

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



Rituals

“From a spiritual perspective, rituals are ways of expressing our gratitude for that which we are engaging in.”

Rituals go hand-in-hand with many spiritual practices and ceremonies. Ceremonies, in and of themselves, are imbued with ritual. So what is this ritual all about?

To explore rituals in our daily lives, allow me to share what my daily ritual is in regard the enjoyment of my morning coffee. To emphasize the intricate nature of the ritual, I itemize and bullet-point the process below:

- First, fill up the kettle and place the kettle on the burner until it boils
- While the water is heating up, take out the French press and coffee mug
- Once the kettle has come to a boil, fill the French press and coffee mug with water to allow both the French press and coffee mug to heat up
- Place the kettle back on the burner and allow it to come to a boil again
- As the water is heating back up, take the coffee grinds out of the freezer
- Open the bag and take a BIG inhale of the intoxicating aroma of the ground coffee beans
- Empty the French press of water and scoop in the required amount of coffee grinds into the French press
- Once the water has boiled again, pour just enough water into the French press to cover the ground coffee beans
- Gently stir the water and coffee bean mixture
- Allow the water and coffee beans to percolate for 60 seconds (the counting is even a ritual!)
- Pour the rest of the desired amount of water into the French press
- Gently stir the water and coffee grinds again
- Allow the water and coffee to percolate for 3 minutes, 30 seconds
- At the end of the percolation period, slowly and ceremoniously, depress the French press plunger and observe the plunger compacting the ground coffee beans to the bottom of the French press
- Empty my coffee mug of the water that has been heating it and slowly pour my prepared coffee into the coffee mug
- Wait patiently for every last drop of coffee to drain out of the French press into my coffee mug



Serving your personal journey toward enlightenment...

- Remove the plunger from the French press, empty the grounds, rinse out the French press, and place the French press aside to dry
- Watch the steam rise from my coffee mug
- Take a deep inhale of the intoxicating aroma
- Gentle sip to taste...
- Deep exhale and sigh of contentment...
- Revel in my ecstasy...
- Lose myself in bliss

I embellished the above ever so slightly, but not much!...all to make a point of ritual.

We use ritual to bring meaning and significance to our activities. We don't actually need any aspect of the ritual, but we embrace the ritual so we can preserve the specialness or significance of the moment. Rituals are often associated with religious or spiritual ceremony, but we humans are pretty good at creating rituals out of pretty much anything—take the making of my morning cup of coffee described above as an elaborate example.

From a spiritual perspective, rituals are ways of expressing our gratitude for that which we are engaging in. Again, we don't actually need any aspect of the ritual—and some spiritual practice invites us to actually lose the ritual aspect of our practice—but rituals are our way of respecting our traditions and practices. For many, without ritual our practice would be without meaning.

Think about what rituals you welcome into your daily life. Think about the rituals that form part of your spiritual practice. Consider what it would be like without these rituals. Could you give them up? What would your activities and practice be without your rituals?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Say I Am You

I am dust particles in sunlight.
I am the round sun.

To the bits of dust I say, *Stay*.
To the sun, *Keep moving*.

I am morning mist,
and the breathing of evening.

I am wind in the top of a grove,
and surf on the cliff.

Mast, rudder, helmsman, and keel,
I am also the coral reef they founder on.

Spiritual Guidance

Serving your personal journey toward enlightenment...

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I am a tree with a trained parrot in its branches.
Silence, thought, and voice.

The musical air coming through a flute,
a spark of a stone, a flickering

in metal. Both candle,
and the moth crazy around it.

Rose, and the nightingale
lost in the fragrance.

I am all orders of being, the circling galaxy,
the evolutionary intelligence, the lift,

and the falling away. What is,
and what isn't. You who know

Jelaluddin, You the one
in all, say who

I am. Say I
am You.

Jelaluddin Rumi

3. Quote or Question

"Lasting change happens when people see for themselves that a different way of life is more fulfilling than their present one." ~ Eknath Easwaran

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 – August 2016

The Coming Together of Worlds

As you are well aware, there is the “thinning out” of the dimensions and between the worlds as you perceive them. The dense veil which kept your inhabitants separated from other physical and less physical dimensions, is now being dissolved. All the people upon your fine earth who are genuine in heart and mind are now being given the opportunity to celebrate this coming together of other world communities with their own.

Why has your planet been isolated from the greater worlds?

We first assure you that Planet Earth has never been abandoned. It continues to be under loving surveillance since the very beginning of its life. When beings upon your world opened up even for a brief moment with a loving consciousness of wanting to comprehend more in order to progress, counsel and direction were always given. However, kindly understand that in your planetary past—this past which is based on your concept of time and space—only a minority of your people, showing spiritual tenacity, continued to encourage humankind back to its Creator. Oftentimes such courageous events caused significant misunderstanding and strife. Consequently, much of your population chose to travel the path of selfishness and destruction. Thus it was suggested that your planet remain in isolation until such time as an opportunity of more exacting spiritual awareness could be offered to your people.

This present powerful movement of spiritual awareness and human advancement can now be viewed upon your earth as a magnificent gesture of opening up to fellowship with other communities of high, pure vibrational intent. In spite of all you may observe in your world of shadow and dark, this continual and great movement upwards into Light attracts infinite divine and cosmic energies. Thus wondrous worlds come now not only to your aid, but also to join with you as you approach us with open arms, hearts and minds. In spite of all that is in turmoil, there is now a victorious force which supersedes it. This is a time of celebration.

How, then, is the best way to celebrate this splendid coming together of worlds in the Christ Light?

We ask you to remain true to your spiritual knowingness. Develop the gifts you have been given to increase inner and outer goodness. You are universal beings and your importance and participation in this reunion is paramount. Every being upon your planet houses a precious and unique Light which, when explored and lovingly used, assists your world to lift itself up to be with us and many other worlds, dimensions and universes. The feeling of wholeness which you experience within demonstrates the foundation of wholeness of all worlds as they vibrate within the Light of the Creator.

We ask you to realize that your upliftment to a perfected way of being and doing is a natural stance which now unfolds and which will continue to unfold as the dimensions become “thin.” It is here that you will enjoy a vast community of so many who understand you and who ask simply that you remain true to your divine essence.

Should you remain true to this divine essence, you will be lifted up and greater things—ideas, creations, knowledge and advancement in all areas of your own life and of your nations —will be presented to you for the splendid furtherance of all worlds including your fine Planet Earth.



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.

Extraordinary Holocaust survivor and Nobel Peace Prize recipient Elie Wiesel passed away this weekend at 87. He inspired millions with his messages of peace, atonement and human dignity. Maria Popova of Brain Pickings invites us to "Remember this luminous human being with his timeless, increasingly timely Nobel speech on human rights and our shared responsibility in ending injustice."

<http://www.dailygood.org/story/1329/elie-wiesel-s-nobel-acceptance-speech-maria-popova/> **Be The Change:**

For more inspiration, watch this 12 minute video of Alice Hertz Sommer, then-108 year-old holocaust survivor, on how everything is a present. <http://www.karmatube.org/videos.php?id=3008>

Dr. Jim Doty grew up in poverty and with an alcoholic father and depressed mother. But when he was 12 years old, a chance encounter with a woman named Ruth, and her teachings on mindfulness, visualization, and compassion, changed his life. He is now a clinical professor of neurosurgery at Stanford University and founder and director of the Center for Compassion and Altruism Research and Education. In this interview, Dr. Doty shares more about his life journey and about how mindfulness has to be coupled with compassion in order for one to truly develop wisdom. <http://www.dailygood.org/story/1330/what-mindfulness-is-missing-kira-m-newman/> **Be The Change:** Choose to listen with mindfulness and compassion during a conversation you have today.

For over 30 years, Zen teacher John Tarrant has been teaching people how to meditate with koans, an ancient method for addressing the question of who we are. He has developed ways to practice with koans -- traditionally reserved for advanced Zen students -- that anyone might find useful. For example, how would your life change if you stopped believing all of your thoughts? What if you had everything you need right now? <http://www.dailygood.org/story/1331/why-play-with-koans-sam-mowe/> **Be The Change:** Write your own koan by finding a thorny issue you are dealing with and asking yourself the most difficult question about it.

For Guisepi Spadafora, offering people free tea has been at the center of a decade-long journey that has changed both his life and the lives of others. In his early twenties, Guisepi wanted to meet interesting and genuine people, but he wasn't finding them in the usual places. He decided to go somewhere unusual instead and parked himself on Hollywood Boulevard. Using a camp stove beside his truck to make food and tea, curious people would come over, and Guisepi would invite them to join him and share whatever he had. People would delight in the kind offer, and stay to chat. What followed were scores of meaningful interactions with an eclectic group of people, who felt a sense of community and trust. They encouraged Guisepi to continue sharing, which he did, traveling to different locations in what he calls his 'tea bus'. This year, Guisepi is celebrating a decade of sharing tea and company. Here is his full story, told by the tea man himself. <http://www.dailygood.org/more.php?n=6600> **Be The Change:** Read more about Giusepi and his tea bus, view videos and photos, and see a map with his stops <http://www.freeteaparty.org/>.

"Various studies show that the more empathy a child displays, the less likely they are to engage in bullying, online and in real life. Empathic children and adolescents are more likely to engage in positive social behaviors, like sharing or helping others. They're also less likely to be antisocial and exhibit uncontrolled aggressive behaviors. That's a big reason why educators have been devoting more attention to empathy in recent years, integrating it more deeply into schools and curricula...Should we teach empathy to even the very

youngest students? Can we? The answer to both questions seems to be yes-- but it's not easy."

<http://www.dailygood.org/story/1333/why-we-should-teach-empathy-to-preschoolers-shuka-kalantari/> **Be The Change:** As you go through your day, consider things from the perspectives of those you encounter.

For over thirty years, Bermuda's Johnny Barnes stationed himself every morning for six hours at a busy traffic intersection. He made sure to tell all who passed by that he loved them. His delight and sincerity were infectious, and the people of the island loved him back. His service was a simple reminder of the power of happiness and loving-kindness to change any day for the better. Though Barnes passed away earlier this week, his spirit lives on in this beautiful film, and in all the hearts he touched.

<http://www.karmatube.org/videos.php?id=3059> **Be The Change:** Take a cue from Johnny Barnes: surprise a stranger today with a bright smile and a kind word.

Imagine a lake having the same rights as a landowner. Or a condor with the same rights as a child. Under Bolivia's historic Law of Mother Earth, signed into law in 2010, all entities in nature have equal rights to humans. Based on Andean spiritual principles, the law was enacted in an effort to curb climate change and the exploitation of Bolivia's natural resources. It spells out seven specific rights that nature and all its constituents have. Read nature's rights and find out more about this groundbreaking, comprehensive plan to protect the environment. <http://www.dailygood.org/story/1337/bolivia-s-law-of-mother-earth-ryan-hewlett/> **Be The Change:** A law like this has the potential to force people and companies to find cost-effective ways to accomplish goals without harming the environment. What is something you can do to solve an environmental challenge in your life?

How did we get so busy that we no longer have time for each other? What happened to a world in which we can sit with the people we love so much and have slow conversations about the state of our heart and soul, conversations that slowly unfold, conversations with pregnant pauses and silences that we are in no rush to fill? <http://www.dailygood.org/more.php?n=6717> **Be The Change:** Take time at least once to sit opposite someone and speak your heart, and ask what is the state of his or her heart today.

In these poems Wendell Berry (poet, novelist and environmental activist) writes about what it means to be human, the human experience of solitude, of community, of love and work, of desire and despair.

<http://www.dailygood.org/story/1324/wendell-berry-what-are-people-for-wendell-berry/> **Be The Change:**

Write down for yourself what it means to be fully human, then bring your thoughts to a relationship with a friend as you carry respect for both the virtues and the faults we all share.

"In any process, we can distinguish a beginning, a middle, and an end. We may use this basic three-step grid for the practice of gratitude: What happens at the start, in the middle, and at the end, when we experience gratitude? What fails to happen when we are not grateful?...To be awake, aware, and alert are the beginning, middle, and end of gratitude. This gives us the clue to what the three basic steps of practicing gratitude must be." Brother David Steindl-Rast offers further insight into these three steps in the following article.

<http://www.dailygood.org/story/1339/three-steps-to-living-a-life-of-gratefulness-brother-david-steindl-rast/> **Be The Change:** Practice the three steps of gratitude today. For more inspiration watch this short video on "A Good Day". <http://www.karmatube.org/videos.php?id=428>

What started out as a simple gardening project for a grad student has now grown into a multitude of flourishing gardens, and a community coming together. This is the story of how the Randolph Street Community Garden came to give nearly 2,000 people access to fresh fruits, and vegetables and become a place where food, fun, and friendships grow. <http://www.dailygood.org/more.php?n=6815> **Be The Change:** Discover more about this unique and wonderful volunteer program that could perhaps foster some ideas to serve your own community. <http://www.dailygood.org/more.php?n=6815a>

"Two and a half years ago my grandmother was placed in a nursing home where she will live out the rest of her life. She has dementia and so her memory capacity has been marred. Somehow though she remembers

kindness. She is my constant teacher. One of things we like to do is walk down the halls in the nursing facility saying hello to the other residents...When I go to the nursing facility, it is like going to the village. I do not know the individual's histories but I have a sense of their spirits now and I have come to care for them. In that context, I would like to share a story of my time with my grandmother and some of these elders that I have come to think of as my relatives too in a way."... <http://www.dailygood.org/story/1340/letting-love-come-in-mia-tagano/> **Be The Change:** The next time you encounter someone whom you find it difficult to communicate with, try to build a bridge that goes beyond language.

"There's a profound feeling that shifts us outside the box of the routine and familiar and opens us to something much larger than ourselves writes Homaira Kabir. We've all felt it -- the goose bumps on our arms when standing below towering Eucalyptus trees or the expansive feeling in our chests when watching the sun slowly set in the horizon. Researchers define it as the emotion of awe. Like most positive emotions, it boosts physical health and inspires altruistic action. And yet, awe is more -- because it recruits both motivations of the paradoxical human brain. It gives rise to a feeling of fear that is initiated in the more primitive parts of the brain. But it also opens us up to belonging to something much larger than the self, the most human of all needs. It is this whole brain functioning that is so essential for optimal performance, both in our personal lives and at work." Read on to discover why leaders would do well to nurture awe's daunting and exalting qualities in the workplace. <http://www.dailygood.org/story/1342/why-we-need-to-cultivate-awe-in-the-workplace-homaira-kabir/> **Be The Change:** Incorporate opportunities to experience awe into your daily routine and, if you are a leader, into the work place.

When asked whether the poems she wrote helped connect her to the joy they expressed, poet Barbara Crooker had this to say, "I write from personal experience. If you look at the facts of my life, you might not think that there would be much reason for rejoicing. My first child was stillborn and my first marriage fell apart partly because of this, my third daughter had a traumatic brain injury when she was 18, my son has autism. So I write in spite of, or in face of, the darkness, the suffering, that is part of the human condition, and if joy is the tone that comes through the most, I'm happy to hear this." In a powerful interview Crooker shares more about grief, the art of paying attention, and her writing process. <http://www.dailygood.org/story/1344/paying-attention-discovering-joy-a-conversation-with-barbara-crooker-margaret-rozga/> **Be The Change:** Join an Awakin Call with Barbara Crooker this Saturday, July 30th as she shares more on "Chronicling Life's Loves, Losses, and Disabilities Through Poetry". Details and RSVP information here. <http://www.awakin.org/calls/282/barbara-crooker/>

Activists are impatient for the world we want to see. But though we seek to build a world beyond capitalism, we still fall into its traps, like the need for ceaseless productivity. We transpose capitalist definitions of 'success' onto social movements. We're either winning or losing. Within capitalism, if you're not growing and improving, you're failing. Some of us fight because our lives depend on it, and safe survival is hinged on change. Amid all of this, our very own hearts can drift away from us, anxiety-filled and future-focused. We're so used to resisting that we resist warning signs from our own minds and bodies, constantly talking about self-care, but rarely practicing it. <http://www.dailygood.org/story/1345/when-resting-is-resistance-janey-stephenson/> **Be The Change:** We live in two worlds, inner and outer. Ask your body/mind from time to time what it really wants. What does it mean to care for the Self? Could each Self be connected with other Selves? Are we humans all brothers and sisters within a larger context?

6. The Power Paradox

Reprinted from www.awakin.org.

—by **Dacher Keltner** (Jul 11, 2016)

Life is made up of patterns. And one pattern kept appearing in scientific studies I've conducted over the past twenty years. It's called the power paradox: we rise in power and make a difference in the world due to what is best about human nature, but we fall from power due to what is worst. We gain a capacity to make a difference in the world by enhancing the lives of others, but the very experience of having power and privilege leads us to behave, in our worst moments, like impulsive, out-of-control sociopaths.

How we handle the power paradox guides our personal and work lives and determines, ultimately, how happy we and the people we care about will be.



Twenty years ago, when I began the studies that uncovered the power paradox, I confronted the question: what is power? To outsmart the power paradox, we need to know what power is. The first surprise that my scientific inquiry produced was this: our culture's understanding of power has been deeply and enduringly shaped by one person -- Niccolo Machiavelli -- and his powerful sixteenth century book, *The Prince*. In that book the Florentine author argued that power is, in its essence, about force, fraud, ruthlessness and strategic violence. Following Machiavelli, the widespread tendency has been to think of power as involving extraordinary acts of coercive force. Power was what the great dictators wielded; power was embodied in generals making decisive moves on the battlefields, businessmen initiating hostile takeovers, coworkers sacrificing colleagues to advance their own careers, and bullies in the middle-school playground tormenting smaller kids.

But this view of power fails upon careful scrutiny today. It cannot make sense of the many important changes in human history: the abolition of slavery, the toppling of dictators, the ending of apartheid, and the rise of civil rights, women's rights, and gay rights movements, to name just a few. Society has changed dramatically since Machiavelli's Renaissance Florence in ways that require us to move beyond outdated notions of power. We will be more poised to outsmart the power paradox if we broaden our thinking and define power as the capacity to make a difference in the world, in particular by stirring others in our social networks.

This new definition of power reveals that it is not something limited to rare individuals in dramatic moments of their highly visible lives -- to malevolent dictators, high-profile politicians, or the jet-setting rich and famous; nor does it exist solely in boardrooms, on battlefields, or on the U.S. Senate floor. Instead, power defines the waking life of every human being. It is found not only in extraordinary acts but also in quotidian acts, indeed in every interaction and every relationship, be it an attempt to get a two-year-old to eat green vegetables or to inspire a stubborn colleague to do her best work. It lies in providing an opportunity to someone, or asking a friend the right question to stir creative thought, or calming a colleague's rattled nerves, or directing resources to a young person trying to make it in society.

Power dynamics, patterns of mutual influence, define the ongoing interactions between fetus and mother, infant and parent, between romantic partners, childhood friends, teens, people at work, and groups in conflict. Power is the medium through which we relate to one another. Power is about making a difference in the world by influencing others. And such power is given to us by others, rather than grabbed.

7. Giving Up is Different From Letting Someone Down

Reprinted from www.awakin.org.

--by **Brother David Steindl-Rast** (Jul 04, 2016)

This inner gesture of letting go from moment to moment is what is so terribly difficult for us; and it can be applied to almost any area of experience. We mentioned time, for instance: there is the whole problem of "free time," as we call it, of leisure. We think of leisure as the privilege of those who can afford to take time (this endless taking!)-when in reality it isn't a privilege at all. Leisure is a virtue, and one that anyone can acquire. It is not a matter of taking but of giving time. Leisure is the virtue of those who give time to whatever it is that takes time-give as much time to it as it takes. That is the reason why leisure is almost inaccessible to us. We are so preoccupied with taking, with appropriating. Hence, there is more and more free time, and less and less leisure. In former centuries when there was much less free time for anybody, and vacations, for instance, were unheard of, people were leisurely while working; now they work hard at being leisurely. You find people who work from nine to five with this attitude of "Let's get it done, let's take things in hand," totally purpose oriented, and when five o'clock comes they are exhausted and have no time for real leisure either. If you don't work leisurely, you won't be able to play leisurely. So they collapse, or else they pick up their tennis racket or their golf clubs and continue working, giving themselves a workout as they say.



We can laugh about it, but it goes deep. The letting go is a real death, a real dying; it costs us an enormous amount of energy, the price, as it were, which life exacts from us over and over again for being truly alive. For this seems to be one of the basic laws of life; we have only what we give up. We all have had the experience of a friend admiring something we owned, when for a moment we had an impulse to give that thing away. If we follow this impulse -- and something may be at stake that we really like, and it pains for a moment -- then for ever and ever we will have this thing; it is really ours; in our memory it is something we have and can never lose.

It is all the more so with personal relationships. If we are truly friends with someone, we have to give up that friend all the time, we have to give freedom to that friend -- like a mother who gives up her child continually. If the mother hangs on to the child, first of all it will never be born; it will die in the womb. But even after it is born physically it has to be set free and let go over and over again. So many difficulties that we have with our mothers, and that mothers have with their children, spring exactly from this, that they can't let go; and apparently it is much more difficult for a mother to give birth to a teenager than to a baby. But this giving up is not restricted to mothers; we must all mother each other, whether we are men or women. I think mothering is just like dying, in this respect; it is something that we must do all through life. And whenever we do give up a person or a thing or a position, when we truly give it up, we die--yes, but we die into greater aliveness. We die into a real oneness with life. Not to die, not to give up, means to exclude ourselves from that free flow of life.

But giving up is very different from letting someone down; in fact, the two are exact opposites. It is an upward gesture, not a downward one. Giving up the child, the mother upholds and supports him, as friends must support one another. We cannot let down responsibilities that are given to us, but we must be ready to give them up, and this is the risk of living, the risk of the give and take. There is a tremendous risk involved, because when you really give up, you don't know what is going to happen to the thing or to the child. If you

knew, the sting would be taken out of it, but it wouldn't be a real giving up. When you hand over responsibility, you have to trust. That trust in life, that faith, is the courage to take upon yourself the risk of living, and dying -- because the two are inseparable.

8. You Are Not Depressed; You Are Distracted

Reprinted from www.awakin.org.

--by ***Facundo Cabral*** (Jul 18, 2016)

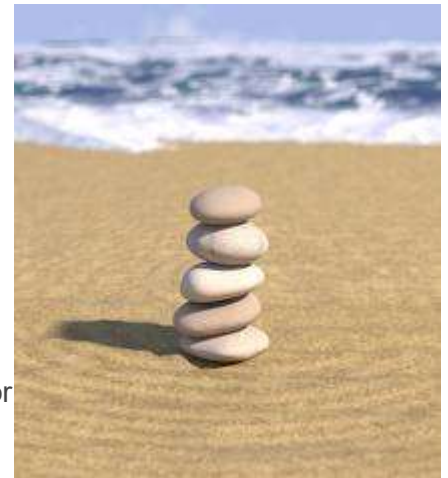
You are not depressed; you are distracted. You believe that you have lost something, which is impossible, because everything that you have was given to you. You did not make a single hair of your head so you can not own anything. In addition, life does not subtract things, it liberates you from them. It makes you lighter so that you can fly higher and reach the fullness. From cradle to grave, it is a school, and that is why those predicaments that you call problems are lessons, indeed.

You lost nobody; the one who died is just going ahead, because we all are going there. Besides this, the best of him/her, his/her love, is still in your heart. Who could say that Jesus is dead? There is not death, but only movement. And on the other side there are some wonderful people waiting for you: Gandhi, Michelangelo Whitman, St. Augustine, Mother Teresa, your grandmother and my mother, who believed that poverty is actually closer to what we call Love, because money distracts us with too many things, and makes us apprehensive and doubtful.

Do only what you love and you will be happy; the one who can do what he/she loves, is blessed and destined to have success, which will definitively come, because what must come, will come, but will come naturally. Do not do anything for obligation or commitment, but for love. Only then there will be fullness in your life, and with fullness everything is possible; and possible without any effort because what will move you will be the natural force of life, the same that raised me when the plane crashed with my wife and my daughter, the same which kept me alive when my doctors predicted that I would have only 3 or 4 more months of life.

Liberate yourself from the tremendous burden of guilt, responsibility, and vanity, and be ready to live each moment deeply, as it should be.

You are not depressed, you just need to be busy. Help the child who needs you, and that child will be your child's partner. Help old people, and young people will help you when you be old. In addition, service to others is an absolutely guaranteed happiness, as certain as enjoying and taking care of nature for those who will come tomorrow. Give without measure and you will receive without measure.



9. Blessings for Earth-Healers

Reprinted from www.awakin.org.

--by **Starhawk** (Jul 25, 2016)

We give thanks for all those who are moved, in their lives, to heal and protect the earth, in small ways and in large. Blessings on the composter, the gardeners, the breeders of worms and mushrooms, the soil-builders, those who cleanse the waters and purify the air, all those who clean up the messes others have made. Blessings on those who defend trees and who plant trees, who guard the forests and who renew the forests. Blessings on those who prevent erosion, who restore the salmon and the fisheries, who guard the healing herbs and who know the lore of the wild plants. Blessings on those who heal the cities and bring them alive again with excitement and creativity and love. Gratitude and blessings to all who stand against greed, who risk themselves, to those who have bled and been wounded, and to those who have given their lives in service of the earth.



May all the healers of the earth find their healing. May they be fueled by passionate love for the earth. May they know their fear but not be stopped by fear. May they feel their anger and yet not be ruled by rage. May they honor their grief but not be paralyzed by sorrow. May they transform fear, rage, and grief into compassion and the inspiration to act in service of what they love. May they find the help, the resources, the courage, the luck, the strength, the love, the health, the joy that they need to do the work. May they be in the right place, at the right time, in the right way. May they bring alive a great awakening, open a listening ear to hear the earth's voice, transform imbalance to balance, hate and greed to love. Blessed be the healers of the earth.

10. Mr. Happy Man

Reprinted from www.KarmaTube.org.

For six hours each day, Bermuda's Johnny Barnes stands at a busy traffic intersection telling all who pass that he loves them. His delight and sincerity are infectious, and the people of the island love him back. His service is a simple reminder of the power of happiness and loving-kindness to change any day for the better.

<http://www.karmatube.org/videos.php?id=3059>

11. Gratitude – Brother David Steindl-Rast

Reprinted from www.KarmaTube.org.

Brother David Steindl-Rast is a Benedictine monk, author and spiritual leader with a message to humanity: that we should live our lives with ongoing awareness of the constant miracle we all live in. Look, listen, and be inspired by a short film to receive the largest number of forwards of any KarmaTube video prior to being named a Video of the Week. <http://www.karmatube.org/videos.php?id=428>

12. Why I Left

Reprinted from www.KarmaTube.org.

Michael Fukumura went to law school almost by default, and became a lawyer for The Bureau of Alcohol, Tobacco, Firearms and Explosives in Washington, DC, conforming to his parents' and society's expectations of who he should be. Realizing he was not fulfilled by this work, Fukumura and his wife sold everything they had and drove across the United States. This is the story of why Fukumura left and how he found a sense of well-being and a deep calling to be of greater service to others - a way of giving back with passion.

<http://www.karmatube.org/videos.php?id=5463>

HEART AND SOUL ADVERTISEMENTS:

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

13. 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).

14. 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>.

15. 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

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