

Serving your personal journey toward enlightenment...

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

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

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

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

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Healing the physical body through forgiveness

During a recent study / discussion group I ask participants if they noticed any change to their physical health and body as a result of forgiveness—forgiving other people and forgiving themselves. The responses ranged from the obvious to the miraculous.

Initial responses revealed how people felt an overall ‘sense of relief’ from forgiving that was felt in the body as a relaxing sensation in their chest. Some described this as a freeing of ‘space’ within their body and an overall feeling of expansiveness.

A few people commented that the relief brought about by forgiveness caused them to feel lighter. These people described the feeling as a ‘light of foot’ or ‘floating on air’ as they walked. They went on to explain that the overall feeling of relief resulted in their bodies feeling lighter, and the sense of elation at releasing pent-up tension felt, at times, like overwhelming joy that resulted in the sensation of ‘walking on clouds.’

One person noticed over time, as result of practicing forgiveness, that their body reacted differently to common colds and influenza. They shared that bouts of colds and influenza no longer had the intensity or longevity they used to. Another person shared that they attributed their journey with forgiveness to ridding themselves of long-held ailments and body aches.

Could it be that the simple act of forgiveness can heal the body? My own personal experience with forgiveness has shown me that such possibilities exist. If you have a story to share about how forgiveness healed your body, please share with me. With your permission, I may share it in future newsletters.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher



2. Poem

They Wait

I did not know your voice. And what I heard
I did not understand. There was a Word
In which was everything. Yet all I found
In its immensity was but the sound
Of meaningless contention. I passed by
A thousand waiting angels. And as I
Rushed along vain detours I did not see
The hosts of holiness surrounding me.
Yet I will certainly return. For You
Have promised that whatever I may do,
Angels and holy hosts will wait; the Word
Will hover over me till it is heard.

Helene Schucman

3. Quote or Question

It is better to see one time than to hear one hundred times. ~ Mongolian Proverb

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 – March 2016

Love, Light and the Heart

Dear gentle people of this world, you may well ask the question, “What is it that nourishes my Heart?”

As you are well aware, in physicality there is forever a corresponding spiritual component. In truth, the material world and its positioning is fundamentally of spiritual origin. The event which can be observed between a spiritual expression and its corresponding physical manifestation, is Light. We speak here of Divine Light which may seem to resemble the physical light in your world, but differs in origin.

If you explore the physical component of your heart and voyage through to other planes of manifestation what do you witness? Surely you begin by admiring the intelligent complexities of your heart’s construction and functioning, its vast pathways, its intercellulaire communication and engineering as well as its many other features. Should you continue to explore this organ at a finer level, voyaging through atoms and diminutive vibrational particles, you come to a place of Light, for within all physical particles Light resides. This Light, being of divine origin, has no specific place or location. It seems lodged in the minutest physical particle of vibrating matter yet under no circumstance is this Light limited to that space, nor to any other space or time, be it in your world or ours.

As you continue to travel through this Light, you find yourself in a place which can be seen as infinity, a place of allness and nothingness. It is here you recognize the state of perfection which is pure, quintessential Love. In your language, this may be termed as the Christ state, for it is here you are imbued with the magnificent eternal force, origin of all life—visible and invisible—found in all universes, in your cosmos and beyond it.

Hence, if we move forward in this journey from the infinite force and fabric of existence—Love—we realize that Light is the movement, imbued in Love, which carries this Love into the various expressions found throughout all life. Light, pure and divine, is the carrier of physical life. It is the basic structure, founded upon Love which announces the possibility of physical manifestation. Hence, the greatest opening now being presented to your citizens upon your earth is the opportunity to realize that you are perfect beings impeccably aligned in Love. It is here you acknowledge your structure as Light. It is from this stance that you create and maintain a material form, the body-temple, a direct physical template of loving Light.

Hence, we ask you to consider how you nourish your Heart. Is your Heart filled with gratitude, wonderment, compassion and gentleness? When you close your eyes, do you recall this Light of Love? Will you unite your higher Mind and Heart in sacredness? Do you sense the beauty of harmony and appreciate and treasure your good selves?

Gentle people of this sphere, kindly remember that all life, visible and invisible, is rooted in pure Divine Love—Creator of Life. Should you stray, we promise you that it is Love which will refresh you and bring you Home.



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

5. Sepi Tajima – What Causes Stress Mentally and Psychologically (Illustrated)

Do you think that those (tragic) events of the past fully define and determine how you feel today?

Do you often lose hope thinking that your current emotional and mental state is an inevitable result of your past?

If so, then I have some great news for you. **Life events are much... over-rated!**

Yes, you read correctly. Life events are over-rated. We have the freedom and the power to change our current emotional and mental state, with our choices of behaviour and thoughts, regardless of what has happened or is happening to us.

Our society, education, family and health system are so preoccupied with removing stressful situations, sometimes at the cost of intoxicating us with heavy doses of medication and limiting our natural expressions, while at all this time overlooking the most essential source of misery – our mind.

External life events and our internal capacity do not determine our emotional and mental well-being. It is, in fact, our **personal interpretations, narratives and meanings we attach** to these events that predominantly shape the way we experience life.

I'm not saying that the event that triggered the traumatic or painful experience you have gone through, or are dealing with right now, is not important. It is challenging to go through rejection, humiliation, failure, or loss. By all means, take all necessary action to take yourself out of a stressful situation that is causing you

needless pain. My invitation and encouragement is that besides taking care of what happens in your external world, you need to put more attention to what is happening in your internal world.

Your ability to influence the external circumstances of your life is limited; but not your capacity to change the way you interpret things, and the attitude you choose to cultivate. Your internal world is your kingdom. The more you exercise this internal muscle, the easier it gets.

*What happened **to** you is not as important as what happened **in** you. –
Giovanni Dienstmann*

=> This is the **2nd post** of a series that I am creating here to support your journey. I intend to tackle this complex topic from different angles and clarify as much as possible. So stay tuned.

=> If this is your first time visiting my blog here is the link to my **1st post**: [How to understand stress levels.](#)

=> At the bottom of this page, you will see a button to download a free PDF (printable version of this post), for easy reference.

Same Input, Differing Outcome



As illustrated above, assuming identical internal capacity and identical life challenges, some people get filled to their maximum capacity and feel overwhelmed, while others have room to handle many more challenges to come, and even give a hand to others. Some people will break with pressure – others will eat it like an energy bar.

Some seem to know the alchemy to transform severe painful experiences into a passion, hatred into compassion and conflicts into harmony. These people take advantage of their disadvantages and actually *make use* of their traumas constructively. Behind a beautiful song usually lies a sad story. The life of many famous leaders is a testimony of such possibility, such as Nelson Mandela, Oprah Winfrey and Nick Vujicic. Some call this resilience, I call it mastering the “mental colouring”.

A story (of your life) has no beginning or end; arbitrarily one chooses that moment of experience from which to look back or from which to look ahead.
— *Graham Greene*

Mental Colouring Process



Let us have a closer look at this internal alchemy that has the power to transform life events and their effects on us.

A life event that has already happened is an *unchanging fact*, a given, an input. What we experience, however, is not the same bare input. As illustrated above, every single event gets **additionally coloured by our mind** and **only then** gets stored as a memory, an output.

When we talk about our experiences, what we are actually referring to are mental colouring of an **event** (what happened). That is, we don't relate to what happened as a raw experience, but rather the event coated by our **interpretations**. The interpretations are the stories we tell about ourselves, our situation and our life. These largely influence our emotional well-being or lack of it.

Often the stories add needless layers, additional emotion and noise that pollute the event and the present moment. That is why the process of healing involves reprocessing these psychological materials. This allows us to look, with more objectivity and a fresh perspective, on what we *created* out of what happened. There is, thus, an opportunity to develop a more wholesome narrative.

The primary cause of unhappiness is never the situation, but your thoughts about it. – Eckhart Tolle

Event + Interpretation = Experience = Your Reality



At times, when we look within, to remember what has happened, we cannot see or remember the bare event anymore – the colouring process has created such a thick layer around the event that it literally **blinds us**. At this point, no one can convince you that what you are thinking is pure imagination, that the story you are telling is not what actually happened... Your point of reference says something else.

If you do not monitor the stories you plant in your head, you will get lost amongst the weeds of your thoughts. – Sepi Tajima

Mental Colouring Example



Let's look at this with an example.

Mary gets teased, by kids and teachers, at school. Her mind, then, gets triggered to have certain thoughts and feelings about what this event means, and what it tells her about herself (mental colouring). These thoughts and feelings, of course, are based on the previously stored memories and some other factors [more on that in future posts].

The interpretations can be: *"I got teased again because I am ugly... because I am stupid... They are mocking me because of my fat legs... maybe it is my face and these ugly pimples... I am not good at math... I am unlovable... I am so worthless... My life sucks... My parents also did not love me, that's why they divorced... Maybe that is why boyfriend cheated on me, because I am such a horrible person... Even the teacher says so... What is the point of life?"* and so on.

You see how an event triggered a snowball of amplifying negative thoughts that may not have much to do with what was really going on? Before you know, the chain of negative thoughts has lowered your mood; there you are sitting in pain, feeling lonely, isolated and unloved. The "attack" happened in 5 minutes and probably everyone forgot about it and went home, while you keep "attacking" yourself for the rest of the day, weeks, months and at times years to come.

*There is nothing either good or bad, but thinking makes it so. –
Shakespeare*

→ I further illustrate this point in the story of the wise farmer and his black horse.

Examine The Story



Life events can create lots of physical pain, but they do not carry suffering in them inherently. Suffering is in the mind. Negative experiences do not need to create life-long stress, phobia, self-doubt, anxiety, low confidence or depression. It is our personal repeated negative interpretations of these events that create stress and its symptoms.

I know this may be a ground-shifting thing to say, and a lot to digest. Give it some thought, and time to really see the implications of this. Carefully observe how your mind works day to day, and tell me if it's not the case.

Once you acknowledge and become more mindful of the workings of your mental colouring, its patterns and repeated stories, you can actually uproot the causes stress, anxiety, panic attacks and depression. A skilled counsellor or coach can support you to understand and break through these negative patterns, allowing you to live a more satisfying life. Practising meditation and mindfulness can also be a powerful tool to improve your self-awareness and ability to prevent needless suffering.

Your narratives are your life. One key skill for living better is to learn how to tell better stories to yourself.

Guiding Questions

#1 What story did you add to your challenging event?

#2 Can you be sure that this story or interpretation is 100% true?

#3 How else can you tell the story that is more empowering?

Final Words

Do you know anyone who benefits from reading this post? Please help raise awareness by **sharing**.

I value connecting with my readers, so please **leave a comment**.

You may **enjoy reading my related posts**:

- [How The Storytelling Mind Causes Stress \[Parable\]](#)
- [How to Understand Stress Levels \[Illustrated\]](#)
- [60 Warning Signs and Symptoms of Stress \[Infographic\]](#)
- [120 Quotes on Stress Coping Strategies \[Tips\]](#)

Recommended Blogger on meditation and mindfulness:

- <http://liveanddare.com/benefits-of-meditation/>

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LinkedIn: Sepi Tajima



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Sepi is a multi-cultural Counsellor. Her goal is to help people understand themselves better and in a deeper level, rather than using any sort of diagnosis or labeling. A person seeking support is seen as one whose struggles have been overwhelming at the time and needs to gain a better perspective, support and tools to navigate through the challenging times. Challenges are seen as opportunities and collaboratively we recreate and rebuild the (fragmented) individual and come to a sense of balance, acceptance and wholeness. Sepi's focus is on education and prevention, that is why she is creating a FREE online psycho-educational centre for anyone to connect and find some rest and answers to more complex topics. You can read more about her work and ideas in her personal blog. www.sepitajima.com Sepi can be reached by email at salvation75@gmail.com.

6. Doug Henderson, Ph.D – Dreams Can Come True Update

Last month I told you about a Divinely Inspired healing technology that was created under the instruction of Kathy Forti's Spiritual Guides. The entire story is described in Kathy's book entitled; "**Fractals of God.**" The informational healing technology described in the book is un-like anything known to man. It's based on mathematical algorithms and ancient symbols that our DNA relates to. In my article, "**Dreams Can Come True, It Can Happen to You,**" I provide a precis version of Kathy's story, my recognition of the truth of it, my desire to acquire this technology and use it to assist myself and others to ascend to the 4th and 5th dimensions. What appears below is some client testimonials after only 6 days of using this amazing technology!

Our new health and anti-aging system arrived Wednesday, (Feb3,16). The software was installed the same day and Thursday morning (11am) we had our first client. We are so thrilled with the feedback we have received in our first 6 days of using our new system we wanted to share some of it with you.

Client 1 arrived with an abscessed tooth and a very swollen side of his face where the infected tooth was. He was treated with a protocol that included **reduce inflammation and swelling** for 12 minutes. The next day his swelling was minimal and the pain caused by the abscess was almost completely gone. He was ecstatic and so were we to have such tangible results in our very first session.

Client 2 has had difficulty with the veins in both legs for many years. Her current primary concern was in the right leg and the pain inside the leg from knee to groin. She was also unable to stand for any length of time to the point that standing at the sink doing dishes was a problem. After her first session she no longer experienced pain on the inside of her leg and she is able to stand at the sink with no difficulty. After her second session she reported the issue with her legs was still much improved.

Client 3 has not been able to feel the bottom of her left foot for several years. After her intro session of 15 minutes she could feel sensations in the bottom of her left foot again.

Client 4- during her first session produced much burping as she was clearing emotional blockages. During the 2nd session she received a **spiritual awakening protocol** which produced many spiritual insights and a reconnection with her etheric esoteric group that she was initiated into many years ago. She was told that the system, herself and the systems practitioners (Sherry Harris and Doug Henderson) were part of a group to bring great positive changes to our planet at this time of great transition.

On Sunday February 7, 2016, Doug, gave a demo to a group of 12 people where everyone formed a circle and held hands. The circle was connected at either end to the crystal rods by the first and last person and a 20 minute protocol was experienced. Everyone had a unique and positive experience of higher energy visions and downloads. It was incredibly positive! Doug, shook with the power of the joined group and experienced some very notable personal changes the next morning. During the session he had a vision of a large beam of light projecting upward and outward from the group. Other participants also had visions.

Client 5, at age 91, reported increased energy and strength after her first session.

Eleven years ago, Doug had 4 different cancers and refused medical treatment. Although the cancers were overcome, some residual niggling issues remained. A duodenal ulcer has caused poor digestion, skin issues and sinusitis. His skin is improving, breathing is improving and so is digestion. Also a painful and debilitating sprain in his arm and wrist from a recent fall was healed completely in 4 to 5 sessions.

I (Sherry) have many exciting improvements to relate including better, longer, deeper sleep to more energy, more clarity and more insight. My third eye seems to have opened considerably. Also, and this is just plain fun, my libido is increasing very noticeably. Yahoo! Lol

Notice:

Recent experience indicates that the first session needs only be ½ hour in length. Cost: \$60.00.

After the first session the body seems prepared to handle more of this new information in which case appointments will be scheduled for 1 hour duration. The session itself may be 30-40 minutes but clients need time to integrate and discuss their experience. Cost: \$100,00

Please also, use your best efforts to be on time for a scheduled appointment as demand for this experience is increasing daily.

Note also: Everyone is different. Although noticeable change may not be apparent immediately at the time of the session, the experience tends to build and increase over the next 24 hours. This was part of the findings of Dr. Michael Kessler who investigates various health related technologies to make sure that they do what they say they will do. Dr. Kessler operates an on-line program called Health Detectives that can be viewed on YouTube. He discovered that this technology not only does what it is programmed to do, it builds and increases over the next 24 hours and tends to hold.



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:

7. Good News Of The Day

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

What if "the real adventure and beauty in life does not consist in grand gestures but in imperceptible acts of daring -- moments of daring to be open, to listen, to not run away or defend ourselves from what arises"? In this interview, Tracy Cochran explores precisely this idea with Gina Sharpe, co-founder of Manhattan retreat center New York Insight. Their illuminating conversation explores how 'the basis of a beautiful life is a beautiful mind'. And prompts us on a path to seeing the world and each person around us, "so clearly that we see their part in the whole -- in other words, we see their beauty." <http://www.dailygood.org/story/1212/a-beautiful-mind-a-conversation-with-gina-sharpe-tracy-cochran/> **Be The Change:** Take a moment today to be present and see the beauty in that which you don't usually see as beautiful.

"The Empire State Building is a marvel, one of the seven modern wonders of the world. Yet when it was built, the most revolutionary change wasn't the architecture or the height, there were two other buildings built nearby, almost as high. The less acclaimed, quantum leap was in the construction practices by which the building was framed. Never before had a building been constructed the way they did it, as fast as they did it." Paul Shoemaker makes a case for a similar radical fundamental change in the underlying practices with which we construct our philanthropy. <http://www.dailygood.org/more.php?n=6627> **Be The Change:** For a day or a week, put aside your usual ways of gifting to others and try to find a radically different way to help those in need. For inspiration join a global conference call this Saturday with Paul Shoemaker. <http://www.awakin.org/calls/244/paul-shoemaker/>

Unhappy with the service he'd received at a restaurant, Darshan Chandan sent the management an email expressing his disappointment. When the management apologized and offered him a free meal, Darshan asked them to feed underprivileged children instead. What happened next changed the course of his life. The restaurant carried out his request and sent pictures of the children they'd fed. "This is the moment that changed me forever. The smile on the faces of those children left me touched. And that is when I decided to do something about it," says Darshan. Today the 31-year-old feeds 1200 children in Vadodara, India. <http://www.dailygood.org/story/1215/how-a-disappointing-restaurant-experience-turned-into-an-effort-that-now-feeds-1200-kids-meryl-garcia/> **Be The Change:** Take time this week to share nourishment with someone in the form of food, conversation or compassionate presence.

"Our emotional life maps our incompleteness, philosopher Martha Nussbaum wrote in her luminous letter of advice to the young. A creature without any needs would never have reasons for fear, or grief, or hope, or anger. Anger, indeed, is one of the emotions we judge most harshly in others, as well as in ourselves and yet understanding anger is central to mapping out the landscape of our interior lives." Here the English poet and philosopher David Whyte explores the themes of anger, forgiveness and the true nature of maturity. <http://www.dailygood.org/story/1216/poet-and-philosopher-david-whyte-on-anger-forgiveness-and-what-maturity-really-means-maria-popova/> **Be The Change:** The next time anger kindles within you, turn to Whyte's words for perspective. For more inspiration read Whyte on 'The True Meaning of Friendship'. <http://www.dailygood.org/story/1059/david-whyte-on-the-true-meaning-of-friendship-love-and-heartbreak-maria-popova/>

"The school environment can be very stressful; in addition to any issues they bring from home, many students struggle to make friends and perform well in class. Being excluded, ignored, or teased is very painful for a young child, and we thought it could be impactful to teach empathy and compassion. When other kids are suffering-- like that boy who split his chin-- can we understand how they might be feeling? Kindness bridges those gaps and helps build a sense of connection among the students, the teachers, and even the parents. Learning to strengthen their attention and regulate their emotions are foundational skills that could benefit kids in school and throughout their whole lives." <http://www.dailygood.org/story/1218/what-if-schools-taught-kindness-laura-pinger-lisa-flook/> **Be The Change:** Today practice random acts of kindness. If you have children, encourage them to plant seeds of kindness as well.

"When all is in confusion, when I don't know what to do next or where to find inner quiet, I go and sit down by the well. Usually I'm at a point where nothing else works before I give up and just sit and listen to myself and the world, saying goodbye to all the permutations and combinations of efforts that seem to have brought me relief in similar past situations. There's nothing more to do. Just sit. And wait. The well is deep. I know that. Perhaps it's bottomless. I don't know if that's true although it certainly feels that way." This reflective piece explores a counter-intuitive way of responding to times of confusion. <http://www.dailygood.org/more.php?n=6630> **Be The Change:** The next time you find your mind and/or life awirl, carve out a few moments for stillness and to listen quietly to what's that's happening beneath the surface.

"It is difficult not to feel helpless as we witness the widespread cruelty, poverty and injustice that human beings inflict upon one another. It is tempting to harden our hearts or to dwell only upon the suffering that we have endured. But this can no longer be an option. Compassion is not emotional feeling of goodwill; it does not mean pity; it is rather the principled determination to put ourselves into the place of the other. One of the most urgent tasks of our generation is to build a global community, where men and women of all races, nations and ideologies can live together in peace." <http://www.dailygood.org/story/1221/salt-ideas-essay-3-leading-from-the-heart-karen-armstrong/> **Be The Change:** Reflect on how you can you use the Golden Rule to address a challenge you are currently facing.

Lynne Twist, author of "The Soul of Money," shares the distinction, as she sees it, between sufficiency and abundance and why understanding this distinction can help build a future that will serve us all. "We can move our money, or the money we are entrusted with, toward that which will serve us all from a sense of our own wholeness rather than a desperate longing to be complete. I call this living in the context of sufficiency. This is not the same as abundance (abundance is more than we need-- it is excess), and in the context in which I'm speaking, abundance is merely the flip side of scarcity. You strive to get more than you need because you believe or fear there is not enough." <http://www.awakin.org/read/view.php?tid=2097> **Be The Change:** In what area of life do you have more than you need? How can you share your abundance?

"For me generosity comes when you're in a state of equanimity. So it has nothing to do with the state or the context that you're in. It's about a radical acceptance of life -- as it is. And when you do that, then you realize that, "Oh, I don't want anything from it so what can I do for it?" It's almost like this natural state of service happens... If you're able to accept life as it is, no matter if it is good or bad, or even if it is in transition, if you can accept life as it is, then I think that becomes the basis of real generosity." In this thought-provoking conversation, author Jacob Needleman, and Nipun Mehta the founder of ServiceSpace dialogue around what it means to truly 'act from the heart'. <http://www.dailygood.org/story/1224/nipun-mehta-acting-from-the-heart-point-reyes-dialogues-jacob-needleman/> **Be The Change:** As an experiment, this week whenever an impulse of generosity arises, follow through and act on it.

"College students often get stereotyped as stressed out and sleep-deprived. But at universities across the country, students are aiming to change that as they join clubs dedicated to a common, joyful purpose: spreading happiness. Northwestern University is home to one of the country's oldest college happiness clubs, which began unofficially in 2008 when a group of students handed out hot chocolate outside the library on a cold evening right before finals week. This semester the club hosted events like "Bubbles, Bubbles, Bubbles," where children's soap bubbles, bubble wrap and bubble gum were handed out for students' amusement." These seemingly light-hearted activities in campuses across the country have powerful implications for the overall well-being of students. <http://www.dailygood.org/story/1225/college-happiness-clubs-spread-joy-and-random-acts-of-kindness-lexi-dwyer/> **Be The Change:** Do something to infuse joy into a work meeting, or one of your other interactions with people today.

Even after 50 years as an educator, Estella Pyfrom was not ready to slow down after retirement. When Estella realized that fewer students had access to computers after school, she and her husband spent their life savings on a mobile learning lab called Estella's Brilliant Bus. Now, Estella provides whatever services a community might need, from after-school tutoring to free food distribution. Her reward, the smiles on the faces of the children who look at her and say: "I did it." <http://www.karmatube.org/videos.php?id=6083> **Be The Change:** Help build confidence in the children in your life by helping them learn or master a skill.

8. Sufficiency is not Abundance

Reprinted from www.awakin.org.

--by [Lynne Twist](#) (Feb 01, 2016)

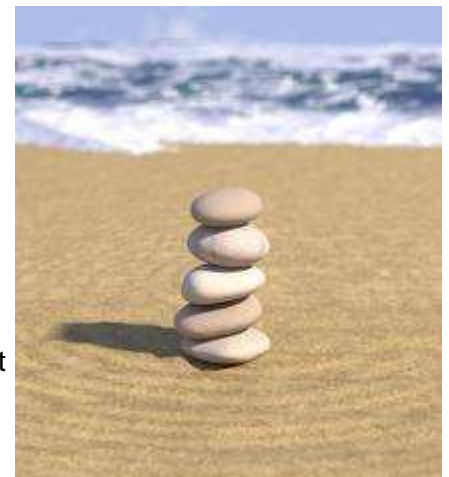
We can learn to invest the resources that flow through our lives in a new future for all of us. We can direct those resources, whether they are like a rushing torrent coming through our lives or a small trickle, to our highest commitments and ideals. We can move our money, or the money we are entrusted with, toward that which will serve us all from a sense of our own wholeness rather than a desperate longing to be complete.

I call this living in the context of sufficiency. This is not the same as abundance (abundance is more than we need—it is excess), and in the context in which I'm speaking, abundance is merely the flip side of scarcity. You strive to get more than you need because you believe or fear there is not enough.

Sufficiency is precise. It means that things are sufficient, exactly enough. There is a principle of sufficiency, and it is as follows: When you let go of trying to get more of what you don't really need, which is what we're all trying to get more of, it frees up immense energy to make a difference with what you have.

When you make a difference with what you have, it expands. This context opens the possibility of generating a new set of assumptions based in the principle of sufficiency for the 21st century. If we are willing to begin to commit to make a difference with what we have rather than putting all of our energy into getting more, then...what we have will naturally and organically expand.

This new set of assumptions or new context can create a whole new culture around money and around life. It



can teach us how to be known for what we allocate rather than what we accumulate. It can teach us to be measured and measure others by our inner riches rather than our accumulation of outer riches. We can learn how to end charity as we know it and begin truly investing or being vested in a new future that will serve us all.

Although we think there are people with money and people without it, the real truth is, money is a part of everyone's life from the poorest peasant to the wealthiest industrialist, the way we direct the money that comes through our lives defines us.

The American billionaire and the Guatemalan peasant farmer, the European industrialist and the Ethiopian grassroots leader can stand together in co-equal partnership and invest their time, energy and financial resources in a new future for all of us, in a future that will serve us all.

- See more at: <http://www.awakin.org/read/view.php?tid=2097#sthash.uWM3smnD.dpuf>

9. Presence: The Quality of Consciously Being Here

Reprinted from www.awakin.org.

--by [Kabir Helminski](#) (Feb 08, 2016)

A common theme runs through all the great spiritual traditions. It goes by many names – awakening, recollection, mindfulness, dhyana, remembrance, zikr, presence – and by no name at all. This state of consciousness adds further dimensions to being in this world. Beyond the narrow band of awareness that has come to be accepted as the conventional state of consciousness is a faculty that is the master key to unlocking our latent human potential.

In certain teachings, such as Buddhism, the practice of mindful presence is the central fact. In Islam remembrance is the qualifier of all activity. In Christianity we must look to the experience of its great mystics and to prayer of the heart. But in all authentic spiritual psychologies this state of consciousness is a fundamental experience and requirement. For the purposes of our reflection I shall call it presence.

Presence signifies the quality of consciously being here. It is the activation of a higher level of awareness that allows all our other human functions – such as thought, feeling, and action – to be known, developed, and harmonized. Presence is the way in which we occupy space, as well as how we flow and move. Presence shapes our self-image and emotional tone. Presence determines the degree of our alertness, openness, and warmth. Presence decides whether we leak and scatter our energy or embody and direct it.

Presence is the human self-awareness that is the end result of the evolution of life on this planet. Human presence is not merely quantitatively different from other forms of life; humanity represents a new form of life, of concentrated spiritual energy sufficient to produce will. With will, the power of conscious choice, human beings can formulate intentions, transcend their instincts and desires, educate themselves, and steward the natural world. Unfortunately, humans can also use this power to exploit nature and tyrannize other human beings. This potency of will, which on the one hand can connect us to conscious harmony, can also lead us in



the direction of separation from that same harmony.

I have been speaking of presence as a human attribute, with the understanding that it is the presence of Absolute Being reflected through the human being.[...]. Because we find it extending beyond the boundaries of what we thought was ourselves, we are freed from separation, from duality. We can then speak of being in this presence.

- See more at: <http://www.awakin.org/read/view.php?tid=2151#sthash.vMcNx0M9.dpuf>

10. The Delight of Exploring Inner Territory

Reprinted from www.awakin.org.

--by [Vimala Thakar](#) (Feb 15, 2016)

As long as we cling to the idea that this is "my mind, my own, personal mind," we will have a strong tendency to look as good as possible. But if we observe the mind from a non-personal viewpoint, from the perspective from non-ownership, simply observe our minds and how they function, we will be less trapped by judgments.

To be attentive to the psychological structure, doesn't mean we must disappear somewhere and give up all relationships, responsibilities. The art is to stay within the movement of relationships, to continue with work, to be a responsible citizen, and to be attentive to the play of the mind. But we'll have to be very alert, for the mind is subtle, wily, full of tricks.

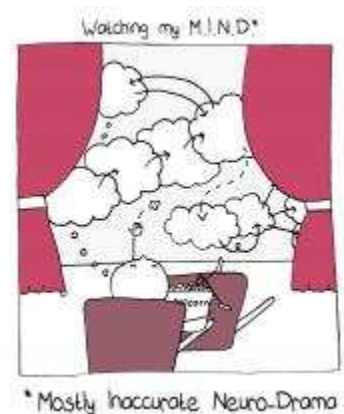
It's a tremendous thrill to see the beginnings of anger or jealousy or greed, not simply to be caught unawares when the emotion is full-blown and has us in its grasp, but to see the first tiny movements of emotion. Where does it spread, what does it do to our behavior? Just as there is joy in exploring an unknown wilderness, there is a delight in exploring the inner territory, in watching the volcanoes explode without any movement of defense, judgment, sense of ownership.

If we have never observed anger in ourselves from subtle beginnings to full explosion, we will always be caught in its force. We may try to suppress the behavior of anger, but still it will do its damage and we will not be free of it.

Attentiveness without any movement of the defense structure has its own intelligence. But the automatic tendency is to bring in defenses, judgments, and to move from observation to justification, evaluation. All the explanations, justifications may be true, but they prevent direct perception of what it is that anger does to our bodies, to relationships, to the work we do.

If we defend any emotion, anger, fear, jealousy, we own it, we cling to it, and we accept a life in which emotional imbalances can wreak whatever havoc they like.

- See more at: <http://www.awakin.org/read/view.php?tid=2130#sthash.2gsR7LUE.dpuf>



11. Beauty of the Mosaic

Reprinted from www.awakin.org.

--by [Rosalina Chai](#) (Feb 22, 2016)

For as long as I recall having memory, I've found mosaic incredibly mesmerising. Alongside the increasing presence of grey hair on my head grew my awareness of how aptly the mosaic can serve as a metaphor for perceiving and understanding the human condition.

Mosaic is at once intricate yet majestic. And it is precisely its brokenness that lends mosaic its perception of fragile beauty - the space between the tiles is as much an intricate part of its language of beauty as the mosaic tile itself. And isn't this true too of our humanity?

Whilst there are numerous titles out there extolling the necessity, power and beauty of our essential brokenness, more often than not, our daily interactions with our fellow human beings appears to be motivated by unconscious "should-ism" that demands perfection of one another. What is it about brokenness that we find so offensive?

What would happen when we accept and embrace that being broken is an essential part of humanity's being? What would happen when we cease to label brokenness as bad? What would it take for us to cease labelling brokenness as bad? I can imagine one certainty ... more peace.

Accepting and embracing brokenness is not the same as using another's brokenness to feel better about ourselves. Rather, it is an acknowledgment of our common humanity. When I accept my own brokenness, and do not judge myself harshly because of it, I find myself capable of more compassion towards others regardless of whether I am aware of the form of brokenness they've experienced.

Finally, it is the coming together of many many many mosaic tiles that the meaning of its language of beauty is expressed. We were not meant to be alone in our brokenness. We were meant to come together, so that another form of beauty may be birthed through the collective.

I would like to leave you with this story.

At the beginning and end of time, Truth was a beautiful glowing orb. One day, the orb was shattered into shards that outnumbered the stars in the universe by one to infinity. These shards became souls. Thus it is that each soul represented one part of Truth. But Life intervened, and many souls believed that they were Truth, and so Hatred was bred. But some souls held onto the memory, and attempted to remind the souls who've forgotten.

I do not know the end of the story as it is yet to be written. But I do know that when all the souls are reunited, the space between the shards would be where the light shines through. And that Truth's beauty would then take another form.

- See more at: <http://www.awakin.org/read/view.php?tid=2138#sthash.7eKgtZmU.dpuf>



12. **Waging Life in A War Zone**

Reprinted from www.KarmaTube.org.

"From the stones of the destruction we will build plant basins to grow flowers." It started with one man's efforts to beautify his home with paint and flowers, but the initiative spread as neighbors came forward to spread the beauty. Using salvaged and recycled material, with some funding from a local and U.S. nonprofit, the densely populated neighborhood of al-Zaitoun in Gaza City, Palestine, is awash in color, murals, and flowers, bringing some much-needed comfort to an area besieged with war and destruction. - See more at:

<http://www.karmatube.org/videos.php?id=7002#sthash.WGBhJPJ6.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.

13. 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.

14. 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).

15. 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.

16. **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>.

17. **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

18. 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.

19. OM Websites

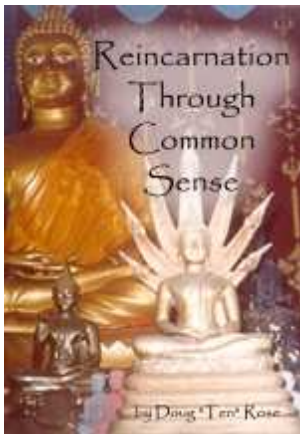
OM Websites is an extension of the Spiritual Guidance ministry and serves the entrepreneur and business owner by developing, enhancing and maintaining your website and social media marketing presence. OM Websites offers a full range of services to help you build your website and social media marketing 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.

Serving your personal journey toward enlightenment...

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

*ALL AUTHOR PROFITS SPONSOR WISDOM PROFESSIONALS AND THEIR EFFORTS *

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



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

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

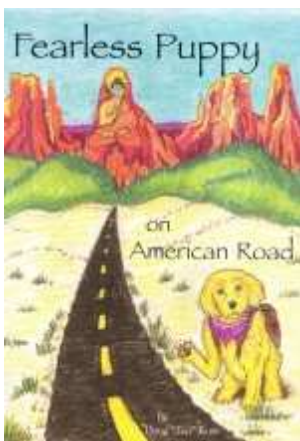
times, too.

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

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

http://fearlesspuppy.org/m_reincarnation.htm

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



<http://www.fearlesspuppy.org>

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

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

American wise men, a bit of Christian ethics and Jewish ritual, angelic witches, benevolent heroin addicts, magical birds, an all-lesbian band playing a rock concert for the deaf, the musician raised by multi-ethnic golden-hearted prostitutes, martial artists battling neo-Nazis, the modern-day Robin Hood, and many other strangely wonderful people.

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

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

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

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

Spiritual Guidance

Serving your personal journey toward enlightenment...

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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