

Serving your personal journey toward enlightenment...

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

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

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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servinyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Marching to the beat of your own drum

"We can all play our own melody, but together we can live in harmony."

I recently had the delightful experience of participating in a drumming circle. The drumming circle was led by local Therapeutic Music Facilitator, Nigel E. Harris (<http://www.musicalwellness.com/>). Having experienced similar events in the past, and not particularly enjoying them, I had my reservations about this particular experience. But before I attended, I consciously chose to let go of the past experiences, enter into this particular evening with no expectations, and enjoy myself. And enjoy myself I did!

The evening began with some ritualistic customs born from the indigenous peoples of our land, including the reading of blessings and the burning of sage and sweet grass. With the intoxicating and blissful smell of incense wafting through the air, our drumming circle leader began the playing with a simple rhythm.

With the unspoken, but ever-present, invitation to join in with our own rhythm at any time, one by one, each member of the drumming circle gently, some tentatively, added their own beat to the drumming circle. As each new rhythm and beat was added to the experience, a rich and expansive texture filled the air. There were moments of dis-harmony, and moments of dropping out of rhythm, but the energy of the moment always brought us back into harmony with each other.

As we allowed ourselves to be moved by the energy of each other's drumming, the beats and rhythms coalesced, merged, and rose to a hypnotic and almost ecstatic experience. I became lost in the energy and let go of earthly senses. An awareness of the numina came rushing in and I lost sense and touch with the physical world.

I had moments of moving back and forth between this physical world and the realm of Spirit. Images, sensations, flashbacks to earlier life experiences flooded through my awareness. Insights became crystal clear and teachings emerged and blessed me.



Perhaps most poignantly, I welcomed the awareness that we can all play our own melody, but together we can live in harmony. The drumming circle was a message, loud and clear, for peace and harmony at this time in

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our existence on Mother Earth / Father Sky. We can each have our beliefs and experiences, but it is possible to join with others in harmony and live in peace. Indeed, our individual beats and rhythms add a rich tapestry to human existence and should be celebrated and embraced.

As in any relationship, we play our own instrument. But when we join with others, together we can make beautiful music.

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.

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

Wisdom tells me I am nothing. Love tells me I am everything. And between the two my life flows.

~ Nisargadatta Maharaj

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 – September 2016

The Transformational Nature of Matter— Part One: Solidity and Soul

Everything in your physical world is malleable. It may seem to you that your objects, thoughts and actions have a confined, static and solid foundation whereupon your very earth, seemingly firm, is poised. However, this solidity of matter observed by your citizens is only a perception which creates your dimension. If you maintain the concept that your physical world is static and solid, you then also accept that your world is finite. The decision is indeed yours. However, kindly reflect on the following. If you fully believe in the pure solidity of matter, with no recourse and no exception, you then live in an environment which restricts your creative abilities, your visionary skills and your fuller understanding of not only your world, but the nature of universes and the cosmos itself. We also comprehend, however, that if you are at loving peace with your beliefs and knowingness, then you have achieved a certain platform of advancement upon which you may rest, reflect and perhaps reconsider for further progress.

It is the very nature of the soul to encourage the advancement of an individual from a personal and restrained perspective to a universal and all inclusive one. It is the nature of the soul—this blessed and perfect vibration of the Creator—to puncture the complacency of people as they continue on routinely with their daily lives in order to inspire them to unfold into a greater awareness of life. Here then is the soul's great purpose: to awaken within humankind the curiosity and the thirst to better comprehend the perfect, noble reason for living—the return to the Creator. Indeed, the people of your fine planet are being directed back to and into the Source.

All existence everywhere vibrates within the holiness of the Creator and each sentient being has the opportunity to extend outwards from that holiness to assume individuality while remaining within that holiness. In the higher realms of vibrational goodness, the beings clothed in Light who may visit you in your homes or in your minds and hearts to counsel and direct you, never truly leave the sacredness of the Creator. Indeed, they remain within this holy Light and simultaneously appear in your physical world as individuals of service. Here you glimpse your future, as more and more visitations from sacred realms become apparent within your dimension and certain inhabitants upon your planet assume the identity of Light. Here you witness the solidity of earth matter as it transforms to “soul matter”—Light.

The inhabitants of the many, many worlds which comprise the Federation (see [The Intergalactic Federation of Planets](#)) of which we, too, are a part, are imbued with the Christ Light of the Creator. Some among you appear in human bodies. Others are of different vibrational compositions. *All* are of Christ Light. Numerous appearances of your “brothers and sisters from space” as you call us, are being observed by your people and these visits upon your planet will strengthen.

This increase of visitation from the angelic, immortal realms, star nations and the inter-dimensional and multi-dimensional facets of life, is a result of your emerging Planet Earth into a higher realm of existence. This

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emergence has caused great joy for the Federation and for many of your inhabitants and some chaos for your other citizens and organizations. Those upon your planet who have begun to realize that the material world is neither static nor solid, are being well prepared for your earth's emergence. This is so, for those from your world who are open to new idea demonstrate a willingness to share, to understand and to foster inclusiveness and harmony, thus illustrating that Love is the birther of all life.

Hence, we ask you to reflect on the following: how ready are to you listen to another's perspective? How happy are you to share your thoughts, your gifts and your objects? How open are you to more advanced scientific ideas for the betterment of all life? How flexible are you in mind and body? How well do you love? Reflection upon these questions will help you place yourself harmoniously within your own being, within the physical time and space you presently occupy and within the greater vibrational aspects of your world and your universe.

The Transformational Nature of Matter Part Two: Fluidity and Light, will be presented in *Notes from the Light* October 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.

For twenty years, Chris Henrikson has been using the power of poetry to reach and transform at-risk youths and students in classrooms and on the streets. What started as a writing workshop in a juvenile detention camp with six kids has grown to a program serving over 600 young people a year. At its core, Street Poets offers kids a safe space to open up, tell their stories, and discover and share their gifts. It has also been a way for some to purge difficult emotions and demons so they don't have to resort to violence anymore. The end effect has been felt both in individuals and the community. Henrikson shares stories of transformation and triumph over tragedy in this interview. <http://www.dailygood.org/story/1347/chris-henrikson-the-community-cure-for-a-violent-culture-leslee-goodman/> **Be The Change:** Get inspired -- read or listen to a sampling of the Street Poets' works. <http://www.dailygood.org/more.php?n=6831a>

Ten days after 9/11, a shocking attack at a Texas mini-mart shattered the lives of two men: the victim and the attacker. In this stunning talk, Anand Giridharadas, author of "The True American," tells the story of what happened next. It's a parable about the two paths an American life can take, and a powerful call for reconciliation. <http://www.dailygood.org/story/1348/a-tale-of-two-americas-and-the-mini-mart-where-they-collided-anand-giridharadas/> **Be The Change:** Take this opportunity to practice finding forgiveness in your heart for someone or something in your life that has been difficult to view with compassion. For more inspiration here is an inspiring interview on 'The Forgiveness of Unforgivable Acts.' <http://www.dailygood.org/story/950/transcript-of-awakin-call-with-sujatha-baliga-awakin-org/>

"In times of darkness and direness, a good question can become a safety rope between you and your own sense of selfhood: A person who asks a question is not wholly undone by events. She is there to face them, to meet them. If you're asking a question, you still believe in a future. And in times that are placid and easy, a good question is a preventive against sleepwalking, a way to keep present the awakening question that's under all other questions: "What else, what more?" Jane Hirshfield, the award-winning poet and author of 'The Beauty,' explains a new way to examine your choices, keep your calm and "carabiner yourself to intimacy." <http://www.dailygood.org/story/1351/living-by-questions-jane-hirshfield/> **Be The Change:** Take a moment to reflect on what a good question for this stage in your own life might be. For more inspiration read this reflection by Sharon Salzberg, "What Do I Really Need Right Now?" <http://www.awakin.org/read/view.php?tid=954>

Exactly a year and a day ago today, doctor-poet Sriram Shamasunder was asked to share a poem to celebrate the wedding of two friends, who in joining their lives together, were also making a commitment to combine their energies, gifts and talents in service of the greater good. The opening lines draw you in: "Somewhere right now so many someones are closing their eyes for the last time / and so many others summon a first cry / a birth / a death / an entrance / an exit / like a train station / continuous / but / To travel together in this life / carries a sweetness / if only for a little while..." Read on for a poem and blessing that articulates the poignant power of togetherness on our human journey. <http://www.dailygood.org/story/1352/togetherness-a-poem-and-wedding-blessing-sriram-shamasunder/> **Be The Change:** On a similar theme, check out renowned poet Kahlil Gibran's reflection on marriage. <http://www.awakin.org/read/view.php?tid=339>

"Human beings are the only creatures who can make themselves miserable. Other animals certainly suffer when they experience negative events, but only humans can induce negative emotions through self-views,

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judgments, expectations, regrets and comparisons with others. Because self-thought plays such a central role in human happiness and wellbeing, psychologists have devoted a good deal of attention to understanding how people think about themselves." Here, Mark Leary, Professor of Psychology and Neuroscience at Duke University, shares some key scientific research on self-compassion, citing its wide-reaching benefits -- ranging from university students to those afflicted with disease to the elderly -- offering some revelations on being kind to oneself, and take-aways for what we can each do to boost our own well-being.

<http://www.dailygood.org/more.php?n=6824> **Be The Change:** "If you catch yourself treating yourself badly and increasing your distress, ask yourself why." And, see if you can treat yourself nicely, like you would treat someone you love.

"The emerging field of integrative care is as much an idea as a set of practices. The idea is of an ecosystem of support, an intersecting set of relationships that address the whole human package -- body, mind, heart, and soul...I am reminded of the support that the poet W.H. Auden gave Dr. Oliver Sacks when he was composing *Awakenings*, a book about his work with a group of patients who had been in a decades-long sleep and were now coming back to consciousness. Auden wrote: "You're going to have to go beyond the clinical... Be metaphorical, be mystical, be whatever you need." I find here the implication that it is our deep regard for the human condition that moves us beyond the complacent and routine. It is in our profound respect for service to others that we touch mystery and wholeness."

<http://www.dailygood.org/story/1353/the-big-idea-behind-integrative-medicine-alan-briskin/> **Be The Change:** Reflect on your own relationship to health and healing. Is there a way in which you might take a more integrated approach to both? For more inspiration here is a passage by Michael Lerner on "The Difference Between Healing and Curing" <http://www.awakin.org/read/view.php?tid=1066>

"In rural India, it is not uncommon for a person to pass before their time, their life cut short by the injustices of poverty, hunger, accident, and disease. Often these deaths go unnoticed, and the stories of these lives unheard. Sagar Kabra was familiar with this reality from his time working as a resident physician at Jan Swasthya Sahyog, an organization through which he and his colleagues provided healthcare to some of the poorest and most marginalized communities in India. With the demeanor and grace of a young Gandhi, Sagar used his abilities as a physician and his voice as a poet to humbly yet passionately make his mark on the world, before his life was cut short." This poignant tribute share more.

<http://www.dailygood.org/story/1354/sagar-kabra-a-doctor-who-strove-to-light-the-world-brett-lewis/> **Be The Change:** Learn more about JSS, the organization that continues to keep Sagar's spirit and vision alive through its work. <http://www.dailygood.org/more.php?n=6847a>

For Andres Amador, the earth is his canvas, literally. Instead of paintbrushes or pencils, Amador uses garden rakes to create beautifully crafted designs in the sand. From his hands emerge bold graphics, symmetrical sequences and organic patterns. The medium of using sand means sustainable designs that come from the earth and return to the earth. While there is no permanence to Amadors art, he does not feel a loss after the tide reclaims his work he feels complete. <http://www.karmatube.org/videos.php?id=5378> **Be The Change:** Take a moment today to do something to add a small touch of beauty to the world around you. See more of Andres's earthscape art here. <http://www.dailygood.org/more.php?n=6850a>

Buddhas on Death Row is a project that was born out of the collaboration of two pen friends, based in the United States and Finland. Their names: Moyo and Maria. What follows is a sampling of Moyo's art and a selection of excerpts from his letters written on Death Row. Using the pages of a discarded atlas for stationery, he answers Maria's questions regarding his relationship to art, shares his perspective on solitary confinement, and conveys with dignity and eloquence, the transformation that the human spirit is capable of even in the midst of darkness. <http://www.dailygood.org/story/1357/buddhas-on-death-row-a-bridge-of-art-and-friendship-moyo/> **Be The Change:** How did Moyo's words, his art and the intention behind it move you? If inspired to send a reflection or message of appreciation, to Buddhas on Death Row you can do so here. <http://www.dailygood.org/?pg=contact&mid=179701>

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Created by Jessica McCarland, Little Free Pantry in Fayetteville, Arkansas, is a low-cost, direct-action approach to fighting food insecurity by allowing people in Jessica's neighborhood to share surplus food and household goods. After a short article on the pantry spread through social networks, the idea inspired other neighborhoods to start their own Little Free Pantries. While global issues can feel overwhelming, being able to take these small steps to improve the world around us can be a welcome respite. In this interview, Jessica shares why she thinks people are so drawn to the Little Free Pantry idea, some challenges that have come up in her journey, and where she hopes this movement will go. <http://www.dailygood.org/story/1359/the-little-free-pantry-cat-johnson/> **Be The Change:** What small thing can you do today to improve the lives of those who live in your neighborhood?

Acoustic ecologist Gordon Hempton is in love with nature's music -- sounds and silences he says that have either changed or vanished in the three decades he has been recording them. Bird songs, dolphin clicks, and insect chirps are all sounds of communication. If those sounds are drowned out by noise pollution, creatures can't hear each other. The results can be devastating. If danger warnings, mating calls, and territory claims are altered or go unheard, animal populations can plummet. And yet the number of quiet places on earth is dwindling. In this fascinating interview, Hempton tells us about the importance of silence and his mission to get people to fall in love with nature so they will wish to protect it. <http://www.dailygood.org/story/1360/we-save-what-we-love-an-interview-with-gordon-hempton-leslee-goodman/> **Be The Change:** Sit outside with open ears and savor the sounds.

As science continues to make amazing inroads into just about everything, like the Hubble telescope and the Human Genome Project, there is one thing that science is just starting to scratch the surface of: wisdom. Enjoy this fascinating interview with Krista Tippett, author of the book, "Becoming Wise: An Inquiry into the Mystery and Art of Living," on the developing evolution of wisdom. <http://www.dailygood.org/story/1361/can-science-help-you-become-wise-jenara-nerenberg/> **Be The Change:** As you go through your day be cognizant of how you react when things go wrong -- and experiment with finding ways to respond differently, and from a deeper space of wisdom.

In the beautiful woods of Newtown, Connecticut, a new elementary school is about to open. Pleasing to the eye and soul, this new school replaces the Sandy Hook Elementary School in which, on December 14, 2012, twenty young children and six adults were shot and killed by a lone gunman. Not long after the shootings, the town decided to raze the old school and to build a new one on its site. In this interview, Barry Svigals, the founder of the architecture firm that designed the new school, shares how the building was designed to help heal wounds. <http://www.dailygood.org/story/1367/to-feel-the-love-a-conversation-with-barry-svigals-jeff-zaleski/> **Be The Change:** Find the light in the rough patches of your life. Anchor on that light of hope.

Francisco ("Pancho") Ramos-Stierle's life changed abruptly when he learned that the university where he was pursuing his PhD was working with an outside laboratory to develop next generation nuclear weapons. At that time, he refocused his life on service and activism. He explains, "I began to evolve my definition of success. It wasn't just about me getting to do what I wanted to do; it was finding a way for all of us to align our hearts and our minds so that they are working together. I soon found that it involved quieting the mind so that it can hear what the heart says. Or, another way to say it is "How to combine the ancient wisdom of our ancestors, who knew that success is happy, healthy children, a harmonious community, and a healthy environment, with modern technology so that we use our technology for the well-being of all." <http://www.dailygood.org/story/1368/an-atheist-on-the-spiritual-transformation-of-the-world-leslee-goodman/> **Be The Change:** Rather than simply reacting to things throughout your day, respond in love. This video shares more about Pancho and his work at Casa De Paz. <http://www.dailygood.org/2016/08/23/living-gandhi-s-message-in-inner-city-oakland/>

"For the Summer Olympics, we explore a topic our listeners have called out as a passionate force and a connector across all kinds of boundaries in American culture: running. Not just as exercise, or as a merely physical pursuit, but running as a source of bonding between parents and children and friends; running as an

interplay between competition and contemplation; running and body image and survival and healing."

<http://www.dailygood.org/story/1371/running-as-spiritual-practice-on-being/> **Be The Change:** Make time to run or walk today instead of driving, or just working indoors.

6. What Do I Really Need Right Now?

Reprinted from www.awakin.org.

--by **Sharon Salzberg** (Aug 12, 2013)

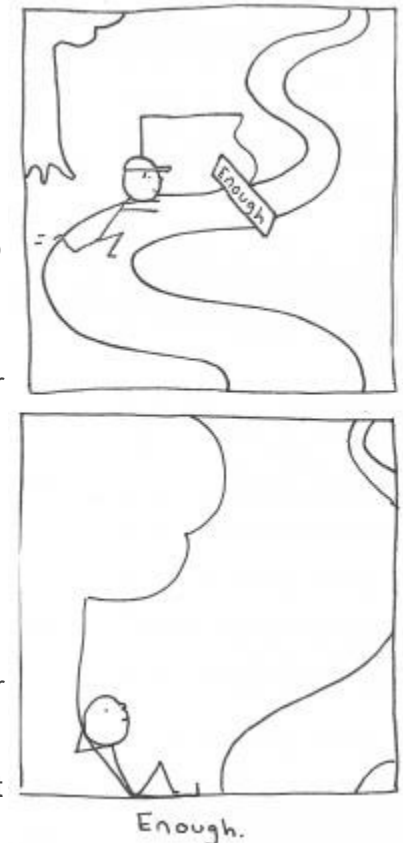
An essential question we might ask ourselves is, 'What do I really need right now, in this moment, to be happy?' The world offers us many answers to that question: You need a new car and a new house and a new relationship and . . . But do we really? 'What do I lack right now? Does anything need to change in order for me to be happy? What do I really need?' These are powerful questions.

"When I have gone on retreat in Southeast Asian countries there is generally no charge for staying at the monasteries or the retreat centers, where all of the food is donated. Often it is donated by groups or families who come to the center to make the offerings. I'm sure that all of these groups of people offer absolutely the best that they can afford, but each day what is provided can differ quite a lot depending on the circumstances of those who are donating. Sometimes it is a lavish, bountiful feast. Sometimes it is quite meager, because that is all that the family can provide.

"Time after time, I went into the dining room for a meal and looked at the faces of the people who had made the offering, since they commonly come to watch you receive it. They would look radiant, so happy that they'd had an opportunity to feed us, to offer something that would help sustain us. They seemed so happy that we were going to be meditating, exploring the truth, and purifying our minds and hearts on the strength of their offering. In that moment, when they were so genuinely grateful for the chance to give, I would ask myself, 'What do I really need right now in order to be happy?' I realized that I was getting fed a lot more by their joy and delight than I was by the actual food.

"The Dalai Lama has said, 'If you are going to be selfish, be wisely selfish.' In other words, if we carefully look at our lives we can see that we spend an awful lot of time looking for happiness in the wrong places and in the wrong ways. We yearn to be happy, and this is right. It is appropriate; all beings want to be happy. The problem is not in the urge, or yearning, but in our ignorance. So very often we don't know where happiness is to be found — that is, true and genuine happiness, abiding happiness — and so we flounder, and we suffer and cause suffering to others.

"As I go through all kinds of feelings and experiences in my journey through life — delight, surprise, chagrin, dismay — I hold this question as a guiding light: 'What do I really need right now to be happy?' What I come to over and over again is that only qualities as vast and deep as love, connection, and kindness will really make me happy in any sort of enduring way."



7. Stepping Into The Present Is A Gift

Reprinted from www.awakin.org.

--by ***Carolyn Hobbs*** (Aug 01, 2016)

Most of us have heard of ego and let ego run our lives without realizing it. But few of us know how deeply our ego—the small, less mature, defensive part of us that reacts personally to every little thing—sabotages us by resisting the present. Whether it speaks loud and demanding or soft and seductive, our ego exhausts itself convincing us that we have much more important things to worry about and plan and do than waste our time in the silly, boring present. But underneath all this bravado, ego treats the present like a life-threatening plague.

Ego's job in life is keeping us safe at all costs. As safety manager, it takes this job very seriously. It can't help itself. But in its near-sightedness, it cannot decipher between fear and reality. If it convinces itself that our lover might possibly hurt us, ego does everything in its power to destroy our relationship. Ego rallies all its loyal soldiers—fear, worry, doubt, judgment and despair—to pull off its latest heist.

Remember, safety (not happiness or love) is ego's single goal. It pulls out all the stops when helping us avoid possible hurt, discomfort, illness, suffering or pain—especially a broken heart. All day long, ego crams our head with incessant thoughts, memories, fantasies, fears, regrets, plans, worries, hopelessness—anything to distract us. We might say ego has a phobia about the present.

Besides grandma's wedding ring and dad's gold watch, we also inherited an unquestioned loyalty to ego's shenanigans. When it labels our current experience as "good" or "bad," we buy its judgment. When it devotes hours to analyzing past hurts in a futile attempt to avoid future hurts, we swallow its conclusions whole. When ego captivates us with juicy stories about my thoughts, my feelings, my wants—knowing how susceptible we are to stories about ourselves—we ride the big wave.

Ego does all this below our awareness, counting on our ignorance.

Now is the time to question our undying loyalty to one small part of who we are. One scratch below the surface reveals how ego acts and thinks like a five-year-old. It hides under the bed at the whiff of any unfamiliar, unpredictable, unexpected things that might cause discomfort, creating more suffering for us in its wake.

If our goal is freedom and joy, we need to see through ego's clever antics.

Some deep excavating is in order. Ego mastered its games centuries ago and fine-tunes it every time it captures our attention. First, we need to replace ego's false kingpin, "If you just get it right next time, you'll never have to feel hurt, disappointed, scared or rejected again" with the truth: "Suffering comes with life." We smile and nod at ego's compelling stories and, instead, hear our trusting heart whisper softly, "You're safe to feel the fear or doubt directly and let it go."

We can't stop fear or judgment. Ego's thoughts arrive before we have time to think about them. But we can



consciously choose how to respond. Stepping into the present is a gift we can give ourselves anytime, anywhere, any moment. Presence, our inner compass, navigates our choices toward inner peace and freedom.

8. The Difference Between Healing and Curing

Reprinted from www.awakin.org.

--by **Michael Lerner, PhD** (Feb 02, 2015)

In my thirty years of working with cancer patients, I've seen a profound distinction between curing and healing.

Curing is what a physician seeks to offer you. Healing, however, comes from within us. It's what **we** bring to the table. Healing can be described as a physical, emotional, mental and spiritual process of coming home.

Even if we're losing ground physically, there's extra-ordinary emotional, mental and spiritual healing that can go on. One of the most toxic new-age ideas is that we should "keep a positive attitude." What a crazy, crazy idea that is. It is much healthier, much more healing, to allow yourself to feel whatever is coming up in you, and allow yourself to work with that anxiety, depression, grief. Because, underneath that, if you allow those feelings to come up and express themselves, then you can find the truly positive way of living in relationship to those feelings. That's such an important thing.

Then there's the ideas we have about ourselves, our lives, about what the disease means. Often, people feel like their disease is some kind of judgment on them: "What did I do wrong?" I'm not sure that's an idea that serves people very much. When I had my heart-attack, I felt as though I was reborn. Even though I had been working with cancer patients for 18 years, when it was **my** heart attack, there was this profound rebirth experience. My beloved wife says that after the heart attack, I spent the first three months just rearranging the rocks in our garden. The whole world seemed new to me. I was inventing my life all over again. So there is the opportunity that comes with cancer, to ask ourselves how we want to reinvent our lives. And that can be one of the most powerful healing things we can do.

Healing is the most fundamental aspect of our condition, and it's a continuous rediscovery of what it means to be alive. It spills over into the rest of our life and guides us. It's not only about some "spiritual experience" of being high all the time. Not at all. It is about living with the ongoing stresses and strains and difficulties -- and joys -- of life, but doing so in a way that we feel whole.

Living in relationship with the struggles of life is what makes us human.



9. Reflections on Life from Death Row

Reprinted from www.awakin.org.

--by **Moyo** (Aug 08, 2016)

Reggie once told me that we could use these cells like meditation cells used by monks in monasteries.

But prison is not a monastery. And although I may do my best to take advantage of the opportunities I have for genuine practice in the confines of this cell, to lose touch with what the cell is intended for would be a mistake.

It would first be me not seeing things for what they are which is something that my practice encourages me to do at all times: to see things correctly.

It would also not serve my commitment to raising awareness on the inhumanity and destructiveness of the solitary cell. I'm committed to helping keep this conversation going till we see some change.

Funny how the thing set to kill you is the thing you use to heal you. The solitary cell is the best sparring partner for the prisoner it holds. It is the best guru, the best teacher.

Strange, I know, but it is true.

In this cell, I have learned the art of patience, the art of silence, and its fruits so sweet. I have learned the art of introspection and what it can do to improve one's sense of self.

I have learned to wait this cell out with the patience it has enforced on me. I no longer scream out in agony in the grip of the cell's silence.

I know that if someone came out of here after four decades, I should be doing fine in my decade and half. I'm just getting warmed up.

But so is this cell.

I don't expect to ever be let out of solitary confinement alive.

I could die next year, I could die this year. I don't sense an overwhelming anxiety about this.

What I am most concerned with is spending my time in worthy ways. What bothers me is that I am a waste to others here. In the movie *The Matrix*, humans still served some purpose. They were fuel! Here, my purpose is none.

Stick me in front of a camera and let me talk to some at-risk kids. Teach me to knit so I can make some blankets for the homeless. Let me donate some blood or some organs!

I am a healthy male. When I am executed, I won't be able to donate any of my organs because at that point they will be ruined by the chemicals.



So my protests are my donated organs. My speaking out are my donated organs. My art is my donated organs.

10. My Work Is Loving The World

Reprinted from www.awakin.org.

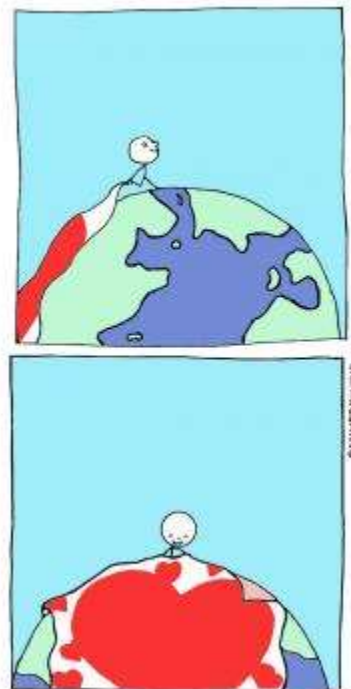
--by **Mary Oliver** (Aug 15, 2016)

My work is loving the world.
Here the sunflowers, there the hummingbird -
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.

Are my boots old? Is my coat torn?
Am I no longer young and still not half-perfect? Let me
keep my mind on what matters,
which is my work,

which is mostly standing still and learning to be astonished.
The phoebe, the delphinium.
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all ingredients are here,

Which is gratitude, to be given a mind and a heart
and these body-clothes,
a mouth with which to give shouts of joy
to the mouth and the wren, to the sleepy dug-up clam,
telling them all, over and over, how it is
that we live forever.



11. Accessing Desire As Loving Motivation

Reprinted from www.awakin.org.

--by ***Miki Kashtan*** (Aug 22, 2016)

When Yannai, my sister Inbal's son, was three and a half, his grandparents were visiting and were staying in the downstairs room. At about 8am the next morning Yannai started banging a pole on the floor upstairs. There ensued the following dialogue:

Inbal: "Seeing you banging on the floor, I am worried about our guests. I would like them to be able to rest as long as they wanted. Would you be willing to stop banging or to bang on the couch?"

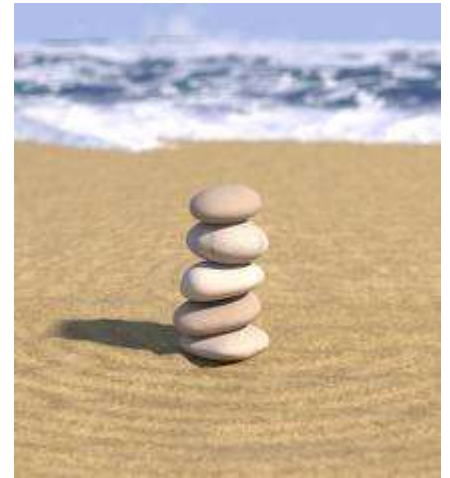
Yannai: "I don't want to, but I'm willing."

I: "How come you don't want to?"

Y: "Because it's not waking me up!"

I: "So how come you're willing?"

Y: "Because I want to consider you."



He then put down the pole, without any of the sense of resentment and anger that people often exude when they are doing something against their will. Inbal expressed her gratitude to her son for meeting her need for cooperation, and they moved on with their morning.

When Inbal shared this story with a group of people at one of her workshops, one man said: "But of course, your son was clear that if he didn't do what you asked you would take the pole away!" "No," she replied. "I would not have taken the pole away. In fact, I believe that because my son knew that I would not physically take the pole away from him, he was willing to put it down even though it was not what he wanted."

As I see it, the ongoing absence of coercion and "should" thinking was the context within which Yannai could find and cultivate his organic and genuine desire to care for the well being of his mother.

Whenever I notice myself using "should" thinking, I pause to translate. Instead of "I should ..." I aim for "I want to ... because I" The linguistic turn is simple. The internal shift is not. It's easy to say "I want to eat fewer cookies because I want to care for my body" instead of saying "I should eat fewer cookies." It's not so easy to access our desire to care for our body sufficiently to make the difference, to access the desire so deeply that it can serve as a loving motivation to eat something else rather than a self-admonition.

12. Taking A Stand

Reprinted from www.awakin.org.

--by **Lynne Twist** (Aug 29, 2016)

Over two thousand years ago, the mathematician Archimedes said, "Give me a place to stand and I'll move the world." Taking a stand is a way of living and being that draws on a place within yourself that is at the very heart of who you are. When you take a stand you find your place in the universe, and you have the capacity to move the world.

Stand-takers have lived in every era of history. Many of them never held public office, but they changed history through the sheer power, integrity, and authenticity of who they became as a result of the stand they took. Remarkable human beings such as Mother Teresa, Dr. Jane Goodall, Marion Wright Edelman, President Nelson Mandela and President Vaclav Havel lived their lives from stands they took that transcended their identities or their personal opinions.

Anyone who has the courage to take a stand with their life joins these remarkable figures. You may not become famous or win the Nobel Prize. Your work may be centered on raising children or any of the other tasks that contribute to the evolution of humanity. Whatever you do, your stand gives you a kind of authenticity, power, and clarity.

When you have taken a stand with your life, you see the world as the remarkable, unlimited, boundless possibility that it is. And people see themselves through your eyes in new ways; they become more authentic in your presence because they know you see them for who they really are. The negativity, the dysfunction, the positionality begin to fall away and they feel "gotten," heard, or known.

Archbishop Desmond Tutu speaks about the South African Truth and Reconciliation Commission, which he chaired. During the commission's sessions, people had the courage to forgive the person who murdered their daughter, or amputated the arms and legs of their son. They forgave horrible atrocities and rose above the sea of hatred and entered a new place where they could take a stand for life. In the presence of a stand such as we witnessed in South Africa, positionality dissolves and people find a place in their hearts and souls for forgiveness.

Buckminster Fuller once said, "When you discover the truth, it is always beautiful, and beautiful for everyone with no one left out." This is also true of taking a stand. Taking a position does not create an environment of inclusiveness and tolerance; instead, it creates even greater levels of entrenchment, often by insisting that for me to be right, you must be wrong.

Taking a stand does not preclude you from taking a position. One needs to take a position from time to time to get things done or to make a point. But when a stand is taken it inspires everyone. It elevates the quality of the dialog and engenders integrity, alignment, and deep trust. Taking a stand can shape a person's life and actions and give them access to profound truths that can empower the emergence of new paradigms and a shift in the course of history.



13. Giving to People Who Give

Reprinted from www.KarmaTube.org.

YouTube prankster Big Daws has over 1.7 million subscribers to his channel, BigDawsTV, but in this video, he addresses the issue of homelessness. Watch this social experiment in which Big Daws pretends to be a homeless person in need, and then gives to those that lend him a hand. "I just want to make the world a happier place and bring out the best in people." <http://www.karmatube.org/videos.php?id=5460>

14. Disarming A Robbery...With A Glass of Wine

Reprinted from www.KarmaTube.org.

A celebratory backyard dinner party was winding down when an intruder pointed a gun at the head of a 14-year old guest, and subsequently, at the heads of other guests. "Give me your money, or I'll start shooting," he demanded. The situation was getting incredibly tense, when one of the guests did something simple, yet extraordinary. Watch what happens when a customary script is flipped.

<http://www.karmatube.org/videos.php?id=7201>

15. Earthscapes: Art That Goes Out With the Tide

Reprinted from www.KarmaTube.org.

For Andres Amador, the earth is his canvas, literally. Instead of paintbrushes or pencils, Amador uses garden rakes to create beautifully crafted designs in the sand. From his hands emerge bold graphics, symmetrical sequences and organic patterns. The medium of using sand means sustainable designs that come from the earth and return to the earth. While there is no permanence to Amador's art, he does not feel a loss after the tide reclaims his work — he feels complete. <http://www.karmatube.org/videos.php?id=5378>

16. Color Your World with Kindness

Reprinted from www.KarmaTube.org.

Delight in this gorgeous animation designed for children and adults alike by 'A Better World'. The film portrays how small acts of kindness can positively change the feelings and attitudes of others and how naturally this will spread, grow and flourish within our communities and beyond. The Better Worldian's strategy is to plant flowers instead of pulling weeds, cultivating the goodness in everybody, so we can all make it a better world.

<http://www.karmatube.org/videos.php?id=6146>

Serving your personal journey toward enlightenment...

17. The Left Shoe

Reprinted from www.KarmaTube.org.

Remember the joy of a new pair of shoes? This beautiful film, based on a story attributed to Gandhi's life, depicts the lives of two boys. It is the first film by then, 20-year old filmmaker, Sarah Rozik, and won the Jury's special award in the short film category at the 2014 Luxor Egyptian and European Film Festival.

<http://www.karmatube.org/videos.php?id=7225>

18. The Power of a Cup of Tea

Reprinted from www.KarmaTube.org.

Conor Curran, a former Marine, is a veteran of the war in Iraq. One summer day in July 2007, while Curran and his squad were patrolling a poor area in the city of Ramadi, Curran encountered an Iraqi who would change his life and teach him about a different kind of power - the power to transform, to grow, to create. After leaving the U.S. armed forces and taking time to heal and reflect, Curran works on projects in his hometown which promote conscious living. <http://www.karmatube.org/videos.php?id=7198>

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.

19. 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).

20. 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>.

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21. 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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