that at this time upon your planet, among such multi-dimensional and multi-universal activities, there is the insertion of technological holograms from those upon your earth who boast distorted leadership.

How then can discernment be practised?

All pure, clear and true vibration stems from the place of sacredness which, in your material world, can best be experienced through sensing. Sacredness, being positioned in Love, houses a piercing and untainted vibration. In all that may be manipulated upon your earth, the vibration of pure heart cannot be touched. The frequency of this pure heart, melded with a refined and noble mind, houses an electromagnetic resonance whose specific patterns are embedded in wider and higher frequencies than those found upon your planet. This resonance, therefore, can modify or eliminate the movement of any misaligned frequency that journeys towards it.

Hence, as you continue your travels upon the sacred path of spiritual advancement, we ask to you contemplate the following questions: “In my daily life do I discern all things through the feeling of the divine heart? And in so doing, do I continue to enrich a fine mind which celebrates the heart? Can I cultivate and augment this divine frequency and become a pure and powerful force of good, expanding and deepening these electromagnetic patterns, linking in with other communities of goodness and thus help uplift our world?”

As you look up into the skies, gaze upon your earth, or look into its seas, remain steady in your heart and mind. Feel that you, as soul, are filled with a tremendous grace which will increase its presence as you augment the power of your sacred heart and hence cultivate healthy discernment in your daily life.

Although your people may ask which holographic projection come from divinely directed sources and which is created by those on your earth, kindly understand that all outer life is projection. The substantial meaning of your lives is to thoroughly comprehend that all existence originates within the soul. Once this has been understood, then your citizens may elect to align all outer life, including holographic insertions, from this

standpoint. Through the resonance of pure heart and noble mind, they will easily choose those outer projections which resonate in perfect alignment with sacredness.

In truth, Light cannot be manipulated. It is perfect, powerful and eternal and beckons all your citizens upwards to greater life.



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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

She was known to the children in Bus 7 simply as 'Grandma in the window'. Their connection was forged by the daily waves they exchanged as their bus crossed her home. A connection so deep that when the 93-yr-old missed her waving 'vigil' the children demanded the bus driver stop. It turned out that their dear friend had suffered a debilitating stroke. While she convalesced at a local care facility, the children wanted to make sure she knew they were still there and waiting to welcome her home...Read on for the heartwarming story of what happened next. <http://www.dailygood.org/story/1171/bus-7-and-the-grandma-in-the-window-huffington-post/>

**Be The Change:** Imagine how a simple gesture can help to right another's day. And, then? Put your compassion into action.

Generous people are happier and healthier, yet acts of kindness are often met with suspicion and scorn. Why? David Robson talks to a psychologist who set out to find the answer.

<http://www.dailygood.org/more.php?n=6536> **Be The Change:** Experiment with doing a kind act for a stranger today that forces you out of your comfort zone.

Hurrying speeds us away from the present moment, expressing a wish to be in the future because we think we're going to be late. To counter it, Master Alexander teacher Walter Carrington told his students to repeat each time they begin an action: "I have time." <http://www.dailygood.org/story/1172/i-have-time-patty-de-illosa/>

**Be The Change:** Try it out for yourself. Reassure the hurrier in you, always under stress, that there's time in your life for what you need to do.

Jeff Kaufman and Julia Wise are a young couple living in Boston. Jeff is a software engineer at Google and Julia is a social worker. For the past few years they've been giving away nearly 60 percent of their after-tax income to charities working to reduce poverty and save lives in developing countries. ...That's a lot of money, and it sounds like a big sacrifice. But they insist that it isn't... <http://www.dailygood.org/story/1173/the-joys-of-giving-large-brad-hurley/>

**Be The Change:** Learn more about Julia and Jeff's remarkable life choices and journey on Julia's blog, Giving Gladly. <http://www.dailygood.org/more.php?n=6556a>

No matter who you are, you have undoubtedly experienced hurt in your life. And oftentimes, that hurt is compounded by the fact that you do not have the tools necessary to offer forgiveness, and thus begin the healing process that is critical to moving on with your life. In this succinct essay, Robert Enright offers a path to help move us towards forgiveness. <http://www.dailygood.org/story/1174/eight-steps-towards-forgiveness-robert-enright/>

**Be The Change:** Experiment with one or more of the steps in Enright's article this week.

For all that debt contains and constrains us, debts worth having are all around when we care to look for them. The debts that are worth having are those that allow us to be more fully ourselves, that we honor with our freedom rather than our servitude. This article presents a revolutionary way of looking at debt and provides a vision for a more compassionate and relationship-based debt system.

<http://www.dailygood.org/story/1175/debt-as-a-relationship-based-in-love-nathan-schneider/> **Be The**

**Change:** Think of one person toward whom you feel a debt of love. How can you pay forward all they gave you?

Serving your personal journey toward enlightenment...

"Happiness is not an emotion, an inherited disposition that is awarded to a select few, or even dependent on events that happen to you in life." Rather, the U.S. Surgeon General Vivek Murthy argues that "happiness is a perspective, and that everyone can create it for themselves with four simple, free approaches: gratitude exercises, meditation, physical activity and social connectedness." In this interview Murthy shares some of the inspiring real-life health and happiness stories he has been collecting from around the U.S.

<http://www.dailygood.org/story/1176/the-surgeon-general-on-health-via-happiness-anna-almendrala/>

**Be The Change:** Take a moment today to try one (or more) of the four suggested approaches to creating happiness.

Money plays such an integral role in our lives that the idea of living without currency is almost alien. However, Daniel Suelo will beg to differ. Determined to reject the system of capitalism and even bartering, Suelo has removed the concept of currency from his life for fifteen years now. In this short documentary, Suelo examines the aspects of a life without money, sharing his thoughts on living off the land, the gift economy, health, and the biggest blessing he received from this revolutionary lifestyle. <http://www.karmatube.org/videos.php?id=5807>

**Be The Change:** Learn more about the gift economy. <http://www.servicespace.org/join/?pg=gift>

"One of the best ways to increase our own happiness is to do things that make other people happy. In countless studies, kindness and generosity have been linked to greater life satisfaction, stronger relationships, and better mental and physical health-- generous people even live longer." Researchers have argued that kindness is like a muscle that needs to be strengthened through repeated use. How do we strengthen kindness? Read further to learn about the top research-based kindness practices for fostering happiness, kindness, connection, and resilience. <http://www.dailygood.org/story/1179/three-ways-to-bring-more-kindness-to-your-life-juliana-breines/>

**Be The Change:** Bring more kindness into your life starting today. Need ideas? Visit KindSpring! <http://www.kindspring.org/ideas/>

Critics of empathy call it biased, saying we should unemotionally help the greatest number. But Roman Krznaric suggests two kinds of empathy: 'affective' -- feeling or mirroring others' emotions, and 'perspective-taking' empathy -- imagining oneself in someone else's shoes. He gives examples of how they can work together, from sympathetic focus on a child caught in a mineshaft (affective) to the abolition of slavery (putting oneself in someone else's place). <http://www.dailygood.org/story/1180/welcome-to-the-empathy-wars-roman-krznaric/>

**Be The Change:** When you hear of someone in trouble this week, practice both kinds of empathy: sympathize, then see how you can help in a practical way.

In this simple and poignant reflection, photographer Paul Van Slambrouck shares a moment of quiet revelation that illuminated for him the beauty of truly seeing the majestic world we live in.

<http://www.dailygood.org/story/1181/on-seeing-paul-van-slambrouck/> **Be The Change:** Look outside of your window today. Wherever you are, just for a moment, find something beautiful in the frame and practice gratitude for it.

Some people make giving look effortless. They're the kind of people who bring donuts on Friday mornings and don't think twice before helping overwhelmed colleagues. Others face more of a struggle when it comes to putting the group first. So how do the givers do it? New research from the emerging field of neuroeconomics suggests that being generous is not as tough as some people think.

<http://www.dailygood.org/more.php?n=6549> **Be The Change:** Think about how your coworkers would feel if you brought treats to work for everyone, or did something unexpectedly kind for each of them. Try putting that plan into action over the coming week!

We will all feel pain in one form or another many times throughout our lifetimes, whether it be the heartbreak of lost love, or perhaps some sort of perceived humiliation at the workplace. And while the pain may be real and lasting, there are fundamental actions we can each take to help bring about healing. The following article offers three crucial steps that can help facilitate someone to "move beyond pain."

<http://www.dailygood.org/story/1186/how-to-move-beyond-pain-jill-suttie/> **Be The Change:** When faced with

the experience of pain or shame, be sure to give yourself a chance to grasp a deeper understanding of your feelings and your initial reactions.

Teachers often present subjects to children as settled and complete, as if no further questioning is needed because all the answers have been found. Students may think they've learned all the facts and lose their sense of curiosity. In "Nonsense: The Power of Not Knowing," Jamie Holmes invites them to spark their curiosity to better prepare them for the "real world," where answers are seldom clear-cut or permanent. <http://www.dailygood.org/more.php?n=6545> **Be The Change:** Practice curiosity today: each time you feel sure about something, explore where there might be some uncertainty behind your conviction.

"As we muddle through our days, the quest for happiness looms large. In the U.S., citizens are granted three inalienable rights: life, liberty, and the pursuit of happiness. In the kingdom of Bhutan, there's a national index to measure happiness. But what if searching for happiness actually prevents us from finding it?" Read on to learn more from Adam Grant about why we might need to change our focus in order to find happiness. <http://www.dailygood.org/story/1187/does-trying-to-be-happy-make-us-unhappy-adam-grant/> **Be The Change:** What gives your life meaning? Make a resolution to take more time to focus on whatever that is for you.

In the quiet of the Copenhagen Metro, the clear, sweet notes of a flute panned across the train. As commuters looked on with smiles, the members of the Copenhagen Phil joined into a rendition of Morning Mood from Edvard Grieg's Peer Gynt, Op. 23. As listeners drank in the beauty of the melody, perhaps they were aware that at least for this particular commute, they were bonded with the strangers on the train in their appreciation and joy. They boarded the train as many, but departed in unity as one. <http://www.karmatube.org/videos.php?id=5366> **Be The Change:** Sometimes public commutes can be frustrating. Offering your seat to those in need or even extending a simple smile of greeting can go a long way to making someone's day easier and happier.

Nelson Mandela's remarkable spirit and life story are celebrated the world over. Author Karen MacGregor takes a deeper look into how Mandela used his time on earth as a lifelong learning experience. From formal higher education, to tribal and political education, and then of course, to prison education, the breadth and depth of Mandela's learning is truly remarkable. <http://www.dailygood.org/more.php?n=6538> **Be The Change:** Take a moment to reflect on Mandela's life and the timeless wisdom he shared with the world. <http://www.dailygood.org/story/617/timeless-wisdom-from-the-late-nelson-mandela-maria-popova/>



## 6. Every Seed Carries A Secret

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

--by [Angela Fischer](#) (Nov 30, 2015)

Every seed carries a secret.

We will never come to fully know this secret, because it belongs to the mystery of creation. Yet we can learn again what hundreds of generations did before us, namely to live with the secrets, to use them as gifts, and to honor them as a source of life on this planet.

The first step in learning to live with a secret is to listen. When I was a young child, my mother gave me a seed of a bean. She showed me how to plant it into a pot filled with black soil and how to keep it warm and moist. And then I had to wait.

For a young child this took a very long time. Every morning I would visit my seed, invisible in the darkness of the soil, and because I could not see anything, I remember that instead I tried to hear something. It was around the same time that my mother was pregnant, and I used to put my ear to her belly to communicate with the baby I could not see or touch. So I did the same with the invisible seed: I put my ears close to the soil and listened. I do not remember if I ever heard something, but I remember the listening. It was like an intimate conversation, though silent and unheard by anyone else.

The seed is a symbol for the deepest mystery of creation, and at the same time it is the mystery. For thousands of years farmers have known how to listen to these mysteries, and so found ways how to grow and to harvest, how to preserve the seeds, how to provide for them the best circumstances, considering the conditions of the earth, the soil, and the weather, and considering how much they connect us with the past and the future, our ancestors and our grandchildren. This goes back to an ancient feminine wisdom about the connection with the Earth, the knowledge of light being born out of darkness and an intimacy with the circles of life.

Every seed contains a light. Through greed and disconnection from the sacredness of life, this light is threatened. Genetically modified seeds become sterile. If the fertility is removed from a seed, its light is taken away; it withdraws. The divine light that is present in every seed is manifested through its fertility, through the potential to grow and to be a source for new life. When this light withdraws from a seed, it withdraws from the whole of creation, and our souls begin to starve.

As every seed embraces an outer as well as an inner reality, we need to care in outer and in inner ways. We need to protect the purity, diversity, and freedom of seeds through outer engagement, but we also need to protect the sacredness of life inwardly. The inner way is to hold the awareness of the sacredness in our hearts, to remember and to respect the feminine mysteries of creation—and to deeply listen. The same light that is contained in the heart of the biological seed is also present within our heart; it is the seed of love.

- See more at: <http://www.awakin.org/read/view.php?tid=2127#sthash.a7bxDx6M.dpuf>



## 7. The Trick is to Keep Seeing

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

--by [Pema Chodron](#) (Dec 07, 2015)

(The Tibetan word shenpa) is usually translated “attachment,” but a more descriptive translation might be “hooked.” When shenpa hooks us, we’re likely to get stuck. We could call shenpa “that sticky feeling.” It’s an everyday experience. Even a spot on your new sweater can take you there. At the subtlest level, we feel a tightening, a tensing, a sense of closing down. Then we feel a sense of withdrawing, not wanting to be where we are. That’s the hooked quality. That tight feeling has the power to hook us into self-denigration, blame, anger, jealousy and other emotions which lead to words and actions that end up poisoning us.

In practicing with shenpa, first we try to recognize it. The best place to do this is on the meditation cushion. Sitting practice teaches us how to open and relax to whatever arises, without picking and choosing. It teaches us to experience the uneasiness and the urge fully, and to interrupt the momentum that usually follows. We do this by not following after the thoughts and learning to come back to the present moment. We learn to stay with the uneasiness, the tightening, the itch of shenpa. We train in sitting still with our desire to scratch. This is how we learn to stop the chain reaction of habitual patterns that otherwise will rule our lives. This is how we weaken the patterns that keep us hooked into discomfort that we mistake as comfort. We label the spinoff “thinking” and return to the present moment.

We could think of this whole process in terms of four R’s: recognizing the shenpa, refraining from scratching, relaxing into the underlying urge to scratch and then resolving to continue to interrupt our habitual patterns like this for the rest of our lives. What do you do when you don’t do the habitual thing? You’re left with your urge. That’s how you become more in touch with the craving and the wanting to move away. You learn to relax with it. Then you resolve to keep practicing this way.

Working with shenpa softens us up. Once we see how we get hooked and how we get swept along by the momentum, there’s no way to be arrogant. The trick is to keep seeing. Don’t let the softening and humility turn into self-denigration. That’s just another hook. Because we’ve been strengthening the whole habituated situation for a long, long time, we can’t expect to undo it overnight. It’s not a one-shot deal. It takes loving-kindness to recognize; it takes practice to refrain; it takes willingness to relax; it takes determination to keep training this way. It helps to remember that we may experience two billion kinds of itches and seven quadrillion types of scratching, but there is really only one root shenpa -- ego-clinging.

- See more at: <http://www.awakin.org/read/view.php?tid=2132#sthash.J4IWryBT.dpuf>



## 8. Can Beauty Save the World?

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

--by [Aleksandr Solzhenitsyn](#) (Dec 14, 2015)

Dostoyevsky once let drop the enigmatic phrase: "Beauty will save the world." What does this mean? For a long time it used to seem to me that this was a mere phrase. Just how could such a thing be possible? When had it ever happened in the bloodthirsty course of history that beauty had saved anyone from anything? Beauty had provided embellishment certainly, given uplift—but whom had it ever saved?



However, there is a special quality in the essence of beauty, a special quality in the status of art: the conviction carried by a genuine work of art is absolutely indisputable and tames even the strongly opposed heart. One can construct a political speech, an assertive journalistic polemic, a program for organizing society, a philosophical system, so that in appearance it is smooth, well structured, and yet it is built upon a mistake, a lie; and the hidden element, the distortion, will not immediately become visible. And a speech, or a journalistic essay, or a program in rebuttal, or a different philosophical structure can be counterposed to the first—and it will seem just as well constructed and as smooth, and everything will seem to fit. And therefore one has faith in them—yet one has no faith.

It is vain to affirm that which the heart does not confirm. In contrast, a work of art bears within itself its own confirmation: concepts which are manufactured out of whole cloth or overstrained will not stand up to being tested in images, will somehow fall apart and turn out to be sickly and pallid and convincing to no one. Works steeped in truth and presenting it to us vividly alive will take hold of us, will attract us to themselves with great power- and no one, ever, even in a later age, will presume to negate them. And so perhaps that old trinity of Truth and Good and Beauty is not just the formal outworn formula it used to seem to us during our heady, materialistic youth. If the crests of these three trees join together, as the investigators and explorers used to affirm, and if the too obvious, too straight branches of Truth and Good are crushed or amputated and cannot reach the light—yet perhaps the whimsical, unpredictable, unexpected branches of Beauty will make their way through and soar up *to that very place* and in this way perform the work of all three.

And in that case it was not a slip of the tongue for Dostoyevsky to say that "Beauty will save the world," but a prophecy. After all, he was given the gift of seeing much, he was extraordinarily illumined.

And consequently perhaps art, literature, can in actual fact help the world of today.

- See more at: <http://www.awakin.org/read/view.php?tid=2109#sthash.LRZGLIhw.dpuf>

## 9. No Better Place to Meet Yourself

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

--by [Moussa Ag Assarid](#) (Dec 21, 2015)

Moussa Ag Assarid (MAA): I don't know my age. I was born in the Sahara desert, with no papers. I was born in a nomadic camp of Touaregs, between Timbuktu and Gao, in the north of Mali.

J: What do they do for a living?

MAA: We shepherd camels, goats, sheep, cows and donkeys in a kingdom of infinite and of silence...

J: Is the desert really so silent?

(MAA): If you are on your own in that silence you hear your heart beat. There is no better place to meet yourself.

J: What memories do you have of your childhood in the desert?

MAA: I wake up with the Sun. The goats of my father are there. They give us milk and meat, and we take them where there is water and grass. My great-grandfather did it, and my grandfather, and my father, and me. There was nothing else in the world than that, and I was very happy!

J: Really? It doesn't sound very exciting.

MAA: It is. At the age of seven you can go alone away from the camp, and for this you are taught the important things—to smell the air, to listen, to see carefully, to orient with the Sun and the stars...and to be guided by the camel if you get lost. He will take you where there is water.

J: To know that is valuable, no doubt.

MAA: Everything is simple and profound there. There are very few things, and each one has enormous value.

J: So that world and this one are very different.

MAA: There, every little thing gives happiness. Every touch is valuable. We feel great joy just by touching each other, being together. There, nobody dreams of becoming, because everybody already is.

J: What shocked you most on your first trip to Europe?

MAA: I saw people running in the airport. In the desert you only run if a sandstorm is approaching! It scared me, of course.

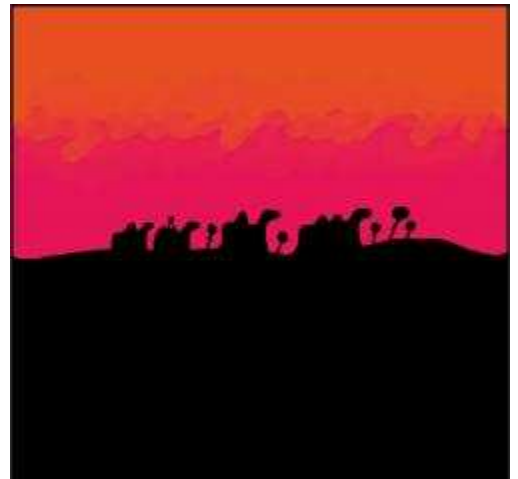
J: They were going after their baggage, ha ha.

MAA: Yes, that was it.

J: What do you dislike the most here?

MAA: Many people here have everything, and it is still not enough for them. They complain. In [the modern world] many people complain all the time! They chain themselves to a bank; many people are anxious to have things, to have possessions. People are in a rush. In the desert there are no traffic jams, and do you know why? Because there nobody is interested in getting ahead of other people!

J: Tell me about a moment of deep happiness for you in the desert.



MAA: It happens every day, two hours before sunset. The heat decreases, there is still no cold air, and men and animals slowly return to the camp, and their profiles are painted against a sky that is pink, blue, red, yellow, green.

J: That sounds fascinating.

MAA: It's a magical moment... We all get into the tents and we boil tea. Sitting in silence we listen to the sound of the boiling water... We all are immersed in calmness: with the heartbeats tuned to the rhythm of the boiling water, potta potta potta...

J: How peaceful.

MAA: Yes...here you have watches; there, we have time.

- See more at: <http://www.awakin.org/read/view.php?tid=2133#sthash.XVa9mjoT.dpuf>

## 10. Why Are We Running Out of Time?

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

--by [Jacob Needleman](#) (Dec 28, 2015)

cause of our problem of time. Its influence on our lives is a result, not a cause -- the result of an unseen accelerating process taking place in ourselves, in our inner being. Whether we point to the effect of communication technology (such as e-mail) with its tyranny of instant communication; or to the computerization, and therefore the mentalization of so many human activities that previously required at least some participation of our physical presence; or to any of the innumerable transformations of human life that are being brought about by new technology, the essential element to recognize is how much of what we call "progress" is accompanied by and measured by the fact that human beings need less and less conscious attention to perform their activities and lead their lives.

The real power of faculty of attention, unknown to modern science, is one of the indispensable and most central measures of humanness -- of the being of a man or a woman -- and has been so understood, in many forms and symbols, at the heart of all the great spiritual teachings of the world.

The effects of advancing technology, for all the material promise they offer the world (along with the dangers, of course) is but the most recent wave in a civilization that, without recognizing what it was doing, has placed the satisfaction of desire above the cultivation of being. The deep meaning of many rules of conduct and moral principles of the past -- so many of which have been abandoned without our understanding their real roots in human nature -- involved the cultivation and development of the uniquely human power of attention, its action in the body, heart and mind of man. To be present, truly present, is to have conscious attention. This capacity is the key to what it means to be human.

It is not, therefore, the rapidity of change as such that is the source of our problem of time. It is the metaphysical fact that the being of man is diminishing. In the world as in oneself, time is vanishing because we

Technology itself is not the



have lost the practice of consciously inhabiting our life, the practice of conscious attention to ourselves as we go about our lives.

- See more at: <http://www.awakin.org/read/view.php?tid=1090#sthash.WWFzUb6a.dpuf>

## 11. Invisible Wings – A Tea Seller Who Travelled the World

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

65-year old tea seller Vijayan and his wife Mohana (who had never traveled outside of her home town of Ernakulam, Kerala before her marriage) have been to 16 countries and across most of India. Every three years or so, after paying off loans and saving a little money (at the rate of a few dollars a day) the couple shuts down their tea stall (their only source of income) and sets off for another destination in the world. Friends and relatives think they are mad for spending so much money that could be put to better use. But, as Vijayan says, "If money is our only concern we will not be able to do anything. We have only one life to do everything, you can't create extra time for it." Sit back and savor this beautiful film that captures Vijayan and Mohana's dreams and philosophy of life. - See more at: <http://www.karmatube.org/videos.php?id=6890#sthash.JLOfarLM.dpuf>

## 12. The Man Who Quit Money

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

Money plays such an integral role in our lives that the idea of living without currency is almost alien. However, Daniel Suelo will beg to differ. Determined to reject the system of capitalism and even bartering, Suelo has removed the concept of currency from his life for fifteen years now. In this short documentary, Suelo examines the aspects of a life without money, sharing his thoughts on living off the land, the gift economy, health, and the biggest blessing he received from this revolutionary lifestyle. - See more at:

<http://www.karmatube.org/videos.php?id=5807#sthash.E9wHL1X0.dpuf>

## 13. One Human Family, Food for All

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

One in nine people on earth (approximately 795 million people) suffer from chronic malnutrition. Yet, there is enough food to feed the world's population. Based on an ancient story about hunger and sharing, this one-minute animated video shows that when we struggle only to feed ourselves, everyone goes hungry. But when we focus on our neighbor's hunger, we discover there are ways to feed everyone. - See more at:

<http://www.karmatube.org/videos.php?id=5444#sthash.AxGAeDP5.dpuf>

## 14. The Story of the Chinese Farmer

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

In "The Story of the Chinese Farmer," philosopher Alan Watts looks at the idea of what we consider good or bad fortune with the parable of a Chinese farmer, who refuses to see anything as positive or negative. This beautifully animated video will make you question whether one can truly know if something is good or bad when you can never know the consequences. - See more at:

<http://www.karmatube.org/videos.php?id=5625#sthash.cYhLb3us.dpuf>

## 15. Three Stages of Generosity

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

When Nipun Mehta, founder of KarmaTube and ServiceSpace, was invited to a TEDx conference about teaching compassion, he shared his journey of learning the three stages of generosity: Give, Receive, and Dance! This holiday season, unleash a contagion of compassion. - See more at:

<http://www.karmatube.org/videos.php?id=2527#sthash.xqoFqwn5.dpuf>

## 16. The Unexpected Joy of A Copenhagen Metro Commute

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

In the quiet of the Copenhagen Metro, the clear, sweet notes of a flute panned across the train. As commuters looked on with smiles, the members of the Copenhagen Phil joined into a rendition of "Morning Mood" from Edvard Grieg's Peer Gynt, Op. 23. As listeners drank in the beauty of the melody, perhaps they were aware that at least for this particular commute, they were bonded with the strangers on the train in their appreciation and joy. They boarded the train as many, but departed in unity as one. - See more at:

<http://www.karmatube.org/videos.php?id=5366>

## HEART AND SOUL ADVERTISEMENTS:

*Consistent with Spiritual Guidance's philosophy, mission and vision (refer to <http://www.servingyourjourney.com/about.html> for more details) Spiritual Guidance offers free advertising in this e-newsletter to those persons and organizations interested in promoting their spiritual-related products, services or events. If you do choose to advertise in this e-newsletter, Spiritual Guidance requests you submit your text ad (no graphics please) to [newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> of the month, for distribution in the following month's e-newsletter.*

### 17. Spiritual Resources

Check out the resources on the Spiritual Guidance website's resources page (<http://www.servingyourjourney.com/Resources.html>). There is a plethora of articles, poems and meditations, books, organizations, practitioners and videos to browse.

In addition, the resources page contains a listing of almost 400 spiritual centres and retreats throughout North America (some international centres and retreats are represented). In parallel with the master list of spiritual centres and retreats, Spiritual Guidance maintains two other indexes. The first is an index by region, state or province throughout North America. The second index is by faith tradition, denomination or community including, but not limited to:

- Buddhist centres, temples, priories, and monasteries
- Christian retreat centres, abbeys and monasteries; including monastic communities such as the Jesuit, Oblate and Benedictine communities (includes denominations such as Catholic, Lutheran, Anglican, Baptist, Protestant, Pentecostal, Episcopal, Presbyterian, Methodist, etc.)
- Eco-wellness and nature-oriented-and-focused centres and retreats
- Hindu and other ashrams
- Jewish retreat centres
- Shaman centres
- Sufi retreat centres
- Taoist retreat centres
- Theosophical retreat centres
- Non-sectarian, non-denominational, inter-faith community centres and retreats (e.g., Brahma Kumaris, Sri Chimnoy, etc.)

If there is a specific spiritual centre or retreat you have in mind and/or are looking for, or you would appreciate some assistance in narrowing your search or exploring options (based on faith tradition, denomination, community, region, state, province or city), please contact Spiritual Guidance. We will be honored to assist you. Our contact information is at the very bottom of this e-newsletter.



## 18. Sacred Attention Therapy

Sacred Attention Therapy (SAT) references the etymological meaning of therapy: "attending to soul". SAT is a new paradigm of psychological and spiritual growth and development and is based on Richard Harvey's ground-breaking approach to depth psychotherapy, and on his 3-stage model of human awakening (<http://www.therapyandspirituality.com/>). This new paradigm of psychotherapy / counselling is an approach that takes into account the ego-based individual and the desire of the individual to grow spiritually. SAT recognizes the fundamental, true, spiritual nature of humanity and the intense longing for the truth about our real, divine state. SAT involves listening with the whole self to the soul of the other. This is what therapy should always be, or at least always aim at, because this is the profound depth of healing and reverence which two gathered together in search of truth can bring about. For more information about SAT, visit these websites:

<http://www.sacredattentiontherapy.com/index.html>

<http://www.servingyourjourney.com/Sacred-Attention-Therapy.html>

Sessions can be offered in person, by phone, or via Skype. For more information about booking appointments, please visit <http://www.servingyourjourney.com/Booking-Appointments.html>. To schedule an appointment, please contact me by phone (613-204-0299) or email ([rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com)).

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

**To register your interest for any of the above workshops**, please contact Rev. Robert Meagher at 613-204-0299 or [rmeagher@servingyourjourney.com](mailto:rmeagher@servingyourjourney.com).

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

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

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

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

### **20. 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>.

### **21. 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@servinyourjourney.com](mailto:rmeagher@servinyourjourney.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@servinyourjourney.com](mailto:rmeagher@servinyourjourney.com) or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher  
Spiritual Guidance

## 22. 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](http://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.servingyourjourney.com](http://www.servingyourjourney.com)) and click on the [ DONATE ] button toward the bottom left of the home page.

OR

2. Please follow this link to make a donation via Paypal ([https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=GRP5RLXSVRDFS](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=GRP5RLXSVRDFS)). If the donation link does not work when you click on it, please copy and paste the link into your web browser.

OR

3. Please make your cheque payable to "Spiritual Guidance" and mail it to:

679 Cooper Street  
Ottawa, ON K1R 5J3  
CANADA

Please note that Spiritual Guidance is not a registered not-for-profit or charitable organization at this time. Therefore, we will not be able to provide you with a receipt for taxation purposes.

Love and gratitude for your support and generosity.

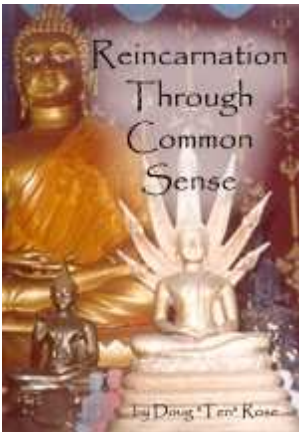
## 23. OM Websites

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.

## 24. Reincarnation Through Common Sense and Fearless Puppy on American Road

\*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS \*

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



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

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

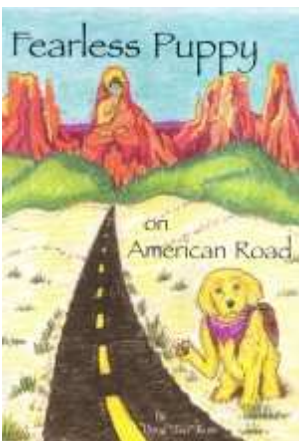
times, too.

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

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

[http://fearlesspuppy.org/m\\_reincarnation.htm](http://fearlesspuppy.org/m_reincarnation.htm)

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



<http://www.fearlesspuppy.org>

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

Within this book you will meet several saintly Tibetan Lamas. You will also meet a man who is his own uncle, specialists in smoke, mirrors, and invisibility, spirited sex, oxygen orgasms, heavenly Hell's Angels, phony preachers, domestic violence/domestic solutions, racist killers in America, Canadian race wars, Native American wise men, a bit of Christian ethics and Jewish ritual, angelic witches,

benevolent heroin addicts, magical birds, an all-lesbian band playing a rock concert for the deaf, the musician raised by multi-ethnic golden-hearted prostitutes, martial artists battling neo-Nazis, the modern-day Robin Hood, and many other strangely wonderful people.

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

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

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

---

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

# Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

*Serving your personal journey toward enlightenment...*

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

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

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

Skype: robert.meagher.03171966

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

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

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