

***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.

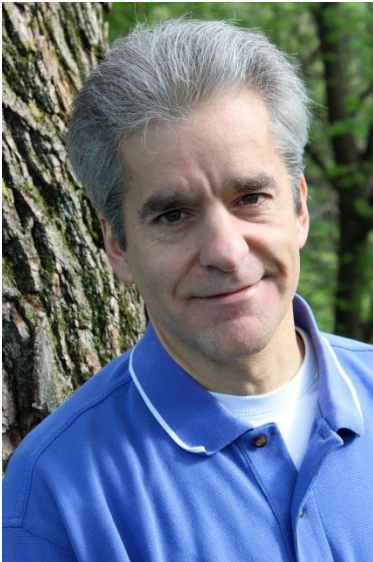
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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



#### Life Just Happens

*How blessed are we to let go of our resistance to reality and to accept all that life offers us in its beautiful, splendid lessons.*

I walked out of my regular, Tuesday evening study group with an air of unconscious expectancy. I expected, of course, for the car to be where I parked it earlier in the evening. As I walked toward where I parked the car, I remember looking up the street and thinking “Why does the street look so empty?”...realizing there were no cars parked on the block I thought I parked the car on.

As I approached the location where I parked the car I remember having the thought “Where is the car? I could swear I left it right here.” And then came the thought... “Hold on one minute...did I park it somewhere else? I must have parked it somewhere else.” And then came the thought... “OMG!!! The car is gone!!!”

My mind started to race. “OMG!!! The car has been stolen! Hold on a minute...where are all the other cars that were here...have they all been stolen too?” I looked up and down the street and realized that the City had been clearing snow and I had parked the car in a zone that was scheduled for snow removal. When the City clears the snow banks from the streets, they tow away all cars that are impeding the snow removal process.

Now, momentarily realizing what had happened and that the car was indeed gone, a series of awful feelings coursed through my body—fear, rejection, humiliation, anger, disbelief, shock,...did I mention fear? As I resolved myself, momentarily, to my fate, I started the long walk home. As I walked home, I experienced one of those wonderful scenes from a cartoon where an angel appears on one shoulder and the devil appears on the other shoulder and the following type of conversation ensues:

Devil: How could this happen to me?

Angel: It happened. It's not the end of the world. You're okay. Everything will be okay.

Devil: Couldn't the City have called me?

Angel: Ummm...how exactly were they to call you when they didn't have your number?

Devil: How inconsiderate can they be?



Angel: They were doing their job. You're okay. Everything will be okay.

Devil: There was a handicapped sticker on the dashboard for crying out loud, in clear sight! Couldn't they see it?

Angel: How exactly does that change anything?

Devil: Where did they take the car?

Angel: Relax. Everything will be okay.

Devil: What if they damaged the car when they moved it?

Angel: Breathe...everything will be okay.

Devil: OMG!!! The alarm must have gone off in the car when they moved it. The alarm is sensitive! It must still be going off...somewhere...

Angel: 10...9...8...7...6...5...4...3...2...1...serenity now!

Devil: OMG!!! What am I going to tell my partner? I'm toast!

Angel: You're okay. Everything will be okay.

Devil: But how could this happen to me?

Angel: Rob, this has happened. You cannot change it. But you can relax and trust that everything will be okay.

The above conversation went on in my head for about 10 minutes, eventually dissipating as I realized I was indeed okay and that whatever will be, will be. I remember actually laughing at a point and saying to myself... "Well, I was NOT expecting that to happen tonight." I realized how complacent I had become in expecting to be able to drive to where I needed to go; park where I always did; to come out of the discussion group and climb back in the car and drive home. All of this I expected would happen. Don't we all. Don't we all expect life to be a certain way? Especially when we allow our lives to run on autopilot, walking through life oblivious to what is going on around us?

Life happens. Life just happens. And how blessed are we when we are jolted, woken up from our daydreaming and walking sleep. How fortunate we are to be given the opportunity to come to accept what life offers us in any moment. How blessed are we to let go of our resistance to reality and to accept all that life offers us in its beautiful, splendid lessons.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### In Your Light I Learn...

In your light I learn how to love.  
In your beauty, how to make poems.

You dance inside my chest,  
where no one sees you,

but sometimes I do,  
and that sight becomes this art.

Jelaluddin Rumi

## 3. Quote or Question

*"Only when we have established peace in our entire being can there be peace all over the world."*

~ 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 – January 2017

#### Geometric Forms—Spheres of Light

A most pleasing and efficient geometric form found upon your planet is the circle, the sphere. This is so because the waves of flowing and swirling energies—inter-dimensional and cosmic radiance, gravitational and magnetic forces and your earth's own rotation—which surround, penetrate and imbue your planet encourage a harmonious and fluent movement of physical matter. Indeed, certain beauty and harmony can also be witnessed in the square and the triangle, but the most harmonious form found upon your earth at this time is annular, perceived as both circle and sphere.

The core of divine, perfect light found in all vibrating matter can be perceived as a sphere, although, in truth, light by its very nature cannot be contained. Light, as you well know, houses intelligence and information and it is the precursor of physical manifestation. If we respect linear thought, we may state that first there is Love, the creative force, and then there is Light and physical manifestation.

In reference to a previous message (see Notes from the Light May 2016 entitled *Pathways*) wherein we speak of the microscopic and macroscopic worlds, we ask you to observe this core sphere of light as a predominant form found in the atoms and smallest particles of vibrating matter as well as in the planets and stars of your physical universe and well beyond it. Many of the stellar energy particles which flow through the particles of your own physical space also house a spheric shape. Hence, as you become aware of the spherical form within your material world, you will notice that it can be observed in many environments. These forms may appear as orbs of light which accompany places and individuals who radiate a spiritual sense of consciousness and commitment. They may also materialize as multidimensional vessels coming into your skies and from within your inner earth and ocean floors to observe and to offer assistance.

Imagine for an instant that you see only the space between the objects in your room. If you allow your consciousness to expand and sense the nature of the space between the objects, you will begin to understand that within inter-space are vast creations: forms, patterns, colours and spheres of light. These spheres of light do not belong to your third dimensional world; they *visit* your world in order to evaluate the progress you are making and encourage you to advance with your soul. These spheres of light are intelligent, loving presences and environments. They may create and communicate through auditory and visual geometric patterns, assist in the unfolding of the individual's spiritual nature and commune through dimensions and less temporal worlds to bridge the gap between localities. In a matter of speaking, these spheres are emissaries of light which help direct life upwards to finer vibratory patterns. In truth you, as spiritual beings, are spheres of light. If you collapse your divine energy patterns to a perfect point as mentioned in our message entitled "Energy Movement—Collapsing to a Point Circling and Spiralling" (see Notes from the Light April 2016), you will realize that you are collapsing your core essence to a perfect sphere within God's Light.

Hence we ask you, fine people of this garden planet, to take a moment to admire the spheres you may see around you, whether they be of a material or a light construct. Become familiar with this spheric form, and enjoy its presence. Voyage this form by placing your awareness within it and sensing its environment. As you create thoughts of love, feel the gentle spheres of light within you as companions on the way, helping humankind to continue upwards into worlds of greater understanding and advancement within the Source.



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](http://www.nextagemission.com) or write Regiena at [rheringa@bell.net](mailto:rheringa@bell.net).

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

*The stories below are reprinted from [www.dailygood.org](http://www.dailygood.org).*

"Someone has a great fire in his soul and nobody ever comes to warm themselves at it, and passers-by see nothing but a little smoke at the top of the chimney," young Vincent van Gogh wrote in a letter as he floundered to find his purpose. For the century and a half since, and undoubtedly the many centuries before, the question of how to kindle that soul-warming fire by finding one's purpose and making a living out of meaningful work has continued to frustrate not only the young, not only aspiring artists, but people of all ages, abilities, and walks of life." In these excerpts Parker J. Palmer explores how to navigate this mortal maze with grace. <http://www.dailygood.org/story/1453/how-to-let-your-life-speak-discern-your-purpose-and-define-your-own-success-maria-popova/> **Be The Change:** Make time today to lean in and listen for what your life intends to do with you.

We need the power of creative and compassionate groups and communities working together to move us toward a more kind and sustainable world. However, maneuvering relationships within communities and keeping them united can be very challenging. In this piece, a life-long permaculturist shares the wisdom she's gathered from four decades of work with intentional communities and groups of changemakers. She shares, "My practice of permaculture informs my approach to social design and conflict, and my understanding of group dynamics informs my practice of permaculture." <http://www.dailygood.org/story/1382/social-permaculture-by-starhawk-starhawk/> **Be The Change:** What would you like more of in your life, in your family, or in your community? Take some time to feed what you want to grow today.

Satish Kumar commemorates the 50th Anniversary of his Peace Walk from India to Washington D.C. with a 50 mile walk along the River Thames. In this short beautifully made video narrated by Kumar, he enumerates all the things you can learn by walking, as well as ways in which you can learn to make peace with people and with the earth. So, let us "accept life as it is, in its abundant form and celebrate it." <http://www.karmatube.org/videos.php?id=7350>

"Mark Nepo is a poet, philosopher, and spiritual teacher who is the author of numerous books and audio projects, including the New York Times bestseller *The Book of Awakening*. In this transcript of an episode of *Insights at the Edge*, Tami Simon has an intimate conversation with Mark about the two most important lessons he has learned from his journey with cancer, the role of effort and grace in our lives, what it means to take "the exquisite risk," and how we can shift our perspective to see with the eyes of the heart." <http://www.dailygood.org/story/1458/mark-nepo-holding-nothing-back-tami-simon/> **Be The Change:** What might taking the exquisite risk look like in your own life?

"For some 2,500 years, humans have located the mind in the brain inside our heads. But we ought to consider the origin of mind with an open mind. Is the mind truly within the brain? Or is this an illusion?" Dan Siegel shares more in this fascinating excerpt from his new book titled *"Mind: Journey to the Heart of Being Human"*. <http://www.dailygood.org/more.php?n=7002> **Be The Change:** Take time today to tune in to the workings of your own mind.

"Moving the Giants" tells the story of arborist David Milarch. In 1991, Milarch had a near death experience that inspired a radical restructuring of his life with a goal to harness the incredible life force of redwood trees to generate healing and change. His efforts among the redwoods serve two purposes: First, as the planet warms



and conditions for these redwoods change in their southernmost range, it is likely that many of these trees will die. By cloning and replanting them further north in places where they once thrived but have been clearcut, Milarch will preserve these majestic giants. Second, redwood trees are among the most effective carbon sequestration agents in the world. By planting these seedlings, Milarch takes part in a global effort to use one of nature's most impressive achievements to chart a positive course for humanity.

<http://www.karmatube.org/videos.php?id=7346>

Imagine yourself alone. Around you swirl happy people, smiling, shopping, planning festivities. You feel adrift, apart, cut off from your community. But then you discover a gift waiting for you. Something thoughtful or needed. But the giver is anonymous. Who reached out to you with this thoughtful gesture? Or imagine yourself late for work, harried, but you just have to drive through for a coffee to kick-start your day. The line inches along, but when you finally get up to the window you discover someone, a stranger, paid for your coffee. In both of these scenarios, your perspective is transformed. You look at the people around you with new eyes. Your gaze softens: somewhere in that mix is someone who made your day. Now, imagine that you have the power to make that difference for someone else. Today's Spotlight on Anonymous Giving dives into the Daily Good archives to share stories of the transformational power of the anonymous gift.

<http://www.dailygood.org/story/1459/spotlight-on-anonymous-giving-shari-swanson/> **Be The Change:** Look around. Who might benefit from an unexpected gift or kindness? Find a way to leave that person an anonymous gift.

"My paternal grandmother who raised me had a remarkable influence on how I saw the world and how I reckoned my place in it. She was the picture of dignity. She spoke softly and walked slowly, with her hands behind her back, fingers laced together. I imitated her so successfully that neighbors called me her shadow. "Sister Henderson, I see you got your shadow with you again." Grandmother would look at me and smile. "Well, I guess you're right. If I stop, she stops. If I go, she goes."" May Angelou shares more in this beautiful excerpt from Letter to a Daughter. <http://www.dailygood.org/story/1461/the-day-i-learned-the-value-of-a-smile-maya-angelou/> **Be The Change:** Try this experiment: smile at everyone you cross paths with today.

Does doing what is right require strenuous effort to resist the alluring temptations of vice -- to resist selfish impulses and push yourself to do what moral duty prescribes? Is virtue hard work or could it become a habit -- that is, a relatively effortless, automatic tendency to do what is morally right, with a minimum of inner struggle? The answer to this question, crucial for understanding and improving the moral level of humanity, is emerging from scientific research on willpower. <http://www.dailygood.org/story/1464/can-virtuous-habits-be-cultivated-roy-baumeister/> **Be The Change:** You could develop a little "moral muscle" today by avoiding problem situations, rather than battling with them in the heat of the moment. For example, cultivate a new habit by listening carefully to what others are saying, rather than jumping to conclusions about what is meant before they finish.

In 'I Am Not I' Jacob Needleman delves into the timeless, searching questions of humanity. "Out of the inquiry itself arises an immensely hope-giving offering -- a sort of secular sacrament illuminating what lies at the heart of the most profound experiences we're capable of having: joy, love, hope, wonder, astonishment, transcendence." Maria Popova shares more. <http://www.dailygood.org/story/1467/i-am-not-i-jacob-needleman-on-how-we-become-who-we-are-maria-popova/> **Be The Change:** Take a moment today to ask the question that has followed our kind through all the ages: Who am I? For more, here's a short poem that takes a look at the curious concept of I-ness: 'A Strange Predicament' <http://www.dailygood.org/story/1467/i-am-not-i-jacob-needleman-on-how-we-become-who-we-are-maria-popova/>



## 6. For the Traveler

Reprinted from [www.awakin.org](http://www.awakin.org).

--by ***John O'Donohue*** (Dec 05, 2016)

Every time you leave home,  
Another road takes you  
Into a world you were never in.

New strangers on other paths await.  
New places that have never seen you  
Will startle a little at your entry.  
Old places that know you well  
Will pretend nothing  
Changed since your last visit.

When you travel, you find yourself  
Alone in a different way,  
More attentive now  
To the self you bring along,  
Your more subtle eye watching  
You abroad; and how what meets you  
Touches that part of the heart  
That lies low at home:

How you unexpectedly attune  
To the timbre in some voice,  
Opening in conversation  
You want to take in  
To where your longing  
Has pressed hard enough  
Inward, on some unsaid dark,  
To create a crystal of insight  
You could not have known  
You needed  
To illuminate  
Your way.

When you travel,  
A new silence  
Goes with you,  
And if you listen,  
You will hear  
What your heart would  
Love to say.

A journey can become a sacred thing:  
Make sure, before you go,  
To take the time



To bless your going forth,  
To free your heart of ballast  
So that the compass of your soul  
Might direct you toward  
The territories of spirit  
Where you will discover  
More of your hidden life,  
And the urgencies  
That deserve to claim you.

May you travel in an awakened way,  
Gathered wisely into your inner ground;  
That you may not waste the invitations  
Which wait along the way to transform you.

May you travel safely, arrive refreshed,  
And live your time away to its fullest;  
Return home more enriched, and free  
To balance the gift of days which call you.

~ John O'Donohue ~

## 7. How to Live if You're Going to Die

Reprinted from [www.awakin.org](http://www.awakin.org).

--by **Blanche Hartman** (Dec 12, 2016)

I got a call that a dear friend of mine, who received precepts from me years ago when I lived at Green Gulch, was dying. I arranged with her husband to go and see her and give her the precepts again. One of the things that have been very helpful to me around this matter of birth and death—around this matter of my death, anyhow—is meeting death with great curiosity. What is it? We don't know. We can't know ahead of time. Can we be there for it and find out what this great mystery of birth and death is? When I went to visit my friend Jenny, I said to her, "Well, Jenny, it looks like you're going to find out about the great mystery before Pete and I do." She was on a hospital bed in her room, but she jumped up and threw her arms around my neck and said, "Blanche! It's all about love and joy!" This was less than a week before she died. And so I thank you, Jenny, for that teaching. It's all about love and joy. Can we allow that as a possibility in our heart as we study this great mystery? I know that I find myself, the older I get, imagining whether I could say such a thing on my own deathbed, but it certainly is what I've been talking about as I'm approaching my deathbed. That love and joy are really right here and available for us if we will open up to them. [...]



I came to practice because I discovered that I was going to die—me, personally. I just had never considered it before, but then my best friend, who was my age and had kids the age of my kids, had a headache one night when we were together. It was such a bad headache that she went to the doctor the next morning. She was

diagnosed with an inoperable brain tumor, went into a coma, and died. Whoosh! Maybe a month altogether from the first headache.

Well, that could have been me as readily as Pat. Oh, my god! I'm going to die! But the next thought was, "How do you live if you know you're going to die?" It has been such a gift to me that that question came up. And so I started looking for who could tell me how to live if I know I'm going to die. And I do know I'm going to die. So I'll just share with you these Five Daily Recollections from the Upajjhatthana Sutra of the Buddha:

I'm of the nature to grow old. There is no way to escape growing old.

I am of the nature to have ill health. There is no way to escape having ill health.

I am of the nature to die. There is no way to escape death.

All that is dear to me and everything I have and everything I love are of the nature to change. There is no way to escape from losing them.

My actions are my only true belongings. I cannot escape the consequences of my actions. My actions are the ground on which I stand.

These Five Daily Recollections seemed to be, for me, some clue to how to live if you know you're going to die. Pay attention to how you live. Pay attention to your actions. Are your actions kind? Are your actions honest? Are your actions supported by the desire to help beings, to benefit beings? Are your actions selfish or generous? How are you living this life?

## 8. Inner World of Moods

Reprinted from [www.awakin.org](http://www.awakin.org).

--by **Patty de Llosa** (Dec 19, 2016)

"Give me a place to stand on," said the Greek mathematician Archimedes, "and I can move the world." He was talking about his invention of using pulleys and levers to raise very heavy objects. A physicist, engineer, inventor, and astronomer as well, Archimedes revolutionized geometry and anticipated Integral Calculus 2,000 years before Newton and Leibniz. But he was also a practical man who invented a wide variety of machines.

In the simplest sense, his statement is also true of our inner world of moods. When I feel anger, depression or any violent reaction coming on, I could look for a position on which I can take a stand while the storm passes through me. If I could leverage my inner world out of its momentary negative hell and back to ease and contentment, what a relief that would be!

The problem is, of course, how? Once a mood has reached its full flow of expression, it's almost impossible to change the direction of the energy that's pouring out of me. It has to play itself out, even if it leaves me aching, exhausted and, perhaps, apologetic. But here's where leveraging comes in: if I can bring conscious awareness to the negative reaction early enough, before it begins to take me over, and if I care enough not to waste myself on it, there's hope. The trick is to apply leverage before that small complaining stream becomes a raging river. That way, there's a good chance I can escape the worst of it.



Not that it's easy. For one thing, I have to sacrifice the positive enjoyment of being angry. Most people actually love to be angry. It gives them a sense of really being there, a kind of negative "I am." In a perverse way they feel fired up: "Look at me now! I'm enormous when I'm in a rage!" And of course there are many other negative emotions we cling to in different ways. For example, all of us are prone to being victims of self-pity, which cuts us off from our energy as it is sucked into a black hole of despair.

If we understood better the value of the energy that's wasted, we'd be more determined to leverage bad moods into good ones. Every morning we are given enough for the day, both the jet fuel of spirit and the ordinary psycho-physical gasoline that keeps our vehicle going. However, any violent outburst or negative feeling state I allow myself to affirm will lay waste to it. Gurdjieff said that a big burst of negativity can wipe out a whole day's energy and, if the eruption is strong enough, one could be depleted for a week, a year or even the rest of one's life. Ominous thought!

When you go to the gym or prepare for a serious run, you probably do a little stretching first. Your muscles need warming up and you take time out for that. How about exercising your psychic musculature to develop a subtler awareness of moods and flashpoints in order to be ready to leverage yourself out of your day's portion of negative emotions. Bad temper, impatience, irritation, despondency are habitual negative reactions that could be replaced with more positive feelings, but it's not easy.

## 9. Five Prayers

Reprinted from [www.awakin.org](http://www.awakin.org).

--by **Thich Nhat Hanh** (Dec 26, 2016)

In gratitude, I bow to all generations of ancestors in my blood family.

I see my mother and father, whose blood, flesh, and vitality are circulating in my own veins and nourishing every cell in me. Through them I see my four grandparents. I carry in me the life, blood, experience, wisdom, happiness, and sorrow of all generations. I open my heart, flesh, and bones to receive the energy of insight, love, and experience transmitted to me by my ancestors. I know that parents always love and support their children and grandchildren, although they are not always able to express it skillfully because of difficulties they encounter. As a continuation of my ancestors, I allow their energy to flow through me, and ask for their support, protection, and strength.

In gratitude, I bow to all generations of ancestors in my spiritual family.

I see in myself my teachers, the ones who show me the way of love and understanding, the way to breathe, smile, forgive, and live deeply in the present moment. I see the Buddha or Christ or the patriarchs and matriarchs as my teachers, and also as my spiritual ancestors. [...] I open my heart and my body to receive the energy of understanding, loving kindness, and protection from the Awakened Ones, their teachings, and the community of practice of many generations. I vow to practice to transform the suffering in myself and the world, and to transmit their energy to future generations of practitioners. My spiritual



ancestors may have had their own difficulties and not always been able to transmit the teachings, but I accept them as they are.

**In gratitude, I bow to this land and all of the ancestors who made it available.**

I see that I am whole, protected, and nourished by this land and all the living beings that have been here and made life worthwhile and possible for me through all of their efforts. I see Chief Seattle, Thomas Jefferson, Dorothy Day, Cesar Chavez, Martin Luther King, Jr., and all the others known and unknown. I see those who have worked hard to build schools, hospitals, bridges, and roads, to protect human rights, to develop science and technology, and to fight for freedom and social justice. I see myself touching my ancestors of Native American origin who have lived on this land for such a long time and know the ways to live in peace and harmony with nature, protecting the mountains, forests, animals, vegetation, and minerals of this land. I feel the energy of this land penetrating my body and soul, supporting and accepting me. I vow to cultivate and maintain this energy and transmit it to future generations. I vow to contribute my part in transforming the violence, hatred, and delusion that still lie deep in the consciousness of this society so that future generations will have more safety, joy, and peace. I ask this land for its protection and support.

**In gratitude and compassion, I bow down and transmit my energy to those I love.**

All the energy I have received I now want to transmit to my father, my mother, everyone I love, and all who have suffered and worried because of me and for my sake. I know I have not been mindful enough in my daily life. I also know that those who love me have had their own difficulties. They have suffered because they were not lucky enough to have an environment that encouraged their full development. [...] I want all of them to be healthy and joyful. I pray that all ancestors in my blood and spiritual families will focus their energies toward each of them, to protect and support them. I am one with those I love.

**In understanding and compassion, I bow down to reconcile myself with all those who have made me suffer.**

I open my heart and send forth my energy of love and understanding to everyone who has made me suffer, to those who have destroyed much of my life and the lives of those I love. I know now that these people have themselves undergone a lot of suffering and that their hearts are overloaded with pain, anger, and hatred. [...] I pray that they can be transformed to experience the joy of living, so that they will not continue to make themselves and others suffer. I see their suffering and do not want to hold any feelings of hatred or anger in myself toward them. I do not want them to suffer. I channel my energy of love and understanding to them and ask all my ancestors to help them.

## 10. Why Are We Thinking All the Time?

*Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).*

We accept our over-loaded, hyper-active mind as being normal. This insightful film gently suggests otherwise and illuminates a path that has been walked for thousands of years as a way to remedy this common headache. Brian Jones recommends that we design our inner environment, just like we renovate and refurbish outer environment. He elaborates further by sharing the positive and universal effects you will create by simply choosing to participate in the inner-evolution. "Everyone thinks of changing the world but no one thinks of changing him or herself" - Leo Tolstoy <http://www.karmatube.org/videos.php?id=7249>

## 11. Walking for Peace

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

Satish Kumar commemorates the 50th Anniversary of his Peace Walk from India to Washington D.C. with a 50 mile walk along the River Thames. Watch this short video narrated by Kumar, in which he enumerates all the things you can learn by walking, as well as ways in which you can learn to make peace with people and with the earth. So, let us "accept life as it is, in its abundant form and celebrate it."

<http://www.karmatube.org/videos.php?id=7350>

## 12. The Healing Power of Flowers

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

Flowers are a gift from nature and have been used throughout the world to bring joy and lighten the heart. 'Random Acts of Flowers' (RAF) was born out of the misfortune of one man, Larsen Jay, who was overwhelmed with bouquets of flowers while in hospital. Having never received flowers before, he was inspired by how they made him feel and decided to re-gift them to others. This was the start of an initiative that delivers 'moments of kindness' to those in healthcare facilities by gifting re-purposed bouquets as well as an uplifting visit from one of the RAF volunteers. <http://www.karmatube.org/videos.php?id=7076>

## 13. Moving the Giants

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

"Moving the Giants" tells the story of arborist David Milarch. In 1991, Milarch had a near death experience that inspired a radical restructuring of his life with a goal to harness the incredible life force of redwood trees to generate healing and change. His efforts among the redwoods serve two purposes: First, as the planet warms and conditions for these redwoods change in their southernmost range, it is likely that many of these trees will die. By cloning and replanting them further north in places where they once thrived but have been clearcut, Milarch will preserve these majestic giants. Second, redwood trees are among the most effective carbon sequestration agents in the world. By planting these seedlings, Milarch takes part in a global effort to use one of nature's most impressive achievements to chart a positive course for humanity.

<http://www.karmatube.org/videos.php?id=7346>

## 14. Facing Homelessness

Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).

Rex Hohlbein can't tell you why he stopped to offer tea to the homeless man sleeping outside his architecture office one day, but he did, and that split-second decision to follow his intuition, changed his life. In a span of 5 years, Hohlbein has given up his architecture career to advocate for the homeless by changing public



perception of who they are. He asks you to see the person, rather than the issue of homelessness. Watch how Hohlbein uses the power of social media to build a community of connection, compassion, and friendship. <http://www.karmatube.org/videos.php?id=6128>

## 15. Hannah's Passion

*Reprinted from [www.KarmaTube.org](http://www.KarmaTube.org).*

At age six a young Canadian girl decided to lift the burden of her own heart by helping the homeless man she'd seen eating from a garbage can. Since then Hannah Taylor has befriended hundreds of homeless persons and raised over \$3 million to help 55 homeless shelters and missions across Canada. As the parent, the teacher, or the classmate of a child with a passion, you can support their dream of making a difference in our world.

<http://www.karmatube.org/videos.php?id=6134>

## 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](mailto:newsletter@servingyourjourney.com) by the 25<sup>th</sup> 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](mailto: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>.

## 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.

## 19. Masters of Arts in Conflict Resolution



### MASTER OF ARTS IN CONFLICT, PEACE AND HINDU PHILOSOPHY

**Mahatma Gandhi Center for Non-Violence, Human Rights and World Peace**

The **MASTER OF ARTS IN CONFLICT, PEACE AND HINDU PHILOSOPHY** offered by the Hindu University of America enriches the discipline of Conflict and Peace Studies by providing a Hindu perspective. By becoming more inclusive and pluralistic, conflicts at various levels can be approached more creatively.

#### MANDATORY COURSES (4)

**Introduction to Conflict and Peace Studies 3 credits**  
This course introduces students the theories of conflict and peace.

**Principles of Hinduism 3 Credits**  
This course will focus on major elements of Hindu philosophy particularly pertaining to conflict resolution and peace.

**Theory of Gandhian Conflict Resolution 3 Credits**  
This course examines the elements of Gandhian conflict resolution and its application

**Research Methods in Conflict Resolution 3 Credits**  
The course will provide basic literacy in research methods to students, and enable them to become critical consumers of literature, and help them writing their Master's project/ thesis.

All students must choose one of the following options:

#### 1. Master's Project

**Final Project and Workshop 6 credits** spanning 2 semesters  
Plus 6 elective and/or topical course choices (18 credits) required to complete degree. 3 of which must be from HUA course offerings.

#### 2. Master's Thesis

**Final Project and Workshop 3 Credits**  
**Master's Thesis in Conflict Resolution** – Independent study with faculty advisor **3 Credits**

Plus 6 elective and/or course choices (18 credits) required to complete degree. 3 of which must be from HUA course offerings.

#### ELECTIVE COURSE OPTIONS

Elective courses offered in any given year will vary. Graduate courses taken in other areas offered at HUA or at other universities may be accepted for transfer credit with prior approval of the HUA office. Any course offered at HUA will automatically qualify for elective credit.

- ♦ Religion, Conflict and Peace: An Introduction
- ♦ Yoga and International Peace
- ♦ Mahatma Gandhi: Life and Philosophy
- ♦ Mahatma Gandhi and Contemporary Global Issues
- ♦ Sri Aurobindo, Conflict and Peace
- ♦ An Introduction to Conflicts in South Asia
- ♦ Kashmir Conflict: Dimensions, Costs and Peace Prospects
- ♦ Factoring Gender in Conflict Resolution
- ♦ Swami Vivekananda, Conflict and Peace
- ♦ Negotiation
- ♦ Culture and Conflict Resolution
- ♦ Conflict Resolution – Focus on a Case Study
- ♦ Role of Institutions in Addressing Conflicts
- ♦ Universal Themes in Hinduism
- ♦ Gita: A Document of Conflict Resolution and Peace
- ♦ Contemporary Hinduism and Conflict Resolution
- ♦ Gandhi, King and Mandela
- ♦ Hindu Scriptures on Conflict Resolution
- ♦ Media and Conflict
- ♦ Conflict Resolution: A perspective from Buddhism
- ♦ Conflict Resolution: A perspective from Jainism
- ♦ Conflict Resolution: A perspective from Sikhism
- ♦ Conflicts in Contemporary India

#### Topical Course Options

A faculty member can develop a course, which is not included in the elective course list. It can be a course on a theme such as war, environment, Yoga, or any theme which is relevant for the course and generate interest in students. These courses may have up to 3 credits.

**3 courses per semester (9 credits)**

**36 credits required to complete program**



#### LEARN MORE TODAY!

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Email: [damahapatra@hua.edu](mailto:damahapatra@hua.edu)

# Spiritual Guidance

Serving your personal journey toward enlightenment...

January 2017 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## **Spiritual Guidance**

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