

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

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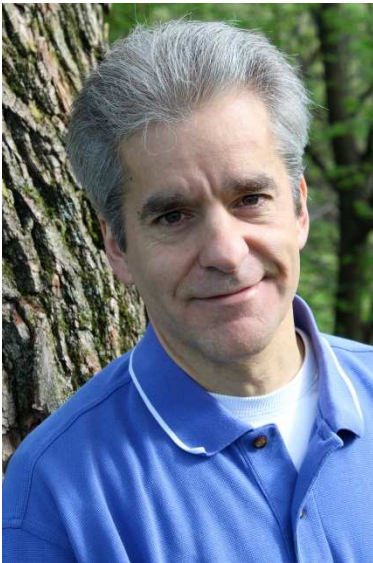
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Everything was perfect

One evening in late December I treated myself to a skating adventure on an outdoor rink in front of Ottawa City Hall. Our Municipal Government maintains an outdoor skating rink from the beginning of December to mid-March (weather permitting). Even though the weather had been unseasonably warm in Ottawa, the ice making and maintenance technology allowed for the rink to stay open from 6am – 11pm each and every day, unless it was raining and/or the temperature rose above 10°C.

It was a mere 0°C (again, unseasonably warm for this time of year in Ottawa), no wind, the sky was clear, the stars were twinkling and the moon was a glow. I walked a couple of blocks to the rink, through trees and shrubs adorned with Christmas lights. As I rounded the corner of City Hall, to the front of the building where the rink was located, I was greeted with a glowing, neo-light flashing skating rink that was already being enjoyed by dozens of other happy and joyous skaters. I smiled at the scene.

I headed for the heated (yes...heated!) changing hut where I was able to lace up my skates in warmth and comfort. After getting myself all ready for my skating odyssey, I made my way to the skating oval. I stepped on to the smooth and beautifully-prepared ice surface and began to glide my way around the rink.

The park where the skating rink was located was adorned with small and large trees that were decorated in the yuletide tradition. Across a street was another park that had an even more elaborate and impressive display of Christmas lights, as part of an annual tradition called “Lights Across Canada.” There was Christmas music piped over loud speakers. There was even the wonderful and intoxicating aroma of Beavertails brewing at a concession stand beside the rink. (Beavertails are flattened, donut-like delights that are glazed or smothered in a variety of delectable toppings.)

Thirty-or-so other skaters were enjoying the experience with me. We were all gliding around this wonderful outdoor facility—the ice surface, the lights, the seasonal decoration, the Christmas carols, the smell of delightful delicacies wafting through the air, the moonlight...—it was all perfect!



I looked around at the wonder of it all. There were people of all ages, races, males and females, everyone smiling, laughing, and enjoying themselves. There were kids racing around the rink. There were people trying to skate for the first time. There were seasoned skaters, and those who were spinning their way around the rink in a graceful and effortless way. None of it mattered—whether young, old, male, female, novice, accomplished, or professional—everyone was joining with the other in a wonderful outdoor celebration.

As I inhaled the wonder of it all, I thought... "What would life be like if I could live in this wonder at all times? How could I extend this vision to envelop every aspect of my life?"

What do you think?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

The Silent Way

Choose once again. For it is given you
To trail the peace of God across the world
Without exception. Every child receives
The gifts you bring, and men and women turn
To you in thankfulness. With joy are you
Accepted everywhere. For you have come
Only to bring Infinity's appeal
To those who are as infinite as He.
You come with memory of God in you,
To waken this same memory in those
In whom it seems to sleep. The world would die
Without its saviors. Do not, then, deny
Your proper place. For Christ has called to you
To follow Him, and choose the silent way
That brings you to eternity today.

Helene Schucman

3. Quote or Question

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

~ Rumi ~

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. Rev. Sherry Harris, MSW, RSW, Certified Spiritual Counsellor, Coach, Teacher – New Beginnings

I love this time of year. For me it is a wonderful time to look back over the preceding year to reflect and lovingly evaluate where I have grown and where there is still work to be done. And there will always be work to be done until I live every moment being the Divine Love, I inherently am. I truly like to look back and see where I've overcome challenges and where maybe I have created new ones. I like to see what I've learned and what the next steps are that I can look forward to. I do this with love and respect for myself while at the same time investigating with a determined attitude to find what emotional blockages and limiting belief systems I am still holding onto that keep me from feeling and living in every moment The Love I Am.

I'd like to start by reading an excerpt from Patricia Cota-Robles, a magnificent teacher I have been following since the early 90's.

With the Birth of the New Earth, which took place on Dec. 21-22, 2012, the Company of Heaven said that the next three years would result in the greatest shift of energy, vibration and consciousness the Earth has even known. Now as 2015 has come to a close the Company of Heaven is revealing that the multidimensional and multifaceted shift that has taken place within the hearts and minds of humanity during the past three years has far exceeded even the most optimistic expectations of Heaven. This may not be obvious in the dense physical plane of Earth which incidentally is the very last dimension to reflect these changes, but it is overwhelmingly obvious when the Earth is observed from the 5th dimensional frequencies of the New Earth and the Realms of Cause.

I don't know about you but that is a huge relief to me to know we are getting there, we are making the needed vibrational shifts in consciousness to bring us to a higher dimension where we can just be the Love we are and let go of all the ego limitations of fear, doubt, anger, resistance, pride and competition we have been operating from for so very long.

Last year, a year filled with the most intense infusions of Light we have ever experienced so far in our lifetimes, or possibly ever in the history of Earth, brought us many challenges and many gifts. As the light is and has been so powerful--- all within us that could not absorb that light pushed itself to the surface into our awareness so that we could bring loving, healing energy to it. It had to come to our awareness so we could feel and experience it. What we can feel we can heal. This is a simple process of recognizing what is not in balance and harmony within ourselves, and then allowing it, accepting it and letting love do the work. Love heals all. When we look at a blocked energy with compassion and accept it with unconditional love, it has to heal. When that

stuck energy dissipates we heal and return to the natural state of balance and well-being in which we were created.

Unfortunately, when something comes up we don't like we sometimes stay stuck in our heads, trying to figure out why it is happening, trying to take control over it, rather than simply surrendering, allowing it to be and bathing it in love. Love always heals. On the other hand, resistance slows the process down immeasurably. The good news is, no matter how long it takes in this dimension of time and space, we will always be given what we need to advance to the next level of love and understanding. That is the Divine's will for us, that is the function of divine intelligence. We are here to learn and grow and we are here to thrive. We have within us all the tools we need to heal ourselves. Sometimes we just need a little shove to get us out of the resistance and into doing the work.

Resistance has the opposite effect from accepting and allowing. When I resist what comes up for me that is causing disease or disharmony, I simply push it down causing more congestion, more constriction and more stress in my energy system. This can lead to even more stress or even illness. Fortunately our inner healing system has a wonderful way of bringing the needed lessons to us in many ways. If I miss the lesson this time or resist it, I can be guaranteed it will return to offer me another chance to heal it. In my own life I have found the lessons presented seem to get more intense the longer I avoided them. Hence, I have learned to do the work as quickly as possible once I am aware something is causing me unhappiness, stress or physical unwellness. If it comes up, don't delay, work on it now. You will save yourself much grief in the future. As I mentioned the lessons not learned come back more intensely each time they appear to be sure to capture our attention.

A new year gives us the chance to look back and examine how well we have done in taking care of ourselves. How well we have done in learning to love ourselves, making our healing and well-being a priority. In doing this we help so much more than ourselves. When we make loving ourselves a priority we can share that strengthened and healed energy with the collective consciousness-- that band of energy surrounding our planet that consists of all the energies of human consciousness on the Earth. When I raise my loving vibration, I add that to the collective consciousness, bringing it to a more loving place and I am adding to the expanding planetary consciousness. If, on the other hand, I am carrying anger, blame or criticism or any unloving energy, that is the energy I bring to the collective consciousness. My emotional state in every moment contributes to whether the planetary energy field is expanding in love or constricting in fear.

When I feel hurt, angry, resentful, I do not wish to hold on to that so I immediately go within, use my inner senses and do the work to bring it up for healing. For me, I use the inner child work, The Pathwork, or Theta healing to get to the core. Once I find the core belief that has led to the unbalanced and unhappy feeling, I can bring love to it and experience it dissolving. I have learned from my own experience, if I don't get to the core issue, the unhealthy belief just keeps coming up again and again in one way or another. It will be presented to me until I finally get to the core and heal it.

My little girl, my inner child, Sherbear is my muse, my mentor and my higher self all rolled into one. When I react emotionally to something in my life with hurt, anger, or fear rather than being able to respond from my mature, healthy adult place, I know it is my little girl that is not happy about what is going on. Having built a strong rapport with her through years of dialoging back and forth, she is only too happy to let me know what is going on and what she needs. She is my subconscious, my emotional self and she runs the emotional show like my computer's operating system. If she is happy, playful, peaceful and content, so is my adult self. If she is triggered, Big me is emotionally upset. She holds the keys to my emotional well-being. If I dialogue with her when I am upset she will always tell me why I am feeling the way I do and the two of us will heal it together. She shares with Big me, the initial core wounding and I love it away with understanding and compassion.

Often similar core issues come up that seem to be healing in layers. They are I'm not good enough, I am not loveable, Don't tell me what to do and Don't make me feel inadequate. These are mine, you may have others.

In the last year I have also been studying the Pathwork material channeled by Eva Pierakos back in the mid-fifties. This exemplary work gives us the keys to finding what holds us back subconsciously so that we can find it, release it and live the expanded truth of our natural Beingness which is Divine Love. This material, like the inner child work and amazing Theta Healing work of Vianna Stibal brings us to our core issues, the very beliefs created in childhood, in utero or even before this lifetime, that keep us stuck in fear and limitation. There are many, many wonderful healing systems. These are just a few I happen to like having worked with so many over the years. Find one that works for you.

With this intense light healing energy we are all being beamed with, it could not be a better time to go within and find all that does not help you to feel safe, loved and loving. So do the work at the core level and let it go. With the energies beaming onto us being so intense, sometimes life can feel like a rollercoaster. Fear not, from my experience the energy blasts causing real discomfort yet lead to profound growth and healing never seem to last for more than a few days- a week at the most. Then it seems as if I am given a chance to do the work on the wounds the light has dislodged and brought to the surface. I can honestly say I am never given more than I can handle. Although it is not always fun or comfortable, I remind myself to be always grateful for what is revealed to me that needs healing. Never do I feel like a victim.

I learned so much about myself last year. One thing I have learned which removes all opportunity for resentment to build--- is---- if it comes up, do not deny it. Work with it, express it, do not stuff it for fear of losing the love of others. If my buttons are pushed, they are my buttons and no one else is responsible for that. When they are pushed I am so grateful to have a partner I can share my surprising reactions with knowing he knows it is my stuff and not his or his fault. If I have buttons, I can only be grateful if they are pushed. I can't heal what I am not aware of..

One of the biggest things I learned last year is to not let anything fester. Let it out, express it is a loving and respectful way and do the digging work to find out where it comes from. Once I find the core belief I can heal it. If I do not get to the core, the same issue will be presented to me in many, many different ways. Our divine healer within never tires of bringing us issues to heal allowing us to release the emotional blockages and limiting thoughts that keep us from being all we can be. When we take time to quiet our busy, busy minds, to meditate, or to be still in another way we will be shown what we need to work on. Spirit is always lovingly guiding us to remember that we are Love and to show us the steps to find our way back home to that Love within us.

What I want to learn this upcoming year is how to stay connected to my inner Self at all times, always being aware of my divine guidance within ---instead of sometimes operating from my ego self, who wants to be in control, who wants things her way and sometimes actually acts as if she knows best. What a joke. I desire to always be at peace with what shows up, not judging it, resenting it or pushing it away, no matter how uncomfortable it may be. I truly believe divine intelligence sends me what I need to thrive and by that, I mean, to grow in consciousness and to be open to the awareness of my true nature Love. I aspire to grateful in every moment for the magnificent gift of life and to remember who I truly am, God expressing, whether I am stuck in traffic jam or when having financial challenges or health challenges or I have just stubbed my toe, it is all meaningful and all for my highest growth and development. If I surrender and relax with trust into it, Divine Guidance will show the way for the most optimal healing. Or, I can resist it, try to manage it from the ego and make the healing more prolonged, painful and difficult. I wish for myself and all of us the gift of truly trusting Divine Wisdom so that worrying no longer happens. If I really trust everything is unfolding for my and everyone else's highest good and growth potential---what is there to worry about.

My greatest wish for myself and all of us this year is to really live the Oneness we all talk about. To me it would unfold like this: I would judge nothing as good, bad, right or wrong as I remember that it is all God expressing. I would know that saint and sinner, healer and criminal are all aspects of the same Source, God expressing in infinite ways. Each expression of God, every individual, all the beings on our planet are all in the perfect place for the next step carrying them closer to remembering who they are: Divine Love. I would remember that

everything, every situation, every person that shows up in my life is there as a teacher and guide and that together we are all striving to be home in the essence of our being-- love and compassion.. Knowing that all is One and all is really me, I would stop complaining, stop saying things like "Isn't it awful" which reflect victimhood and just start accepting everything as the divine teaching it is. I would realize the politician I don't like is me, and the people I view as dangerous and extreme are me and the beautiful, kind , loving and caring people I admire so much are also me. I would remember the only way to raise consciousness in this world of ours is to Love it All. If we want separatism and inequality to stop it must start with us loving ourselves unconditionally and sharing that with all life. Stop judging anything and keep loving everything.

Moving ahead in the new year I want us all to create what we want, visioning health and balance for ourselves and all life. I wish for us to not accept or put any negative energy toward what we don't want for ourselves, humanity or the planet. I wish for us to live seeing only good coming for all of us, all life and to live seeing the New Earth, the 5th dimensional Earth, manifesting in harmony, love and unity. If we all work on this together we will manifest it more quickly. This works when each one of us holds the vision of what life on the New Earth will look like. Everything I had read has told me the veils are thinning which makes it that much easier to harness the tremendous light and power available to us for creation. 2016 will be a more-light charged year than 2012-2015. We have all the tools we need to move all of us on this 3rd dimensional planet into her new home in the 5th dimension. The New Earth is there awaiting us.

I don't do resolutions personally because I have found in the past, I generally let myself down and then am disappointed in myself. However, I do make plans and my promises, which I always keep, to myself for the new year include 1) more play time and focusing on having fun and really enjoying life 2) more quiet time, less doing and more time to just plain be the awakening human being I am, 3) living oneness by accepting and loving all aspects of God/life/consciousness, and 4) living from the inside out, living my spirit connection. This means listening to my heart and my inner voice and letting that inner God connection lead my life completely instead of the opposite which is reacting to life happening outside of me and trying to control it. 5) I vow to remember There is only One, it is all me and it just is God expressing the ONE in a myriad of fascinating and diverse ways. And 6) I promise to be passionate about life everyday in everyway and to live my life fully as the Divine Being I am. And I wish that for all of us.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sherry Harris is an ordained interfaith minister, psychotherapist, and certified spiritual coach, counsellor and teacher. She may be reached at 613-236-8852 to book an appointment or by email at 2belight1@gmail.com. Session receipts are covered by most insurance benefit packages.

5. **Doug Henderson, Ph.D – New Years Words of Encouragement for 2016**

In 2009, Jeremy Sills and I put out our first cd entitled, "I Choose Love." Here is what I said in the liner notes at that time.

"For sometime now, this place we call a world seems very apprehensive. We seem to be coming to a brink of desolation that we have been to before and wish to avoid again. It is our obsession with control that has brought us to what seems to be the edge again. These thoughts of fear are counter to our real identity.

All attempts at control have been counter-productive and have led us in vain to where we think we are. But it is appearance and illusion only. The paradox is that, when we give up all attempts to control, our freedom soars and beauty appears when we give the world the chance to be itself. When we decide for Love, our vibrational state and awareness increases and what we did not know before is now known to have been there all along. Love, beauty, peace and harmony appear when we choose to become what they are.”

What came out of this statement, “I Choose Love,” was the following. “When I Choose Love for All of Creation, All of Creation Chooses Love for Me.” And so it is for each vibrational state because energy does not know positive or negative. These are human forms of identification. If I choose fear or desperation, this is exactly what Creation chooses for me. This is how powerful my thoughts, emotions and feelings are. If I am in denial of what it is I choose, I just need to examine my life experience and it will verify my real vibrational state. Now, I teach what I need to learn most and by teaching it I learn it and by learning it, I become it and by becoming it, I attract it. For me this identifies a great deal of Spiritual Law of how things work. So, if I want to be the change in the world, I have to become that change.

Recently, I posted on Facebook a short video of a Cymatics Demonstration, where grains of sand or salt are placed on a surface and a tone generator is used to apply different frequencies and the sand takes on different and unique geometric shapes. Now most people find this very entertaining but fail to realize that this is exactly what happens to each of us at a cellular level as we change our vibrational state to something higher and better. Much of our conditioning has us caught up in the appearance of something and the need for entertainment in which case we avoid going within. The very things that limit our spiritual progression are the very things that are used against us. These fundamental elements are Pride, Self-Will and Fear. Where one of these elements is, the other two are also. Can you see how Pride and Self-Will can be utilized to create a belief in Individuality and Personality and how anything that might threaten that, is to be feared. Can you see how this can cause separation from your brothers and sisters and from your own awareness of your Soul or Larger Self. Can you see how being perpetually bombarded by fear that our immediate conditioned response is to lash out against whatever the current enemy is presented to be. Those who would control you for their purposes are using the very elements that need to be examined in a very personal way and eliminated. The interesting thing is that when you choose to examine the dark elements within you simply as an observer, without moralizing or chastising, or beating yourself up, they no longer have a hold on you and the energy around them dissipates. Energy changes in an instant. It changes with each breathe. But it must be a conscious change of, that was then, this now. You will also find that you will have more energy as you make a daily practice of going within because you no longer need to squander your energy protecting false beliefs and defence mechanisms that sap your energy. This is how both freedom and mastery are achieved.

Now, I may have a different view of what is happening in the world than many who are reading this. First, growth to something better can only be achieved through an interim phase of chaos and confusion. This is the phase we find ourselves in. This phase is much like the transition metaphor of the caterpillar to the butterfly. Prior to weaving its cocoon the caterpillar gorges itself with any vegetation it can. This can be equated to consumerism. To paraphrase Buddha, “I went to the market today and saw all the things I didn’t need.” As pride, self-will and fear of lack are promoted, so too is what is valueless rather than what is valuable and what is valuable is not tangible. Once the caterpillar is in the cocoon, it continues the cannibalistic act of consuming itself. What do you suppose is happening in the world today where false flags are created so that one group of people or mis-guided fanatical sects war against another and the 1% that would promote the conflict rub their hands in glee from the profits of war. This is malfeasance, a legal term which means to have shit on your hands. For those of us who identify and have bought into the acts of mis-guided politicians, our hands are as dirty as theirs and it is only through self-examination, which is a process of self-purification that this can change. The 1% realize their power, the 99% do not. If just 10% of the remaining 99% realized their power, went within daily and examined their self, their vibrational state would be transformed just as cymatic grains of sand change into beautiful geometric patterns as new and higher frequencies are applied the world and all perception of the world would change as new states of perception are achieved. This is what happens to the

caterpillar because the entire time that it feeds upon itself, its weakest gene gains strength and becomes more powerful until it transforms into something beautiful that we call a butterfly. I truly believe that we are on our way to something better but it is not for me to know what that something better is or how we get there. My function is simply to visualize the end result only and not how we get there because if I wish to control how I get there, I interfere with the process and limit unknown possibilities of achievement or greater possibilities of achievement. It seems to me that the greatest lesson of all is being provided to mankind and that is the opportunity to Trust, to be Tolerant of each other and to Accept the Divine Light in each other no matter how mis-guided we perceive the other to be because our level of perception is guided by our vibrational state of consciousness.

Thirdly, the good news is that the intensity of the chaos and conflict within the world is because the 1% realize that they are losing their grip upon the 99%. The 99% are waking up and some are expressing their angry resistance. But this need not be where you choose to be. Many of the 99% are flexing their wings and becoming more aware that they are not what they used to be, nor are they prepared to war against their fellow man, woman or child. The heart that circulates life fluid through the butterfly is a new heart with different values of freedom, beauty and peace and these values do not come from the barrel of a gun.

Finally, you might ask what can I do besides going within daily and examining myself. You might start up your own meetup group of a spiritually nourishing material that resonates with you. There are many opportunities. It seems to me that when a group of sincere and enthusiastic people get together with a common loving intention there is a beam of light that goes out to the universe and angels gather to respond to your prayers. But I would caution you, that to pray while angry or fearful is counter-productive and only strengthens the darker side. This is why self-examination is so powerful. You can google, The Pathwork material and see what comes up. It's available at no cost and it's understandable. Nor should you plea bargain with a Creator Source, or denigrate yourself or martyr yourself in anyway. Each of us is a Child of God simply trying to find our way home. You can find out how powerful you are via the channeled works of Paul Sellig, author of "I am the Word," Sellig has also authored additional books such as; "The Book of Love and Creation," "The Book of Knowing and Worth," and "The Book of Mastery." Sellig will be in Ottawa in March. You might read the channeled works of Kryon where you will learn how our DNA is connected to the DNA of all others. You might join a local A Course in Miracles group. You might join a local meetup group to discuss Consciousness, Non-Duality, Buddhism or fundamentals of the Koran or fundamentals of Hinduism or fundamentals of the Torah. There are many paths. It is our intention that takes us home.

As for me, I am here to be of service. Although I may have Phd's in both the Humanities and Theology, am Ordained in both the International Fellowship of Christ and the Order of Melchizedek and am internationally Certified as a Quantum Biofeedback Therapist; these are achievements that really mean very little. Education can be the biggest deterrent to knowing your true self. It's the power of intention within your heart that is valuable. No one is ever denied. If someone is struggling financially they simply pay by donation whatever they can. If there is a desire to change, I will do what I can to facilitate that change whether it be by Energetic Balancing, Counselling, Long-distance Healing, Theta Healing or a conversation over a cup of tea or coffee because as we go through these changes it is very important to remain calm and peaceful at all times.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Doug Henderson, Ph.D, Humanities and Theology, is a Stress Management Consultant, Ordained Minister and Internationally Certified Quantum Biofeedback Therapist. Doug uses some cutting edge quantum technologies to assist clients to return to energetic balance and when they do – dis-ease drops away. On July 1st, 2009, Doug started a program called the "Tune Me Up Program" that is having extraordinary results raising clients levels of consciousness/awareness. Go to: www.quantumru.com to read unsolicited experiences. In May, 2004, Doug was diagnosed with 4 different cancers. He refused conventional therapy and developed protocols that worked for him. Today, his clients benefit from what he learned. Doug can be reached by phone at 613-233-3888, by email at drdoug88@gmail.com, or via his website at www.quantumru.com.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

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

Not long before his untimely passing in 2008, the beloved Irish poet John O'Donohue recorded a poem that he'd originally written for his mother. Titled 'Beannacht' (the Gaelic word for blessing), these exquisite verses set a beautiful tone for the New Year. <http://www.dailygood.org/story/1189/beannacht-a-blessing-for-the-new-year-john-o-donohue/> **Be The Change:** Make a commitment or resolution for the year ahead that will help you bring your deepest gifts to the world.

From the link between kindness and awe, and the keys to bridging political divides, to the effect of mindfulness on making healthy choices, and news about the contagious smell of happiness (that's right, you read that correctly -- 'the smell of happiness'), there's a lot that was uncovered in 2015! Enjoy this intriguing list of insights compiled by the Greater Good Science Center from the past year.

<http://www.dailygood.org/story/1195/top-10-insights-from-the-science-of-a-meaningful-life-2015-jason-marsh-kirra-dickinson-kira-m-newman-jill-suttie-jeremy-adam/> **Be The Change:** Did any of the insights take you by surprise or inspire you to design your own life differently?

If you were going to invest now in your future best self, where would you put your time and energy? While we're constantly told to lean in to work, to push harder and achieve more, The Harvard Study of Adult Development tracked the lives of 724 men for 75 years and found that the healthiest at age 80 were those who had had the most satisfactory relationships. This fascinating TED talk shares more.

<http://www.dailygood.org/story/1196/what-makes-a-good-life-robert-waldinger/> **Be The Change:** Ask yourself what you value most and do something in honor of it each day this week.

What is your capacity for empathy? Is it just reserved for the down and out? How about empathizing with those in power? Can empathy travel across great distances and through time? This informative animation challenges how we tend to view empathy and advocates for the transformative power that can bring about change for individuals as well as entire societies. <http://www.karmatube.org/videos.php?id=4970> **Be The Change:** Be The Change and expand your empathy boundary by engaging in 'cognitive empathy' with an individual, a group or an animal who you have never before empathized with.

Our cultural mythology "continually casts love as something that happens to us passively and by chance, something we fall into, something that strikes us arrow-like, rather than a skill attained through the same deliberate practice as any other pursuit of human excellence. Our failure to recognize this skillfulness aspect is perhaps the primary reason why love is so intertwined with frustration. That's what the great German social psychologist, psychoanalyst, and philosopher Erich Fromm examines in his 1956 masterwork *The Art of Loving* -- a case for love as a skill to be honed the way artists apprentice themselves to the work on the way to mastery, demanding of its practitioner both knowledge and effort." <http://www.dailygood.org/story/1200/erich-fromm-on-the-art-of-loving-maria-popova/> **Be The Change:** For further inspiration, read Thich Nhat Hanh's wise words on love and the art of inter-being. <http://www.dailygood.org/more.php?n=6521a>

"Shelagh Gordon was another name in the obituaries, an ordinary woman who had died suddenly." Or was she? Here's what her passing revealed about Gordon: "Her relationships were as rich as the chocolate pudding pie she'd whip together...She was both alone and crowded by love...She was the interpreter, she made sure everybody understood each other's feelings...You could put your heart on the table and you know that she'd never step on it, because she took great pride and honor that you gave that to her." Four years ago, a newspaper dedicated unprecedented coverage to 55-year-old Shelagh Gordon's funeral -- in a memorable attempt to illustrate the impact one 'ordinary' person can have. <http://www.dailygood.org/story/203/shelagh-was-here-an-ordinary-magical-life-catherine-porter/> **Be The Change:** Take a moment today to connect a little bit more than you ordinarily do with someone whose path crosses yours.

Slow things drive us crazy because the fast pace of society has warped our sense of timing, creating expectations that can't be rewarded fast enough-- or at all. How can we stave off the slowness rage and revive patience? Meditation and mindfulness may help, but Northeastern University psychologist David DeSteno suggests that practicing gratitude is the best shortcut of all. <http://www.dailygood.org/more.php?n=6577> **Be The Change:** Notice how your irritation rises when what you want doesn't happen fast enough, and think of your great-grandparents walking or horseback riding to places before there were cars. If that doesn't work, be grateful for all that helps us help each other :)

The more we learn about mindfulness -- cultivating a focused awareness on the present moment -- the more health and well-being benefits we discover. In 2015 researchers delved deeper into the science of meditation and uncovered even more surprising evidence of the powerful effects of mindfulness on mind and body. <http://www.dailygood.org/story/1208/5-things-we-learned-about-mindfulness-in-2015-carolyn-gregoire/> **Be The Change:** Experiment three times today, for five minutes, with focusing all your attention on your body as you do whatever you are doing. Afterward, ask yourself whether you feel more gathered and awake.

Psychologists studying "post-traumatic growth" find that many people come to thrive in the aftermath of adversity. Read on to learn more about the amazing ability of human beings to not only adapt but to grow incredibly after loss. <http://www.dailygood.org/story/1209/the-surprising-benefit-of-going-through-hard-times-carolyn-gregoire/> **Be The Change:** How can you use a loss you experienced as an opportunity for growth?

7. I Have Decided to Stick with Love

Reprinted from www.awakin.org.

--by [Martin Luther King Jr.](#) (Jan 04, 2016)

I'm concerned about a better World. I'm concerned about justice; I'm concerned about brotherhood and sisterhood; I'm concerned about truth. And when one is concerned about that, he can never advocate violence. For through violence you may murder a murderer, but you can't murder murder. Through violence you may murder a liar, but you can't establish truth. Through violence you may murder a hater, but you can't murder hate through violence. Darkness cannot put out darkness; only light can do that.

And I say to you, I have also decided to stick with love, for I know that love is ultimately the only answer to humankind's problems. And I'm going to talk about it everywhere I go. I know it isn't popular to talk about



it in some circles today. And I'm not talking about emotional bosh when I talk about love; I'm talking about a strong, demanding love. For I have seen too much hate. [...] and I say to myself that hate is too great a burden to bear. I have decided to love. If you are seeking the highest good, I think you can find it through love. And the beautiful thing is that we aren't moving wrong when we do it, because John was right, God is love. He who hates does not know God, but he who loves has the key that unlocks the door to the meaning of ultimate reality.

And so I say to you today, my friends, that you may be able to speak with the tongues of men and angels; you may have the eloquence of articulate speech; but if you have not love, it means nothing. Yes, you may have the gift of prophecy; you may have the gift of scientific prediction and understand the behavior of molecules; you may break into the storehouse of nature and bring forth many new insights; yes, you may ascend to the heights of academic achievement so that you have all knowledge; and you may boast of your great institutions of learning and the boundless extent of your degrees; but if you have not love, all of these mean absolutely nothing. You may even give your goods to feed the poor; you may bestow great gifts to charity; and you may tower high in philanthropy; but if you have not love, your charity means nothing. You may even give your body to be burned and die the death of a martyr, and your spilt blood may be a symbol of honor for generations yet unborn, and thousands may praise you as one of history's greatest heroes; but if you have not love, your blood was spilt in vain. What I'm trying to get you to see this morning is that a man may be self-centered in his self-denial and self-righteous in his self-sacrifice. His generosity may feed his ego, and his piety may feed his pride. So without love, benevolence becomes egotism, and martyrdom becomes spiritual pride.

- See more at: <http://www.awakin.org/read/view.php?tid=2131#sthash.6Xa3jC0L.dpuf>

8. Be Cool to the Pizza Dude

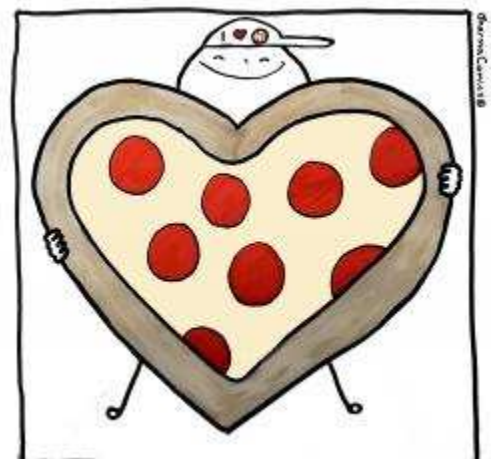
Reprinted from www.awakin.org.

--by [Sarah Adams](#) (Jan 11, 2016)

If I have one operating philosophy about life it is this: "Be cool to the pizza delivery dude; it's good luck." Four principles guide the pizza dude philosophy.

Principle 1: Coolness to the pizza delivery dude is a practice in humility and forgiveness. I let him cut me off in traffic, let him safely hit the exit ramp from the left lane, let him forget to use his blinker without extending any of my digits out the window or towards my horn because there should be one moment in my harried life when a car may encroach or cut off or pass and I let it go. Sometimes when I have become so certain of my ownership of my lane, daring anyone to challenge me, the pizza dude speeds by me in his rusted Chevette. His pizza light atop his car glowing like a beacon reminds me to check myself as I flow through the world. After all, the dude is delivering pizza to young and old, families and singletons, gays and straights, blacks, whites and browns, rich and poor, vegetarians and meat lovers alike. As he journeys, I give safe passage, practice restraint, show courtesy, and contain my anger.

Principle 2: Coolness to the pizza delivery dude is a practice in empathy. Let's face it: We've all taken jobs



just to have a job because some money is better than none. I've held an assortment of these jobs and was grateful for the paycheck that meant I didn't have to share my Cheerios with my cats. In the big pizza wheel of life, sometimes you're the hot bubbly cheese and sometimes you're the burnt crust. It's good to remember the fickle spinning of that wheel.

Principle 3: Coolness to the pizza delivery dude is a practice in honor and it reminds me to honor honest work. Let me tell you something about these dudes: They never took over a company and, as CEO, artificially inflated the value of the stock and cashed out their own shares, bringing the company to the brink of bankruptcy, resulting in 20,000 people losing their jobs while the CEO builds a home the size of a luxury hotel. Rather, the dudes sleep the sleep of the just.

Principle 4: Coolness to the pizza delivery dude is a practice in equality. My measurement as a human being, my worth, is the pride I take in performing my job — any job — and the respect with which I treat others. I am the equal of the world not because of the car I drive, the size of the TV I own, the weight I can bench press, or the calculus equations I can solve. I am the equal to all I meet because of the kindness in my heart. And it all starts here — with the pizza delivery dude.

Tip him well, friends and brethren, for that which you bestow freely and willingly will bring you all the happy luck that a grateful universe knows how to return.

- See more at: <http://www.awakin.org/read/view.php?tid=2137#sthash.FSvqGpBM.dpuf>

9. Absurd Heroism

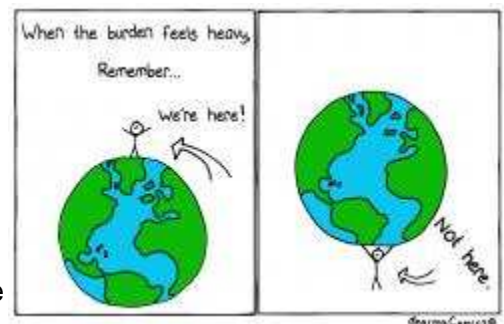
Reprinted from www.awakin.org.

--by [Margaret Wheatley](#) (Jan 18, 2016)

Consider Sisyphus. As described in both Greek and Roman mythology, Sisyphus was condemned by the gods to an eternity of futile and hopeless labor. He had to roll a rock to the top of the mountain, only to watch it tumble back down from its own weight and the natural force of gravity. Then he would roll it to the top again. Forever. The French existential philosopher Albert Camus wrote an essay about absurd heroism and the despair it caused entitled "The Myth of Sisyphus."

Sisyphus had no choice -- he had been condemned by the gods. But we do have a choice. We can notice the price we're paying for our absurd heroism, for believing that it's up to us. I hear so many people who want to take at least partial responsibility for this mess. Somewhat piously, as if summoning us to accountability, they say, "We need to accept responsibility that we created this" or "We created it, so we can change it." No we didn't. And no we can't. We participated with innumerable other players and causes and this is what emerged. We can't take credit for it, we can't blame ourselves and we can't put the burden of change on us. We're not Sisyphus, condemned to a fate of absurd heroism.

If Sisyphus had been a free agent, he would have noticed that gravity was the problem. We have to notice that emergence is the problem, as unchallengeable a force as gravity.



Let's fully face the brave new world that has emerged and put down our boulder -- the energy destroying belief that we can change the world. Let us walk away from that mountain of despair-inducing failures and focus instead on people in front of us, our colleagues, communities and families. Let us work together to embody the values that we treasure, and not worry about creating successful models that will transform other people. Let us focus on transforming ourselves to be little islands of good caring people, doing right work, assisting where we can, maintaining peace and sanity, people who have learned how to be gentle, decent and brave ... even as the dark ocean that has emerged continues to storm around us.

- See more at: <http://www.awakin.org/read/view.php?tid=2115#sthash.QMHBaQvO.dpuf>

10. The Same Self Is in All of Us

Reprinted from www.awakin.org.

--by [Eknath Easwaran](#) (Jan 25, 2016)

The same spark of divinity--this same Self--is enshrined in every creature. My real Self is not different from yours nor anyone else's. If we want to live in the joy that increases with time, if we want to live in true freedom independent of circumstances, then we must strive to realize that even if there are four people in our family or forty at our place of work, there is only one Self.

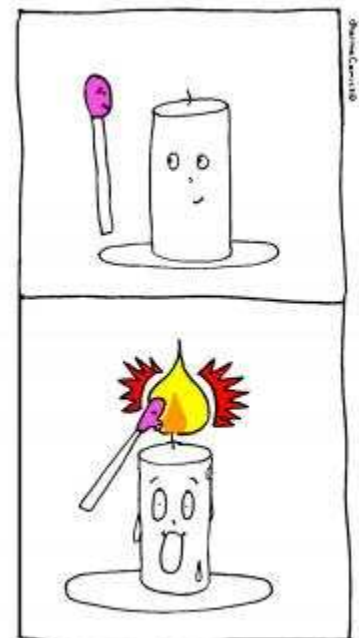
This realization enables us to learn to conduct ourselves with respect to everyone around us, even if they provoke us or dislike us or say unkind things about us. And that increasing respect will make us more and more secure. It will enable us gradually to win everybody's respect, even those who disagree with us or seem disagreeable.

Most of us can treat others with respect under certain circumstances--at the right time, with the right people, in a certain place. When those circumstances are absent, we usually move away. Yet when we respond according to how the other person behaves, changing whenever she changes, and she is behaving in this same way, how can we expect anything but insecurity on both sides? There is nothing solid to build on.

Instead, we can learn to respond always to the Self within--focusing not on the other person's ups and downs, likes and dislikes, but always on what is changeless in each of us. Then others grow to trust us. They know they can count on us--and that makes us more secure too.

We can try to remember this always: the same Self that makes us worthy of respect and love is present equally in everyone around us. It is one of the surest ways I know of to make our latent divinity a reality in daily life.

- See more at: <http://www.awakin.org/read/view.php?tid=2145#sthash.2vMd8o4K.dpuf>



Remember the SPARK!

11. A Love Letter to Wilderness

Reprinted from www.KarmaTube.org.

This love letter to wilderness celebrates the 50th anniversary of the 1964 Wilderness Act with stunning images and excerpts of poetry and words on wilderness from Edward Abbey, Ralph Waldo Emerson, John Muir and Wallace Stegner. In 50 years, the designated wilderness areas in the United States has grown from nine to 109 million acres, including national forests, national parks, national wildlife refuges, and Bureau of Land Management lands. "Thousands of tired, nerve-shaken, over-civilized people are beginning to find out going to the mountains is going home; that wilderness is a necessity..." ~John Muir - See more at:

<http://www.karmatube.org/videos.php?id=6932#sthash.kzyiZUEX.dpuf>

12. Introspection is Out, Outrospection is In

Reprinted from www.KarmaTube.org.

What is your capacity for empathy? Is it just reserved for the down and out? How about empathizing with those in power? Can empathy travel across great distances and through time? This informative animation challenges how we tend to view empathy and advocates for the transformative power that can bring about change for individuals as well as entire societies. - See more at:

<http://www.karmatube.org/videos.php?id=4970#sthash.u6NcBvrC.dpuf>

13. Trail Therapy

Reprinted from www.KarmaTube.org.

Steve Fugate walks to heal himself, and anyone else who hears his message of love. In 1999, his only son committed suicide while Fugate was in the middle of hiking the Appalachian Trail. And several years later, he lost his daughter in an accidental overdose of drugs that were meant to treat her multiple sclerosis. Fugate's "trail therapy" has taken him across the United States seven times and over 34,000 miles. He walks to raise awareness about depression and suicide - "to mend the broken hearts while they are still beating." "If I can love life then anyone can. I know every one of us has an intrinsic desire to stay alive. 'Love life' is the answer to everything." - See more at:

<http://www.karmatube.org/videos.php?id=6965#sthash.bq7QShR2.dpuf>

14. Stop. Look. Go

Reprinted from www.KarmaTube.org.

"All of us want to be happy...by experiencing, by becoming aware that every moment is a given moment – it is a gift! You haven't earned it. You haven't brought it about in any way. You have no way of assuring that there will be another moment given to you. Grateful living - that's the most valuable thing that can ever be given to us." In this beautiful video, our friends from Gnarly Bay have used audio from Brother David Steindl-Rast's TED talk: "Want to be Happy? Be Grateful" to illustrate Brother David's grateful living practice "Stop. Look. Go." - See more at:

<http://www.karmatube.org/videos.php?id=6991#sthash.N9IV684A.dpuf>

15. We Are All Homeless

Reprinted from www.KarmaTube.org.

Many of us feel uncomfortable and nervous when we come across homeless people carrying signs asking for money. We cross the street or look away to avoid making eye contact. Designer and artist Willie Baronet started buying signs from the homeless as a way to deal with his discomfort. In 1993, he embarked on a cross-country trip, buying signs from homeless people from Seattle to New York City. Along the way, something in him shifted in the way he felt about the homeless, as he got to know them as people. It was no longer "them and me" - now it was "us." - See more at:

<http://www.karmatube.org/videos.php?id=5894#sthash.uQiXmfmv.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.

16. 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.

17. 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).

18. 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.

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.

19. **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>.

20. **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.
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 or 613-204-0299.

Shanti, Namaste, Agape,

Rev. Robert Meagher
Spiritual Guidance

21. 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.servingyourjourney.com) and click on the [DONATE] button toward the bottom left of the home page.

OR

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

OR

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

504 – 71 Somerset Street West
Ottawa, ON K2P 2G2
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.

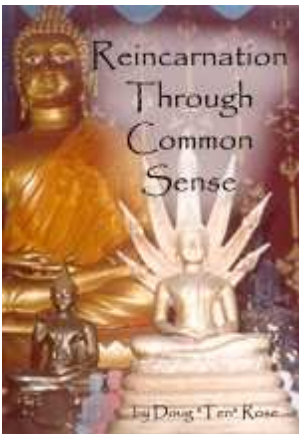
22. OM Websites

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.

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

*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS *

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



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

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

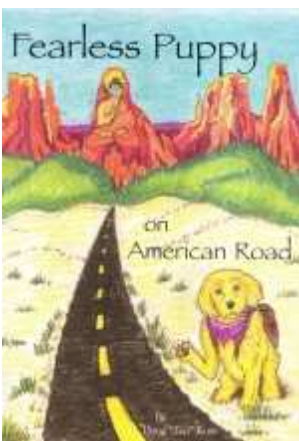
times, too.

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

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

http://fearlesspuppy.org/m_reincarnation.htm

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



<http://www.fearlesspuppy.org>

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

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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.

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

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