

Serving your personal journey toward enlightenment...

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

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

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

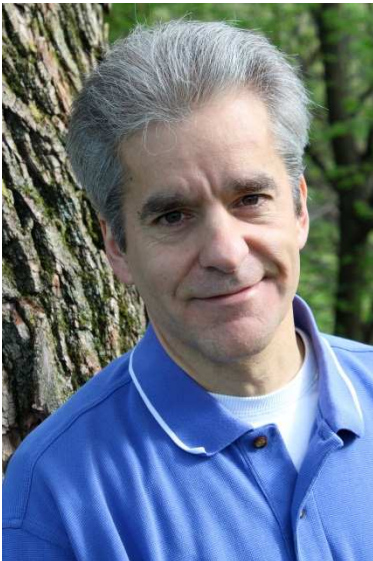
In this e-Newsletter...

SPIRITUAL GUIDANCE OFFERINGS:	2
1. Personal Story of Spiritual Lessons	2
2. Poem	3
3. Quote or Question	4
CONTRIBUTING SPIRITUAL GUIDES AND TEACHERS:	5
4. Regina Heringa – Notes from the Light – June 2016	5
OTHER GIFTS AND E-NEOSWORTHY ITEMS:	7
5. Good News Of The Day	7
6. Pronounce A Silent Blessing	11
7. Rediscovering the Art of Reverence	12
8. The Value of Solitude	13
9. Learning Not To Be Afraid of Things That Are Real	14
10. My Stroke of Insight	15
11. Everything is Incredible	15
12. Graffiti Grandma	16
13. Everybody Eats	16
14. Forward the Smile	16
15. The Thank You Project	16
16. The Sandwich Man	17
HEART AND SOUL ADVERTISEMENTS:	18
17. Sacred Attention Therapy	18
18. A Course in Miracles Global Community Centre	18
19. OM Websites	19

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



Heaven is not somewhere you go...

"Heaven is not somewhere you go...heaven is somewhere you are!"

For much of my life I believed in the idea that heaven was somewhere I went, somewhere I ended up after I died. This belief was most evident in the religious tradition and practices I grew up with. However, the religious institutions were not the only source of this message.

Learning that heaven was a place I ended up was repeated throughout my educational experiences—from kindergarten to university. The message was ever-present in the media and the health-care system. The mortuary business, at least the mortuary business I was exposed to, held this message near and dear. And the culture at large imbibed and imbued this message. No wonder I believed this to be true! It was all around me.

And what an interesting thought system...to believe that heaven is somewhere else...somewhere you go once you die. At least it has eased the pain and grief of many a soul around the world to know their loved ones have 'ended up in a better place.'

But what if...what IF...heaven is not somewhere we go? What if heaven is not a place we end up after we die? What then? What's left? What's left to live for?

What if heaven is the place we are? Right here, right now. Doesn't the bible speak of such possibilities... "Thy Kingdom come. Thy will be done in earth, as it is in heaven." ? (Matthew 6:10, KJV)

What if heaven is a choice? A choice to live each day...for today: a choice for happiness; a choice for peace; a choice for love.

If right now, as you are reading this, you are saying... "Easier said than done!"... I may respond by asking... "Who is saying it's easier said than done? Who is choosing how you feel? Who is believing a certain version of a story that you are playing in your head? Who is holding you back from living the life you have always wanted to lead?"



Why do we wake up some mornings and feel great, alive, ready to take on the world? And why is it that other mornings all we want to do is stay in bed and get some rest!? What makes us get on with our days...with glee?...or with disdain and resentment? Who is in charge of your day? Who is seeing what you are seeing?

These are, perhaps, some of the great philosophical questions of millennia. But what if the answer to all these questions is right HERE, right NOW, staring at you when you look in the mirror?

Here is what I have learned. Heaven is here. Heaven is now. There is no other place to go. There is no other place to be. There is no pearly gate. There is no judgement day. WE are the judge...and TODAY is judgement day. Each and every day you rise to meet the day, you ARE the judge.

Now...what's the verdict?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Song of the Soul

In the depth of my soul there is
A wordless song – a song that lives
In the seed of my heart.
It refuses to melt with ink on
Parchment; it engulfs my affection
In a transparent cloak and flows,
But not upon my lips.

How can I sing it? I fear it may
Mingle with earthly ether;
To whom shall I sing it? It dwells
In the house of my soul, in fear of
Harsh ears.

When I look into my inner eyes
I see the shadow of its shadow;
When I touch my fingertips
I feel its vibrations.
The deeds of my hands heed its
Presence as a lake must reflect
The glittering stars;
My tears reveal it, as bright drops of dew
Reveal the secret of a withering rose.

It is a song composed by contemplation,

And published by silence,
And shunned by clamor,
And folded by truth,
And repeated by dreams,
And understood by love,
And hidden by awakening,
And sung by the soul.

It is the song of love;
What Cain or Esau could sing it?
It is more fragrant than jasmine;
What voice could enslave it?
It is heartbound, as a virgin's secret;
What string could quiver it?
Who dares unite the roar of the sea
And the singing of the nightingale?
Who dares compare the shrieking tempest
To the sigh of an infant?
Who dares speak aloud the words
Intended for the heart to speak?
What human dares sing in voice
The song of God?

~ Kahlil Gibran

3. Quote or Question

The only way love can last a lifetime is if it's unconditional. The truth is this: love is not determined by the one being loved but rather by the one choosing to love. ~ Stephen Kendrick

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 – June 2016

The Spiritual Tenacity of Humankind

Part One: Truth and Love

There lies within every human upon your earth an energy of spiritual tenacity—this environment of tremendous power which illustrates both courage and conviction. When there is a melding of tenacity to Truth a “super human” is born. How is this so?

Truth is the expression of the soul, which, in turn, is the expression of God within an individual. Thus individuals are anchored in this holy Source through their soul, the home of divine language—vibration and resonance. Truth is found in the all-encompassing God-Creator- Spirit which imbues all materiality. Every utterance of your soul which is directed entirely from within to without communicates Truth to your outer world. Hence, every move you initiate, be that of thought, feeling or action which is based on the expression of your soul, is a direct flow-through of spiritual articulation into the material world.

What then is the basis of your soul's expression?

Love. This is so, for the substance of Spirit is Love, the foundation of all life. The individual's soul bathes in Spirit and consequently expresses the outpouring of this Spirit into your world. Hence, fine people of this transforming planet, each moment you incarnate Love by being and expressing Love within your physical world, you become the embodiment of Truth. We ask you, therefore, to continue to lead lives which illustrate Love by showing kindness, generosity, compassion, encouragement, understanding and wise and creative initiatives.

How can this be done?

The inhabitants of your planet carry within themselves gifts to assist in living Truth. These treasures are found within the expanded minds and hearts of your people and you are now being directed to accept, develop and employ these gifts for the betterment of all your nations. It is in Truth that you are being asked at this present time to become all-inclusive thinkers of high thought, employing your gifts through Love to offer communal, planetary and universal service.

However, kindly remember that should you harbour rigid boundaries of mind and heart, you may experience resistance from within. This is so, for the nature of your soul will strive to move through this resistance to position itself as the bearer of Truth. This circumstance may be called “duality” for the essence of your struggles upon this earth is one between Truth and falsehood. However, we assure you that in following the

Serving your personal journey toward enlightenment...

pure and sacred vibrations of your soul, perfect and whole within the vibration of the Creator, you remain on the path of Truth and automatically become the light bearers of your world.

This continual choosing of Truth as a deliberate act of being and doing, initiates a great power which surges up from within your gracious selves. This power, rooted in divine frequency, now fastens itself to an increasingly world-wide power—spiritual tenacity. This force of intensely sacred vibration and reverberation is being witnessed throughout the universe. We observe this wondrous movement upon your planet and we are grateful for your participation.

Part Two of *The Spiritual Tenacity of Humankind* will be presented in *Notes from the Light* July 2016.



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.

Chronic rushing through a never ending to-do list feeds anxiety and heightens stress levels. Due to the epinephrine, also known as adrenaline, released in the brain during stressful periods, our brains get hooked on the stimulation of activity. Our bodies become addicted to rushing and our minds switch into autopilot with everything of high importance and needing to get accomplished quickly. We start rushing when rushing is not necessary, or multitasking ourselves into ineffectiveness. This is particularly true for type A executives and leaders who tend to get caught in the cost of time ideal, making everything time-sensitive and urgent, when in fact, only a few matters at hand take true priority. <http://www.dailygood.org/more.php?n=6720> **Be The Change:** Take time to slow down today. For extra refreshment read this poem by the wonderful John O'Donohue: 'A Blessing for One Who is Exhausted'. <http://www.awakin.org/read/view.php?tid=736>

How often do we burden imagination - and the artistic product of imagination - with prosaic expectations appropriate only to the physical realities of the mundane world? What is the cost of these blinders? And what is the power of an unfettered creative process? These themes, and many others, are explored in this beautiful film, which tells the story of a poor, bent, Honduran villager who has been building a helicopter from pieces of refuse for the past fifty years. Will Agustin's helicopter take to the skies? Those who can see into the soul of the artist have no doubts - or perhaps they simply have a keener understanding of what it means to fly. <http://www.karmatube.org/videos.php?id=3552> **Be The Change:** The next time you feel like laughing in ridicule at someone's strange sense of the world, stop and ask yourself: might that laughable perspective be tapping-into understanding that is valuable in a different way?

On New Year's Day a woman named Mildred Norman Ryder left behind her home, her family and her name, to begin what would turn into a 28-year walk for 'a meaningful way of life'. Peace Pilgrim's fearlessness, love and simplicity have inspired generations of people worldwide. Here she shares the four relinquishments that powered her way of life. "Once you've made the first relinquishment, you have found inner peace because it's the relinquishment of self-will. You can work on this by refraining from doing any not-good thing you may be motivated toward, but you never suppress it! If you are motivated to do or say a mean thing, you can always think of a good thing. You deliberately turn around and use that same energy to do or say a good thing instead. It works!" Read on for the other three relinquishments, and more of Peace Pilgrim's timeless wisdom. <http://www.dailygood.org/story/1279/the-four-relinquishments-peace-pilgrim/> **Be The Change:** This Saturday join an Awakin Call with the "Winter Pilgrim" Anne Sieben. This 52-year-old woman and former nuclear engineer has been a life-dedicated mendicant pilgrim since 2007. Read more about her inspirational journey and RSVP for the call here! <http://www.awakin.org/calls/241/ann-sieben/>

"Its no surprise to anyone who knows my family well (or perhaps anyone who has a teenage daughter themselves) that growing up, my mom and I had a strained relationship. Simply put, she insisted that I sit at the table for dinner, go to bed at nine, periodically clean my room and go to church. She ran the whole house, had a full time job, and was frequently stressed. My dad, on the other hand, seemed totally relaxed to my child eyes. He would secretly take me for donuts before school, or McDonalds after. He would let me stay up late when mom was gone. He cracked hilarious jokes with waiters, librarians, flight attendants, and everyone else, which both delighted and embarrassed me. I was a total daddy's girl." Dharma Comics creator Leah Pearlman shares more in this poignant piece. <http://www.dailygood.org/story/1280/the-strange-beautiful-side-of-death->

[leah-pearlman/](#) **Be The Change:** Look for the hidden gift in a difficult situation today. To learn more about Leah and her journey watch this beguiling short film. <http://www.karmatube.org/videos.php?id=3132>

Yoo-Mi Lee's family moved from Korea to Uganda. Six years later they immigrated to the Bronx. She was 12. Graduating from Cornell, she ended up by happenstance on Wall Street. Executing trades, glued to three video screens, working three phones and keeping up with the ticker tape, she was headed for a seat at George Soros' currency desk. Then she walked away from the world of Big Money. "I decided to give my time away. I thought I'd just feel so much better," says Yoo-Mi Lee. Read on for the story of a woman who made some very unusual choices -- and our world is the better for them. <http://www.conversations.org/story.php?sid=472> **Be The Change:** In the evening, take a look back over your day to inquire what parts made you feel good. It's an exercise that, if you stay with it, might change your life.

"I think that the best way to discover what pronouncing blessings is all about is to pronounce a few. The practice itself will teach you what you need to know. Start with anything you like. Even a stick lying on the ground will do. The first thing to do is to pay attention to it. The more aware you become, the more blessings you will find." This beautiful passage reawakens us to the power of wishing well that we each carry within, and reminds us that when you look at the world with the intention to wish it well then everything begins to open up in a beautiful way. <http://www.dailygood.org/story/1283/pronounce-a-silent-blessing-barbara-brown-taylor/> **Be The Change:** In over 80 countries of the world today is celebrated as Mother's Day. Today reconnect with that spirit of motherly love out in the world -- and within your own heart. Do something special for a maternal figure in your own life. And to step it up -- practice holding a space of loving kindness in your heart for everyone, and everything that you encounter today.

Most people have a negative image of graffiti and "tagging." However, there are a group of grandmas and a few grandpas in Lisbon, Portugal, who are encouraged to create street art through workshops given by an organization called Lata 65. This video is a tribute to one of the "crew." Meet Lusa Corteso, a graffiti grandma who never let age impede her imaginative spirit. <http://www.karmatube.org/videos.php?id=7123>

Moina Shaiq has lived in the United States for close on four decades. This mother and grandmother is also a tireless community activist. The tragic shootings in Paris and San Bernadino brought home to her the widespread misunderstandings that surrounded the Islamic faith. So she decided to do something about it. She placed a "Meet a Muslim" ad in a local paper, inviting people to come spend an hour in conversation with her at a coffeeshop. "The newspaper told me to be prepared for no one to show up. So I just brought my laptop and planned to do some work. But I didnt need it." Learn more about this remarkable woman and her work. <http://www.dailygood.org/story/1285/moina-shaiq-and-the-meet-a-muslim-initiative-encore-org/> **Be The Change:** Make a genuine effort to sit down and dialogue with someone from a different religious, or cultural background. You can learn more about Moina Shaiq's work here. <http://www.dailygood.org/more.php?n=6741a>

"Finding your calling -- it's not passive," [StoryCorps founder Dave Isay] says. "When people have found their calling, they've made tough decisions and sacrifices in order to do the work they were meant to do." In other words, you don't just "find" your calling -- you have to fight for it. And it's worth the fight. "People who've found their calling have a fire about them," says Isay, the winner of the 2015 TED Prize. "They're the people who are dying to get up in the morning and go do their work." Read on as Isay shares 7 takeaways he has learned by studying people who have succeeded in the hard-won fight to find the work they love. <http://www.dailygood.org/more.php?n=6736> **Be The Change:** Find a quiet place, away from the chatter of society, friends, or family telling you what to do, and contemplate what it is that makes you come alive. Is there a way to engage in that activity in service to others? Additionally, consider ways in which you can enrich the world right now in your present circumstances, even if as simple as adopting a positive attitude with the people you encounter and helping them feel appreciated.

Angelo Pangalos' project has a simple purpose - to encourage and inspire people to share a smile with a stranger. Pangalos has been in and out of hospitals since the age of five. Faced with one health crisis after

Serving your personal journey toward enlightenment...

another, and unable to work, Pangalos decided to give the one thing he didn't have - a smile. For the last several years, Pangalos has used his passion for magic and music to entertain strangers wherever he goes, collecting smiles and stories. He is not the best magician or musician, but Pangalos lives his life with purpose - to give joy to others. <http://www.karmatube.org/videos.php?id=5858> **Be The Change:** Step outside your comfort zone and share a smile with a stranger. Was that easy? Initiate a conversation.

"When we receive power, it feels like a vital force. It surges through the body, propelling the individual forward in pursuit of goals. When an individual feels powerful, he or she experiences higher levels of excitement, inspiration, joy, and euphoria, all of which enable purposeful, goal-directed action. Feeling powerful, the individual becomes sharply attuned to rewards in the environment and quickly grasps what goals define any situation. At the same time, surges of power make him or her less aware of the risks that attend any course of action. This experience of power propels the individual forward in one of two directions: toward the abuse of power and impulsive and unethical actions, or toward benevolent behavior that advances the greater good." In an adaptation from his new book, Dacher Keltner explains the secret to gaining and keeping power: focus on the good of others. <http://www.dailygood.org/story/1290/how-to-avoid-abusing-power-dacher-keltner/> **Be The Change:** Examine your relationship to power, and experiment with implementing some of the insights from the above article in your own life.

"Pausing to ponder the nature and consequences of a burger bar in the center of Rome was how a major eating revolution began. Carlo Petrini, a prominent Italian journalist, was walking past a newly opened McDonald's franchise when he stopped and said: If this is fast food, why not have Slow Food? In much the same way, I was thinking about the standards-based school curriculum, with its emphasis on regurgitated goblets of knowledge, when I recognized the analogy with fast food. What we have created, with our tests and targets, is the fast school, driven by standardized products. So why not devise a Slow School, driven by an emphasis on how ideas are conceptualized, just as Slow Food is driven by how the innate qualities of ingredients can be realized?" This thought-provoking essay dives deeper into what a Slow School movement might look like. <http://www.dailygood.org/more.php?n=6726> **Be The Change:** What keeps your own sense of curiosity and thirst for knowledge alive? Today, make an effort to discover something new about the world that we live in.

"There is a bold new movement underway in school systems across North America and around the world. Educators, parents, and students are remaking K-12 education to prepare students for the environmental challenges of the coming decades. They are discovering that guidance for living abundantly on a finite planet lies, literally, under their feet and all around them -- in living soil, food webs and water cycles, energy from the sun, and everywhere that nature reveals her ways. Smart by Nature schooling draws on 3.8 billion years of natural research and development to find solutions to problems of sustainable living, make teaching and learning more meaningful, and create a more hopeful future for people and communities." Read on to learn more about School by Nature's efforts to inspire tomorrow's leaders and innovators. <http://www.dailygood.org/story/1294/smart-by-nature-schooling-for-sustainability-michael-k-stone-zenobia-barlow/> **Be The Change:** Look with fresh eyes at your community. How are its natural and human-created systems interconnected? Are there any things you can do to improve your community? Perhaps you can recycle, use less water, ride share, or offer your voice to local government. As you develop a more profound sense of place and interconnection, perhaps you can expand your influence into the world around you.

Komal Ahmad was a student at UC Berkeley when she experienced a life-changing moment. She had just returned from summer training for the U.S. Navy when she met a homeless veteran on the sidewalk. He hadn't eaten in three days. Yet, across the street, thousands of pounds of uneaten food was being thrown away by her school. This was unacceptable to Ahmad, so she did something about it. "Those who have and are wasting and those who need and are starving -- and they're both living quite literally right across the street from each other," she told the New York Times. "That's just ridiculous." [Her efforts have grown] into Copia, a food redistribution app that has given away an estimated 600,000 pounds of food to 720,000 people in the Bay

Area. <http://www.dailygood.org/story/1295/how-one-woman-s-food-redistribution-app-is-feeding-thousands-cat-johnson/> **Be The Change:** How can you give out of your abundance to help others in need?

"Robert and Howard had always gotten along well. They'd worked on several projects together and considered each other friends. So when Robert discovered that Howard held a strategy meeting and hadn't included him, he felt betrayed. He immediately shot off a text to Howard: I can't believe you didn't include me in that meeting!" Howard, who has his own narrative around Robert's previous actions responds with a terse text of his own. And things go downhill from there. Starting with this all too familiar example, Peter Bregman explores what it takes to communicate skillfully when emotions are involved. He offers four useful questions that can serve us well in such times. <http://www.dailygood.org/story/1298/outsmart-your-next-angry-ouburst-peter-bregman/> **Be The Change:** The next time you find yourself upset with another person, take a few moments to sit with the questions in the article. For more inspiration read this excerpt by Jill Bolte Taylor, from her book, My Stroke of Insight. <http://www.awakin.org/read/view.php?tid=629>

"Our new driver was a brisk lady, vigilant but amiable. As we hit the road again, she introduced herself over the speakers and set the rules for the journey. She spoke clearly from experience and I wondered what kinds of situations she'd had to handle in the past. 'If you smoke on my bus, I will let you go immediately. If you do alcohol or drugs on rest stops, that is where you'll stay. It will be twenty-four hours until the next bus. That is a veery loong time.'" Traveler and writer Maria Jain shares this engaging account of a Greyhound bus journey gone awry. Her tale shines a light on the unexpected insight and goodness that's often just waiting to be discovered in the midst of what the world calls "inconvenience". <http://www.dailygood.org/story/1299/the-brightness-of-a-greyhound-journey-maria-jain/> **Be The Change:** The next time you are traveling on a bus, or waiting in line in a grocery store, tune into the people around you, and notice what assumptions or judgements arise. Practice letting go of them, and see how your experience shifts.

"During a time of great drought, a Taoist master was asked by members of a village if he could help bring rain to their dry fields. They confessed trying many other approaches before reaching out to him, but with no success. The master agreed to come and asked for a small hut with a garden that he could tend. For three days, he tended the garden, performing no special rituals or asking anything further from the villagers..." So begins an intriguing Taoist parable, that is used here as a springboard into an exploration of synchronicity, and the idea of 'being the change we wish to see in the world'. <http://www.dailygood.org/story/1301/translating-meaning-into-life-a-taoist-parable-alan-briskin/> **Be The Change:** Pay attention today to the relationship between your inner world and your outer reality. For inspiration here's a passage by Dan Siegel on "Developing Mindsight" <http://www.awakin.org/read/view.php?tid=1017>

Since 2011, the Lullaby Project, a Carnegie Hall program (part of its larger Musical Connections initiative) that takes music's transformative power outside gilded concert halls and into neglected communities throughout New York City and across the nation, has paired more than 300 homeless or incarcerated mothers with professional musicians to create a musical experience for their child. Over three sessions, new and expectant moms write, compose and record a short lullaby for their newborns. For young women who may have experienced their own difficult childhood, the project is a chance to give a name to all the raw emotions that come with motherhood: the regrets from their own lives, the bright wishes for their children and, most importantly, the bottomless affection welling up in these new mothers hearts. <http://www.dailygood.org/story/1302/the-lullaby-project-chris-peak/> **Be The Change:** Do you have a cherished lullaby from your own childhood, or that you've sung to the children in your life? Share it in the "Start/Join the Discussion" box here. http://www.dailygood.org/story/1302/the-lullaby-project-chris-peak/#disqus_thread

6. Pronounce A Silent Blessing

Reprinted from www.awakin.org.

--by [Barbara Brown Taylor](#) (May 02, 2016)

"It is forbidden to taste of the pleasures of this world without a blessing."
--The Talmud

I think that the best way to discover what pronouncing blessings is all about is to pronounce a few. The practice itself will teach you what you need to know.

Start with anything you like. Even a stick lying on the ground will do. The first thing to do is to pay attention to it.

The more aware you become, the more blessings you will find.

If you look at the stick long enough, you are bound to begin making it a character in your own story. It will begin to remind you of someone you know, or a piece of furniture you once saw in a craft co-op. There is nothing wrong with these associations, except that they take you away from the stick and back to yourself. To pronounce a blessing on something, it is important to see it as it is. What purpose did this stick serve? Did a bird sit on it? Did it bear leaves that sheltered the ground from the hottest summer sun?

At the very least, it participated in the deep mystery of drawing water from the ground, defying the law of gravity to deliver moisture to its leaves. How does a stick do that, especially one this size? Smell it. Is the scent of sap still there? This is no less than the artery of a tree that you are holding in your hand. Its tissue has come from the sun and from the earth. Put it back where you found it and it will turn back into earth again. Dust to dust and ashes to ashes. Will you say a blessing first? No one can hear you, so you may say whatever you like.

As I said earlier, the practice itself will teach you what you need to know. Start throwing blessings around and chances are you will start noticing all kinds of things you never noticed before.

The next time you are at the airport, try blessing the people sitting at the departure gate with you. Every one of them is dealing with something significant. See that mother trying to contain her explosive two-year-old? See that pock-faced boy with the huge belly? Even if you cannot know for sure what is going on with them, you can still give a care. They are on their way somewhere, the same way you are. They are between places too, with no more certainty than you about what will happen at the other end. Pronounce a silent blessing and pay attention to what happens in the air between you and that other person, all those other people.

All I am saying is that anyone can do this. Anyone can ask and anyone can bless, whether anyone has authorized you to do it or not. All I am saying is that the world needs you to do this, because there is a real shortage of people willing to kneel wherever they are and recognize the holiness holding its sometimes bony, often tender, always life-giving hand above their heads. That we are able to bless one another at all is evidence that we have been blessed, whether we can remember when or not. That we are willing to bless one another is miracle enough to stagger the very stars.

- See more at: <http://www.awakin.org/read/view.php?tid=2156#sthash.tRv8lJug.dpuf>



7. Rediscovering the Art of Reverence

Reprinted from www.awakin.org.

--by [John O'Donohue](#) (May 09, 2016)

What you encounter, recognize or discover depends to a large degree on the quality of your approach. Many of the ancient cultures practiced careful rituals of approach. An encounter of depth and spirit was preceded by careful preparation.

When we approach with reverence, great things decide to approach us. Our real life comes to the surface and its light awakens the concealed beauty in things. When we walk on the earth with reverence, beauty will decide to trust us. The rushed heart and arrogant mind lack the gentleness and patience to enter that embrace.

In order to become attentive to beauty, we need to rediscover the art of reverence. Our world seems to have lost all sense of reverence. We seldom even use the word any more. The notion of reverence is full of riches that we now need desperately. Put simply, it is appropriate that a human being should dwell on this earth with reverence. As children we become aware of the word 'reverence' as used to describe the way a person is present in prayer or liturgy. When a priest celebrated the mass with a sense of reverence, you sensed the depth of his presence to the mystery. Though the church was full of people, he was absorbed in something that could not be seen. Ultimately, reverence is respect before mystery.

But it is more than an attitude of mind; reverence is also physical — a dignified attention of body showing that sacred is already here. Reverence is not to be reduced to a social posture. Reverence bestows dignity and it is only in light of dignity that the beauty and mystery of a person will become visible. Reverence is not the stiff pious posture which remains frozen and lacks humour and play. To live with a sense of reverence is not to become a prisoner of dull piety.

Playfulness, humour, and even a sense of the anarchic are companions of reverence because they insist on the proper proportion of the human presence in the light of the eternal. Reverence is also the companion of humility. When human hubris intrudes on or manipulates the sacred, the consequence is inevitably humiliation. In contrast, a sense of reverence includes the recognition that one is always in the presence of the sacred.

To live with reverence is to live without judgment, prejudice and the saturation of consumerism. The consumerist heart becomes empty and lonesome because it has squandered reverence. As parent, child, lover, prayer or artist — a sense of reverence opens pathways to beauty to surprise us. The earth is full of thresholds where beauty awaits the wonder of our gaze.

- See more at: <http://www.awakin.org/read/view.php?tid=2154#sthash.tH9UjBIX.dpuf>

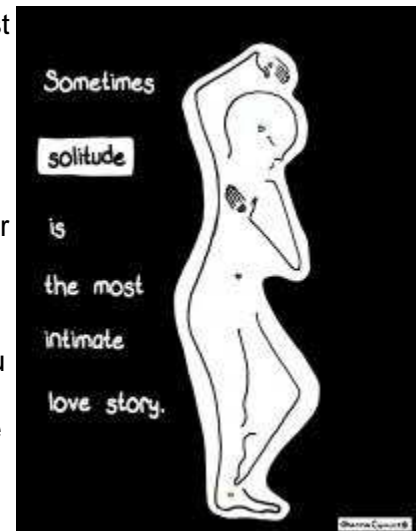


8. The Value of Solitude

Reprinted from www.awakin.org.

--by [William Deresiewicz](#) (May 16, 2016)

Loneliness is not the absence of company, it is grief over that absence. The lost sheep is lonely; the shepherd is not lonely. But the Internet is as powerful a machine for the production of loneliness as television is for the manufacture of boredom. If six hours of television a day creates the aptitude for boredom, the inability to sit still, a hundred text messages a day creates the aptitude for loneliness, the inability to be by yourself. Some degree of boredom and loneliness is to be expected, especially among young people, given the way our human environment has been attenuated. But technology amplifies those tendencies. You could call your schoolmates when I was a teenager, but you couldn't call them 100 times a day. You could get together with your friends when I was in college, but you couldn't always get together with them when you wanted to, for the simple reason that you couldn't always find them. If boredom is the great emotion of the TV generation, loneliness is the great emotion of the Web generation. We lost the ability to be still, our capacity for idleness. They have lost the ability to be alone, their capacity for solitude.



And losing solitude, what have they lost? First, the propensity for introspection, that examination of the self that the Puritans, and the Romantics, and the modernists (and Socrates, for that matter) placed at the center of spiritual life — of wisdom, of conduct. Thoreau called it fishing "in the Walden Pond of [our] own natures," "bait[ing our] hooks with darkness." Lost, too, is the related propensity for sustained reading. The Internet brought text back into a televisual world, but it brought it back on terms dictated by that world — that is, by its remapping of our attention spans. Reading now means skipping and skimming; five minutes on the same Web page is considered an eternity. This is not reading as Marilynne Robinson described it: the encounter with a second self in the silence of mental solitude.

But we no longer believe in the solitary mind. If the Romantics had Hume and the modernists had Freud, the current psychological model — and this should come as no surprise — is that of the networked or social mind. Evolutionary psychology tells us that our brains developed to interpret complex social signals. According to David Brooks, that reliable index of the social-scientific zeitgeist, cognitive scientists tell us that "our decision-making is powerfully influenced by social context"; neuroscientists, that we have "permeable minds" that function in part through a process of "deep imitation"; psychologists, that "we are organized by our attachments"; sociologists, that our behavior is affected by "the power of social networks." The ultimate implication is that there is no mental space that is not social (contemporary social science dovetailing here with postmodern critical theory). One of the most striking things about the way young people relate to one another today is that they no longer seem to believe in the existence of Thoreau's "darkness." [...]

Today's young people seem to feel that they can make themselves fully known to one another. They seem to lack a sense of their own depths, and of the value of keeping them hidden.

If they didn't, they would understand that solitude enables us to secure the integrity of the self as well as to explore it.

- See more at: <http://www.awakin.org/read/view.php?tid=2148#sthash.XpJltBEw.dpuf>

9. Learning Not To Be Afraid of Things That Are Real

Reprinted from www.awakin.org.

--by [Thanissaro Bhikkhu](#) (May 23, 2016)

Recently I've been looking through a field guide on nature observation. The author, when he was a child, was trained by an old Native American. One day the child asked the old man, "Why is it that you're not afraid of heat and cold?"

The old man looked at him for a while and finally said, "Because they're real."

And this is our job as meditators: to try to learn not to be afraid of things that are real.

Ultimately, we discover that things that are real pose no danger to the mind. The real dangers in the mind are our delusions, the things we make up, the things we use to cover up reality, the stories, the preconceived notions we impose on things. When we're trying to live in those stories and notions, reality is threatening. It's always exposing the cracks in our ideas, the cracks in our ignorance, the cracks in our desires. As long as we identify with those make-believe desires, we find that threatening. But if we learn to become real people ourselves, then reality poses no dangers.

This is what the meditation is for, teaching yourself how to be real, to get in touch with what's really going on, to look at your sense of who you are and take it apart in terms of what it really is, to look at the things that you find threatening in your life and see what they really are. When you really look, you see the truth. If you're true in your looking, the truth appears.

This is an important principle in the practice. Only people who are true can see the truth. Truth is a quality of the mind that doesn't depend on figuring things out or being clever. It depends on having integrity in your actions and in your powers of observation, accepting the truth as it is. It means accepting the fact that you play a role in shaping that truth, so you have to be responsible. You have to be sensitive both to what you're doing and to the results you get, so that you can learn to be more and more skillful.

- See more at: <http://www.awakin.org/read/view.php?tid=2155#sthash.GYW6ld9f.dpuf>



10. My Stroke of Insight

Reprinted from www.awakin.org.

--by Jill Bolte Taylor (May 25, 2009)

One of the greatest lessons I learned was how to feel the physical component of emotion. Joy was a feeling in my body. Peace was a feeling in my body. I thought it was interesting that I could feel when a new emotion was triggered. I could feel new emotions flood through me and then release me. I had to learn new words to label these "feeling" experiences, and most remarkably, I learned that I had the power to choose whether to hook into a feeling and prolong its presence in my body, or just let it quickly flow right out of me.

I made my decisions based upon how things felt inside. There were certain emotions like anger, frustration, or fear that felt uncomfortable when they surged through my body. So I told my brain that I didn't like that feeling and didn't want to hook into those neural loops. I learned that I could use my left mind, through language, to talk directly to my brain and tell it what I wanted and what I didn't want. Upon this realization, I knew I would never return to the personality I had been before. I suddenly had much more to say about how I felt and for how long, and I was adamantly opposed to reactivating old painful emotional circuits.

Paying attention to what emotions feel like in my body has completely shaped my recovery. I spent eight years watching my mind analyze everything that was going on in my brain. Each day brought new challenges and insights. The more I recovered my old files, the more my old emotional baggage surfaced, and the more I needed to evaluate the usefulness of preserving its underlying neural circuitry.

Emotional healing was a tediously slow process but well worth the effort. As my left brain became stronger, it seemed natural for me to want to "blame" other people or external events for my feelings or circumstances. But realistically, I knew that no one had the power to make me feel anything, except for me and my brain. Nothing external to me had the power to take away my peace of heart and mind. That was completely up to me. I may not be in total control of what happens to my life, but I certainly am in charge of how I choose to perceive my experience.

- See more at: <http://www.dailygood.org/pdf/ij.php?tid=629>

11. Everything is Incredible

Reprinted from www.KarmaTube.org.

How often do we burden imagination - and the artistic product of imagination - with prosaic expectations appropriate only to the physical realities of the mundane world? What is the cost of these blinders? And what is the power of an unfettered creative process? These themes, and many others, are explored in this beautiful film, which tells the story of a poor, bent, Honduran villager who has been building a helicopter from pieces of refuse for the past fifty years. Will Agustin's helicopter take to the skies? Those who can see into the soul of the artist have no doubts - or perhaps they simply have a keener understanding of what it means to fly.

- See more at: <http://www.karmatube.org/videos.php?id=3552#sthash.2sIHC5YT.dpuf>

12. Graffiti Grandma

Reprinted from www.KarmaTube.org.

Most people have a negative image of graffiti and "tagging." However, there are a group of grandmas and a few grandpas in Lisbon, Portugal, who are encouraged to create street art through workshops given by an organization called Lata 65. This video is a tribute to one of the "crew." Meet Luísa Cortesão, a graffiti grandma who never let age impede her imaginative spirit.

- See more at: <http://www.karmatube.org/videos.php?id=7123#sthash.dbgvylLd.dpuf>

13. Everybody Eats

Reprinted from www.KarmaTube.org.

The poverty rate in the United States has increased over the last decade, and in turn, the number of people who go hungry. One World Everybody Eats helps communities that want to start their own pay-what-you-can restaurants that have defied traditional economic theory. Today, there are 60 community cafes in the U.S. and 20 in the planning stages worldwide that have turned the pay-what-you-can concept into a reality. The premise is simple - human beings supporting one another.

- See more at: <http://www.karmatube.org/videos.php?id=7126#sthash.jBNTBsLm.dpuf>

14. Forward the Smile

Reprinted from www.KarmaTube.org.

Angelo Pangalos' project has a simple purpose - to encourage and inspire people to share a smile with a stranger. Pangalos has been in and out of hospitals since the age of five. Faced with one health crisis after another, and unable to work, Pangalos decided to give the one thing he didn't have - a smile. For the last several years, Pangalos has used his passion for magic and music to entertain strangers wherever he goes, collecting smiles and stories. He is not the best magician or musician, but Pangalos lives his life with purpose - to give joy to others.

- See more at: <http://www.karmatube.org/videos.php?id=5858#sthash.VLn9eq6A.dpuf>

15. The Thank You Project

Reprinted from www.KarmaTube.org.

In 2004, Kellie Haddock and her newborn son were in a horrible accident that took her husband's life. 10 years later, Haddock spent 6 months tracking down the people who saved her son's life and organized an event in

their honor. Some of the caregivers had never been thanked before for what they do. "There is so much wrong in the world and it's so easy to point out what people are doing wrong. We rarely take the time to notice when people are doing things right. I want to be a person that points out when someone does something right."

- See more at: <http://www.karmatube.org/videos.php?id=5951#sthash.sUXcZuVD.dpuf>

16. The Sandwich Man

Reprinted from www.KarmaTube.org.

Allan Law first came across hunger and homelessness as a middle school teacher in the inner city schools of Minneapolis, Minnesota. In his retirement, Law has spent every day of the last 12 years on the streets of Minneapolis, leaving his small condominium filled with freezers at 8pm and returning around noon the next day. He distributes 6 - 700 sandwiches a day, along with other essentials, sleeping a scant 2 hours in his delivery vehicle while fielding emergency calls from people who need his help. Last year, he delivered 520,000 sandwiches.

- See more at: <http://www.karmatube.org/videos.php?id=5975#sthash.K3QNW1B.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.

17. Sacred Attention Therapy

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

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

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

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

18. 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>.

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.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

Spiritual Guidance

Serving your personal journey toward enlightenment...

504 – 71 Somerset Street West

Ottawa, ON K2P 2G2

CANADA

613-204-0299

newsletter@servingyourjourney.com

www.servingyourjourney.com

Skype: robert.meagher.03171966

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

Linked In: ca.linkedin.com/in/robertmeagher

Facebook: www.facebook.com/Servingyourjourney