

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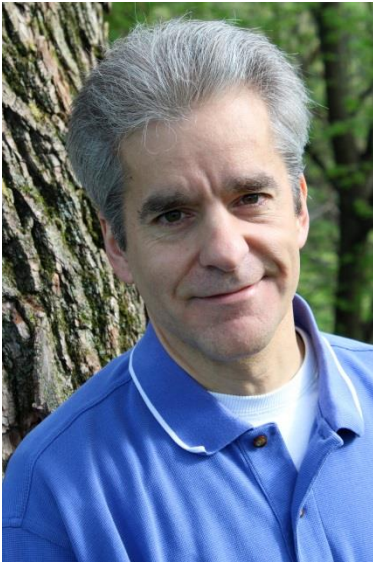
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Three (3) Lines of Healing

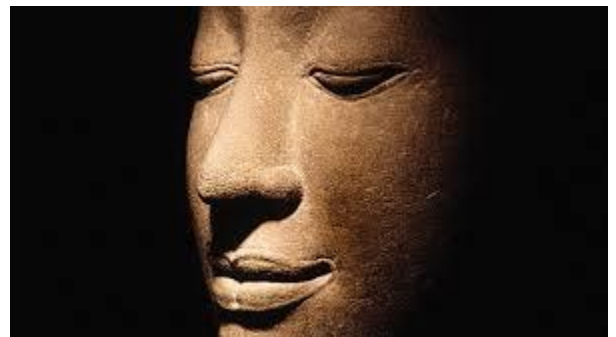
*“Let go of what was
Accept what is
Have faith in what will be”
~ Unknown*

The above three lines came into my life recently and they may be among three of the most healing verses I have ever come across.

Let go of what was. This may be the ultimate clarion call for true forgiveness. To simply let go of what was. Anything and everything. Not only the things I thought others did, but even things I thought I did. This line is equally the invitation to let go of our story; the story of who we think we are; the story of our limiting beliefs and self-inflicted suffering. Simply let go. Let go of it all. Clear the slate. Awaken to the truth of our divinity.

Accept what is. If this verse is not an invitation for surrender, acceptance, and peace of mind, I don't know what is. As the first verse may be the ultimate clarion call for true forgiveness, this verse may be the ultimate harbinger for reality. Whatever is, is. There is no changing what is now, because our thoughts have made it what it is, now. Our reality is none other than what is, now.

Have faith in what will be. Isn't this beautiful?! Have faith. Have hope. I've heard it said that take away everything from a man or woman, but if he or she still has hope, he or she has everything. So even if what is, now, may not be to our liking or preference, we can still have hope that the next moment, or day, or week, or year...will be different, maybe even better. One thing is for sure...having faith in what will be is our calling to practice the first two verses in this passage: to (a) let go of what was; and (b) accept what is. This is our hope; our only hope for true forgiveness, peace, joy, and love.



Over the past month I have been using these three verses as a new and welcomed mantra. It has allowed me to stop resisting life. It has allowed me to allow. It has enabled me to release pain and suffering. It has allowed me to come into a deeper peace.

And so this is my invitation for you, dear friends. I invite you to recite these 3 lines first thing in the morning for 10 straight days. See what your life brings you.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Two Kinds of Intelligence

There are two kinds of intelligence: one acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through the conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.

Jelaluddin Rumi

3. Quote or Question

"Where is my happiness? It is inside my peace and nowhere else." ~ Sri Chinmoy

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 – December 2016

Soul Language and Planetary and Universal Community

In our previous message ([see Notes from the Light November 2016](#)) it was understood that the power revealed in streamlining energy is amplified within every human being through the union of awareness, thought, feeling, word and deed. This is so, for the reunion of sacred natures of your citizens increases the spiritual impact in your world and encourages each individual to deepen and to flourish. This flourishing of accomplishment incites the soul to vibrate with the love of divine fulfillment. Let us explain.

All souls resonate inside the human body as well as beyond it. This is so, for soul, spirit, energy and love own no specific and hence limiting location. In this message, however, we shall speak of the individual soul within the physical body. The soul carries the innate impetus to resonate to the frequency of Divine Love. In truth, the essence of soul *is* sacred frequency and desires to radiate this frequency to the outer world. This action of soul radiance to the outer world is the paramount reason for the existence of humankind upon you earth.

Your citizens are beginning to listen to the language of their souls and in so doing, they are choosing another journey. They are moving into another dimension—another world and another reality. They are beginning to understand that building their lives on the foundation of Love *automatically brings them to a place of multidimensionality and well beyond it*. Individuals who are immersed in the dialogue of their souls—Love—are transported into an inner world of all-ness which lies beyond the physical journeying of worlds and dimensions. It is also to be observed that the translation of soul language into a material world is Light. As your people awaken to their soul language they realize that their physical world has become a point in space and time to exercise, refine and outwardly affirm their inner, divine expression.

You are now also witnessing the significant meeting up of energies—the attraction of soul language of one individual to another and then to a multitude. In this manner, those living in the Love of the Source, unified with others in communities and nations, are gathering strength and consequently ensuring an increased influence upon your planet. The awakening of one citizen effortlessly cultivates the awakening of many, for the fields of awareness and perception enlarge substantially as the people in your world increasingly unfold to soul language. Heightened awareness of greater worlds and dimensions within you continues to increase as you notice, integrate and continually employ the language of your soul—Love. It is to be remembered that Love incorporates all physical expression and, indeed, births all life, material and non-material.

As you increasingly live your soul language you gain greater entry into Light. Both Love and Light are beyond any dimension. Hence you, as an awakened divine essence and being, have the opportunity—the divine right—to greater exploration of vaster fields of mind and heart.

Those who insist on living in shadow limit their travels beyond the physical realm. Therefore, although you may witness destruction upon your earth, it is contained and continues to be monitored by star systems and dimensions wherein many of us dwell.

Kindly remember that the essence of all life is Love. Your primary purpose upon your good earth is to explore, treasure and emulate this Love and instruct others who are willing to transform. You are presently witnessing a divine reunion of souls in your world and this action attracts beings and intelligences of highly sacred vibrational communities. These numerous communities together with those upon your planet articulating soul language, create a strengthening force of goodness and influence. Your world is being transformed.

There will come a day when your earth will no longer live in the darkness of the night. You may say, "How is this possible? How can I live upon a planet which has no night?" We lovingly reply, "When you become Light the night is no longer necessary."



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 – Exhausted, Tired, Burnout Out...?

This is a message for all people who feel chronically tired, exhausted, maybe burned out. Allow me to share some simple thoughts and inspiration with you here.

If you feel chronically tired and exhausted, maybe you're struggling with some old beliefs? What are you really fighting for? Why do you believe that you have to increasingly do more efforts all the time? Who said this is "normal" in life? May I invite you for a cup of tea and help you stop all of your efforts for a moment?

Whenever you see yourself struggling, exerting much effort, trying to please others and running around for others, you probably got out of alignment with who you really are. In other words: you temporarily lost the connection with your inner being, with your Soul, your higher Divine Self. That's okay because this can happen. Step back.

Take a deep breath right now. Then one more deep breath. Now take 5-10 minutes and re-connect yourself with your I-AM-Presence. Very good. Now, you can already feel it: you're about to step back into your own personal power. Here we go. Breathe. Better?

It's ok. Whenever you observe that you feel exhausted, take a piece of paper and write down all your thoughts, your feelings, all the beliefs and the limitations that you feel about that situation. When you're in alignment with who you really are, your Divine Soul, there is no struggle, because then you're in the flow. Then you will see that things fall into place for you with ease.

You can clearly feel the difference if you're in alignment or not. When you're in alignment, there is that Divine Synchronicity working in all daily life situations and you feel at peace.

Therefore, isn't it better to take 10-15 minutes per day to get yourself back in alignment with your Divine Self, your Soul, and to get back into your own power?

Whenever there is a situation that makes you feel exhausted, it is a sign that you're entertaining some limiting beliefs in that area. By connecting with your Divine Soul, you can raise the vibration of that situation to the next level and bring it into the flow too. Take the situation into your meditation, and there you view it all from a higher perspective, which will allow you to transform it.

No matter what the situation is, if you see there are struggles, if it feels blocked and it is taking away too much of your energy, then get some distance from that situation and stop all efforts for a moment. It is always worth it to take the time to program those kind of situations from a higher perspective, together with your Higher Divine Self. If it feels too difficult and you feel overwhelmed, then call the Archangels and your Divine Guides to help you, invite them.

Do you feel as if you lost your passion? You did not lose your passion, you only temporarily lost your connection with your Soul. Your passion is still there, same as your Soul is always there, right here with you (inside your heart). Just sit a moment, breathe, meditate, and you're connected again.

Some moments you feel tired? Maybe because you listened too much to others and not enough to your own inner truth. Maybe because you spent too much time in the noise of the city, and not enough time with yourself and your inner stillness.

When you take on some limiting beliefs from others about a situation, then you could also experience difficulties in that field. This doesn't have to be. You can transform the energies of that situation by bringing it into the flow with your Higher Divine Self.

Sometimes, we simply need a little reminder like this because we forget to set healthy boundaries in a situation. Then it's no surprise that we end up feeling exhausted. It could be that there are some old fears holding you back, but you wish to move forward in an area of your life? It is better to take a serious look at those fears, so you can feel better soon.

A feeling of exhaustion is very often a clear sign that you got out of alignment with who you really are. Remember that you do have the power to get back into your inner connection at any moment of the day. Breathe, go inside your heart, call your I-AM-Presence and call Divine Light to You. The more often you do this, the less you'll feel tired. You receive new strength as soon as you take the time to reconnect with your inner being, with your Divine Soul.

Your Divine Source adores You!

With Love and Light,
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. New...starting December 1, 2016, Jeanne is offering coaching sessions online with skype, in English, German and French. 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.

In an effort to try and get a glimpse on what is important in life, writer and photographer Nancy Hill approached children under the age of 7 and adults over the age of 70 and asked them to share the three things that mattered most to them. The following photo essay has some endearing, and somewhat surprising answers. <http://www.dailygood.org/story/1427/three-things-that-matter-most-in-youth-and-old-age-nancy-hill/>

Be The Change: Take some time out of your day for a quiet moment of reflection and ask yourself, "What are the three most important things in my life?"

Welcome to My House, a collaboration between non-profit Voices of the Children and band Luc and the Lovingtons, features American teens and Syrian refugee youth singing a cross-cultural message of joy, love and peace. The video was filmed on site at the Zaatari Refugee Camp and Wadi Rum in Jordan as well as in the Skagit Valley of Washington State, USA. Most of the youth, participants and locations featured in the video were a part of a greater on-going program created by Voices of the Children which provides free arts classes and cross cultural collaborations between Syrian and American teens.

<http://www.karmatube.org/videos.php?id=7320> **Be The Change:** Make new friends by attending a class or event at a community center in a different neighborhood from your own.

In January 2000, the Navajo Nation Council decided to revamp the Navajo Nation Criminal Code by, among other things, requiring the use of peacemaking in criminal cases. The Council formally incorporated into its criminal code the traditional concept of "nalyeeh" -- the process of confronting someone who hurts others with an intention to talk out the action and its consequences. Through this bold experiment, the Navajo Nation sought to find alternate ways to deal with crimes, and found that the answers may lie in dealing with actions, not actors, allowing people to face and solve their own problems, using peacemaking for crime prevention, and rewriting old scripts. <http://www.dailygood.org/story/1429/the-navajo-notion-of-justice-robert-yazzie/> **Be The Change:** Take a moment to reflect on an "old script" in your life that may need to be rewritten. How can you bring the Navajo perspective of peacemaking to it? This Saturday join an Awakin Call with Robert Yazzie, Chief Justice Emeritus of the Navajo Nation. RSVP details and more here.

<http://www.awakin.org/calls/284/robert-yazzie/>

Dacher Keltner, world renowned psychologist and researcher credited with expanding the field of science to include emotions, offers thought leadership that can shift our cultural narrative towards kindness and care. He shows us that the levels of the basic human nervous system include compassion (through experiments in which images of human suffering lit up the subjects' mammalian nervous system), and demonstrates how "touch is the language of gratitude." <http://www.dailygood.org/story/1321/what-science-taught-me-about-compassion-gratitude-and-awe-dacher-keltner/> **Be The Change:** Try and spark a moment of happiness in someone's life today.

Sometimes transformation can be facilitated not by knowledge, but the lack of knowledge. In this novel and intriguing TED talk, Pico Iyer discusses the flip side of knowledge on the self-discovery coin. "The opposite of knowledge ... isn't always ignorance. It can be wonder. Or mystery. Possibility. And in my life, I've found it's the things I don't know that have lifted me up and pushed me forwards much more than the things I do know. It's also the things I don't know that have often brought me closer to everybody around me." Instead of striving to become settled, he argues, we should venture forth into the unknown, which is fertile ground for many of life's

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most rewarding experiences. While knowledge might be useful, what we don't know can be equally valuable -- and actually quite beautiful. <http://www.dailygood.org/story/1433/the-beauty-of-what-we-will-never-know-pico-iyer/> **Be The Change:** Immerse yourself in a new situation today.

If someone provokes you, do you push back? Turn the other cheek? Change course? If so, how? You may find the answers in Aikido, a Japanese martial art whose name has been translated as "the way of harmonious spirit". It has less to do with power and more to do with perspective. To gain control of your opponent's actions, you enter their space, seeing their viewpoint and taking away their target. Then you blend their energy with yours, and use their momentum to shift and/or neutralize the flow. Similarly, during a discussion, you try to understand your opponent's intentions and feelings and use them to direct your remarks. This excerpt from George Leonard's book, "The Way of Aikido: Life Lessons From an American Sensei," gives an overview of Aikido, which is not just a dance between opponents, but an exercise in empathy.

<http://www.dailygood.org/story/1434/the-way-of-aikido-life-lessons-from-an-american-sensei-george-leonard/> **Be The Change:** When you're in a discussion today, make an effort to see the other person's point of view and let them know you are trying to understand them.

I argue that the relation established between the knower and the known, between the student and the subject, tends to become the relation of the living person to world itself." In this beautifully articulated piece Parker Palmer reflects on how we should be thinking about the nature of community in modern higher education, what role conflict plays in community, and the two types of love that are needed to create a healthy community. "My definition of community is simple, if partial: I understand community as a capacity for relatedness within individuals relatedness not only to people but to events in history, to nature, to the world of ideas, and yes, to things of the spirit." <http://www.dailygood.org/story/1439/community-conflict-and-ways-of-knowing-parker-palmer/> **Be The Change:** Reflect on your own mode of understanding the world. Does it tend to relate or separate? For more inspiration read this thought-provoking article: "Nature Needs a New Pronoun". <http://www.dailygood.org/story/1046/nature-needs-a-new-pronoun-to-stop-the-age-of-extinction-let-s-start-by-ditching-it-robin-wall-kimmerer/>

In some settings the natural world has the power to heal human hearts and prevent violence. That statement isn't based on modern Romanticism, but on a growing body of mainly correlative scientific evidence, with a tight focus on the impact of nearby nature. Read on to discover six reasons why meaningful relationships with nature may -- in concert with other approaches -- bolster mental health and civility, and reduce human violence in our world. <http://www.dailygood.org/story/1381/six-ways-nature-in-our-lives-can-reduce-violence-in-our-world-richard-louv/> **Be The Change:** Tune into your natural surroundings, whatever they may be. Take in a conscious breath of air, look up to the sun or taste the rain on your tongue, look down to the grass struggling to survive under your feet, and give thanks for all the freshness nature brings to our bodies and our perspectives.

Eknath Easwaran, recommends slowing down and prioritizing our lives to live in more productive and balanced ways. As chair of the English Department at a large university, Easwaran's to-do list was long and daunting. He shares how he tackled it through inspiration from his grandmother, a woman who managed a large family with an unerring sense of what was central and what was peripheral.

<http://www.awakin.org/read/view.php?tid=2176> **Be The Change:** Make out your list of obligations and even a few pleasures for today, then select one third of them that you consider peripheral to put off to tomorrow. That way, you can do well what is needed for today.

Just like physical agility, emotional agility is important to overall health, well-being and successful relationships at work. Psychologist Susan David, a lecturer at Harvard Medical School and author of the book, Emotional Agility, offers insights about the "critical skill set" needed to achieve emotional balance. She notes, "emotions help us not only to communicate with other people but also to ourselves. This is a critical aspect of my work and of the book itself. This idea that we can learn underneath our emotions, if we feel a sense of guilt, if we feel a sense of anger, there's often something that is instructive to us. Now, the very clear distinction here is that our emotions are data, not directions. We can learn from them, but we don't need to obey them or be

dominated by them." <http://www.dailygood.org/more.php?n=6962> **Be The Change:** Take the time to truly feel and identify the emotions you are experiencing. Consider the emotions to be data rather than directions. What do they tell you about yourself or your circumstance? How do you choose to respond?

"Oysters open their shells when the moon is high. The chambered nautilus forms a new chamber in its spiraled shell every lunar month" In this lovely essay, Wayne Muller entreats us to pause the hectic pace of life to tune into nature's quiet rhythms. "There is a hum the earth makes... We are blessed with ears that allow us to hear music, and birds awakening at sunrise, and, if we take the time, if we listen with tremendous care, wonder and awe, to the symphony of the spheres, we, too, will hear those potent inner rhythms within us all speak to us, and tell us where we are, and where we may need to go. Now, more than ever, we are called... to remember who we are, what we know, and how the rhythms that saturate the whole of the natural world live and thrive in each and all of us --if we will only listen." <http://www.dailygood.org/story/1424/tending-the-quiet-cadence-of-our-lives-wayne-muller/> **Be The Change:** Listen deeply to nature's music. Let its rhythm soothe you and comfort you. Let its light call you back to your place in creation.

A self-taught mechanical genius and trained botanist, John Muir was offered a lucrative job, but an accident that had nearly blinded him had given him the resolve to abandon convention, renounce the prospect of wealth and success, and go "wholehearted and unafraid" into the American wilderness. Read on about how his spiritual awakening became a catalyst for social change. <http://www.dailygood.org/story/1445/john-muir-s-spiritual-and-political-journey-tim-flinders/> **Be The Change:** Find a way to honor the natural world in its "unspeakable richness" every day this week. Write a poem, send a letter to your congressman about climate change, or water a tree.

With today's use of technology, it can be easy to forget to go outside, but studies show that making this a habit can be bad for your health, especially for kids. In this interview with Richard Louv, author of the book, "Vitamin N: 500 Ways to Enrich the Health & Happiness of You Family & Community," Louv talks about the upsides of getting outside. Spending time in nature can result in a host of benefits, such as improved use of senses, greater ability to focus, better physical and emotional health -- plus, caring about it is good for the planet's future. Going outside doesn't cost anything, and is actually enjoyable to experience. While it sounds like a no-brainer, it still can be difficult to implement, which is why it's important to put it in your calendar. Better to schedule a visit with the local park than the family physician. Read on for more ways -- and reasons -- to enjoy. <http://www.dailygood.org/story/1446/how-to-protect-kids-from-nature-deficit-disorder-jill-suttie/> **Be The Change:** Go for a walk in the fresh air today after lunch and notice what it does to your mind and your mood.

One day in 2011, singer-songwriter Crystal Goh woke up with no voice. She was diagnosed with a rare neurological condition called Spasmodic Dysphonia, with no known cause or cure. Two years went by as Goh struggled with this disease. In the midst of her isolation and depression, she wrote a song to remind herself about the importance of hope. And as she began to share this song with others, her voice miraculously started to return. With this renewed belief, Goh and her friends decided to reach out to others who needed to hear this message of hope. <http://www.karmatube.org/videos.php?id=5436> **Be The Change:** Be a source of hope for people in your life who may need some support and encouragement.

At 5:45 a.m., on a Friday morning, a group of about 20 homeless guys warmed up in a parking lot in East Harlem. In a circle, they did jumping jacks, twisted their torsos and touched their toes, and then huddled up, they chanted the Serenity Prayer ("God give me the serenity to accept the things I cannot change...") and took off running. They ran with Back On My Feet, a program started by social entrepreneur Anne Mahlum, that uses "running to help the homeless get their lives back on track. In addition to connecting participants with housing and jobs, Back On My Feet was founded on the notion that running can change a person's self-image...and provides an outlet for pent-up emotions," -- it has made awe-inspiring tangible changes in the lives of those participating. <http://www.dailygood.org/story/1451/the-running-program-that-s-pulled-13-000-out-of-homelessness-chris-peak/> **Be The Change:** Reflect on what activity in your daily life helps you embody

discipline and hard work. Consider incorporating a movement activity today, and see how it shifts you internally. Read more on [Back on My Feet](#) for inspiration. { [more](#) }

7. The Glass is Already Broken

Reprinted from www.awakin.org.

--by ***Stephen and Ondrea Levine*** (Oct 31, 2016)

Once someone asked a well-known Thai meditation master, "In this world where everything changes, where nothing remains the same, where loss and grief are inherent in our very coming into existence, how can there be any happiness? How can we find security when we see that we can't count on anything being the way we want it to be?" The teacher, looking compassionately at this fellow, held up a drinking glass that had been given to him earlier in the morning and said, "You see this goblet? For me this glass is already broken. I enjoy it. I drink out of it. It holds my water admirably, sometimes even reflecting the sun in beautiful patterns. If I should tap it, it has a lovely ring to it. But when I put this glass on a shelf and the wind knocks it over, or my elbow brushes it off the table and it falls to the ground and shatters, I say, 'Of course.' When I understand that this glass is already broken, every moment with it is precious. Every moment is just as it is, and nothing need be otherwise."



When we recognize that, just like the glass, our body is already broken, that indeed we are already dead, then life becomes precious, and we open to it just as it is, in the moment it is occurring. When we understand that all our loved ones are already dead — our children, our mates, our friends — how precious they become. How little fear can interpose; how little doubt can estrange us. When you live your life as though you're already dead, life takes on new meaning. Each moment becomes a whole lifetime, a universe unto itself.

When we realize we are already dead, our priorities change, our heart opens, and our mind begins to clear of the fog of old holdings and pretensions. We watch all life in transit, and what matters becomes instantly apparent: the transmission of love; the letting go of obstacles to understanding; the relinquishment of our grasping, of our hiding from ourselves. Seeing the mercilessness of our self-strangulation, we begin to come gently into the light we share with all beings. If we take each teaching, each loss, each gain, each fear, each joy as it arises and experience it fully, life becomes workable. We are no longer a "victim of life." And then every experience, even the loss of our dearest one, becomes another opportunity for awakening.

If our only spiritual practice were to live as though we were already dead, relating to all we meet, to all we do, as though it were our final moments in the world, what time would there be for old games or falsehoods or posturing? If we lived our life as though we were already dead, as though our children were already dead, how much time would there be for self-protection and the re-creation of ancient mirages? Only love would be appropriate, only the truth.

8. Why I Make Movies

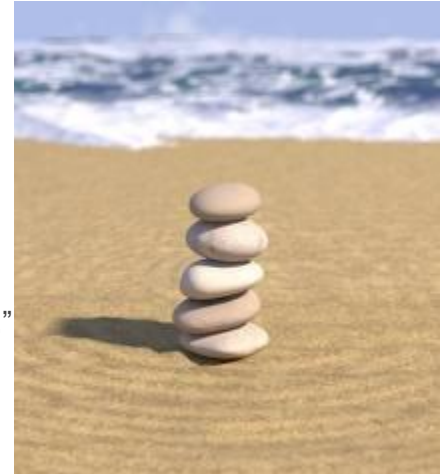
Reprinted from www.awakin.org.

—by [Mickey Lemle](#) (Nov 07, 2016)

All movies are an illusion. We think we are seeing motion but in fact we are seeing twenty-four still pictures every second. Half the time the screen is actually black. Yet movies seem so real, and some have the potential to reveal great truth. In the Hindu tradition, what we perceive of the outside world is called *maya*, or illusion. It is described as a veil that obscures the truth. But *maya* also has another aspect, which is the power to reveal the truth. Film and other art forms can embody both aspects of *maya*.

“What kinds of films do you make?” people often ask me, after I’ve told them that I am a filmmaker. “Documentaries,” I tell them. “Oh, movies about reality,” they say. “True stories.”

The issue of “truth” versus “reality” is a constant tension in creation of any film, especially documentaries. Filmmakers know that every time we make a choice of where to put the camera or when to turn it on or off, we are making choices about subjective perceptions of reality. When we edit, as I did in my latest film, ninety hours of footage down to ninety minutes, we are clearly manipulating reality, or truth.



Like the best storytellers, I don’t let facts get in the way of the truth. This might sound like heresy to some, but it is the nature of art. My motivation is to move audiences: first and foremost, to tell them a great story that holds their interest and attention, and then to put them in touch with some deep truth, to the best of my ability to perceive it and communicate about it. In that way, if the viewer is ready, the film has the potential to transform the way one sees the world and oneself. Paradoxically, to accomplish this I must manipulate reality.

As an artist, one is always playing with perception. Most of us believe that what we perceive is the truth. “Seeing is believing,” as the expression goes. For instance, have you seen a beautiful sunset recently? Here we are hundreds of years after Copernicus and Galileo, and we are still seeing the sunset. The sun doesn’t set. The earth rotates and eclipses the sun.

Back in the days of Newton, there were absolute laws of nature. Einstein explained that everything is relative.

How we perceive the truth is often influenced by our belief systems. In closed systems of belief, in any orthodoxy, there can be absolute truth. True believers believe that they—and their specific belief system—have a lock on the Truth.

Mahatma Gandhi was once leading a large protest march across India. A few days into the march, he found out that there was to be a great deal of violence, and he abruptly announced that he was ending the march. Some of his followers and supporters said, “But Gandhiji, you can’t call off this march. Many people, from all over India, left their jobs and came great distances to be on this march.” Gandhi replied, “Only God knows absolute truth. I just know relative truth. My allegiance must be to truth, not to consistency.”

Perhaps one of the reasons we feel in the presence of Truth in front of great art is that it takes us out of our belief system and opens us up to deeper possibilities. I believe that each one of us has an honest witness

deep inside that tingles when we are in the presence of the Truth. It resonates, just as when one experiences the presence of the divine in nature, in witnessing a birth, a flower, an ocean storm, a volcano, or a tornado. One experiences awe and aesthetic arrest. As James Joyce says, we are put in touch with the Primal Cause of all things, with the Mystery. I'm with Joyce. That is what we strive for. On really good days, we can get close.

9. Restoring Balance and Meaning in Ourselves

Reprinted from www.awakin.org.

--by **Alan Briskin** (Nov 14, 2016)

During a time of great drought, a Taoist master was asked by members of a village if he could help bring rain to their dry fields. They confessed trying many other approaches before reaching out to him, but with no success.

The master agreed to come and asked for a small hut with a garden that he could tend. For three days, he tended the garden, performing no special rituals or asking anything further from the villagers. On the fourth day, rain began to fall on the parched earth. When asked how he had achieved such a miracle, the master answered that he was not responsible for the rain. However, he explained, when he came to the village, he had sensed disharmony within himself. Each day, as he tended the garden, he returned a little more to himself. When he returned to balance, the rain came naturally.



I have heard that this was one of psychologist Carl Jung's favorite stories, told to him by Richard Wilhelm, translator of the Chinese divination text, *I Ching: Book of Changes*. Jung believed Taoist beliefs mirrored his own understanding that what we call personal consciousness is only a partial perception of a greater whole. There are ways to fling open the mind, connecting us with a *collective unconscious*, allowing us access to larger universal rhythms. And from this fruitful entanglement, parallel events can arise, such as what happened between the Taoist master and the rain falling.

Jung would later call these seeming coincidences *synchronicity*, a psychological principle that treats the inner attitude of the person as inseparable from events taking place in the world. Jung, however, was not suggesting or equating synchronicity with causality. The Taoist master did not *cause* the rain to fall. Rather, Jung believed there were parallel processes in which outer events mirrored psychic activity. He was struck by Wilhelm's insight that *tao*, normally translated as *the way or path*, might be better understood as *meaning*. Synchronicity could be understood as coincidences threaded together by meaning, a way of knowing that was potentially as impactful as Western concepts of causality.

We all have some intuition of a thin veil separating us from a larger universal consciousness. Jung was not alone in believing this veil could be lifted. Philosopher and novelist Colin Wilson wrote of a "subconscious mind" that becomes numb, "like an arm upon which I have been lying in my sleep, and which has become completely dead and feelingless." The task is to restore circulation between the *subconscious mind* and the flow of life. In doing so, we awaken a feeling connection with awe and mystery. And in awakening to this possibility, a fundamental transformation takes place. No longer passive subjects at the mercy of events, we become active participants *translating meaning into life*.

Does the parable of the Taoist master represent a symbol of the awakened mind, a person who has restored circulation between himself and the Universe? And if this is the case, then we must consider anew the synchronistic attitude toward life. When we restore balance and meaning in ourselves, we seed the world around us with hope and purpose.

10. Love Needs to be Constantly Cleansed

Reprinted from www.awakin.org.

--by **Ajahn Jayasaro** (Nov 21, 2016)

In the stories that I cherished in my youth, happy endings almost always involved some kind of love, and I began to observe that in “real life” love is not always a guarantee of happiness and it rarely resolves anything for very long. One of the slogans of the day which impressed me the most as a teenager was the one that asked whether you were part of the problem or part of the solution. I think that this is a question we might ask about love. Is it truly part of the solution to our suffering in life or does it merely compound it? My short answer to this question is that it depends. On what? On the kind of love and how you care for it. Even the purest love needs to be constantly cleansed.



Why is it necessary to keep cleansing love? The easy answer is that it tends to get soiled. And the dirt that soils it is suffering and the cause of suffering: craving. Since we human beings do not desire even a shred of suffering and gladly accept every little bit of happiness that comes our way, it makes sense for us to ensure that all the various aspects of our life, including love, be as conducive to happiness and as safe from suffering as possible. Love is a part of life which we need to imbue with wisdom and understanding.

Love tends to get intertwined with other emotions, making those who have never considered it closely mistake the emotions associated with love for a part of, or indeed expressions of, love itself. Usually, for example, rather than considering worries and jealousy to be impurities of love, we take them to be a proof of it, and thus gladly harbor such feelings. We tend to blind ourselves to love's impurities. It is alarming how easily the defilements (i.e. negative mental states such as greed, hatred and delusion), which can destroy love, sneak inside a heart. Most people are like the owner of a home with a wide opening instead of a door. Anyone is free to enter or exit such a house and it is no surprise that thieves abound.

It is intelligent to learn about love because knowing and understanding our own nature is the only way to the peace and happiness that we human beings can and should aspire to.

11. Every Piece is Meant For You

Reprinted from www.awakin.org.

--by ***Virgil Kalyana Mittata Iordache*** (Nov 28, 2016)

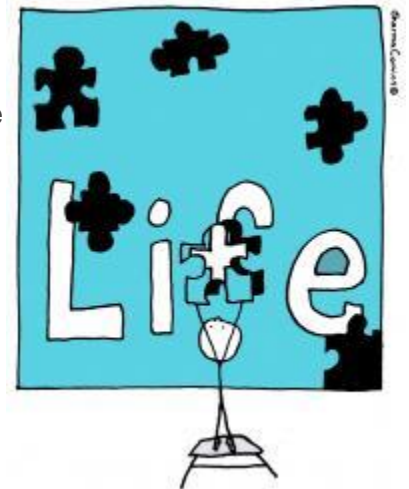
Ever since I was young I enjoyed solving puzzles and having the pleasure to see the bigger picture afterwards. But even after all that, I found that life could be the most challenging puzzle we have to face. It's one of those things that even if you have all the pieces and could see the whole picture, it still takes time and patience to solve it.

At times, we feel more at ease not knowing the whole picture, not knowing the whole level of difficulty or number of pieces that we're missing, but just building up one piece at a time. The problem with this approach is that the only clues that we have for matching two pieces are the shape and a small glimpse of the image. We so often find comfort in building up the corners and the borders but very rarely do we adventure in the middle of the puzzle. We'd rather work little by little holding on to our safe border and only move towards the center when the pieces are still in touch with our borders or roots.

On the other hand, you could be one of those people that just jumps in the middle and builds up on every piece you have in order to get small portions of the truth of the bigger picture every now and then. Not having your borders or corners in place might mean that you don't need to know your limits in order to realize that the puzzle will one day come to an end.

Nevertheless, every piece is equally important and it gets handed to you at a time where you have at least some matching piece. That doesn't mean you should only focus on one point or piece and limit your possible connections. Spread out and you will find even more connections. The truth of the puzzle information comes in different shapes and colors but in the end it's all connected.

Information might be divided, spread out in different areas, different people, different experiences. What's important to remember is that every piece is meant for you. You might throw it on the side now and use it later, but it will forever remain a part of your bigger picture. Work on your puzzle, with patience and care in moving forward and with a hopeful spirit that it will all work out in the end for your highest good!



12. Welcome to My House

Reprinted from www.KarmaTube.org.

"Welcome to My House", a collaboration between non profit Voices of the Children and band Luc and the Lovingtons, features American teens and Syrian refugee youth singing a cross-cultural message of joy, love and peace. The video was filmed on site at the Za'atari Refugee Camp and Wadi Rum in Jordan as well as in the Skagit Valley of Washington State, USA. Most of the youth, participants and locations featured in the video were a part of a greater on-going program created by Voices of the Children which provides free arts classes and cross cultural collaborations between Syrian and American teens.

<http://www.karmatube.org/videos.php?id=7320>

13. Inspiring Acts of Kindness

Reprinted from www.KarmaTube.org.

What is the essence of giving? It's extending oneself to bring joy, nourishment, or inspiration to the life of another without expectation of reward or recognition. This video reminds us of the simple, everyday acts which make a difference and can be performed by young and old. November 13 is World Kindness Day. How will you celebrate? <http://www.karmatube.org/videos.php?id=5897>

14. Ode to Lesbos

Reprinted from www.KarmaTube.org.

"It was natural to help." "Next time it might be my family." When over 300,000 refugees passed through the island of Lesbos, Greece, in 2015, the people there fished them out of the water, opened their homes and businesses, fed them, washed and ironed their clothes, and held their babies. This ode to the people of Lesbos celebrates the triumph of compassion and kindness over the tragic politics and dehumanization that has swept the Mediterranean regions. "To be rich is not what you have in your bank account, but what you have in your heart". May the light of inspiration that shines through this ode create ripples of positivity across the globe!

<http://www.karmatube.org/videos.php?id=7313>

15. Singer Loses Voice and Finds Her Song

Reprinted from www.KarmaTube.org.

One day in 2011, singer-songwriter Crystal Goh woke up with no voice. She was diagnosed with a rare neurological condition called Spasmodic Dysphonia, with no known cause or cure. Two years went by as Goh struggled with this disease. In the midst of her isolation and depression, she wrote a song to remind herself about the importance of hope. And as she began to share this song with others, her voice miraculously started to return. With this renewed belief, Goh and her friends decided to reach out to others who needed to hear this message of hope. <http://www.karmatube.org/videos.php?id=5436>

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.

16. 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).

17. 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>.

Serving your personal journey toward enlightenment...

18. 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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