

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.

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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



Are You Open?

Have you ever noticed how the same people keep showing up in your life? I don't mean the exact same person, but more the same personality keeps showing up in your life. You notice it more acutely when the same sort of aggravating or annoying personality keeps showing up in your life.

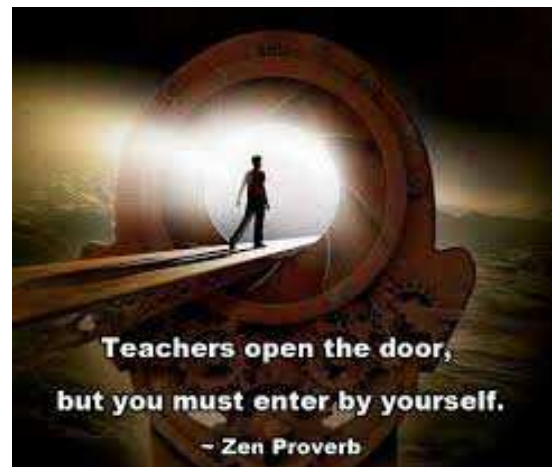
Over the past seven years I have facilitated a lot of different study and discussion groups. Inevitably, one person shows up who wants to change things—sometimes just a little, sometimes a lot! Perhaps they want to change the format; sometimes they want to change the date, time, or duration of the meetings; sometimes they want to change the content and purpose of the group. It never fails; this dear soul eventually shows up at the study and discussion groups I host and wants to change things. Oh!...did I mention that in each of these cases no one was asked for their opinion; the dear soul simply came forward to ask for the changes.

These unsolicited requests always rattled the 'controlling' side of my personality. And I would always have a tendency to, at first, meet these unsolicited requests with resistance. I would always listen to what the person had to say and, many times, I would actually make changes based on their suggestions. But the underlying resistance remained and the frustration of having to make changes persisted.

So when the latest of these personalities showed up at a group I recently launched, I recognized them right away. In this case, the group had not even met for the first time and this dear soul was already making suggestions for change. The same old feelings came up for me again: the resistance; the frustration.

So I decided to heal these ongoing, repetitive, devolving emotions by simply being open to the possibility I had something to learn from this person. I trusted that this dear soul had come into my life for a reason (I may never know why in this lifetime) and there was something I had to learn from them. My change of mind and approach allowed my resentment and frustration to fade away.

In the latest example, some changes were made to the group's functioning. But the real difference was how I reacted to the changes. I let go of my need to control and went with the flow. I realized nothing was 'mine' in this endeavor and process, and allowed myself to be open to letting go and going with the flow.



The next time that same 'ole personality shows up in your life, just be open to them. See what happens.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

A Spiritual Journey

And the world cannot be discovered by a journey of miles,
no matter how long,
but only by a spiritual journey,
a journey of one inch,
very arduous and humbling and joyful,
by which we arrive at the ground at our feet,
and learn to be at home.

~ Wendell Berry

3. Quote or Question

"To complete the golden dream of peace, selflessly serve and unconditionally love." ~ Sri Chinmoy

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 – May 2016

Pathways

Today let us speak of pathways and their importance in your lives upon, within and beyond this fine planet.

As you are well aware, all which exists in your material world has a microscopic and a macroscopic alliance. The intelligent movement of atoms, its satellites and the minuscule particles of matter which swirl, dance, disappear and reappear in your physical world can also be observed in the greater dimensions of stars, planets, galaxies, universal systems and the multi layers which constitute cosmic life. On a more subtle level the energy patterns of light also follow this organizational behaviour.

We ask you now to observe these microscopic and macroscopic pathways within and beyond your material universe. Examine your physical bodies and you witness magnificently created pathways of arteries and veins, of nerve and of brain, of line on the skin and of thought in your mind. Within you lies a multitude of pathways which allows the fluidity of creation to course through you at every moment. This same fluidity of growth and communication is also observed in the wondrous nature of your planet—this planet which many call “The Garden Planet.” It can be observed here that there are magnificent pathways found in the trees, the plants, the animals, the water: in truth, in all of nature.

We can say with certainty that your entire world is composed of pathways for all in the universe is fluid. This is so, for the nature of life is to move, learn, modify, advance and transform.

There is a direct link between the pathways within you and your progress to a more advanced way of being and doing. The destiny of your planet and its people is one filled with love and wisdom ensuring the unfoldment of its perfect nature in Spirit. No matter the density and the tenacity of the shadow, the future of your world lies within Light—this very essence of all life—which is eternal and forever victorious.

Thus we ask you to illuminate the pathways within you. Begin with your physical world, sensing this Light flowing through the blood and all the liquids in your body. Illuminate the systems of nerve and brain tissue, of muscle and bone including all the various articulations of your body. Sense that all the pathways within you are expanding and illuminating. Now observe the uplifting thoughts which you create in concert with the angelic realms and imbue all your thinking and doing with this celestial light. In this manner you are being reminded both of your divine origin and your divine destiny.

Observe the pathways of others around you, the familiar and the foreign, and begin to radiate the brilliance of your pathways to them and to all the world. Be aware of the marriage between your illumination and that of this splendid earth. With high mind and open heart, realize the marvellous and sacred communities found within

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your planet and their pathways of Goodness and Perfection which radiate to all life everywhere. Understand that you are an integral pattern of intelligence and light, participating in the pathways of brilliance and of purity which vibrate throughout the universe in sweet frequency and resonance. Sense the magnificence of pathways found in colour, form and holy sound. Extend your shining pathways to touch and meld with us, beings from your very own planetary system and from other places in your universe, for we, too, celebrate the language of pathways and Light as the outpouring of the Creator's exquisite Love.



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

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

5. Good News Of The Day

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

What would it look like if cities were designed for health and happiness of its residents? The YES! magazine profiled 6 such cities which are taking steps -- from creating new distributed green spaces that will improve water quality, to developing opportunities for greater community interaction, to forging partnerships to support holistic medical options -- to helping residents live more healthful and equitable lives.

<http://www.dailygood.org/story/1251/six-cities-designed-for-health-anna-clark/> **Be The Change:** What can you do today to make your city or local community healthier?

On March 2, 2016, Jason Longhurst's 11-year-old brother Eric was hit by a truck while crossing the street. The trauma knocked him unconscious, the damage to his brain quickly stopped his breathing, and it was soon clear that Eric wouldn't survive. Eric's family decided to do that which Eric would have wanted -- donate a part of himself to help others. And what part of him would be Eric's greatest gift to the world but his generous and full heart? In this touching piece Longhurst writes about the lessons learned from his little brother's incredible capacity to love all of life. <http://www.dailygood.org/story/1252/to-the-child-who-gets-my-little-brother-s-heart-jason-longhurst/> **Be The Change:** What can you do to live with a full and open heart today -- to live with generosity and love?

"When I was in the fourth grade, in the summertime when it would rain, we would always go out on a friend's porch and sit there all in a row, enjoying ourselves just looking out at the world, hearing the rain come down. And once, when I was meditating, I thought, Why not just be inside myself like that, just looking out? And by God, it was just like sitting on the porch, looking out at the rain! That was a moment of being much more whole, much more present, experiencing one's being. Art can bring you there, but if you do art to get there, you won't get there. [laughs] I hate to tell you that, but it's true." Read on for a special interview with the late artist Nicholas Hlobeczy. <http://www.dailygood.org/story/1255/remember-to-remember-nicholas-hlobeczy-richard-whittaker/> **Be The Change:** Pick any spot where you can stand or sit without too much distraction. Just stay there for fifteen minutes. Don't do anything. Just take in whatever you notice inside or outside.

"You drop a glass while making breakfast. You get stuck in traffic on your way to work. Your boss yells at you for being late. Congratulations! You're having a bad morning. It happens to everyone, at one time or another. But how we react to the bad things in life reveals a lot about our brains. It might seem to go without saying, but people with sunnier dispositions are better able to regulate their emotions than people with gloomier personalities, who are more likely to be thrown by unpleasant events. Why is this?" [{ read more }](#) **Be The Change:** As you go through the ups and downs of your day, make sure to focus on the positive things around you without letting them slip by unnoticed.

As virtues go, patience is a quiet one. It's often exhibited behind closed doors, not on a public stage: A father telling a third bedtime story to his son, a dancer waiting for her injury to heal. In public, it's the impatient ones who grab all our attention: drivers honking in traffic, grumbling customers in slow-moving lines. We have epic movies exalting the virtues of courage and compassion, but a movie about patience might be a bit of a snoozer. Yet patience is essential to daily life -- and might be key to a happy one.

<http://www.dailygood.org/story/1258/4-reasons-to-cultivate-patience-kira-m-newman/> **Be The Change:** Bring a little more patience into your experience of life this week. For inspiration here's a passage by Sharon Salzberg that speaks to the power of this oft-overlooked quality. <http://www.awakin.org/read/view.php?tid=977>

The beloved Benedictine monk, Brother David Steindl-Rast, tells us that "In the rule of St. Benedict, the *momenta mori* has always been important, because one of what St. Benedict calls "the tools of good works" meaning the basic approaches to the daily life of the monastery -- is to have death at all times before one's eyes." Learn more about his heartfelt discoveries in the following excerpt.

<http://www.dailygood.org/more.php?n=6667> **Be The Change:** If in fact, as some say, we die at every moment, why not experiment with the thought of death so that it serves to help you live more deeply.

James Doty is a Stanford brain surgeon and a leading convener of research on compassion. In 1968, he wandered into a magic shop and met a woman who taught him what she called "another kind of magic" that freed him from being a victim of life circumstances. Now, James is on the cutting edge of knowledge of how the brain and the heart talk to each other -- both metaphorically and physically. This fascinating interview from On Being shares more. <http://www.dailygood.org/story/1267/james-doty-the-magic-shop-of-the-brain-krista-tippett/>

Be The Change: What can you do to bring your head and heart into more alignment?

In a world that has been relentlessly primed to favor the myths of independence and certainty over the truths of interconnection and mystery, the practice of reverence can seem foolish and unfashionable. But no one exists independent of all others. And the vast complex of our knowledge, though impressive, is erected on the shores of an ocean of unknowns. Reverence is a glad acknowledgement of these realities. It does not require you to be religious, or part of an organized faith. If there are any prerequisites for reverence they are only this: the capacity for wonder and love. And an awareness in the heart, of the dignity and worthiness inherent in this earth, this life, this moment. In many ways Maki Kawamura, a mother, global peace leader and former doctor, embodies what it means to live reverently. She shares her story and quietly powerful convictions in this piece.

<http://www.dailygood.org/story/1271/living-reverence-there-is-a-spark-in-everything-dailygood/> **Be The Change:** Honor the good that lies at the heart of life. Click on 'more' to join the 21-Day Reverence Challenge, starting April 25th! <http://www.kindspring.org/challenge/join/994/>

When asked to share her thoughts on the value of solitude, and her view that if people don't learn to be alone, then they are guaranteed to be lonely, author and psychologist Sherry Turkle had this to say...

<http://www.dailygood.org/story/1273/the-capacity-for-successful-solitude-jessica-gross-sherry-turkle/>

Be The Change: Spend some quality time with yourself this week, reading, writing, or listening to the voices within. You might also try to be silent with a good friend.

"For more than 50 years, the Revolutionary Armed Forces of Colombia (in Spanish, FARC) have been fighting a guerrilla war for social justice. In response, the rich and powerful created paramilitary forces to defend the existing social order. On both sides, those doing the fighting are mostly poor villagers and workers." In this interview, we learn of an extraordinary and unlikely friendship between Ciliana, a former member of the Paramilitary forces, and Claudia, a former FARC member -- both serving prison terms in a prison that houses women sentenced for violence on all sides of the conflict. Claudia and Ciliana are cellmates -- and best friends. In the midst of a divisive world they are exploring the meaning of forgiveness and reconciliation

<http://www.dailygood.org/story/1274/peace-is-possible-the-remarkable-story-of-a-prison-friendship-ilonka-wloch/> **Be The Change:** Reflect on a division or conflict you are personally involved in, perhaps with a friend, family member, stranger, or yourself. What can you do today to move towards peace and reconciliation?

Happy people are healthier; they get sick less often and live longer. They have more friends, make more money and are more productive at work. Decades of research show that happiness is not just a personal issue, but a matter of public health, global economics, and national well-being. Although it isn't easy, there are some proven methods... <http://www.dailygood.org/story/1276/five-science-backed-strategies-for-more-happiness-kira-m-newman/> **Be The Change:** Try out one of the many suggestions in this article, such as recognizing the good when you meet it and affirming it, or connecting more with other people.

6. Vulnerability is the Path

Reprinted from www.awakin.org.

--by [Brene Brown](#) (Apr 04, 2016)

Vulnerability isn't good or bad: it's not what we call a dark emotion, nor is it always a light, positive experience. Vulnerability is the core of all emotions and feelings. To feel is to be vulnerable. To believe vulnerability is weakness is to believe that feeling is weakness. To foreclose on our emotional life out of a fear that the costs will be too high is to walk away from the very thing that gives purpose and meaning to living.

Our rejection of vulnerability often stems from our associating it with dark emotions like fear, shame, grief, sadness, and disappointment—emotions that we don't want to discuss, even when they profoundly affect the way we live, love, work, and even lead. What most of us fail to understand and what took me a decade of research to learn is that vulnerability is also the cradle of the emotions and experiences that we crave. We want deeper and more meaningful spiritual lives. Vulnerability is the birthplace of love, belonging, joy, courage, and creativity. It is the source of hope, empathy, accountability and authenticity. If we want greater clarity in our purpose or deeper or more meaningful spiritual lives, vulnerability is the path.

I know this is hard to believe, especially when we've spent our lives thinking that vulnerability and weakness are synonymous, but it's true. I define vulnerability as uncertainty, risk, and emotional exposure. With that definition in mind, let's think about love. Love is uncertain. It's incredibly risky. And loving someone leaves us emotionally exposed. Yes, it's scary, and yes, we're open to being hurt, but can you imagine your life without loving or being loved.

To put our art, our writing, our photography, our ideas out into the world with no assurance of acceptance or appreciation—that's also vulnerability. To let ourselves sink into the joyful moments of our lives even though we know that they are fleeting, even though the world tells us not to be too happy lest we invite disaster—that's an intense form of vulnerability.

The profound danger is that, as noted above, we start to think of feeling as weakness. With the exception of anger (which is a secondary emotion, one that only serves as a socially acceptable mask for many of the more difficult underlying emotions we feel), we're losing our tolerance for emotion and hence for vulnerability.

It starts to make sense that we dismiss vulnerability as weakness only when we realize that we've confused feeling with failing and emotions with liabilities. If we want to reclaim the essential emotional part of our lives and reignite our passion and purpose, we have to learn how to own and engage with our vulnerability and how to feel the emotions that come with it. For some of us, it's new learning, and for others it's relearning. Either way, the research taught me that the best place to start is with defining, recognizing, and understanding vulnerability.

- See more at: <http://www.awakin.org/read/view.php?tid=2158#sthash.xQGLrV6L.dpuf>



7. Reverence Protects Life

Reprinted from www.awakin.org.

--by [Gary Zukav](#) (Apr 11, 2016)

As you work toward becoming reverent, your tendencies toward harming others and other forms of life diminish. As you acquire a sense of reverence, you develop the capacity to think more deeply about the value of Life before you commit your energy to action. When you are fully reverent, you cannot harm Life, even (if/)though you are unempowered. Without reverence the experience of being unempowered can become a very cruel one because a dis-empowered person is a frightened person, and a frightened person is a person with no sense of reverence, he or she will harm or kill indiscriminately.

Reverence is a level of protection and honor about the process of life so while a person is maturing toward the journey and through the journey of authentic empowerment, he or she harms nothing. Because we have no reverence, our journey to empowerment often includes the experience of victimizing life. Therefore, there are victims and victimizers. The process of destroying Life while we are learning about Life that has characterized our evolution would cease, or at least would be very different if we approached Life with a quality of reverence.

It is because(/when) we have no sense of reverence, no true belief in the holiness of all of Life, that Life is destroyed and tortured, brutalized, starved, and maimed while we journey from unempowerment to empowerment. If a sense of reverence were brought into the process of evolution, then as each of us, and our species, moves through the cycle of being unempowered to becoming empowered, the many learnings that are contained within that growing process of evolution would not likely produce violence and fear to the extent that it is now experienced.

If we perceived Life with Reverence and understood the evolutionary process, we would stand in awe at the experience of the physical Life, and walk Earth in a very deep sense of gratitude.

- See more at: <http://www.awakin.org/read/view.php?tid=2180#sthash.V25wIEWJ.dpuf>



8. Relationships Make You Conscious, Not Happy

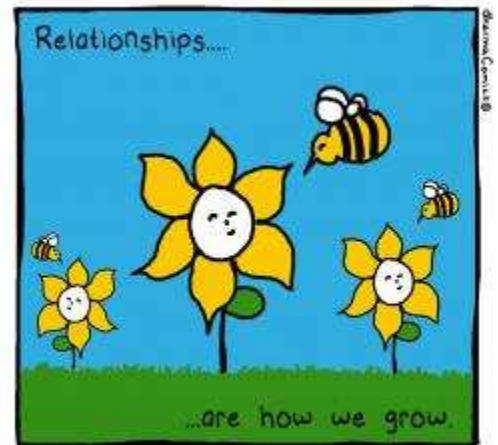
Reprinted from www.awakin.org.

--by **Eckhart Tolle** (Apr 18, 2016)

With the acknowledgment and acceptance of the facts also comes a degree of freedom from them. For example, when you know there is disharmony and you hold that "knowing," through your knowing a new factor has come in, and the disharmony cannot remain unchanged. When you know you are not at peace, your knowing creates a still space that surrounds your nonpeace in a loving and tender embrace and then transmutes your nonpeace into peace. As far as inner transformation is concerned, there is nothing you can do about it. You cannot transform yourself, and you certainly cannot transform your partner or anybody else. All you can do is create a space for transformation to happen, for grace and love to enter.

So whenever your relationship is not working, whenever it brings out the "madness" in you and in your partner, be glad. What was unconscious is being brought up to the light. It is an opportunity for salvation. Every moment, hold the knowing of that moment, particularly of your inner state. If there is anger, know that there is anger. If there is jealousy, defensiveness, the urge to argue, the need to be right, an inner child demanding love and attention, or emotional pain of any kind — whatever it is, know the reality of that moment and hold the knowing. The relationship then becomes your sadhana, your spiritual practice. If you observe unconscious behavior in your partner, hold it in the loving embrace of your knowing so that you won't react. Unconsciousness and knowing cannot coexist for long — even if the knowing is only in the other person and not in the one who is acting out the unconsciousness. The energy form that lies behind hostility and attack finds the presence of love absolutely intolerable. If you react at all to your partner's unconsciousness, you become unconscious yourself. But if you then remember to know your reaction, nothing is lost.

Humanity is under great pressure to evolve because it is our only chance of survival as a race. This will affect every aspect of your life and close relationships in particular. Never before have relationships been as problematic and conflict ridden as they are now. As you may have noticed, they are not here to make you happy or fulfilled. If you continue to pursue the goal of salvation through a relationship, you will be disillusioned again and again. But if you accept that the relationship is here to make you conscious instead of happy, then the relationship will offer you salvation, and you will be aligning yourself with the higher consciousness that wants to be born into this world.



9. Renewability Makes Something Valuable

Reprinted from www.awakin.org.

--by [Martin Prechtel](#) (Apr 25, 2016)

In the village, people used to build their houses out of traditional materials, using no iron or lumber or nails, but the houses were magnificent. Many were sewn together out of bark and fiber. Like the house of the body, the house that a person sleeps in must be very beautiful and sturdy, but not so sturdy that it won't fall apart after a while. If your house doesn't fall apart, then there will be no reason to renew it. And it is this renewability that makes something valuable. The maintenance gives it meaning.



The secret of village togetherness and happiness has always been the generosity of the people, but the key to that generosity is inefficiency and decay. Because our village huts were not built to last very long, they had to be regularly renewed. To do this, villagers came together, at least once a year, to work on somebody's hut. When your house was falling down, you invited all the folks over. The little kids ran around messing up what everybody was doing. The young women brought the water. The young men carried the stones. The older men told everybody what to do, and the older women told the older men that they weren't doing it right. Once the house was back together again, everyone ate together, praised the house, laughed, and cried. In a few days, they moved on to the next house. In this way, each family's place in the village was reestablished and remembered. This is how it always was.

Then the missionaries and the businessmen and the politicians brought in tin and lumber and sturdy houses. Now the houses last, but the relationships don't.

In some ways, crises bring communities together. Even nowadays, if there's a flood, or if somebody is going to put a highway through a neighborhood, people come together to solve the problem. Mayans don't wait for a crisis to occur; they make a crisis. Their spirituality is based on choreographed disasters -- otherwise known as rituals -- in which everyone has to work together to remake their clothing, or each other's houses, or the community, or the world. Everything has to be maintained because it was originally made so delicately that it eventually falls apart. It is the putting back together again, the renewing, that ultimately makes something strong. That is true of our houses, our language, our relationships.

It's a fine balance, making something that is not so flimsy that it falls apart too soon, yet not so solid that it is permanent. It requires a sort of grace. We all want to make something that's going to live beyond us, but that thing shouldn't be a house, or some other physical object. It should be a village that can continue to maintain itself. That sort of constant renewal is the only permanence we should wish to attain.

- See more at: <http://www.awakin.org/read/view.php?tid=2181#sthash.NAqLQaut.dpuf>

10. Planting Seeds

Reprinted from www.KarmaTube.org.

"The true meaning of life is to plant trees, under whose shade you do not expect to sit." ~Nelson Henderson. This latest music video by the singer/songwriter team of Nimo Patel and Daniel Nahmod and filmmaker Ellie Walton captures the joy, introspection and inspiration in the song, "Planting Seeds." The song was inspired by Daniel Nahmod's original 2006 Water album, which captures the spirit of doing our part (planting the seeds), but then letting go and not holding on to what may come.

- See more at: <http://www.karmatube.org/videos.php?id=7049#sthash.pJAzZ5Cy.dpuf>

11. Multiple Forms of Capital

Reprinted from www.KarmaTube.org.

Much of today's society is designed through the lens of financial capital, but is our world richer for it? Nipun Mehta uses that question as a springboard to make a compelling case for alternative forms of capital that are often overlooked -- like time, community and attention. Drawing on his personal journey with ServiceSpace, as well as fascinating research and real-world examples, this inspiring talk invites listeners to consider a catalytic question: what forms of capital do you care about?

- See more at: <http://www.karmatube.org/videos.php?id=6528#sthash.iNyRtvzl.dpuf>

12. Happiness Revealed Through Gratitude

Reprinted from www.KarmaTube.org.

Imagine living your life in a constant state of gratitude. Award-winning filmmaker Louie Schwartzberg believes nature's beauty is a gift that can help us cultivate a sense of wonder and appreciation. In his TEDxSF talk, he shares a new project which explores this idea of interconnectedness through a young child and the wisdom of Benedictine monk Brother David Steindl-Rast. Accompanied by stunning time-lapse imagery, we are reminded to open our eyes to the blessings and miracles present within each day.

- See more at: <http://www.karmatube.org/videos.php?id=4565#sthash.5cJe0DLA.dpuf>

13. Change the World, One Word At A time

Reprinted from www.KarmaTube.org.

Listen to Belissa Escobedo, Rhiannon McGavin, and Zariya Allen, members of the Get Lit organization, who are determined to change the world, one word at a time. In this performance of "Somewhere in America," they

open for singer John Legend at the Hollywood Bowl. The poem calls to attention the kind of information passed along unintentionally in classrooms, and addresses some hard truths and dark topics based on personal experiences. "I think poetry is the best way to express emotions..." McGavin says, "It's an amazing way to help people, especially teens."

- See more at: <http://www.karmatube.org/videos.php?id=6023#sthash.ZxRB71yz.dpuf>

14. Today I Rise

Reprinted from www.KarmaTube.org.

"The world is missing what I am ready to give: My Wisdom, My Sweetness, My Love and My hunger for Peace." This beautiful short video, dubbed a "love poem for your heart and soul," empowers all women to stand up for who they truly are. Let the emergence of the feminine in you blossom as you watch this film.

- See more at: <http://www.karmatube.org/videos.php?id=6930#sthash.GKymVzyF.dpuf>

HEART AND SOUL ADVERTISEMENTS:

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

15. 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).

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. 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

Spiritual Guidance

Serving your personal journey toward enlightenment...

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