

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.

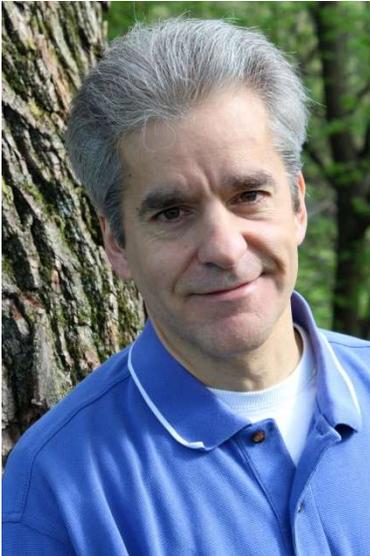
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



The Opportunities We Miss to Gladden Ourselves

"It was such an important lesson for me to be aware of my thoughts, especially my dark thoughts. Because when I'm in that space of negativity, anger, and worry, I miss, in equal proportion, opportunities to gladden myself, to make myself happy."

Last month I was having a trying day. A couple of technological challenges were getting the better of me and I decided to take a breather, get outside and go for a walk. I remember telling myself before I went outside to leave my worries behind and just enjoy the walk.

I am fortunate to live in a part of the city that offers parkland immediately surrounding my condominium building—beautiful trees, grassy areas, and even a waterway to walk along. There was certainly plenty to appreciate around me.

But on this day, not even the splendor of the great outdoors was enough to pull me away from the mindless ratatouilles of past thoughts still ravaging my mind. I was still stuck in the past and worrying about my perceived technological problems. I walked along the streets looking at the beauty around me, but not really seeing it. My worry had a strangle hold on me and didn't want to let go!

As I walked along in my befuddled state of mind, I passed a taxi cab stopped on the side of the street. As I walked past the taxi, there was an abrupt and startling knocking against the backseat window, coming from inside the car. Obviously something or someone in the backseat was knocking quite violently against the backseat window. I noticed the car windows were darkly tinted, so I could not see anyone inside. But I could clearly hear the sound of banging on the window and could even see the window vibrating and moving outwards as it was struck. Even with ALL the startling commotion, my worries still had the better of me and I walked on by the parked taxi, seemingly unaffected by the unfolding events, lost in my thoughts of *'how am I going to solve this problem!?'*

When I was about 20 feet past the car, I heard a loud voice yell out to me... "ROBERT!!!"

I spun around and there, climbing out of the car, was a colleague I had not seen in almost a decade. She yelled again... "ROBERT!!!"...and ran toward me with open arms. We gave each other a big hug and over the next 10 minutes shared with each other what we had been doing with our lives over the past decade and exchanged contact information with the intention of following up to arrange a coffee to get better caught up on life.

After our brief meeting my colleague went on her way, as she was enroute to an appointment when she spotted me, and I continued my walk back toward home. I didn't walk more than a few steps and realized my

entire energy had shifted and I was feeling much more relaxed, much less consumed by the worries of earlier that day that resulted in my getting out for my walk.

I stopped for a moment and sat down on a park bench as a flood of realization came upon me that I almost missed that amazing encounter with my colleague because I was so lost in my worry. It took a loud jolt to shift me out of my worry. Until then, I was completely oblivious to the beauty around me. Until then, I was missing a world of opportunities to gladden myself, to make myself happy.

It was such an important lesson for me to be aware of my thoughts, especially my dark thoughts. Because when I'm in that space of negativity, anger, and worry, I miss, in equal proportion, opportunities to gladden myself, to make myself happy.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Of Being Woven

"The way is full of genuine sacrifice.

The thickets blocking the path are anything
that keeps you from that, any fear
that you may be broken to bits like a glass bottle.
This road demands courage and stamina,
yet it's full of footprints! *Who are*
these companions? They are rungs
in your ladder. Use them!
With company you quicken your ascent.

You may be happy enough going along,
but with others you'll get farther, and faster.

Someone who goes cheerfully by himself
to the customs house to pay his traveler's tax
will go even more lightheartedly
when friends are with him.

Every prophet sought out companions.
A wall standing alone is useless,
but put three or four walls together,
and they'll support a roof and keep
the grain dry and safe.

When ink joins with a pen, then the blank paper
can say something. Rushes and reeds must be *woven*

to be useful as a mat. If they weren't interlaced,
the wind would blow them away.

Like that, God paired up
creatures, and gave them friendship."

This is how the fowler and the bird were arguing
about hermitic living and Islam.

It's a prolonged debate.

Husam, shorten their controversy.

Make the *Mathnawi* more nimble and less lumbering.

Agile sounds are more appealing to the heart's ear.

Jelaluddin Rumi

3. Quote or Question

As human beings, our greatness lies not so much in being able to remake the world as in being able to remake ourselves. ~ Mahatma Gandhi

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 – October 2016

The Transformational Nature of Matter Part Two: Fluidity and Light

In our previous message (see [Notes from the Light September 2016](#)) certain concepts were presented to ensure you that your material world is neither static nor solid. In truth, your physical world is in emergence and under the blessed direction of the Creator, is awakening humankind to follow the loving dictates of soul. Let us now continue with the subject at hand.

All existence, no matter the dimension or universe, is fluid and transforming. Although it may seem in your world that the rock upon your shoreline or in the mountain is solid and immovable, this is not so. At first glance you may say, “No, this rock is solid.” However, from the macroscopic world you may visit the microscopic world and realize here that all matter is simply moving energy and that there are many spaces between its vibrating particles. These spaces lead into other worlds, should you travel them. Hence, at first glance you may observe that the rock is solid, but in approaching the finest structures that compose matter at a microscopic level, an ordered movement, fluidity and space can be observed. At an invisible level, particles may travel smoothly outside the pattern which composes stone, move to other realities and return to this dimension to continue its activity. Hence, what appears to be solid in your world is simply an illusion, for if your material world were to be reduced to its essence it would be seen as Light.

Hence, physicality, dense or more refined, including your very bodies, can be reduced to its core composition—Light. The innate structure of each thought you create is Light. If you imbue a thought with Love, it will not only maintain its Light but this Light will increase in strength and radiance. If a thought of hatred is created, then the Light of this thought is diminished. Light cannot be extinguished. However, its radiance will be reduced within those individuals who promote disturbing thoughts, emotions and deeds.

Let us now return to the example of the rock. In material terms, we may state that rock changes over time; it is broken down, it crumbles and its uses for humankind are altered. Where once it served as foundation for a dwelling, now it becomes part of a pathway near water. This can also be said of the human body, for it too transforms and in so doing, the service given by the human body to the world is also changed. This transformation of the human body relies on the consciousness of the individual who wears it. However, unlike the rock, the human body houses *active* consciousness which allows individuals the liberty to change their bodies in accordance with the properties of Light

We have understood in our world that all matter, whether physical or less so, can be transformed into its highest level of being through the properties of Light. These are activated and maintained by our consciousness which lies within the Creator and which is directed by this divine Energy and Wisdom. In your world, you are presently beginning to develop this knowledge.

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The essential property of Light is to perpetuate the perfection in existence. This Light is eternally rooted within the vibrational core of the Creator and ensures that all life is maintained at its perfect point of beingness and performance. Hence, what may seem miraculous in your world—instant healing and fine manifestation—is simply the directed attention and focus of Divine Light. The matter which exists in your world is indeed Light-filled and therefore fluid, transformational and malleable. Your bodies, minds and emotions are filled with transformational potential, should you choose to cultivate your lives within the love and power of the Creator.

Dear people of this fine earth, you have come far upon the path of spiritual understanding. You have remained true to the essential manner of living by following the pathway of Light, of Love, compassion, helpfulness and of inner sacred awareness and strength. Kindly remain true to the indwelling knowingness that all is spiralling upwards into a vast and changing world. Your earth is emerging into a greater place of being and unfolding into a splendid, expanding orb opening up to sacred and universal communities. It is to be remembered that the very essence of all life is Light and you, as pioneers of this vibrant new world, are shining examples to us all in the many worlds that make up the expression and the advancement of holy spiritual energy.



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.

5. Jeanne Jessica – The Power of Your Soul – Remember...

Since I was young, I had a certain sensitivity for what was going on in people around me. As I could not understand many of the things that I observed, I soon started reading the spiritual books in order to get a better understanding of human nature, the Soul and its origins.

Spiritual teachers explain that one of the main reasons for the emotional suffering within mankind is in the idea of what some call "separation" - that many have lost their contact with their own Divine Soul. This is no judgement, as it happens to many... I found soon that in this sacred reconnection with the Soul is where the necessary healing can be experienced step by step.

Real healing from emotional suffering is possible for most people, as soon as one finds a way to connect again with his own Divine Self, the Soul. Because the essence of this Soul is Love, Light and Consciousness from Divine Source.

The more we are in alignment with our own Soul, the more we can experience and feel this Love - this is the fulfilling love that many are looking for: it comes from this inner oneness with the Soul, that many experience especially during times of meditation.

In the oneness with the Soul is where real peace comes from. This is where the unhealed wounds gently find healing, where one can rest and relax, and where people start living their full potentials.

If people are not aware of their own inner conflicts and unfulfilled needs, they unconsciously project them on others; this is where relationship issues and drama begin.

When one is able to bring the human self into harmony with the Divine Self, the Soul, inner harmony will reign and freedom begins - and is then also experienced on the outside, with others.

Know that you are not alone with this work: you can ask for help with this. Most of us had to do this inner cleaning first. This is necessary, before being able to integrate more of the light from our Divine Self. This is part of the spiritual path, the path of awakening. This is when we make the shift from "a human being who thinks he has a soul" into the consciousness that we are that Soul who is living as a human being. This is the path that is explained in the spiritual teachings.

Each one needs to get in touch again with his own heart, the Soul, the Divine Self. This is where real peace and healing comes from. As the awareness of the Soul grows stronger, inner peace and love are being established step by step. This takes time, compassion and patience. As this is being done consciously, the person experiences more and more healing and discovers a new consciousness.

That constant feeling that something is missing, that weird restlessness, that chronic longing for something more -- it all ends as soon as one finds the connection to the Soul again. This is why some explained that the answer has to be found within the heart: this is where your Soul is, this is where YOU are.

A new state of being and a new quality of life is then being established. One then develops more self-awareness and self-responsibility. And with this, the relationships with others also become more kind, more peaceful and loving.

As long as these steps are not being done, one continues living in separation and feels over and over again that "something is missing". Real fulfillment and love can only be found within the sacred relationship with the Divine Self, the Soul. This is our way home and our way to peace, fulfillment and freedom. The more we connect with our own Soul, the more we feel whole again, the more we become who we really are - because we are so much more than the human being. This is what is explained in so many of the great spiritual

teachings, and this is why they all teach meditation as one of the most important keys...

During our time of meditation, we connect more and more with our Divine Self and from there with our Divine Source: we then receive healing, love, light and a new consciousness. We are changing in a way that is simply beautiful and pure, beyond what words can describe. We discover a new way of living, of feeling, of sharing and connecting with others. We are then truly being healed on all levels of our being. This path takes time and demands our active collaboration and participation, every day.

When we turn inward and ask our own Divine Self to help us heal - a real beautiful transformation is taking place. We can develop the habit to always turn inwards first and ask our own Divine Soul for help, in any situation. This is where all the Love, all the support we ever need does come from. Our Soul then will bring to us from the outside world whatever it is we need; - if we can lay aside our judgements, step aside and allow it to work through us.

It is a very sacred path.... It is the freedom from suffering, loneliness, depression, drama, codependency and many other struggles. The more one moves forward on this path, the more one will become independent and self-empowered. One is then living from the heart, filled with compassion and love. The more a person is again in touch with his own Divine Self, Soul, the more he/she then can let flow the love and light to others.

Because one who is aware of the Divine Self within himself, is also aware of the Divine Selves within others (no matter the outer appearances). This makes then a new level of contacts possible. Within this new consciousness and awareness, mutual respect, kindness, compassion and cooperation with everybody is just natural. And with this inner peace, one will create more peace with other people, and from there with other nations all around the world.

The more people awaken to their own Divine Self,

..... the more peace is possible for all of us on this planet.

Divine Blessings to You,
Jeanne



Jeanne Jessica is a spiritual teacher, coach and energy-healer. She is also the author of a blog website with different spiritual messages about the journey of the Soul. Through her coachings (online with skype), she facilitates the self-healing processes of the whole being, especially the healing of the heart and the Soul. Jeanne speaks English, French and German. For more information, kindly visit www.jeannejess.blogspot.ch

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

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

Is friendship indispensable or have we corroded its meaning by applying the word too often when we mean 'acquaintance' or colleague? C.S. Lewis believed that friendship, "like philosophy, like art, like the universe itself ... has no survival value; rather it is one of those things which give value to survival." Maria Popova examines the meaning of friendship in detail, and concludes that, at least for her, it is indispensable to survival. Perhaps that's true of you, too. <http://www.dailygood.org/story/1373/reclaiming-friendship-a-visual-taxonomy-of-platonic-relationships-to-counter-the-commodification-of-the-word-friend-maria-popova/> **Be The Change:** Call an old friend today. Someone you haven't spoken to in awhile, and who holds a special place in your heart.

When the dotcom bubble burst, hotelier Chip Conley went in search of a business model based on happiness. In an old friendship with an employee and in the wisdom of a Buddhist king, he learned that success comes from what you count. <http://www.dailygood.org/story/1374/measuring-what-makes-life-worthwhile-ted-com/> **Be The Change:** How do you evaluate your own success? What relationship does that measurement have to your state of well-being and contentment? For more inspiration read this inspiring piece on "Happiness in the Himalayas" <http://www.servicespace.org/blog/view.php?id=16886>

Her name is synonymous with her fantastically best-selling memoir Eat Pray Love. But through the disorienting process of becoming a global celebrity, Elizabeth Gilbert has also reflected deeply on the gift and challenge of inhabiting a creative life. Creativity, as she defines it, is about choosing curiosity over fear not to be confused with the more familiar trope to "follow your passion, but rather as something accessible to us all and good for our life together. <http://www.dailygood.org/story/1376/choosing-curiosity-over-fear-on-being/> **Be The Change:** What activity in your own life allows you to explore your creative edges? For more inspiration here's an excerpt on "Creative Living" by Gilbert. <http://www.awakin.org/read/view.php?tid=2159>

"Every good poem begins in language awake to its own connections -- language that hears itself and what is around it, sees itself and what is around it, looks back at those who look into its gaze and knows more perhaps even than we do about who are, what we are. It begins, that is, in the mind and body of concentration." Poet Jane Hirshfield shares more on creativity, concentration, the pleasures of practicing, and more. <http://www.dailygood.org/story/1377/the-effortless-effort-of-creativity-maria-popova/> **Be The Change:** Challenge yourself to bring a sense of creativity to a routine task today.

What are your dreams? Better yet, what are your broken dreams? Dan Pallotta dreams of a time when we are as excited, curious and scientific about the development of our humanity as we are about the development of our technology. Pallotta asks us to "Imagine living in a world where we simply recognize that deep, existential fear in one another -- and love one another boldly because we know that to be human is to live with that fear." <http://www.dailygood.org/story/1288/the-dream-we-haven-t-dared-to-dream-ted-com/> **Be The Change:** Acknowledge in yourself the basic emotions, like fear and love, and try to recognize them in others, so that we can all learn to live together on a deeper level.

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"When I tell people I'm an artist they usually tell me they can't draw. I'm not sure when art became conflated with realistically representing things by making marks on surfaces, but I bet it was before cameras and copy machines. I carved this rickshaw for my friend to print onto fabric so she could have a rickshaw skirt. The lack of perfection is part of the art. However, transferring information from your eyes through your hands is a fascinating activity, and has much more to do with seeing than drawing. Actually seeing is pretty intense..." So begins this lovely, meandering reflection by artist Ellie Cross that includes among a slew of other intriguing elements, a former street cat, the festival of Holi, sundry artistic endeavors in India, and the fine art of taking time. <http://www.dailygood.org/story/1378/taking-time-ellie-cross/> **Be The Change:** Make time to truly see today. Whether it is a flower, a friend or your own face in the mirror.

"A few years ago, illustrator and editorial cartoonist Sarah Lazarovic felt like she was buying too much junk. So she stopped shopping for a year, then documented her withdrawals and, eventually, all the lessons and tips and tricks she learned about not buying things. Instead of buying the items she coveted, she made paintings of them. During that time, instead of buying the items she coveted, she made paintings of them. That led to the illustrated book called 'A Bunch of Pretty Things I Did Not Buy'. It also led to doing that same "covet counseling" for others. She calls her project the "Office of Divestment." She will draw the thing you want to buy. You get the painting, and you won't have to buy the thing. A deal." <http://www.dailygood.org/story/1379/a-fun-way-to-stop-buying-things-you-don-t-need-tracy-loeffelholz-dunn/> **Be The Change:** What does simplicity mean to you? For more inspiration read this article on Voluntary Simplicity by Duane Elgin. <http://www.dailygood.org/story/559/voluntary-simplicity-duane-elgin/>

"Persevering does not mean being rigid and fixed, but flowing like water, willing to meet the conditions at hand yet never giving up... Things happen all the time in this world that can make you feel as if the ground is giving way beneath your feet. Things that you think are solid and unchanging are not. The body that seemed so reliable, the relationship you thought would last for life, the narrative about your life you took to be reality, everything is subject to change. What can we trust in such a world? It turns out we can trust our deeper wish to wake up and see just this. It turns out that under the ego there is an earthier essence that wishes to be part of a larger world. Touching this earth allows us to open and be more aware." Tracy Cochran shares more in this thoughtful piece. <http://www.dailygood.org/more.php?n=6879> **Be The Change:** As you face challenges today, persevere, not in a rigid, fixed, determined-outcome sort of way, but gently, "flowing like water, willing to meet the conditions at hand yet never giving up."

"Failure is like the original sin in the biblical narrative," according to philosophy professor Costica Bradatan, who is writing a book to be called "In Praise of Failure." He says that "regardless of class, caste, race, or gender, we are all born to fail, we practise failure for as long as we live, and pass it on to others. Yet failure gives us the chance to look at everything—at the world, at ourselves, at what we value most—with fresh eyes." Most importantly, we discover humility, and are the wiser for it. <http://www.dailygood.org/more.php?n=6891> **Be The Change:** Look back at a time you felt you failed at something, and investigate how much you learned from the attempt, knowledge that is perhaps very useful to you now. And next time your reach exceeds your grasp, congratulate yourself on having reached as far as you could.

"Like most marriages, I guess, we were a mixed bag of personality differences, varied preferences, unexamined childhood traumas, weaknesses and strengths, hopes and passions. I think he and I partnered each other with as much love and courage as we could, making every mistake in the book on a daily basis but trying to learn from them and carry on." After her husband's passing away, writer Carolyn North reflects on 58 years of their partnership. She shares authentic and timeless treasure troves of insights into how, through relationship, gentle loving transformation can take place. <http://www.dailygood.org/story/1383/buried-treasure-the-story-of-a-marriage-carolyn-north/> **Be The Change:** Reflect on a close relationship in your life, and what treasures of wisdom and transformation are buried beneath its surface.

Growing up in the US and Finland as one of six children, and big sister to three younger brothers, Anne-Marie donned a care-taking cap and cross-cultural competency from an early age. In her late-teens, she landed in

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New York City. Migrating between the Big Apple, PA, and NJ, she quickly grew a sense of independence and studied to become a pediatric nurse. Today, she's based in California and spends her time making art out of life amidst 13-hour children's hospital shifts, mentoring summer interns, and touching diverse lives in quietly powerful ways. She shares more about her journey in this interview. <http://www.dailygood.org/story/1363/anne-marie-bauer-pandya-an-ethic-of-care-awakin-call-transcript/> **Be The Change:** Make time to nurture another being in some way that goes beyond your daily routine. For more inspiration, here's an essay by the best-selling doctor-writer Rachel Naomi Remen, on "The Recovery of the Sacred" in medicine and life. <http://www.dailygood.org/story/204/the-recovery-of-the-sacred/>

"My colleagues who know about Pet Grief said "Get a paw print from Stella before she dies." Determined to honor her passing exactly right, I vowed "I will get that footprint." So begins this powerful story of a woman, a dog, two compassionate Vet Techs, and love's footprints...not always the ones you want, but the ones you need. <http://www.dailygood.org/story/1390/love-s-footprints-bonnie-rose/> **Be The Change:** Take time to notice someone in your life who has served you in a special way. Do something today to let them how deeply they are appreciated.

Lobsang Phuntsok is a former Tibetan monk who trained with the Dalai Lama and spent years teaching Buddhism in the West. In 2006, he moved back to establish a community in the Himalayan foothills for orphans and impoverished children. Phuntsok remembers, "My birth wasn't something to celebrate. I brought a lot of pain and embarrassment to my family. That's why when I was younger I was always called "the uninvited guest of this universe." The Emmy-nominated film Tashi & the Monk dives into the heart of Phuntsok's work, through the story of an endearing and troubled 5-year-old girl named Tashi who joins his school. This week you can watch the stunning short film in its entirety here, and learn more about the soul-stirring work being carried out in a hidden corner of our world. <http://www.dailygood.org/story/1389/the-uninvited-guest-of-this-universe-andrew-hinton/> **Be The Change:** Make time to watch Tashi & the Monk this week. And reflect on who in your own community might feel like an "uninvited guest of the universe". What small step can you take to make them feel welcome and cared for? <http://www.dailygood.org/story/1389/the-uninvited-guest-of-this-universe-andrew-hinton/>

"The small street-level space that had been a pop-up office for fresh Helsinki-based start-ups, transformed perfectly into a gallery. A long table, dozens of colorful post-its, and a bulky arcade game gave way to mixed-media artworks and narratives arranged on the walls, and a 1:1 outline of a solitary confinement cell taped onto the floor. A decal on the window announced: Buddhas on Death Row." Maria Jain writes a follow-up piece about the ripples from a remarkable exhibition of artwork by her pen friend Moyo -- a meditator, artist, and writer who has spent the last 15 years in solitary confinement on Death Row. <http://www.dailygood.org/story/1391/seeking-better-ways-of-thinking-and-being-maria-jain/>

Nisha Srinivasan and her husband Ragu Padmanabhan had Silicon Valley careers, when in 2008, soon after having their son Aum, they promptly sold everything and moved to rural India. They wanted to farm, but had no experience in it and so set out as students of the land -- for instance, when they planted 9000 trees on their barren land, thousands didn't make it, but thousands blossomed into a mini-forest. They jumped in with the intention of living and being in a way that was better aligned with their inner voices, and learning what they needed along the way. In their own words, they saw it simply as an "experiment in laying a new path on an old road that leads to simplicity, sustainability and dare we say, spirituality." Nisha shares more from their journey in this disarming and inspiring piece. <http://www.dailygood.org/story/1392/lessons-from-living-in-nature-nisha-srinivasan/> **Be The Change:** In the spirit of service, plant something good in the garden of your life today.

Running has been known to alleviate a host of society's woes -- childhood obesity, stress, drug addiction. . . and now we can add homelessness to the list. Not through a 5K fundraiser as one might think, but through a program that actually empowers homeless people to run. Since 2007, Back on My Feet has been providing homeless people the opportunity to experience the many benefits of running by giving them new gear and organizing early-morning running groups. The goal is to restore their confidence, strength, and self-esteem.

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Runners sign a dedication contract vowing they will run a certain number of days a week. Should they stick with the program they receive classes in financial literacy and job skills and further support. This piece tells the inspirational story of Kevin Gonzales, a Back on My Feet member who took his running to the next level by setting an even higher goal for himself -- the New York City Marathon -- and found hope along the way.

<http://www.dailygood.org/story/1393/back-on-my-feet-running-to-end-homelessness-chris-peak/> **Be The**

Change: Veteran runners: think back to when you first started running and become inspired to help someone start. Non-runners: try signing a dedication contract of your own and commit to running a certain number of days per week. To learn more about the Back on My Feet program, click below.

<http://www.dailygood.org/more.php?n=6885a>

Fleet Maull founded Prison Dharma Network in 1989 while serving a 14.5 year mandatory-minimum sentence for drug smuggling at a maximum security federal prison medical facility. He led a twice weekly meditation group in the prison chapel for 14 years and also helped start the first inside prison hospice program and provided daily care to dying prisoners until his release. In 1991, he founded National Prison Hospice Association, catalyzing a national prison hospice movement that now includes more than 75 hospice programs in state and federal correctional facilities in the United States. Fleet recalled in a recent interview, "Most prisoners are doing everything they can not to experience being there. They consider their time in prison down time, as if it doesn't really count...People are trying to kill time. But I didn't want to throw away fourteen years of my life. I was determined to be present, to learn everything I could from this, to use this as an opportunity to wake up." He shares more from his journey in this in-depth interview.

<http://www.dailygood.org/story/1396/fleet-maull-waking-up-in-prison-awakin-call-transcript/> **Be The Change:**

Watch this 5-minute video on the valuable work being done through the GRIP program (Guiding Rage Into Power) at San Quentin, a maximum security prison. <http://www.karmatube.org/videos.php?id=2046>

On August 8, 2013, Cecilia Skees and other sisters from Loretto and several other convents attended an informational meeting held by representatives of the Bluegrass Pipeline. A joint venture between Williams and Boardwalk Pipeline Partners, the project would have transported natural gas liquids from fracking fields in Pennsylvania and Ohio southwest across Kentucky to connect with an existing pipeline to the Gulf of Mexico, with Loretto's land directly in its path. Frustrated with what they saw as a lack of helpful information, several of the sisters, including Skees, gathered in the center of the room and broke into song. A video of the sisters singing "Amazing Grace" was picked up by media outlets, and reached hundreds of thousands of people. Read on to learn more about these active nuns, and how they stopped the pipeline in its tracks.

<http://www.dailygood.org/story/1398/fierce-contemplation-the-nature-loving-nuns-who-stopped-a-pipeline-laura-michele-diener/> **Be The Change:**

Ask yourself what you most value in the natural world, then find out how you can do something to help support it. You can watch the video of the sisters' rendition of 'Amazing Grace' here. <http://www.dailygood.org/more.php?n=6892a>

What gifts can we offer gifted children? How can we who are their guardians do justice by them? The first gift is not to praise them for their talents alone. Just as a beautiful child is often praised only for their beauty, and grows simultaneously vain and insecure, an intelligent child can easily learn that their mind is what makes them lovable...Instead, give these children the gift of praise for attributes that have nothing to do with intelligence. Praise their kindness, their empathy, their bravery and strength. Praise their hearts and souls... This is the balm for a lonely child's heart." Here Betsy Cornwell outlines other gifts we can offer gifted children: ordinariness, time, courage to leap, and community. <http://www.dailygood.org/story/1400/gifts-for-gifted-children-betsy-cornwell/> **Be The Change:** Give children "time to breathe, time without the burden of expectation; and then, perhaps, give yourself that gift, too."

7. Simplicity of the Heart

Reprinted from www.awakin.org.

--by **J. Krishnamurti** (Sep 05, 2016)



Simplicity of the heart is of far greater importance and significance than simplicity of possessions. To be content with few things is a comparatively easy matter. To renounce comfort or to give up smoking and other habits, does not indicate simplicity of heart. To put on a loincloth in a world that is taken up with clothes, comforts and distractions, does not indicate a free being. There was a man who had given up the world and its ways, but his desires and passions were consuming him; he had put on the robes of a monk, but he did not know peace. His eyes were everlastingly seeking, and his mind was riven by his doubts and hopes.

Outwardly you discipline and renounce, you chart your course, step by step, to reach the end. You measure the progress of your achievement according to the standards of virtue: how you have given up this or that, how controlled you are in your behavior, how tolerant and kind you are, and so on and on. You have learnt the art of concentration, and you withdraw into a forest, a monastery or a darkened room to meditate; you pass your days in prayer and watchfulness. Outwardly you have made your life simple, and through this thoughtful and calculated arrangement you hope to reach the bliss that is not of this world.

But is reality reached through external control and sanctions? Though outward simplicity, the putting aside of comfort, is obviously necessary, will this gesture open the door to reality? To be occupied with comfort and success burdens the mind and the heart, and there must be freedom to travel; but why are we so concerned with the outward gesture? Why are we so eagerly determined to give an outward expression of our intention? Is it the fear of self-deception, or of what another might say? Why do we wish to convince ourselves of our integrity? Does not this whole problem lie in the desire to be sure, to be convinced of our own importance in becoming?

The desire to be is the beginning of complexity. Driven by the ever-increasing desire to be, inwardly and outwardly, we accumulate or renounce, cultivate or deny. Seeing that time steals all things, we cling to the timeless. This struggle to be, positively or negatively, through attachment or detachment, can never be resolved by any outward gesture, discipline or practice; but the understanding of this struggle will bring about, naturally and spontaneously,

the freedom from outward and inward accumulation with their conflicts. Reality is not to be reached through detachment; it is unattainable through any means. All means and ends are a form of attachment, and they must cease for the being of reality.

8. Right Away is the Opposite of Now

Reprinted from www.awakin.org.

--by **Jacob Needleman** (Sep 12, 2016)

Some years ago, I was walking downtown San Francisco with a great friend and a learned Tibetan scholar. I asked him about one of the most striking ways that the Tibetans express the uniqueness of the human condition. Imagine, they say, that deep in the vast ocean there swims a great and ancient turtle who surfaces for air once every hundred years. Imagine further that floating somewhere in the ocean is a single ox-yoke carried here and there by random waves and currents. What are the chances that when the turtle surfaces, his head will happen to emerge precisely through the center of the ox-yoke? That is how rare it is to be born as a human being!



In the middle of our conversation, I pointed to the crowds of men and women rushing by on the street and I gestured in a way to indicate not only them, but all the thousands and millions of people rushing around in the world. "Tell me, Lobsang," I said, "if it is so rare to be born a human being, how come there are so many people in the world?"

My friend slowed his pace and then stopped. He waited for a moment, taking in my question. I remember suddenly being able to hear, as though for the first time, the loud and frenetic traffic all around us. He looked at me and very quietly replied, "How many human beings do you see?"

In a flash, I understood the meaning of the story and the idea. Most of the people I was seeing, in the inner state they were in at that moment, were not really people at all. Most were what the Tibetans call "hungry ghosts." They did not really exist. They were not really **there**. They were **busy**, they were **in a hurry**. They -- like all of us -- were obsessed with doing things **right away**. But **right away** is the opposite of **now** -- the opposite of the lived present moment in which the passing of time no longer tyrannizes us. The hungry ghosts are starved for "more" time; but the more time we hungry ghosts get, the more time we "save", the hungrier we become, the less we actually **live**. And I understood that it is not exactly more time, more days and years, that we are starved for, it is the present moment.

Through our increasing absorption in the busyness, we have the present moment. "Right away" is not now. What a toxic illusion!

9. Trees are Sanctuaries

Reprinted from www.awakin.org.

--by *Herman Hesse* (Sep 19, 2016)

Nothing is holier, nothing is more exemplary than a beautiful, strong tree. When a tree is cut down and reveals its naked death-wound to the sun, one can read its whole history in the luminous, inscribed disk of its trunk: in the rings of its years, its scars, all the struggle, all the suffering, all the sickness, all the happiness and prosperity stand truly written, the narrow years and the luxurious years, the attacks withstood, the storms endured. And every young farm boy knows that the hardest and noblest wood has the narrowest rings, that high on the mountains and in continuing danger the most indestructible, the strongest, the ideal trees grow.



Trees are sanctuaries. Whoever knows how to speak to them, whoever knows how to listen to them, can learn the truth. They do not preach learning and precepts, they preach, undeterred by particulars, the ancient law of life.

A tree says: A kernel is hidden in me, a spark, a thought, I am life from eternal life. The attempt and the risk that the eternal mother took with me is unique, unique the form and veins of my skin, unique the smallest play of leaves in my branches and the smallest scar on my bark. I was made to form and reveal the eternal in my smallest special detail.

A tree says: My strength is trust. I know nothing about my fathers, I know nothing about the thousand children that every year spring out of me. I live out the secret of my seed to the very end, and I care for nothing else. I trust that God is in me. I trust that my labor is holy. Out of this trust I live.

When we are stricken and cannot bear our lives any longer, then a tree has something to say to us: Be still! Be still! Look at me! Life is not easy, life is not difficult. Those are childish thoughts. Let God speak within you, and your thoughts will grow silent. You are anxious because your path leads away from mother and home. But every step and every day lead you back again to the mother. Home is neither here nor there. Home is within you, or home is nowhere at all.

A longing to wander tears my heart when I hear trees rustling in the wind at evening. If one listens to them silently for a long time, this longing reveals its kernel, its meaning. It is not so much a matter of escaping from one's suffering, though it may seem to be so. It is a longing for home, for a memory of the mother, for new metaphors for life. It leads home. Every path leads homeward, every step is birth, every step is death, every grave is mother.

So the tree rustles in the evening, when we stand uneasy before our own childish thoughts: Trees have long thoughts, long-breathing and restful, just as they have longer lives than ours. They are wiser than we are, as long as we do not listen to them. But when we have learned how to listen to trees, then the brevity and the quickness and the childlike hastiness of our thoughts achieve an incomparable joy. Whoever has learned how to listen to trees no longer wants to be a tree. He wants to be nothing except what he is. That is home. That is happiness.

10. What is Meditation?

Reprinted from www.awakin.org.

--by **Vimala Thakar** (Sep 26, 2016)

"This awareness of the so called outward and the inward movements of life, is meditation. The simultaneous awareness of the total movement is meditation. If I am aware of the nature of my reactions, and movement of my reactions, naturally that awareness will result in freedom from the reaction. I cannot stop the reaction, because the reactions have been rooted in the subconscious, in the unconscious. I cannot prevent, I cannot renounce, I cannot check them. But if I am aware, simultaneously of the objective challenge, the subjective reactions and the causes of these reactions, then it results in freedom. Then the momentum of reaction will not carry me over with it, but I will be ahead of my reactions. I will not be a victim of my reactions, but I will see them as I see the objective challenge. That for me is meditation. All inclusive attention while moving in life. Meditation does not involve any mental activity at all."



"Minimizing in daily life the frequency, the duration and the field of mental activity and living in silence, acting out of that silence is meditation. This meditation, this silence, has got a tremendous momentum of its own... You do not have to do a thing. You are not there: the ego, the mind, is not there. What happens in that silence? How does that silence move? It is something to be experimented with."

"Meditation is watching the movement of mind in relationship. If you try to force the mind into silence by withdrawing from activity, you will never understand what silence is... There is a great beauty when one discovers what silence in action is. Meditation is a new approach to total life, it does not demand of you any isolation."

"Meditation is a state of total freedom from movement, to be there, and then to move into time and space, words and speech, feelings and emotions, to move into them out of the totality, out of the wholeness."

"Freedom or liberation is not something to be cultivated. It is not different. It is not different from the bondage. One has to look at it, understand it and that very understanding explodes into freedom. They are not two different events, and we have to *look* at these not in isolation, not sitting somewhere in the corner of a room, but from morning till night to be in the state of watchfulness, in the state of observation, without condemning what is coming up or without accepting what is coming up. Just observing it, seeing the speed, the momentum, the electronic speed with which thoughts come, watching the intervals between the two thoughts."

"Meditation is something pertaining to the whole being and the whole life. Either you live in it or you do not live in it. In other words, it is related to everything physical and psychological... Thus, from the small area of mental activity, we have brought meditation to a vast field of consciousness, where it gets related to the way you sit or stand, the way you gesticulate or articulate throughout the day. Whether you want it or not, the inner state of your being gets expressed in your behaviour. This co-relation of meditation to the total way of living is the first requirement on the path of total transformation."

11. The Present

Reprinted from www.KarmaTube.org.

"The Present," based on a comic strip by Brazilian artist Fabio Coala, is a 2014 graduation short from the Institute of Animation, Visual Effects and Digital Postproduction at the Filmakademie Baden-Wuerttemberg in Ludwigsburg, Germany. After a very successful festival circuit, running in over 180 film festivals and winning more than 50 awards, the creators of the film have decided to share "The Present" with the rest of the world. Take a look to see why the film has won so many accolades. <http://www.karmatube.org/videos.php?id=7192>

12. Breathing Love into A Community

Reprinted from www.KarmaTube.org.

Brothers Atman and Ali Smith, and their "brother from another mother" Andres Gonzales decided in college that after they graduated, they were going to do something about the suffering they saw in the world, in a holistic way. They moved back into the neighborhood they grew up in, and started an after-school program for the problem children in a school around the corner from their childhood home. Watch what love and compassion can do for children who live in the equivalent of a war zone in Baltimore, Maryland. <http://www.karmatube.org/videos.php?id=7227>

13. Friendship Is So Chocolate Bar!

Reprinted from www.KarmaTube.org.

"Chocolate Bar" means awesome to Dylan Siegel, who at just 6 years old, wrote the book CHOCOLATE BAR to fundraise for his best friend, Jonah Pournazarian, who suffers from a rare liver condition called Glycogen Storage Disease (GSD Type 1b). Over the past 2 years, Dylan has reached his goal of raising over \$1 million to support world-class researchers in finding a cure for GSD. This story speaks of the power our kids have to be agents of change and inspiration for others, children and adults alike. <http://www.karmatube.org/videos.php?id=6696>

14. Miracles Begin with Hello

Reprinted from www.KarmaTube.org.

The most terrible poverty is loneliness. Miracle Messages acknowledges this truth and is on a mission to ease the heartache suffered by those of us who are homeless. With the insight that everybody is somebody's somebody and a savvy handle on social media, the crew behind this fresh initiative aim to reconnect individuals with their loved ones. Documenting the process as well as the people who bring the project to life, this short clip is bound to make the eyes well. <http://www.karmatube.org/videos.php?id=7248>

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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