

Serving your personal journey toward enlightenment...

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

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

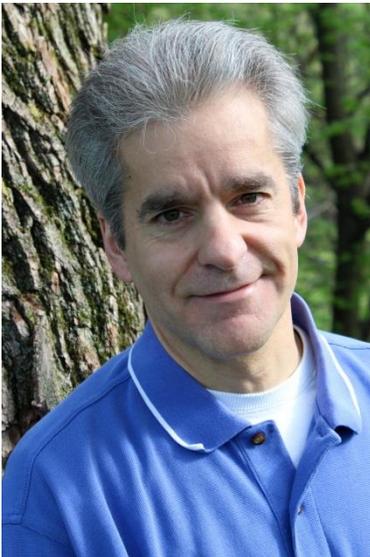
In this e-Newsletter...

| | |
|---|----|
| SPIRITUAL GUIDANCE OFFERINGS: | 2 |
| 1. Personal Story of Spiritual Lessons | 2 |
| 2. Poem | 3 |
| 3. Quote or Question | 4 |
| CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS: | 5 |
| 4. Regina Heringa – Notes from the Light: April 2016 | 5 |
| 5. Doug Henderson, Ph.D – Update 2: Dreams Can Come True or DH's and SH's Great Adventure | 6 |
| OTHER GIFTS AND E-NEWSWORTHY ITEMS: | 8 |
| 6. Good News Of The Day | 8 |
| 7. The Surrender Experiment | 10 |
| 8. The Day I Learned The Value of A Smile | 11 |
| 9. The Capacity for Successful Solitude | 12 |
| 10. The Rich Experience of A Quiet Mind | 13 |
| 11. Three Kinds of Laziness | 14 |
| 12. What We Need Is Here | 15 |
| 13. The Oppressor and the Oppressed Must Both be Liberated | 16 |
| 14. Art of Sho: A Calligrapher's Pilgrimage | 16 |
| 15. Gulabi Gang | 17 |
| 16. The Unexpected Joy of A Copenhagen Metro Commute | 17 |
| 17. The Gnomist: A Great Big Beautiful Act of Kindness | 17 |
| 18. Be the Punchline | 18 |
| 19. Path of Freedom | 18 |
| HEART AND SOUL ADVERTISEMENTS: | 19 |
| 20. Sacred Attention Therapy | 19 |
| 21. A Course in Miracles Global Community Centre | 19 |
| 22. OM Websites | 20 |

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



When it flows, you know it's right...

In recent years I have been blessed to recognize when the initiatives and adventures I embark on are right for me at the time. It hasn't always been this way, and I still sometimes ignore the messages and signs, but it's much easier for me to know if something I have undertaken is the right thing at the time.

When I worked in traditional jobs and settings, one of the overarching principles and paradigms was to set a goal and don't stop until you have achieved it. Sometimes achieving the goal was easy. But many times there was much struggle and sometimes you just felt like giving up. I taught myself that 'when the going gets tough, the tough get going'...and I would labor on in the face of seemingly insurmountable obstacles. While there was always a sense of accomplishment associated with my victories and successes, there often were also battle scars to be treated and/or 'showed off,' depending on the situation.

That old way of working has given way to a new approach—an approach of recognizing and accepting that if things are meant to be, they will flow easily; if they are not, I will be shown. I no longer struggle with things I undertake. I set my intention and start the journey. If things go smoothly or manifest quickly, I know it is right and meant to be. If things don't go smoothly, then I accept it as a sign that it may not be the right time to undertake such an effort.



This new approach does not mean I halt all production, give up, and drop everything I have been doing. What it does mean is I accept that life doesn't have this, whatever it is, in mind for me right now. Maybe it means stopping; maybe it means taking a step back and re-evaluating what I am doing; maybe it means making modifications and taking a different approach. But what is absent is the struggling, the trying to force things, the anger, frustration, and resentment that something hasn't worked out the way I intended it to.

When life flows, you know it's right. When it doesn't, consider asking yourself what's going on. Life doesn't lie.

Shanti, Namaste, Agapé,

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

A Community of the Spirit

There is a community of the spirit.
Join it, and feel the delight
of walking in the noisy street,
and *being* the noise.

Drink *all* your passion,
and be a disgrace.

Close both eyes
to see with the other eye.

Open your hands,
if you want to be held.

Sit down in this circle.

Quit acting like a wolf, and feel
the shephard's love filling you.

At night, your beloved wanders.
Don't accept consolations.

Close your mouth against food.
Taste the lover's mouth in yours.

You moan, "She left me." "He left me."
Twenty more will come.

Be empty of worrying.
Think of who created thought!

Why do you stay in prison
when the door is so wide open?

Move outside the tangle of fear-thinking.
Live in silence.

Flow down and down in always
widening rings of being.

Jelaluddin Rumi

3. Quote or Question

Everything can change in a blink of an eye. But don't worry; God never blinks. ~ Anonymous

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: April 2016

Energy Movement – Collapsing to a Point, Circling and Spiralling

It is the nature of the universe to ensure that existence can collapse to a specific point whether that point be material or immaterial. You may consider the event as a “collapse-occurrence” where matter, mind and heart are shepherded to a single state of perfect and concentrated expression of life. You may perceive this occurrence in your bodies, your thoughts and emotions and in your world. This occurrence can also be observed in your skies, when vehicles populated by those of other dimensions and planets visit your earth in friendship and with concern.

Presently in your world you witness much confusion founded on contradictory ideas, events and movement which are circular in motion, repeatedly returning to the same beginning. This tendency to remain in a circular rather than an upward spiral pattern, can be observed in many of your citizens and, in truth, may be helpful to you. In remaining circular in thought and action gives you the opportunity to live repeated experiences and hence deepen your learning of life and your participation in it. However, there comes a time in your journey when you are prompted by your soul to progress towards greater understanding – to question more keenly, to expand in idea and in love – which incites you to proceed to a spiral pattern of life.

In your world, the composition of a spiral presents a choice of direction of motion – upwards or downwards. If you experience a certain inner excitement of exaltation which joyfully impels you to expand your heart and mind, you are then on the upward spiral path. In choosing such a direction, you create for yourself and, indeed, for all life, a greater resolution of intention and action. Let us explain.

Imagine that all matter floats inside light. Each material particle is embedded in a corresponding particle of light although, in truth, light cannot be divided. In this example, however, every atom, and its smallest units and satellites are bathed in corresponding light particles. Understand that these particles of light are a perfect manifestation of the Source and, in your world, reveal themselves as shining elements of the many colours known upon your earth as well as those colours not yet visible to the human eye.

When you decide to live in a circular or a spiral fashion, these infinitely beautiful and fully intelligent particles of light continue to vibrate within you. Image now that all these magnificent particles of light move together, meld and collapse into one essence of brilliant Light. All colour moves together, all vibration becomes one, and you, cherished being of this planet, become a perfect, whole and infinite being of Divine Light. If you can comprehend this, then you are beholding your future, for all life, all movement no matter its pattern, will at some point in its existence collapse to its perfect inner core. It can be said that there is a sublime “divine gravity” at work which ensures that all souls, having experienced various realities and wishing to return home, can simply surrender to the divine pull of Love and, in collapsing to a perfect center, fuse with this Love.

Hence we ask you to consider the following: become aware of your thought and heart patterns. Are they scattered, are they repetitive, or do you celebrate the underlying unity of your thoughts, love and action? Can you then collapse the various scattered moments in your emotions and thought patterns to bring them to a perfect point of pure stillness, expansion, radiance and sacred power? Can you thus enjoy the high resolution of this focal point and stabilise it within you?

The greatest achievement of your people upon this gracious Planet Earth is the celebration of unity in Godliness—the collapsing of division to form a planetary strength of divine love, divine mind and divine action.



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. Doug Henderson, Ph.D – Update 2: Dreams Can Come True or DH's and SH's Great Adventure

THE PROCESS

When we started this adventure (February 4, 2016) with this new technology, we had no idea that it would surpass our wildest dreams. We were advised that energetic sessions need not be more than ½ hour in duration. In the beginning, we start off slowly with a ½ hour session to ensure that the client can handle this new way of healing and isn't overcome with too much energetic correction at once. By doing so, none of our clients to date have experienced any negative effects. We have also found that most clients, after their first session are capable of accepting energetic improvement of longer duration and are **demanding more and more because they enjoy the benefits of how they feel**. If there is anything we need to be cautious of; is the client wanting to do too much too quickly. However, if someone is in a fragile state we have to progress slower, strengthening their system as we go and using a milder form of delivery setting. We had one very fragile client's hemoglobin shoot up 24 points after just a couple of long distance sessions! Amazing Recovery! In any event, through-out the process, the client's feedback is very important so, that programs can be customized to their needs because everyone is different. There is no one size that fits all.

Your session includes a discussion of those areas you wish to improve along with practitioner insights. The reason for this is that the programs do more than what their name implies. **For example:** the program Heart Resonance not only improves all aspects of circulation but also tends to provide a loving expansion of the heart and promote feelings of forgiveness. Practitioner insight can be very important because some of the most unlikely programs can get to real core issues.

THE PROGRAMS

Without going into a lot of detail describing each of the 70 programs; they tend to include subjects that promote Spiritual Development, the release of both conscious and subconscious Emotional Issues and Oppression, to Wellness programs that stimulate and balance Physical issues and promote Anti-Aging, to Cosmetic programs

that provide physical improvement without surgery. For some of you this may be hard to believe but we are seeing results! So, there is something for everyone. It's simply a matter of moving beyond your current belief system and wall of understanding of how things work and allowing for a different possibility. It doesn't matter if you are an athlete, looking for something that promotes strength and conditioning, or someone looking for improved physical well-being, or someone looking for libido enhancement or hormonal balancing, or someone having difficulty navigating the roller-coaster ride of this time of transition or someone who simply wants to look their best; there is something for you.

OUR INTRODUCTORY RATES (up until but not including May15, 2016)

| | |
|--|----------|
| Initial Session, ½ hour, in office plus discussion | \$ 60.00 |
| ½ Hour Long Distance | \$ 50.00 |
| 1 Hour Long Distance | \$100.00 |
| 1 Hour in Office | \$120.00 |

RATES EFFECTIVE MAY 15, 2016

| | |
|---|----------|
| Initial Session ½ hour, in office plus discussion | \$ 75.00 |
| ½ Hour Long Distance | \$ 75.00 |
| 1 Hour Long Distance | \$150.00 |
| 1 Hour in Office | \$175.00 |

PLEASE NOTE THE FOLLOWING:

1. Long Distance appears very successful.
2. **A FREE SESSION** – When a client schedules 6 (six) sessions and pays in advance, they pay for only 5 (five) sessions and receive a **FREE SESSION**.
3. **REFERRALS** – Become a client who receives benefit and notices improvement and refers 5 (Five) other clients who book and pay for sessions beyond the initial session and receive a **Free Hour Long Session!**
4. **All appointments scheduled by Sherry Harris; MSW, RSW, OM, 613-236-8852 or <2belight1@gmail.com>**



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.

"Peace Fleece started as an act of protest, a way of challenging the continuation of the Cold War...Founded on the mantra of 'peace through trade,' Pete and Marty combined American and Soviet wool into yarn -- it was detente through domestic art." Read on to learn how Pete used this practice to deal with his psychological wounds from memories of Vietnam and how this project blossomed into a company that promotes peace even today. <http://www.dailygood.org/story/1229/peace-fleece-spinning-a-good-yarn-elizabeth-peck/> **Be The Change:** What small act can you take today to promote peace, either in yourself or in your world?

Filmmaker Jerry Hsu spent four months observing Dr. Ronald Nakasone practicing the art of calligraphy, and witnessed how this art requires contemplation, perseverance and single-minded concentration. The art of "sho" or "writing", can be properly called abstract art. It is nonfigurative, nonobjective, and nonrepresentational. The process of the work is one of experimentation and distillation. All of these elements are joined harmoniously together within this formless form. Sit back and watch this creation as a form of meditation. <http://www.karmatube.org/videos.php?id=7007> **Be The Change:** Turn one of your routines into a contemplative practice - walking, eating, or writing.

"Citizens of one of the happiest countries on Earth are surprisingly comfortable contemplating a topic many prefer to avoid. Is that the key to joy?...In Bhutanese culture, one is expected to think about death five times a day. That would be remarkable for any nation, but especially for one so closely equated with happiness as Bhutan. Is this secretly a land of darkness and despair? Not necessarily. Some recent research suggests that, by thinking about death so often, the Bhutanese may be on to something." <http://www.dailygood.org/more.php?n=6646> **Be The Change:** A palliative care nurse asked her patients what their biggest regrets were. Then she compiled their answers into this powerfully insightful piece. You can read "Top 5 Regrets of the Dying" here. <http://www.dailygood.org/story/188/top-five-regrets-of-the-dying-bronnie-ware/>

"Looking back, Manuel Klarmann reflects that, "As an 8-year-old, when I learned that I was eating food while, on the other half of the planet, people were starving, that completely puzzled me. How could that happen?" It was a critical moment in his life. As a young man nearing eight years into an inspired startup, Klarmann talks about a deceptively simple idea, "What we're doing with Eaternity is providing a way for our society, on a rational basis, to get one little step closer to sanity." <http://www.conversations.org/story.php?sid=445> **Be The Change:** Learn more about Eaternity's approach towards climate-friendly meals. <http://www.dailygood.org/more.php?n=6621a>

"The basic nature of life is that it is ever-changing, uncontrollable. When we think we have stability in life, something comes up to remind us that no, we don't. There is no stability, no matter how much we'd like it. And this kinda freaks us out. We don't like this feeling of instability, of loss of control. So we do things to cope, out of love for ourselves. These are strategies for control, security and comfort." Writer Leo Babuta takes a close look at some of the most common means we employ to gain control of our lives, why they often fail, and what just might be a better path. <http://www.dailygood.org/story/1234/our-everloving-quest-to-control-our-lives-leo-babuta/> **Be The Change:** Rethink your own efforts to 'control' your life. For more inspiration read this excerpt from "The Surrender Experiment". <http://www.awakin.org/read/view.php?tid=2102>

Serving your personal journey toward enlightenment...

"Although people tell me all the time they like feeling busy--perhaps because it makes them feel important and significant-- I'm not buying it. Would you ever choose busyness over a more relaxed form of productivity? When life starts to feel hectic, here are a few ways to dial back the overwhelm." This article shares three tips for achieving relaxed productivity (and also shares information on why you can't afford to ignore them).

<http://www.dailygood.org/story/1235/three-surprising-ways-to-feel-less-busy-christine-carter/> **Be The**

Change: Experiment with the three tips in the article this week. And for further inspiration here's a beautiful excerpt on "Living at the Right Speed".

Sindhutai Sapkal's life story encompasses both heart-wrenching tragedy and radiant transformation. She started life as an unwanted child, was married to an abusive husband, and then abandoned when she was nine-months pregnant. She refused to let any of this close down her heart or stifle her spirit. Read on to learn how this extraordinary woman went from being a beggar on the streets to the adopted mother of over 1400 homeless children in India. <http://www.dailygood.org/story/1236/she-begged-on-the-streets-so-she-could-feed-every-orphan-she-saw-shreya-pareek/> **Be The Change:** The next time life deals you a harsh blow, try finding a way to keep your heart open through small acts of generosity and kindness.

"As our internal and external environments become louder and louder, more people are beginning to seek out silence, whether through a practice of sitting quietly for 10 minutes every morning or heading off to a 10-day silent retreat. Inspired to go find some peace and quiet? Here are four science-backed ways that silence is good for your brain -- and how making time for it can make you feel less stressed, more focused and more creative." <http://www.dailygood.org/story/1237/why-silence-is-so-good-for-your-brain-carolyn-gregoire/> **Be**

The Change: This week, experiment with spending a few minutes each day in silence. For inspiration here's a short passage on 'The Rich Experience of a Quiet Mind'. <http://www.awakin.org/read/view.php?tid=905>

"Meet Lawrence Bloom. His team invented today's ubiquitous hotel cards that promote towel reuse. But the businessman turned earth guru doesn't plan to stop there; he's on a lifetime mission to save us from ourselves." Alicia Buller reports on Bloom's insights from a transformation which began one introspective day, many years ago, as Bloom sat in his luxury Mercedes, parked outside his seven-bedroom home in London's wealthy Hampstead. "Is this it?" In that moment his life changed forever and Bloom decided to become a man of "right action" -- compelled towards a life of reverence to earth and humanity. <http://www.dailygood.org/story/1241/lawrence-bloom-captain-planet-alicia-buller/> **Be The Change:** What can you do today to honor the earth?

"People have been discussing their profound experiences in nature for the last several 100 years -- from Thoreau to John Muir to many other writers," says researcher David Strayer, of the University of Utah. "Now we are seeing changes in the brain and changes in the body that suggest we are physically and mentally more healthy when we are interacting with nature." While he and other scientists may believe nature benefits our well-being, we live in a society where people spend more and more time indoors and online -- especially children. Findings on how nature improves our brains brings added legitimacy to the call for preserving natural spaces -- both urban and wild -- and for spending more time in nature in order to lead healthier, happier, and more creative lives. Here are some of the ways that science is showing how being in nature affects our brains and bodies." <http://www.dailygood.org/story/1242/how-nature-can-make-you-kinder-happier-and-more-creative-jill-suttie/> **Be The Change:** Find time today to get out into nature. Soak it in with all your senses.

"Often in life, you may find yourself trying to help other people change. Whether you're acting as a mentor, a parent, or a well-meaning spouse, you hope to exert a positive influence and assist someone in reaching their goals. What's the best way to do this?" Read on for six scientifically-backed tips.

<http://www.dailygood.org/story/1243/six-ways-to-help-people-change-art-markman/> **Be The Change:** The first tip to facilitating change in others is to change your own behavior. Is there something you tell others to do that you aren't doing yourself? Take a step toward leading by example.

Sometimes it's hard to believe how much more there is to us than the day-to-day solver of our life's problems. While certain parts of ourselves are at work every day, pushing the darker aspects aside whenever they pop up, there are also friends within that we never think to contact. Read further to find what efforts can lead to a greater sense of wholeness. <http://www.dailygood.org/story/1248/seeking-wholeness-patty-de-illosa/> **Be The Change:** You can include more of yourself in your day if you make friends with some part of yourself you usually pay no attention to.

Ellen Langer, a psychology professor at Harvard, defines mindfulness as the simple act of actively noticing things, which can bring increased health, competence, and happiness. Her provocative, unconventional studies prove that it's possible to become physiologically younger through a changed frame of mind. She has suggested for decades what neuroscience is pointing to now: that our experience of everything is formed by the words and ideas we attach to them. <http://www.dailygood.org/story/1250/ellen-langer-science-of-mindlessness-and-mindfulness-krista-tippett/> **Be The Change:** Experiment with changing your mindset about some of your activities. For example, try thinking of some jobs as "play" and some games as "work."

Redemption and transformation can occur in even the harshest of surroundings. During his 14-year incarceration Fleet Maull found meditation. With meditation he found a freedom that transcended prison walls. After his release he returns to prison to teach meditation, healthy survival skills and share his story of meaningful change. 1 out of every 100 Americans is currently behind bars. And 700,000 of them will go home this year. The Prison Mindfulness Institute's "Path of Freedom" program teaches prisoners strategies for surviving on the "inside". This video features a few of the program participants in a Rhode Island medium-security prison working toward forgiveness, peace and freedom. It challenges us to always embrace the potential for transformation and the responsibility we share in helping each other find our paths to freedom. <http://www.karmatube.org/videos.php?id=3434>

7. The Surrender Experiment

Reprinted from www.awakin.org.

--by [Michael Singer](#) (Jul 27, 2015)

Life rarely unfolds exactly as we want it to. And if we stop and think about it, that makes perfect sense. The scope of life is universal, and the fact that we are not actually in control of life's events should be self-evident. The Universe has been around for 13.8 billion years, and the processes that determine the flow of life around us did not begin when we were born, nor will they end when we die. What manifests in front of us at any given moment is actually something truly extraordinary—it is the end-result of all the forces that have been interacting together for billions of years. We are not responsible for even the tiniest fraction of what is manifesting around us. Nonetheless, we walk around constantly trying to control and determine what will happen in our lives. No wonder there's so much tension, anxiety, and fear. Each of us actually believes that things should be the way we want them, instead of being the natural result of all the forces of creation.

Every day, we give precedence to our mind's thoughts over the reality unfolding before us. We regularly say things like, "It better not rain today because I'm going camping" or "I better get that raise because I really need the money." Notice that these bold claims about



what should and shouldn't be happening are not based on scientific evidence; they're based solely on personal preferences made up in our minds. Without realizing it, we do this with everything in our lives—it's as though we actually believe that the world around us is supposed to manifest in accordance to our own likes and dislikes. If it doesn't, surely something is very wrong. This is an extremely difficult way to live, and it is the reason we feel that we are always struggling with life.

Nonetheless, it is also true that we are not powerless in the face of the events unfolding around us. We have been gifted with the power of will. From deep inside, we can determine how we want something to be and apply the power of our minds, hearts, and bodies in an attempt to make the outside world conform. But this puts us in a constant battle of our way versus the way it would be without our intervention. This battle between individual will and the reality of life unfolding around us ends up consuming our lives. When we win this battle, we are happy and relaxed; when we don't, we are disturbed and stressed. Since most of us only feel good when things are going our way, we are constantly attempting to control everything in our lives.

The question is, does it have to be this way? There is so much evidence that life does quite well on its own. The planets stay in orbit, tiny seeds grow into giant trees, weather patterns have kept forests across the globe watered for millions of years, and a single fertilized cell grows into a beautiful baby. We are not doing any of these things as conscious acts of will; they are all being done by the incomprehensible perfection of life itself. All these amazing events, and countless more, are being carried out by forces of life that have been around for billions of years—the very same forces of life that we are consciously pitting our will against on a daily basis. If the natural unfolding of the process of life can create and take care of the entire universe, is it really reasonable for us to assume that nothing good will happen unless we force it to? For lack of a better name, I have called this the Surrender Experiment.

- See more at: <http://www.awakin.org/read/view.php?tid=2102#sthash.iWHV9pBw.dpuf>

8. The Day I Learned The Value of A Smile

Reprinted from www.awakin.org.

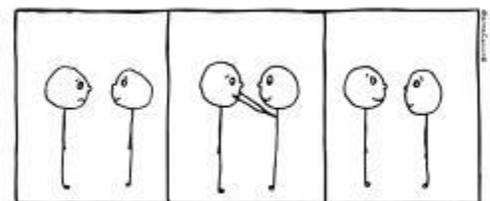
--by [Maya Angelou](#) (Feb 29, 2016)

My paternal grandmother who raised me had a remarkable influence on how I saw the world and how I reckoned my place in it. She was the picture of dignity. She spoke softly and walked slowly, with her hands behind her back, fingers laced together. I imitated her so successfully that neighbors called me her shadow.

"Sister Henderson, I see you got your shadow with you again."

Grandmother would look at me and smile. "Well, I guess you're right. If I stop, she stops. If I go, she goes."

When I was thirteen, my grandmother took me back to California to join my mother, and she returned immediately to Arkansas. The California house was a world away from that little home in which I grew up in Arkansas. My mother wore her straight hair in a severe stylish bob. My grandmother didn't believe in hot curling women's hair, so I had grown up with a braided natural. Grandmother turned our radio on to listen to the news, religious music, Gang Busters, and The Lone Ranger. In California my mother wore lipstick and rouge and played loud blues music and jazz on a record player. Her house was full of people who laughed a lot



You make me happy.

and talked loudly. I definitely did not belong. I walked around in that worldly atmosphere, with my hands clasped behind my back, my hair pulled back in a tight braid, humming a Christian song.

My mother watched me for about two weeks. Then we had what was to become familiar as, "a sit down talk to."

She said, "Maya, you disapprove of me because I am not like your grandmother. That's true. I am not. But I am your mother and I am working some part of my anatomy off to buy you good clothes and give you well-prepared food and keep this roof over your head. When you go to school, the teacher will smile at you and you will smile back. Other students you don't even know will smile and you will smile. But on the other hand, I am your mother. I tell you what I want you to do. If you can force one smile on your face for strangers, do it for me. I promise you I will appreciate it."

She put her hand on my cheek and smiled. "Come on baby, smile for mother. Come on."

She made a funny face and against my wishes, I smiled. She kissed me on the lips and started to cry.

"That's the first time I have seen you smile. It is a beautiful smile, Mother's beautiful daughter can smile."

I had never been called beautiful and no one in my memory had ever called me daughter.

That day, I learned that I could be a giver by simply bringing a smile to another person. The ensuing years have taught me that a kind word, a vote of support is a charitable gift. I can move over and make another place for someone. I can turn my music up if it pleases, or down if it is annoying.

I may never be known as a philanthropist, but I certainly am a lover of mankind, and I will give freely of my resources.

I am happy to describe myself as charitable.

- See more at: <http://www.awakin.org/read/view.php?tid=2141#sthash.gGfzya5d.dpuf>

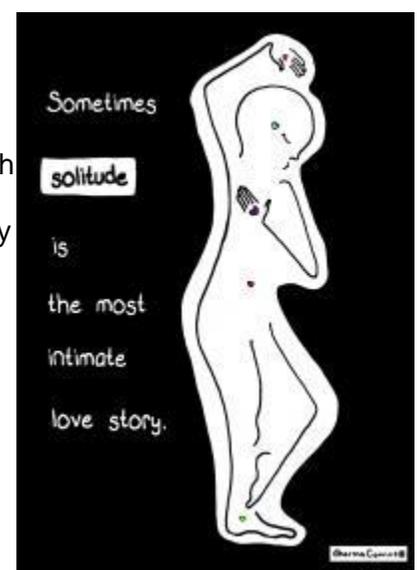
9. The Capacity for Successful Solitude

Reprinted from www.awakin.org.

--by [Sherry Turkle](#) (Mar 07, 2016)

The capacity to be alone is the capacity to know enough about yourself and who you are, and be comfortable enough with that. That way, when you are with another person, you're not trying to make that person into somebody you need them to be in order to buttress a fragile sense of your own self. You can actually turn to a person and see them as another person, and have a real relationship with them.

Now, the person who can't do that is going to be one of these people who nobody wants to be with, because when you see them coming, you know that they're going to use you to make themselves feel less terrifyingly alone. Those



people are very lonely, because they can't form relationships. They're using other people as spare parts.

The capacity to be in a relationship requires the capacity for a genuine solitude. One of the gifts of a successful childhood is that you develop this capacity for successful solitude. And you learn it, paradoxically, by a caretaker being with you, but able to leave you a little bit of space.

I remember walks with my grandmother to Macy's in Brooklyn. And we were just quiet together. Every once in a while there'd be a word, but we were just side by side in our thoughts, and sharing a thought once in a while, and you knew that there was someone there protecting you as you learned to think your own thoughts. People have many different models of what that was: sitting together sewing or reading or playing or giving a child a bath and letting them have the privacy of their thoughts. These are the moments of childhood where children are not abandoned, but they learn to be alone with. And that capacity means that when they come to other relationships, they can form them successfully. If instead of that, you put them in a baby bouncer that has a slot for an iPad or an iPhone or a laptop, they're always mirrored in some other outside thing and they're not brought back to their own self and their own resources and their own mind and their own imagination.

There's a wonderful idea that you have to learn that the most interesting thing in the environment is your own mind. And if you never learn that, it's not good.

- See more at: <http://www.awakin.org/read/view.php?tid=2134#sthash.zdkcOsK1.dpuf>

10. The Rich Experience of A Quiet Mind

Reprinted from www.awakin.org.

--by [John Coleman](#) (Sep 17, 2012)

Entertainments, in whatever form one cares to take them, are necessary and indeed vital to happiness in the ordinary sense of the word. Both the body and the mind need rest and the batteries have to be recharged in some way. but the conventional methods for reviving ourselves in the midst of life's conflicts only partially do the job. They fall short of showing us the true nature of reality.

Where, then, do we go from here? For me the answer to that question lies in my knowledge gained from the rich experience of knowing a quiet mind. I have been helped in the attainment of this knowledge by listening to and understanding the many wise men I have been lucky enough to meet, and by watching them and learning from their example.

I know now that it is not necessary to travel the world in search of a leader or a system, for the answers are all within us. In fact such a search is in itself a distraction and only serves to delay the moment of vision. It was only when my search ended that peace followed.

The key is in suffering and conflict; it is necessary to regard the suffering of others with compassion and our own with tolerance and equanimity. We must be aware of it, but silently, without trying to invite this silence by conscious effort. And this silent awareness must be allowed to come about in its own time, anything we do to hasten it merely adds further conflict.



One must be aware of the moment without any attempt to change it; it will change itself. One must be attentive to an extreme degree, as often as possible. Even to be attentive that one is not attentive is a form of attentiveness. To know reality one cannot stand outside of it and intellectualize about it, one must enter into it, become it and experience it. Then the mind becomes quiet, at peace with itself.

The beauty of living and the beauty of the earth unfolds and one's actions are no longer self-centered and destructive. Every action becomes creative. The fire of discontent changes from a destructive force consuming our lives into a bright luminous light that fills our lives with peace and joy.

~ John Coleman, in "The Quiet Mind"

- See more at: <http://www.awakin.org/read/view.php?tid=905#sthash.tltXZ9rT.dpuf>

11. Three Kinds of Laziness

Reprinted from www.awakin.org.

--by [Tenzin Palmo](#) (Mar 14, 2016)

The Buddha described three kinds of laziness. First there is the kind of laziness we all know: we don't want to do anything, and we'd rather stay in bed half an hour later than get up and meditate. Second, there is the laziness of feeling ourselves unworthy, the laziness of thinking, "I can't do this. Other people can meditate, other people can be mindful, other people can be kind and generous in difficult situations, but I can't, because I'm too stupid." Or, alternatively, "I'm always an angry person;" "I've never been able to do anything in my life;" "I've always failed, and I'm bound to fail." This is laziness.

The third kind of laziness is being busy with worldly things. We can always fill up the vacuum of our time by keeping ever so busy. Being occupied may even make us feel virtuous. But usually it's just a way of escape. When I came out of the cave, some people said, "Don't you think that solitude was an escape?" And I said, "An escape from what?" There I was—no radio, no newspapers, no one to talk to. Where was I going to escape to? When things came up, I couldn't even telephone a friend. I was face-to-face with who I was and with who I was not. There was no escape.

Our ordinary lives are so busy, our days are so full, but we never have any space even to sit for a minute and just be. That's escape. One of my aunts always kept the radio on, or the television. She didn't like silence. Silence worried her. Background noise rang out at all times. And we're all like that. We're afraid of silence—outer silence, inner silence. When there's no noise going on outside we talk to ourselves—opinions and ideas and judgments and rehashes of what happened yesterday or during our childhood; what he said to me; what I said to him. Our fantasies, our daydreams, our hopes, our worries, our fears. There is no silence. Our noisy outer world is but a reflection of the noise inside: our incessant need to be occupied, to be doing something.

Recently I was talking with a very nice Australian monk who was once occupied with doing so many wonderful dharma activities that he became a workaholic. He would be up until two or three in the morning. Eventually he



collapsed totally.

His problem was that his identity was connected with doing. As his work was for the Dharma it looked very virtuous. It looked like he was doing really good things. He was benefiting many people and carrying out the instructions of his teacher, but now that he can't do anything, who is he? And so he is going through a tremendous crisis because he always identified himself with what he did and with being able to succeed. Now he is not able to do anything and is dependent on others. So I said to him, "But this is a wonderful opportunity. Now, you don't have to do anything, you can just be." He said he was trying to come to that, but he found it threatening not to do anything, to just sit there and be with who he is, not what he does.

This is the point—we fill our lives with activities. Many of them are really very good activities but if we are not careful, they can just be an escape. I'm not saying that you shouldn't do good and necessary things, but there has to be breathing in as well as breathing out. We need to have both the active and the contemplative. We need time to just be with ourselves, and to become genuinely centered, when the mind can just be quiet.

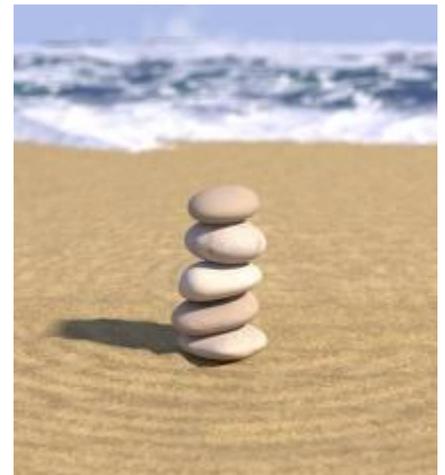
- See more at: <http://www.awakin.org/read/view.php?tid=2163#sthash.GqrBkoLK.dpuf>

12. What We Need Is Here

Reprinted from www.awakin.org.

--by [Wendell Berry](#) (Mar 21, 2016)

Horseback on Sunday morning,
harvest over, we taste persimmon
and wild grape, sharp sweet
of summer's end. In time's maze
over fall fields, we name names
that rest on graves. We open
a persimmon seed to find the tree
that stands in promise,
pale, in the seed's marrow.
Geese appear high over us,
pass, and the sky closes. Abandon,
as in love or sleep, holds
them to their way, clear
in the ancient faith: what we need
is here. And we pray, not
for new earth or heaven, but to be
quiet in heart, and in eye,
clear. What we need is here.



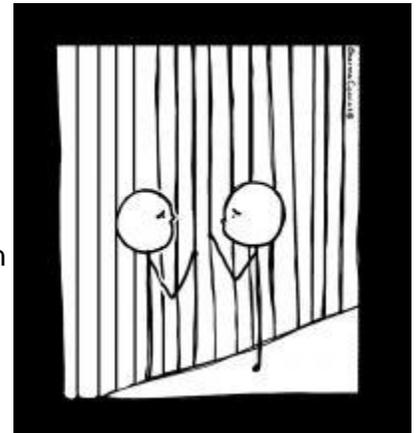
- See more at: <http://www.awakin.org/read/view.php?tid=2144#sthash.VZshAPKR.dpuf>

13. The Oppressor and the Oppressed Must Both be Liberated

Reprinted from www.awakin.org.

--by [Nelson Mandela](#) (Mar 28, 2016)

I always knew that deep down in every human heart, there is mercy and generosity. No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite. Even in the grimmest times in prison, when my comrades and I were pushed to our limits, I would see a glimmer of humanity in one of the guards, perhaps just for a second, but it was enough to reassure me and keep me going. Man's goodness is a flame that can be hidden but never extinguished.



It was during those long and lonely years that my hunger for the freedom of my own people became a hunger for the freedom of all people, white and black. I knew as well as I knew anything that the oppressor must be liberated just as surely as the oppressed. A man who takes away another man's freedom is a prisoner of hatred, he is locked behind the bars of prejudice and narrow-mindedness. I am not truly free if I am taking away someone else's freedom, just as surely as I am not free when my freedom is taken from me. The oppressed and the oppressor alike are robbed of their humanity.

When I walked out of prison, that was my mission, to liberate the oppressed and the oppressor both. Some say that has now been achieved. But I know that that is not the case... We have not taken the final step of our journey, but the first step on a longer and even more difficult road. For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others. The true test of our devotion to freedom is just beginning.

- See more at: <http://www.awakin.org/read/view.php?tid=2175#sthash.xWuJqyKP.dpuf>

14. Art of Sho: A Calligrapher's Pilgrimage

Reprinted from www.KarmaTube.org.

Film maker Jerry Hsu spent 4 months observing Dr. Ronald Y. Nakasone practicing the art of calligraphy, and witnessed how this art requires contemplation, perseverance and single-minded concentration. The art of "sho," or "writing," can be properly called abstract art; it is nonfigurative, nonobjective, and nonrepresentational. The process of the work is one of experimentation and distillation. All of these elements are joined harmoniously together within this formless form. Sit back and watch this creation as a form of meditation.

- See more at: <http://www.karmatube.org/videos.php?id=7007#sthash.pMyLFeJX.dpuf>

15. Gulabi Gang

Reprinted from www.KarmaTube.org.

Bundelkhand region, in the hinterlands of Uttar Pradesh, is one of the poorest districts in India. In this deeply patriarchal society, domestic and sexual violence against women is endemic. Girls who escape being killed at birth are married off at puberty and often murdered with impunity. The Gulabi (pink) Gang was founded by Sampat Pal to start a movement for change. Named for the pink saris worn by the women members, the organization helps raise women's consciousness and empowers them to become self-sufficient.

- See more at: <http://www.karmatube.org/videos.php?id=5961#sthash.hDimgOGO.dpuf>

16. The Unexpected Joy of A Copenhagen Metro Commute

Reprinted from www.KarmaTube.org.

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

- See more at: <http://www.karmatube.org/videos.php?id=5366#sthash.tYPY0eUz.dpuf>

17. The Gnomist: A Great Big Beautiful Act of Kindness

Reprinted from www.KarmaTube.org.

Come with me along this winding, wooded path and I will show you a beautiful mystery: tiny gnome and fairy houses along Hollow Tree Lane in Firefly Forest. But how did they get here? No one who walks Tomahawk Creek Trail in Overland Park, Kansas, knows, but the strangers who use the trail have now become a community, eagerly awaiting the next "neighbor" in the park. Some leave tiny house-warming gifts inside the hollows behind the little doors. Others scrupulously mend and restore doors and houses that have been vandalized. All find hope in this wondrous act of kindness.

- See more at: <http://www.karmatube.org/videos.php?id=6916#sthash.GmHinB0G.dpuf>

18. Be the Punchline

Reprinted from www.KarmaTube.org.

In comedy, first there is the setup, then the punchline. In his life, comedian Michael Jr. understands that doing TV shows and making people laugh is just the setup. His punchline is to make laughter commonplace in uncommon places. Watch this film to learn about one of the most powerful moments in Michael Jr.'s comedy career.

- See more at: <http://www.karmatube.org/videos.php?id=5915#sthash.WrBOE2Ru.dpuf>

19. Path of Freedom

Reprinted from www.KarmaTube.org.

Redemption and transformation can occur in even the harshest of surroundings. During his 14-year incarceration Fleet Maull found meditation. With meditation he found a freedom that transcended prison walls. After his release he returns to prison to teach meditation, healthy survival skills and share his story of meaningful change. 1 out of every 100 Americans is currently behind bars. And 700,000 of them will go home this year. The Prison Mindfulness Institute's "Path of Freedom" program teaches prisoners strategies for surviving on the "inside". This video features a few of the program participants in a Rhode Island medium-security prison working toward forgiveness, peace and freedom. It challenges us to always embrace the potential for transformation and the responsibility we share in helping each other find our paths to freedom.

- See more at: <http://www.karmatube.org/videos.php?id=3434#sthash.HrVhGT9Y.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.

20. 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).

21. 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>.

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.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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