

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@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



What nature is teaching me about letting go...

Where can you learn to let go, knowing that in death there is rebirth... all as nature designed it?

A friend recently gave me a housewarming gift. The gift was a beautiful Calla Lilly (*Zantedeschia Araceae* for all you botanists out there). Being a lover of all forms of flora, I welcomed this plant into my home and immediately began to research the care needs for the Calla Lilly. To my surprise, the Calla Lilly thrives on a care cycle that is completely opposite to most flowering household plants.

Most flower-producing household plants require a rest period in the winter months (common exceptions may include African Violets and Christmas/Easter Cactus). Come spring, one usually increases watering and fertilizing starts shortly thereafter. These basic care instructions, along with sufficient light, will bring the plant into bloom for the coming summer months.

The Calla Lilly, however, works on the opposite cycle of care. One brings the plant into rest during the late spring and summer months. When the fall arrives, and the days start to shorten, one gradually picks up watering as new leaf growth emerges. Come late fall, new flowers should start to emerge and this is when fertilizing starts. With these basic care instructions in mind, along with sufficient light, the Calla Lilly will produce beautiful, ornamental flowers throughout the winter.

So I was quite excited about this plant's new care cycle—something out of the ordinary. What became tough for me to accept was that during the rest period, ALL watering needed to cease. The plant needed to be allowed to lay dormant. All the foliage needed to be allowed to turn yellow and wither. In other words, in order to allow the plant to live again, I needed to let the plant die off.



Allowing the foliage to die off was difficult for me. I would see the parched soil and would reach for the watering can. I would gesture to water the Calla Lilly, but would remind myself of the need to allow the plant to lay dormant. "How could I let such a beautiful thing die!?" ...I would ask myself.

Nature is a beautiful teacher about letting go. Nature knows exactly what it needs to thrive. The Calla Lilly knows it needs to go dormant during a certain time of the year—it needs to die off. This rest period is necessary in order to save up its energies for a rebirth. This 'laying dormant', this resting, is rife throughout

nature. Nature tells us, and shows us, how the natural cycles of birth and death merge to create a continuous cycle of life.

What could we learn from nature about this compassionate letting go in order to bloom again and live on? The Calla Lilly is not dead. It is simply resting up for its rebirth. What other birth and death cycles can we apply this teaching to? Where can you learn to let go, knowing that in death there is rebirth?...all as nature designed it.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

I Have Passed This Way

I have passed this way
A thousand times
I have walked the winding path
I have reached the sky and the stars
The dreams of all mankind
The past, the present, the future
Where time drifts in and out
The want of love does all surround
The sun, the clouds, the stars
I have danced across the universe
This music filled my soul
On wings of a new tomorrow
Where life is filled with hope
Just close your eyes and dream with me
Of all that is your reality

~ Anonymous

3. Quote or Question

Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue. ~ Buddha

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 – July 2016

The Spiritual Tenacity of Humankind

Part Two: Soul and Power

It was mentioned in our previous message (see *The Spiritual Tenacity of Humankind, Part One*, June 2016) that each individual's soul is the expression of the God-Source wishing to demonstrate Truth to the outer world. Through spiritual dedication and the employment of an individual's gifts, the outside world offers your people new possibilities of being, by emphasizing the loving, creative genius of the individual soul – this expression of and within God. The more the inhabitants upon your planet realize that they can “practice” working with their soul, the more rapidly the world around them will be uplifted.

Let us present this example. When you were a small child, you picked up a ball and threw it to a parent or friend. This ball was large and heavy and asked much concentration, skill and effort on your part to send it over. However, with practice you began to realize that throwing the ball wasn't so difficult after all. It simply meant that you had to spend time becoming familiar with the ball, understanding how to pick it up, feeling it and sending it on its way. After a while effort diminished. Through concentration and dedication, you were successful in your endeavour.

We can speak of the soul in the same manner. Become familiar with your soul. How is this done? In the quiet, feel the nature of the soul by allowing the Divine Spirit to fill you up with love and goodness. The soul is submersed in this Holy Spirit for it is this Spirit which is both a part of the individual and the whole. Sense your deep bonding to this love knowing that it is here where you truly live. It is here you experience Truth which states that you are a divine soul pulsating within the perfection of the Creator.

Now that you are cultivating the home place of your divine nature – your soul – a great power arises from within you. This power comes from the depths of your sacredness and its purpose is to guide you to a way of life based on your soul – this place of perfect Love. As this power surges up from deep within, allow it to expand and to meld with the feeling of Truth and your inner divine core creating a place of harmony, unity and significant force.

Let us illustrate these concepts with the following example. Imagine that you have not seen the sun for many days. Finally, as it shines through the clouds you suddenly realize that your entire physical, emotional and mental systems are revitalized. You have a sense of resurrection as a feeling of empowerment pours through you and an energy of revival penetrates you. This example demonstrates the spiritual power and the wholeness you sense in allowing your soul to open up within you and to flood you with Truth.

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Within this power of the soul lies the wondrous quality of tenacity. This is the quality which pushes you to remain on the upward path of Spirit, no matter the movement in your outer world. Amplify this tenacity by creating thoughts and actions which fully illustrate your dedication to Truth. Allow the possible confusion surrounding you to melt away; remain within the infinite expression of holiness and power and live from this position. There are storms to be weathered and waves to be stilled upon your planet, yet in employing your tenacity for all that is good you will overcome this chaos. Truly you will *dissolve* confusion within your world.

The people upon your good earth have an intrinsic awareness that they are of a divine order. An increased planetary realization of this outpouring of spiritual consciousness is assisting in the awakening of many in all lands. Hence, we ask you to contemplate the following: how close are you to your soul? How well do you communicate with your inner holiness and realize that you are a precious part of a great and sacred Whole? Will you cultivate the tremendous energy of inner tenacity to move into the outer world and illustrate, practise and become the example of Truth as a pure soul of the Creator? Will you join forces with the multitude of noble people upon, within and beyond your earth to create a great power of Truth indicating to your entire planet the presence of elevated life founded on the perfection of Divine Unity?

It is to be remembered that all vibrates within the infinite love and intelligence of the one sacred Whole. This has always been and will be so forever.



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.

"Commencement speakers are typically supposed to inspire you to make a splash in the world, be somebody, do something big and important. But this isn't a typical university, and you're not a typical class. So I'm trusting I won't get in trouble for this next piece of advice: Learn the art of doing nothing." Addressing the graduating class of a religious studies university, ServiceSpace founder Nipun Mehta makes a case for the power of stilling the mind, deepening awareness and practicing what he calls the 3 S's: small, service, and surrender. Framed in the context of a rapidly changing world that privileges money, fame and power, his talk is riddled with inspiring counter examples. Drawing on insights from revolutionary Do-Nothing farmer Masanobu Fukuoka, Sufi parables, stories from the White House, a bowing monk and more, Mehta's words serves as a clarion call back to humanity's universal values. <http://www.dailygood.org/story/1300/let-s-make-virtue-viral-nipun-mehta/> **Be The Change:** Make a list of three virtues you would like to cultivate more deeply in your life, and reflect on small steps you can take to embody them. Start today!

"News stories and social media posts inundate us every day with tips for greater happiness, health, and general well-being. But who has time to fit them into our already packed schedules? Recently, though, my research has led me to believe that one simple prescription can have transformative effects: look for more daily experiences of awe. This doesn't require a trek to the mountains. What the science of awe suggests is that opportunities for awe surround us, and their benefits are profound." Read on for a fascinating deep-dive into what just might be our most under-rated emotion. <http://www.dailygood.org/story/1305/why-we-feel-awe-dacher-keltner/> **Be The Change:** Sharpen your senses this week and tune into the quiet marvels within and without. For inspiration here's a passage by Nobel-prizewinning physicist Richard Feynman on "New Atoms Doing the Same Dance" <http://www.awakin.org/read/view.php?tid=730>

On her annual trip home to visit her parents, author Homaira Kabir decided to invest some of her time and finances into a worthwhile cause. And despite finding many situations in which to share her generosity, it was paradoxically -- the generosity of a homeless child that made her pause and ponder the meaning of life and what makes it truly worth living. <http://www.dailygood.org/story/1307/learning-generosity-from-a-homeless-child-homaira-kabir/> **Be The Change:** Set out to find a charity that is near and dear to your heart and see how it can, in turn, fulfill your own life.

"I remember a dream of long ago -- we all have this kind of dream, I think -- in which I came onto the stage to play a solo organ recital. The audience applauded and quieted down, I took my seat on the organ bench, placed the music just so, my fingers on the keyboard, and then realized I'd never played the organ before. I was a flute player, for God's sake! I had no ideas what to do next, but it was too late, I had to play. So I did." In this inspiring piece, Carolyn North explores what happens when we are unexpectedly called on to 'rise to the occasion'. Drawing from personal experiences -- including being called on as midwife to take charge of a complicated delivery in a remote village in India --she reminds us of what is within each one of us to do. And how imperative it is that we do it. <http://www.dailygood.org/story/1303/rising-to-the-occasion-carolyn-north/> **Be The Change:** Is there a challenge in your own life that you have been shying away from? Experiment with facing it head on, with openness and curiosity.

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"Walking into the park to get a better look, I was shocked to see how many pieces of art I saw. It was hard to believe. This was a city park, after all. Sure, one might see a piece of public art here and there in a park, but nothing like this. And this work was alive. Across the language barrier I made out something like this: "Whatever this creative ability is that has been given to me, it's not mine to claim for myself, but to use for the good of all." This is the story of an extraordinarily gifted, yet utterly unassuming city gardener who brought a touch of magic to work with him each day. <http://www.conversations.org/story.php?sid=106> **Be The Change:** No matter what your "official" work in the world might be, find a way to incorporate a touch of art and heart into it, this day and every day.

Stories are told in the body. It doesn't seem that way. We tend to think of stories as emerging from consciousness -- from dreams or fantasies -- and traveling through words or images to other minds. We see them outside of us, on paper or on screen, never under the skin. But we do feel stories. We know in our gut when we're hearing a good one -- and science is starting to explain why. <http://www.dailygood.org/story/1308/the-science-of-the-story-jeremy-adam-smith/> **Be The Change:** Today, be mindful of the stories that you are taking in. Not just from books, but newspaper headlines, the radio, TV, the internet and conversations. Is there a particular kind of story that is predominant in your life? And if so, what kind of impact does it have on you?

Effigy Mounds National Monument is a quiet space of contemplation in the northeast corner of Iowa, containing 207 mounds, 56 of them effigies in the shape of animals. They are among the tens of thousands of earth mounds that once dotted the Midwest, made by the people who lived here in the Upper Mississippi Valley, ancestors to today's Ho-Chunk people, also known as the Winnebago. To visit any grave is a solemn practice. To visit these mounds is to be brought into the presence of an unseen force where the ground has literally been raised. Writer Terry Tempest Williams shares more. <http://www.dailygood.org/story/1316/a-park-where-you-can-walk-among-1-500-year-old-bears-and-birds-terry-tempest-williams/> **Be The Change:** Pause for a moment where men have walked or sat for hundreds of years, whether it be a graveyard, a burial ground or an inviting stone beside a great tree. Let the past seep into the present moment as you connect with those who have been here before you.

When Dr. Samuel Lupin's critically-ill daughter passed away he was understandably devastated. Then he channeled his grief into serving other patients who, like his late daughter, were fragile and housebound. "Because of her, I got involved in this," he says. "You sort of feel like, these are my patients, this is my extended family, and they need me much more than patients in an office." Little did Lupin know that a decade later, his encore venture would grow from a one-doc shop into a thriving multigenerational practice. With seven doctors and a nurse practitioner on board, along with a cadre of medical assistants, Housecalls for the Homebound has brought essential medical care to more than 4,000 patients in the greater New York City area." <http://www.dailygood.org/story/1317/housecalls-for-the-homebound-encore-org/> **Be The Change:** Do you know someone who has hit a rough patch in the road and is dealing with illness or other challenging circumstances? Take time to reach out to them today. And if you can, make a house call.

Parents of young children may find themselves constantly trying to teach their kids to apologize for their mistakes. In the process a key area of development that tends to get overlooked is the art of forgiveness. In this helpful article from the Greater Good Science Center, author Sarah Wheeler offers up tips that can assist in teaching children how to forgive, and be the happier for it. <http://www.dailygood.org/story/1318/does-forgiveness-make-kids-happier-sarah-wheeler/> **Be The Change:** Remember that forgiveness is something that does not necessarily come easy -- it takes commitment, effort, and strength.

"The validity of the metaphor that our brain is like a computer is generally assumed without question. But it is, after all, just another story we tell to make sense of something we don't actually understand. And like all the metaphors that preceded it, it will certainly be cast aside at some point -- either replaced by another metaphor or, in the end, replaced by actual knowledge." Read on to see why scientist Robert Epstein calls the metaphor "shoddy thinking..." <http://www.dailygood.org/more.php?n=6790> **Be The Change:** Has technology changed

the way you interact with other people? Reflect on the ways in which it enhances or detracts from your experience.

"The qualities that distinguish great art from the rest are, directly or indirectly, related to ethics. At the heart of great art you will find love and compassion. A great work of art cannot come from hatred or cynicism." What is it that makes some works of art stay alive long past the time in which they were made? Artist Enrique Martinez Celaya shares some powerful reflections. <http://www.conversations.org/story.php?sid=448> **Be The Change:** Bring your own unique artistic expression to a simple action today, whether it's setting your dinner table, writing a post-it note or arranging flowers.

Directed by Louie Schwartzberg and narrated by Morgan Freeman, this video shows the beauty and natural violence of millions of years of evolution and the impact of humans on this complex system in less than 200 years. However, while we are still in peril, we have the means to solve our problems in the present. Just as mycelium root systems feed all plant life, humans can use modern technology, such as the Internet and mass media for positive change. <http://www.karmatube.org/videos.php?id=5919> **Be The Change:** Do your part for the earth -- reduce single use plastics, grow your own vegetables, ride your bike to work or school...

"Matthew Sanford says he's never seen anyone live more deeply in their body -- in all its grace and all its flaws -- without becoming more compassionate toward all of life. He's a renowned teacher of yoga. And he's been paralyzed from the chest down since a car accident in 1978, when he was 13. He teaches yoga to the able-bodied. He also adapts yoga for people with ailments and disabilities, including military veterans. But Matthew Sanford has wisdom for us all on the strength and grace of our bodies, as we move through the ordinary span of our lives." { read more } **Be The Change:** Experiment with being more fully and deeply present in mind and body today. <http://www.dailygood.org/story/482/the-body-s-grace-on-being/>

"The Navajo word for "law" is beehaz-aanii. It means something fundamental and absolute, something that has existed from the beginning of time...It's the source of a healthy, meaningful life. Navajos say that "life comes from beehaz-aanii," because it is the essence of life. Imagine a system of law that permits anyone to say anything they like during the course of a dispute, and no authority figure has to determine what is "true." Think of a system with an end goal of restorative justice, which uses equality and the full participation of disputants in a final decision. If we say of law that "life comes from it," then where there is hurt, there must be healing." Former Chief Justice of the Navajo Nation shares more in this powerful piece. <http://www.dailygood.org/story/1327/life-comes-from-it-navajo-justice-chief-justice-robert-yazzie/>

"For the first 58 years of my life, I would have to say that my relationship to my mother was a complex and difficult one. She was a huge personality, full of great passions, creativity, rages, and generosity. I remember saying to friends that I loved my mother in small doses, but that she didn't come in small doses. She was a force of nature." Celebrated filmmaker Mickey Lemle has shared the stories of some of the most evolved figures of our time. Here, in this candid and moving eulogy, he pays tribute to the extraordinary spirit of his mother Edna, and details the difficult but transformative journey he undertook -- to serve the person who brought him into this world, as she transitioned out of it. <http://www.dailygood.org/story/134/a-eulogy-for-my-mother-mickey-lemle/> **Be The Change:** Tune in to a live conversation this Saturday with Mickey Lemle, where he will share more about his remarkable journey, and his just-finished film: "The Last Dalai Lama?" the powerful sequel to "Compassion in Exile" a celebrated documentary he made almost 25 years ago on the fourteenth Dalai Lama. To join the call RSVP here. <http://www.awakin.org/calls/265/mickey-lemle/>

6. Creative Living

Reprinted from www.awakin.org.

--by [Elizabeth Gilbert](#) (May 31, 2016)

This, I believe, is the central question upon which all creative living hinges: Do you have the courage to bring forth the treasures that are hidden within you?

Look, I don't know what's hidden within you. You yourself may barely know, although I suspect you've caught glimpses. I don't know your capacities, your aspirations, your longings, your secret talents. But surely something wonderful is sheltered inside you. I say this with all confidence, because I happen to believe we are all walking repositories of buried treasure. I believe this is one of the oldest and most generous tricks the universe plays on us human beings, both for its own amusement and for ours: The universe buries strange jewels deep within us all, and then stands back to see if we can find them.



The hunt to uncover those jewels—that's creative living. The courage to go on that hunt in the first place—that's what separates a mundane existence from a more enchanted one.

The often surprising results of that hunt—that's what I call Big Magic.

When I talk about "creative living" here, please understand that I am not necessarily talking about pursuing a life that is professionally or exclusively devoted to the arts. When I refer to "creative living," I am speaking more broadly. I'm talking about living a life that is driven more strongly by curiosity than by fear.

One of the coolest examples of creative living that I've seen in recent years, for instance, came from my friend Susan, who took up figure skating when she was 40 years old. To be more precise, she actually already knew how to skate. She had competed in figure skating as a child, but she'd quit the sport during adolescence when it became clear she didn't have quite enough talent to be a champion.

For the next quarter of a century, Susan did not skate. Then she turned 40. She was restless. She felt drab and heavy. She asked herself when was the last time she'd felt truly light, joyous and -- yes -- creative in her own skin. To her shock, she realized that the last time she'd experienced such feelings had been as a teenager, back when she was still figure skating. She was appalled to discover that she had denied herself this life-affirming pursuit for so long, and she was curious to see if she still loved it.

So she followed her curiosity. She bought a pair of skates, found a rink, hired a coach. She ignored the voice within her that told her she was being self-indulgent and preposterous to do this crazy thing. She tamped down her feelings of extreme self-consciousness at being the only middle-aged woman on the ice, with all those tiny, feathery nine-year-old girls.

She just did it.

Three mornings a week, Susan awoke before dawn and went skating. And she skated and skated and skated. And yes, she loved it, even more than ever, perhaps, because now, as an adult, she finally had the perspective to appreciate the value of her own joy. Skating made her feel alive and ageless. She stopped feeling like she was nothing more than a consumer, nothing more than the sum of her daily obligations and duties. She was

making something of herself, making something with herself.

It was a literal revolution, as she spun to life again on the ice.

Please note that my friend did not quit her job and move to Toronto to study 70 hours a week with an Olympic-level skating coach. And no, this story does not end with her winning any medals. In fact, this story does not end at all, because Susan is still figure skating -- simply because skating is still the best way for her to unfold a certain beauty and transcendence within her life. That's what I call creative living.

- See more at: <http://www.awakin.org/read/view.php?tid=2159#sthash.eWZzqpKv.dpuf>

7. Planetary Beings with Planetary Hearts

Reprinted from www.awakin.org.

--by [Clare Dakin](#) (Jun 06, 2016)

The instinct to fit in and feel safe seems stronger – to maintain the status quo – to be as comfortable and insulated as possible whilst praying like mad that someone else is going to step up and make this whole d(arn) mess go away.

I'm going to redefine it in this moment. I'm going to say that our instinctual self is the part of our essence that is woven into the fabric of all nature – our planetary self – the part that is vibrating with the essence of pure aliveness and the intelligence of every living thing – the part that has never been, and can never be, separate from the planet that lives and breathes us.

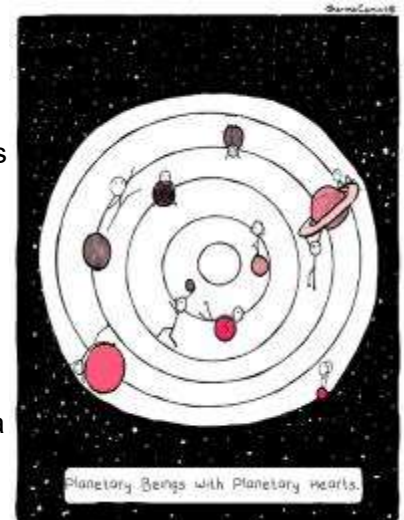
Within me, it feels like liquid fire. It is the very essence of the word essential.

Can you feel it? I feel it so fiercely I can hardly stand it, and I don't think I have a choice but to let it take over and to h(eck) with the consequences. What do I want anyway? To stay this overly conditioned, fearful version of a woman that shies away from full throttle living or to allow nature to re-educate me from the toes up and from the inside out as to what it means to be truly, throbbingly, responsively, incandescently alive?

I choose the latter – although it feels very much like dying as what I'm not burns off and what's more intrinsic and less known takes over. I say yes and I want all of us to say yes, because what we really are as women, is needed. Enough playing disconnected and safe – it's allowed us to get to where we are and where we are is crippling life, so very simply – it – and we – cannot – go on – like this.

There are ways of more consciously calling forth that liquid fire and of drenching ourselves with aliveness that is encoded with evolutionary wisdom. Nature's intelligence has been pulsing through us every second of our lives, but we have been blinded to it, severed from it, misdirected in how we think and where we place our attention and value.

What if we collectively call it forth? What if we choose to turn towards the rising tide and not just say yes to it, but give it full permission to take us over and powerfully re-educate us so that we can finally know what we are and what we're for?



Planetary beings, with planet sized hearts, capable of a planetary love so complete that we cannot allow for anything other than full ecological restoration to be our legacy. That is my new definition of a human being and I for one, know that that is what I am becoming – and if I am, then you are too.

- See more at: <http://www.awakin.org/read/view.php?tid=2135#sthash.kPbZ7IUr.dpuf>

8. That Friend Walking Behind Me

Reprinted from www.awakin.org.

—by *Parker Palmer* (Jun 13, 2016)

Imagine that for many years a friend had been walking a block behind me, calling my name, trying to get my attention because he wanted to tell me some hard but healing truths about myself. But I -- afraid of what I might hear, or arrogantly certain I had nothing to learn -- ignored his calls and kept on walking.

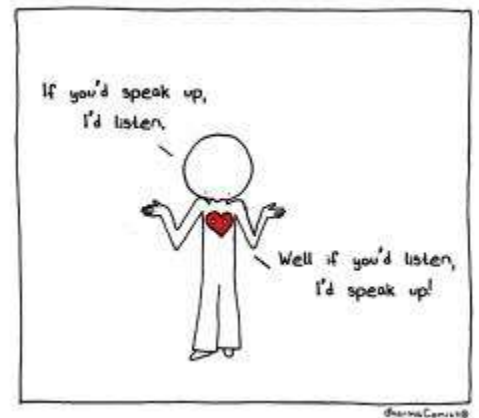
So my friend came closer and called my name louder, but I walked on, refusing to turn around. Closer still he came, now shouting my name. Frustrated by my lack of response, he began to throw stones and hit me with sticks, still wanting nothing more than to get my attention. But despite the pain I felt, I kept walking away.

Since calls and shouts, sticks and stones, had failed to get my attention, there was only one thing left for my friend to do: drop the bomb called depression on me. He did so not with intent to kill, but in a last-ditch effort to get me to turn toward him and ask a simple question: "What do you want?" When I finally made that turn -- and began taking in and acting on the self-knowledge he'd been waiting to offer me -- I took first steps on the path to wellbeing.

Thomas Merton's name for that friend is "true self." This is not the ego self that wants to inflate us. It's not the intellectual self that wants to hover above life's mess with logical but ungrounded ideas. It's not the ethical self that wants to live by someone else's "oughts." It's not the spiritual self that wants to "slip the surly bonds of Earth" and fly nonstop to heaven.

True self is the self with which we arrived on earth, the self that simply wants us to be who we were born to be. True self tells us who we are, where we are planted in the ecosystem of life, what "right action" looks like for us, and how we can grow more fully into our own potentials. As an old Hasidic tale reminds us, our mission is to live into the shape of true self, not the shape of someone else's life: "Before he died, Rabbi Zusya said: 'In the world to come they will not ask me, 'Why were you not Moses?' They will ask me, 'Why were you not Zusya?'"

Memo to myself: Stay on the ground, turn around, ask and listen! True self is true friend -- it's a friendship we ignore at our peril. And pass the word: friends don't let friends live at altitude!



9. How is Your Heart Doing?

Reprinted from www.awakin.org.

--by ***Omid Safi*** (Jun 20, 2016)

In many Muslim cultures, when you want to ask them how they're doing, you ask: in Arabic, *Kayf haal-ik?* or, in Persian, *Haal-e shomaa chetoreh?* How is your *haal*?

What is this *haal* that you inquire about? It is the transient state of one's heart. In reality, we ask, "How is your heart doing at this very moment, at this breath?" When I ask, "How are you?" that is really what I want to know.

I am not asking how many items are on your to-do list, nor asking how many items are in your inbox. I want to know how your heart is doing, at this very moment. Tell me. Tell me your heart is joyous, tell me your heart is aching, tell me your heart is sad, tell me your heart craves a human touch. Examine your own heart, explore your soul, and then tell me something about your heart and your soul.

Tell me you remember you are still a human being, not just a human doing. Tell me you're more than just a machine, checking off items from your to-do list. Have that conversation, that glance, that touch. Be a healing conversation, one filled with grace and presence.

Put your hand on my arm, look me in the eye, and connect with me for one second. Tell me something about your heart, and awaken my heart. Help me remember that I too am a full and complete human being, a human being who also craves a human touch.

I teach at a university where many students pride themselves on the "study hard, party hard" lifestyle. This might be a reflection of many of our lifestyles and our busy-ness — that even our means of relaxation is itself a reflection of that same world of overstimulation. Our relaxation often takes the form of action-filled (yet mindless) films, or violent and fast-paced sports.

I don't have any magical solutions. All I know is that we are losing the ability to live a truly human life.

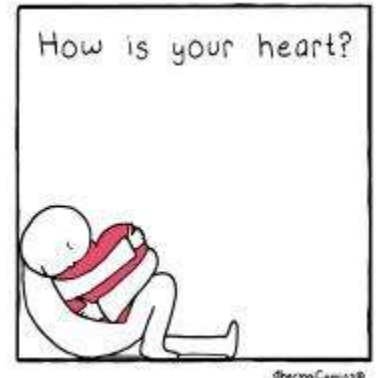
We need a different relationship to work, to technology. We know what we want: a meaningful life, a sense of community, a balanced existence. It's not just about "leaning in" or faster iPhones. We want to be truly human.

W. B. Yeats once wrote, "It takes more courage to examine the dark corners of your own soul than it does for a soldier to fight on a battlefield."

How exactly are we supposed to examine the dark corners of our soul when we are so busy? How are we supposed to live the examined life?

I want us to have a kind of existence where we can pause, look each other in the eye and inquire together: Here is how my heart is doing.

How is the state of your heart today?



Let us insist on a type of human-to-human connection where when one of us responds by saying, "I am just so busy," we can follow up by saying, "I know, love. We all are. But I want to know how your heart is doing."

10. Keeping Nothing Between

Reprinted from www.awakin.org.

--by ***Eugene Gendlin*** (Jun 27, 2016)

In a restaurant a little girl in the next booth turns to look at you. It is an open look, direct from her – to you. She doesn't know that strangers are not supposed to connect. She does not put this knowledge between herself and you. There is nothing in between. You look back. Her parents make her sit down and face forward. But then, when they all leave, she turns around at the door, to look again. After all, you and she have met therefore she wouldn't just leave.

In first grade the children look at the teacher searchingly, openly, reachingly. They put nothing between. The teacher is concerned with the eight levels of reading ability, and does not look back.

Do only little children keep nothing between? Or can adults do that too? We can, but for us it is a special case.

If you came to see me now, I would not look at you like that, nor would I notice if you looked. You would find me in a certain mood in my private struggles. I am also preoccupied with writing this paper. If you suddenly walked in, a third cluster would come: The social set for greeting someone properly. I would respond to you out of that set. Or if you are an old friend, I would respond from the familiar set of the two of us. If you then wanted to relate in some fresh, deep way, it would take me a minute to put our usual set aside, to put my concern about my chapter away, and to roll my mood over so that I am no longer inside it. Then I would be here without putting anything between. But it would be easier to remain behind all that, and depend on my automatic ways.

If I really want to be with you, I keep nothing in front of me. Of course I know I can fall back on the automatic ways. If need be, I can also defend myself. I have many resources. But I don't want all that between us.

If I keep nothing between, you can look into my eyes and find me. You might not look, of course. But if you do, I won't hide. Then you may see a very insufficient person. But for contact, no special kind of human being is required. This fact makes a thick peacefulness.



11. The DNA Journey

Reprinted from www.KarmaTube.org.

Travel search site Momondo conducted a DNA experiment with 67 people from around the world and asked: do you dare question who you really are? Participants were asked what they thought the test would uncover, and were also encouraged to share some of their views and prejudices about people from different parts of the world. Some weeks later they were invited back. Watch the surprising results.

<http://www.karmatube.org/videos.php?id=7167>

12. The Chicken Lady

Reprinted from www.KarmaTube.org.

An article in a local newspaper spurred Amy Murphy to ask a local fried chicken restaurant if she could have their leftovers at the end of the night. With the help of friends, the Chicken Lady sets up the equivalent of a pop-up restaurant every Monday to serve her homeless friends. Murphy does not consider what she does "feeding the homeless," rather, it is serving friends. They are part of the same community - she is a part of their lives, and they are a part of hers. <http://www.karmatube.org/videos.php?id=7113>

13. A World of Solutions

Reprinted from www.KarmaTube.org.

Directed by Louie Schwartzberg and narrated by Morgan Freeman, this video shows the beauty and natural violence of millions of years of evolution and the impact of humans on this complex system in less than 200 years. However, while we are still in peril, we have the means to solve our problems in the present. Just as mycelium root systems feed all plant life, humans can use modern technology, such as the Internet and mass media for positive change. <http://www.karmatube.org/videos.php?id=5919>

14. The Beauty of Human Skin in Every Color

Reprinted from www.KarmaTube.org.

It has been 128 years since the last country abolished slavery, and 53 years since Martin Luther King, Jr.'s "I have a dream" speech, yet we still live in a world where the color of our skin gives a first and leaves a lasting impression. Angelica Dass's portrait project, Humanae, challenges how we think about skin color and ethnicity. What does it mean for us to be "black, white, yellow, red." Is it the eye, the nose, the mouth, the hair? Or does it have to do with our origin, nationality, or bank account? Watch this personal TED talk about Humanae and Dass's pursuit to document humanity's "true" colors. <http://www.karmatube.org/videos.php?id=7112>

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

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