

***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.

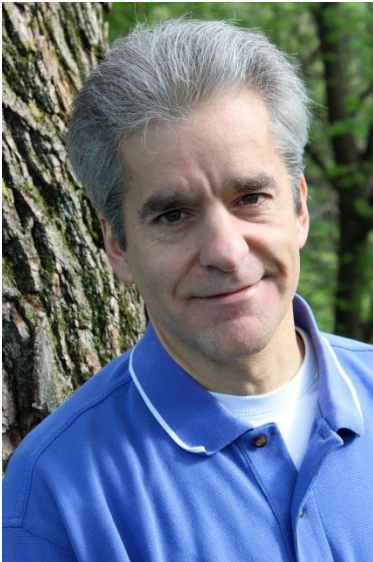
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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



**Stop mind!...I want to get off!**

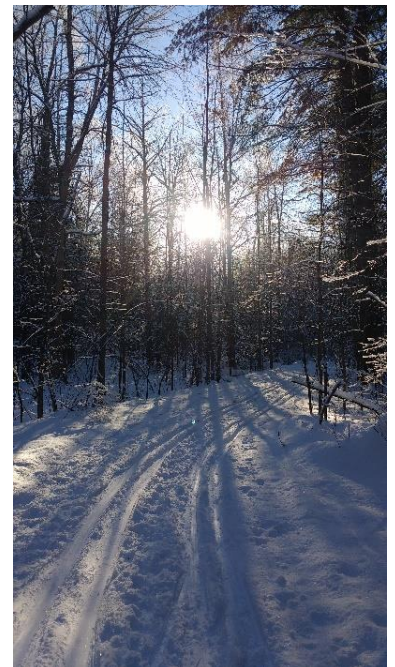
*"May you welcome your mind to rest from time-to-time. It's the greatest gift you may ever give yourself."*

'Stop the World—I Want to Get Off' was a thought-provoking, insightful and delightfully-entertaining Broadway musical (1962) about a man who each time something unsatisfactory would happen in his life, he would shout out "Stop the world!" and his world 'literally' would stop. The main character could pause life 'at will' and just sit in stillness and rest, until he was ready to throw himself back onto his hamster wheel of life. The musical was recently played back to me as a metaphor for my thoughts, through a profound lesson and somewhat magical experience cross-country skiing one cold winter's day.

On the morning in question, I rose before sunrise, had my breakfast, including a nice, hot cup of coffee, dawned my ski clothing and equipment, hopped in a car (what a blessing it was to have been loaned a car for the day), and drove out to a popular destination for cross-country skiing. As the sun started peeking above the horizon, the mist and rising, freezing humidity blanketed the tree branches with a glassy covering of ice. The previous day's virgin snowfall gently blanketed the branches and cast a magical spell over the landscape.

I arrived in the parking lot just as the birds started their morning merriment and noted that a gauge on the car's dashboard indicated it was -21 degree celsius outside. I remember thinking... "Oh boy!... -21. Hmmm...that's cold!" But my excitement of cutting tracks in newly-fallen snow, as I venture off into the forest, was just too alluring. So, sporting my hat, mittens and other attire designed to keep me warm and dry, I set off for my adventure.

What greeted me was nothing short of breathtaking. The cold, crisp air was intoxicating and the symphonic crunching of snow beneath my skis was both hypnotic and invigorating. The trails were pristine. The sun burst through the tall stands of deciduous and coniferous trees and cast laser-like streams of light across the snow, as the sun's rays filled my body, heart, and soul with hope and euphoric joy.



As I skied on I was reminded that a few days earlier there had been a major ice storm in the region. As the ice adhered and accumulated on the trees, many branches started to bend from the weight of the ice. In extreme cases, the tree would be contorted into an almost-perfect arch. Some trees, however, simply could not withstand the weight of the ice and broke, laying themselves across the trails. Along some sections of the trails, the forest floor was strewn with broken branches and debris from fallen trees. Sometimes the fallen branches and debris created such an obstruction on the trails that one had to traverse and circumnavigate the natural barrier to get around the fallen debris. But I welcomed these unexpected 'veerings off' as part of the grand adventure for the day—it only added to my joy.



At a point in my skiing odyssey, I realized I had not thought much about what the conditions on the day might have been like, in light of the ice storm we had only a few days earlier. Had I thought about the effects of the ice storm, I would not have gone out for the day. My thoughts would have prevented me from going. If I had allowed my thoughts about the ice storm to populate my mind, I would have realized that debris would be all over the place and some trees would have fallen and possibly blocked the trails. I would have allowed my thoughts to race and build to a crescendo of negativity and result in my deciding not to go skiing.

On this particular day, I am glad I simply said "Stop mind...I want to get off!" I simply did not think about any obstacles to my day. It wasn't that I ignored the previous days' weather and ice deposits, I simply chose to go anyway. I was conscious of the possibility of forest debris and downed trees that lay ahead of me, but I chose to go anyway. Frankly, I didn't give it much thought. What I did think about was the joy of rising before sunrise, driving outside the city into nature, feeling the fresh air in my lungs, feeling the wind on my face, hearing the sounds of my skis on and in the snow, hearing the sounds of the trees creaking as they symbiotically swayed with the wind. I allowed my mind to rest and allowed nature to reveal its splendor to me.

May you welcome your mind to rest from time-to-time. It's the greatest gift you may ever give yourself.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Dream that Must be Interpreted

This place is a dream.  
Only a sleeper considers it real.

Then death comes like dawn,  
and you wake up laughing  
at what you thought was your grief.

But there's a difference with *this* dream.  
Everything cruel and unconscious  
done in the illusion of the present world,  
all that does not fade away at the death-waking.

It stays,  
and it must be *interpreted*.

All the mean laughing,  
all the quick, sexual wanting,  
those torn coats of Joseph,  
they change into powerful wolves  
that you must face.

The retaliation that sometimes comes now,  
the swift, payback hit,  
is just a boy's game  
to what the other will be.

You know about circumcision here.  
it's full castration there!

And this groggy time we live,  
this is what it's like:

A man goes to sleep in the town  
where he has always lived, and he dreams he's living  
in another town.

In the dream, he doesn't remember  
the town he's sleeping in his bed in. He believes  
the reality of the dream town.

The world is that kind of sleep.

The dust of many crumbled cities  
settles over us like a forgetful doze,  
but we are older than those cities.

We began  
as a mineral. We emerged into plant life  
and into the animal state, and then into being human,

and always we have forgotten our former states,  
except in early spring when we slightly recall  
being green again.

That's how a young person turns  
toward a teacher. That's how a baby leans  
toward the breast, without knowing the secret  
of its desire, yet turning instinctively.

Humankind is being led along an evolving course,  
through this migration of intelligences,  
and though we seem to be sleeping,  
there is an inner wakefulness  
that directs the dream,

and that will eventually startle us back  
to the truth of who we are.

Jelaluddin Rumi

### 3. Quote or Question

*"Our own life is the instrument with which we experiment with the truth."* ~ Thich Nhat Hanh



## 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 – February 2017

#### Living from the Inside Out

As the Light falls upon your world with greater force and intensity, your citizens begin to move more quickly into their destiny— this destiny which invites every planetary individual to outwardly become what inwardly they already are. In a manner of speaking, the inhabitants of your world are being turned inside out. And what dwells inside you? This perfect, loving Light which moves from the soul into physical manifestation.

Let us delve deeper into this subject. As has been mentioned upon previous occasions, divine Light is the vehicle of material manifestation and divine Love is the foundational fabric upon which all comes forth into existence. Without this quintessential force of God-Love nothing would exist in your physicality. The only true existence be it material or immaterial is Love.

Imagine for an instant the following image. You see before you an orange sitting upon your table. Think now that this orange is imbued with the all-encompassing force called “Love.” Even if you peel this fruit, and you cut it into small pieces, the Love imbued therein is never cut, lessened or fragmented. This perfect God-Love force is whole and complete in every part, in every drop of its juice and in every particle which makes up the composition called “orange.” The visual outpouring of this Love is Light. Hence, the Light which forms the orange is complete within it and yet this Light is not limited to a piece of the fruit *even if your eyes only see the boundary of the orange.*

Now let us return to the topic at hand. Each vibrating particle of matter in and upon your planet contains Love, the creating force and Light the manifesting force. Within your own selves, beyond your physicality, lies your divine essence—soul. Your soul is always and forever anchored in Love for that is its very nature. Imagine now that you are turning yourself inside out. What do you observe? You witness that *first* you live from within and *then* you live from all else. It is as if you are wearing a reversible coat. For so long you have worn the same side of the coat. Now you realize that the other side—the inner side of the garment is the true side. The more you live from the inside out, the greater the harmony between the Love-Light cosmos and the physical dimensions, and the more your material world, suffused with this Christ Love-Light, is transformed. In truth, there is no boundary between the non-physical and the physical. The material world is an extension, a physical echo of the soul as it projects outwards from its inner divinity

Hence, as the light falls graciously and intensely upon your planetary life, creation begins to stir. What seemingly comes from outwardly falling Light-rain is rather the increase of the inner Light-rain. This is so for your world, your universe—all existence as you comprehend it —is presently beginning to turn inside out. The magnificent inner Light of creation streams forth in all life, not only from your earth but also from within your planet and beyond it. Existence is breaking open, unfolding and surrendering to its very essence of God-Light. Your outer world is being blessed by your inner world.

Hence, we joyfully witness the unfurling of the inside holiness of Creation within your dimension. This is indeed a time of great transformation and liberty for all and we, as friends and family in the finer dimensions, are always with you.



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).

## 5. Jeanne Jessica – A Message from the Divine Realm

Dear One,

whenever you feel lonely, it is because your awareness is not aligned with your Divine Self (your Soul).

When you feel sad, it is because you are listening to the world out there, instead of listening to your Divine Self within your heart.

Your Divine Self, your eternal Soul, is who you truly are.  
Your Divine Self is where everything you need, comes from.

Your Soul is patiently waiting for you to invite it into your life.  
But as long as you are listening to the world out there, you can't hear it.

The origin of your Soul is from the One Divine Source (God).  
Living as a human being in a physical body, you forgot your own Source.

Now, you can remember again your Divinity, your eternal Self.  
When you start listening within, you will feel a Love that is eternal.

To consciously invite your Divine Self within your daily life can help you heal.  
To consciously connect again and remember your Divinity can change your life.  
And by remembering, you will awaken and become who you truly are.  
Be patient with yourself, this takes time.

Sitting in silence and inviting your Divine Self, your Soul, to join you, is so precious.  
We suggest you do this every day, and also listening to the voice in your heart.

The more you sit and listen to your Soul, the more you can experience inner peace.  
And this inner peace will then manifest outside in your daily life experiences.

The more you connect with your Divine Source, the more you heal.  
Your true nature is Divine.

Allow yourself to remember.  
Your true nature is Divine Love and Light.

The amount of Love and Light God would like to share with you is beyond words.  
All it needs is your invitation for it to come (again) into your life.  
GOD loves you, always.

The Love from the Divine Source for you is unconditional.  
GOD is waiting for your invitation to join you.  
Your Soul is waiting for your invitation to join you.

This will then bring your human Self in harmony together with your Divine Self.  
Your consciousness will expand and you will feel inner peace and true love.

You will discover that all you were ever longing and looking for was this  
sacred connection and oneness with your true Divine Self, your Soul.

By inviting your Divine Self into your life and into your consciousness,  
you start to feel and remember who you truly are.  
That is the place where all healing comes from.

GOD, your Divine Source, loves you so much,  
beyond what could be described with words here.  
All you need to do is to speak out that invitation from your heart.

Ask for Divine Guidance on this path and you will receive it.  
Let go of your expectations and trust that your Soul is always guiding you.

Divine Blessings and Light to You,

Jeanne



***Special offer for Reiki Distance Healing for the readers of this newsletter: 50 Dollars for the first session.*** Jeanne Jessica is a certified Reiki Master and spiritual coach. 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) and distant healing sessions, she facilitates the self-healing processes of the whole being, especially the healing of the heart and the Soul. Jeanne is in Europe and speaks English, French and German. To the readers of this newsletter only, this special offer is available until end of February 2017. For more information and to book your session, kindly visit [www.jeannejess.net](http://www.jeannejess.net). To find out more about her project, to become a business partner or to support her business with a donation, kindly visit: <http://jeannejess.blogspot.ch/p/the-project.html>. Thank You.



## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 6. Good News Of The Day

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

In this interview with award-winning journalist and author Krista Tippett, she shares insights on journalism as a force for progress, beginning, first, with a good question and active listening: "Good listening starts even before words begin to be spoken, even before we speak the question. It starts with the invitation we create, the way we create the invitation, the space we create. If it's not trustworthy, if people think they've been brought in to be set up or to be -- if people feel like they're on the defensive or they have to explain themselves, then no matter how good my questions are, I haven't established a space in which I can be a good listener or really draw them out in a meaningful way." Tippett continues to share insights about hope, mindfulness, and the mechanics of social change. <http://www.dailygood.org/story/1474/krista-tippett-on-the-virtue-of-hope-tami-simon/> **Be The Change:** Practice active listening in your conversations rather than merely waiting your turn to speak. Create a safe space for the conversation, and allow yourself to be surprised.

At HandUp.org, before you help someone in need, you can see their face, look into their eyes, see their children, their smile, read about their challenges, and even send them a message. In a meaningful way, HandUp.org connects donors with those in need. The brainchild of Rose Broome, HandUp.org fulfills a need she realized existed when saw a homeless woman sleeping on the street. Here she was in San Francisco surrounded by all of this progress, but no way to help. "With all of the innovation that we have here, and all the resources, I wondered why I could pull my phone out of my pocket, push a button, get a ride, push another button, get dinner, but there wasn't a button that I could push to do something to help that woman," she said. This article and video share Broome's inspiring story. <http://www.dailygood.org/story/1476/rose-broome-of-handup-sarah-morgan/> **Be The Change:** See if any stories of people profiled on the site resonate with you. Perhaps you can help. Or, make a local nonprofit aware of the website's capabilities. <http://www.dailygood.org/more.php?n=7008a>

Karim Sulayman is an Arab-American tenor from Chicago. Ten days after the 2016 U.S. presidential election, Sulayman teamed up with filmmaker Meredith Kaufman Younger to perform a trust experiment. Watch this silent video (set to Sulayman singing Sinead O'Connor's "In this Heart") as Sulayman stands blindfolded outside Trump International Hotel in Central Park West in New York City and asks strangers to trust him. <http://www.karmatube.org/videos.php?id=7385> **Be The Change:** Do something small to touch the life of a stranger today with kindness and generosity.

Every year KindSpring shares a selection of the most powerful stories they've received over the last twelve months. In the spirit of anonymity these real-life stories are often posted by people who choose to use a "kindness alias". Some of the stories are about children and teenagers who have stumbled on creative ways to flex their kindness muscles, others are about adults of different ages, nationalities and backgrounds who regularly go out of their way to make our world a kinder, brighter place. Whether the stories describe a small act that made someone's day, or a gesture that forever altered the trajectory of a life, they all share one thing in common: a very big heart. <http://www.dailygood.org/story/1478/kindspring-s-top-10-kindness-stories-of-2016-kindspring/> **Be The Change:** Learn more about KindSpring and its global community who collectively plant thousands of seeds of generosity, hope and good-will each day. <http://www.kindspring.org/>

There might be a solution to implicit racial bias, argues Rhonda Magee: cultivating moment-to-moment awareness of thoughts, feelings, and surroundings. "In my own work, I identify, develop and examine the

efficacy of a set of practices that intentionally link inner and outer work to raise awareness about race and racial experience in our lives, with a focus on personal, interpersonal, and systemic or structural levels. The resulting ColorInsight Practices combine mindfulness-based practices with teaching and learning about race and color to increase awareness of how race and color impact us all, and give rise to insight and greater understanding." <http://www.dailygood.org/story/1479/how-mindfulness-can-defeat-racial-bias-rhonda-magee/>

In November 2016, a university in Vadodara, India hosted a panel discussion titled "Education for Compassion: Rethinking Means and End," seeking to answer how schools, parents, and communities can prepare children to lead more compassionate rather than competitive lives. One of the panelists, Meghna Banker, is a graphic designer, volunteer, and a full-time mother home-schooling her daughter. In her talk she shared reflections on parenting, illustrated by inspiring personal stories with her daughter. Ultimately, she shares how her journey as a mother has been at its core, an attempt to embody wholesome qualities and explore the "unison of our head, hands and hearts." Watch or read the transcript of her quietly profound talk here.

<http://www.dailygood.org/story/1480/educating-our-children-s-hearts-a-mother-s-reflections-on-home-schooling-her-daughter-meghna-banker/> **Be The Change:** Reflect on a quality or principle you would like to embody, and set an intention to embody it -- perhaps someone else, a child even, will be inspired to emulate you.

We all know there's nothing like a warm smile, loving hug, sympathetic eyes, shared laughter, or long talks. These are the things that make us human and happy, and they are best done in person. Yet sometimes we are too busy to get together. Enter technology, with promises of improving relationships. However tempting, technology needs to be limited. While Facebook, Instagram, and e-mail give us the ability to reach and learn about more people, the parts about the experience that are lacking -- vulnerability and intimacy -- are the ones that bring us closer. Similarly, smartphones make us available 24/7, but this can mean constant interruptions. These can cause tiny tears in the fabric of our relationships that can eventually add up to real damage to happiness. In this article, learn three ways to prevent the damage that technology can do to our real-life experiences. <http://www.dailygood.org/story/1482/three-ways-to-keep-technology-from-hurting-your-relationships-christine-carter/> **Be The Change:** Today, put people first and unplug while you're sharing your human experience with others.

While many employers avoid hiring those who were formerly incarcerated, one Pennsylvania company actively seeks them out. Lancaster Food Company makes a point of finding and hiring people who need help getting back on their feet. According to founder Mike Miles, it's a segment of the population that needs jobs just like anyone else, and should not be denied the chance to live healthy and productive lives. While he had already started successful technology companies, Miles realized that with a food company he could create opportunities for a real and neglected section of society. Lancaster Food Company is rapidly expanding, and not one employee has quit. Miles is hoping his success will inspire companies to "rethink their current practices and ignite conversations around minimum wage and employment opportunities for everyone, including ex-offenders." Here, the full story. <http://www.dailygood.org/story/1483/this-organic-food-company-doesn-t-discriminate-against-ex-offenders-it-seeks-them-out-olivia-anderson/> **Be The Change:** Is there an overlooked group in your community? Help them in some way today.

In this TED article, Elizabeth Gilbert, author of "Eat, Pray, Love" and the new book "Big Magic: Creative Living Beyond Fear," offers wit and wisdom for people living with creativity -- which, according to her, is everyone! Creativity is not always easy to tap into, but thankfully there are lots of things we can do to help. To start, we can reframe "creativity" as "curiosity," consider fear boring, and just agree to accept inevitable frustrations and difficulties. We can greet creativity like a "Hogwartsy"-type magical visitor, or we can make it exercise like a dog. And we can protect it from enemies like fear, frustration, whining, and perfectionism. The point is, we don't have to be inhibited or intimidated by the creative process; once we understand it, things can run much more smoothly. Here, a lighthearted look at how. <http://www.dailygood.org/story/1485/11-tips-to-living-a-creative-life-elizabeth-gilbert/> **Be The Change:** Watch Elizabeth Gilbert's enjoyable TED talk "Your Elusive Creative

Genius" to hear more about her theories on creativity.

[http://www.dailygood.org/more.php?op=get&url=http://www.ted.com/talks/elizabeth\\_gilbert\\_on\\_genius](http://www.dailygood.org/more.php?op=get&url=http://www.ted.com/talks/elizabeth_gilbert_on_genius)

In this thoughtful piece ServiceSpace founder Nipun Mehta fields twelve probing questions on how to nurture and sustain a volunteer culture. "Since 1999, ServiceSpace has been volunteer-run. It's a constraint and an asset. It opens us up to sensing multiple forms of capital...Leadership turns into laddership. Compassion is contagious; instead of pushing, we count on the pull. The metaphor shifts from manufacturing to gardening." Drawing on his ServiceSpace experience Mehta notes that "volunteers are strongest when they are moved by love." <http://www.dailygood.org/story/1487/12-questions-around-volunteerism-nipun-mehta/> **Be The**

**Change:** Find a cause that resonates, and make a "moved by love" contribution to it in some form.

Deep within us all lies a tender heart. A heart that's been wounded, heroic, or generous. That guides us with a whisper, or drives us like a sergeant. No matter who we are, where we live, or what we've done, we all have stories with our hearts as protagonist. Love stories. Matt Hopwood believes these powerfully personal, emotive narratives can be transformational for both individuals and communities. Since 2012, he has collected hundreds of stories from his travels in England and elsewhere for his project, A Human Love Story. What drives him is the idea that these stories can change the world -- through the courage and vulnerability it takes to express them; by simply bringing them into awareness; and by using them in our human interactions to heal disconnections. Here, Hopwood shares from his heart more about his mission.

<http://www.dailygood.org/story/1488/can-love-stories-change-the-world-matt-hopwood/> **Be The Change:**

Today, take a loving step toward repairing a disconnection in your life.

Some days we are full of inspiration and energy to spring out of bed and into the day. Other times, our motivation may be a little more stifled. Where can we turn on those days when we are less than excited about work? Perhaps to the words of the ancient Roman emperor Marcus Aurelius, who offered up this advice: "At dawn, when you have trouble getting out of bed, tell yourself: 'I have to go to work -- as a human being. What do I have to complain of, if I'm going to do what I was born for -- the things I was brought into the world to do? Or is this what I was created for? To huddle under the blankets and stay warm?'" Read on for more from Aurelius whose words are as relevant today as they were nearly two millennia ago.

<http://www.dailygood.org/story/1489/rise-and-shine-a-morning-pep-talk-from-marcus-aurelius-maria-popova/>

**Be The Change:** What gets you out of bed? Share tips with other DailyGood readers here on what helps get you inspired to start the day. [http://www.dailygood.org/story/1489/rise-and-shine-a-morning-pep-talk-from-marcus-aurelius-maria-popova/#disqus\\_thread](http://www.dailygood.org/story/1489/rise-and-shine-a-morning-pep-talk-from-marcus-aurelius-maria-popova/#disqus_thread)

In this Awakin Call, Kristi Nelson, Executive Director of A Network for Grateful Living, (check out their popular website Gratefulness.org), shares a lifetime focusing on social movement through both inner and outer work. She speaks of the root of gratefulness, the reality of impermanence (she was diagnosed 24 years ago with stage four lymphoma), and the danger that we make the world reflect our longings, rather than our gratitude.

<http://www.dailygood.org/story/1486/grateful-living-as-a-practice-for-every-moment-awakin-call-transcript/> **Be**

**The Change:** Do we have to suffer in order to be grateful? Does the sacred live within the mundane? Tote up a list of what you are grateful for right now, at this very moment.

Deep inside us is an 'ecological self' according to Bill Devall, Sociology professor at Humboldt State University in California and author of Living Richly in an Age of Limits. He says that people need nature more than they have any idea, even a diminished landscape like a city park. They feel better when they are sitting under trees, but parks lack ability to continue the evolutionary processes on its own, as a self-organizing system. Devall would like fifty per cent of the total land and water areas of the Earth to be designated as wilderness areas.

<http://www.resurgence.org/magazine/extras/299/issue199-bill-devall.pdf> **Be The Change:** Find the nearest tree and sit under it for a few minutes. Notice whether you feel better. If so, you might look for an organization that contributes to parks and ecological preservation and see how you can help.

"Something profound is changing our concept of trust, says Rachel Botsman in this TED talk. While we used to place our trust in institutions like governments and banks, today we increasingly rely on others, often strangers, on platforms like Airbnb and Uber and through technologies like the blockchain. This new era of trust could bring with it a more transparent, inclusive and accountable society -- if we get it right."

<http://www.dailygood.org/story/1493/a-world-where-we-trust-strangers-ted-com/> **Be The Change:** Today, make a conscious effort to smile at a stranger. Your positivity may lift their spirits!

In this brief, poignant post, Tracy Cochran of Parabola magazine reminds us of a profoundly simple yet overlooked soul-soother that anyone can practice and share: forgiveness. This year, why not take one small step toward self-compassion and taste the peace that comes with self-acceptance. Say, "Forgiven." To yourself, then others. "To ask for and offer forgiveness is to put down arms, daring to show ourselves as we are without defenses. In 2017 may we all dare to put down our guns--to take off all our armor, even the subtle forms. May we all sail into the New Year disarmed, daring to stretch out the arms and hands of love to the unknown." If we make small shifts from within, the world will feel it from without. For more inspiration, read the full post on love, peace, and forgiveness. <http://www.dailygood.org/story/1495/coming-in-peace-2017-tracy-cochran/> **Be The Change:** Today, practice saying, "Forgiven," and follow wherever it takes you.

Traditional incubators support entrepreneurs in becoming sustainable through money. Service Space's "Laddership Circles", on the other hand, have been flipping that tradition, and exploring how to be sustainable through generosity. In a recent Laddership gathering, a small group of folks from across the globe joined together for a conversation on the "Gift Ecology" -- discussing everything from how to sustain gift-based systems and what the "inner gift-ecology" looks like, to how to honor our families' wishes along the way. The following piece offers an inspiring summary of this group's heartfelt efforts to navigate the complex currents of today's world with a mindset of generosity. <http://www.dailygood.org/story/1498/a-deep-dive-into-the-gift-ecology-audrey-lin/> **Be The Change:** What is an instance of radical generosity that you have experienced? How did it shape you? Learn more about Laddership Circles here: <http://www.dailygood.org/more.php?n=6997a>

"When I tell people that I teach a class in law and meditation at UC Berkeleys law school, I often hear snorts of disbelief. "It's easier to imagine a kindergarten class sitting in silence for half an hour," a friend said to me, than two lawyers sitting together in silence for five minutes." But the class is no joke. In fact, it's part of a ground-breaking movement that has quietly been taking hold in the legal profession over the past two decades: a movement to bring mindfulness-- a meditative, moment-by-moment awareness of our thoughts, relationships, and external circumstances-- into the practice of law and legal education." Charles Halpern a public interest pioneer and an innovator in legal education shares more in this article.

<http://www.dailygood.org/story/1499/quiet-justice-charles-halpern/> **Be The Change:** Make time for a mindful moment today. For more from Charles Halpern join this Saturday's Awakin Call with him. More details and RSVP info here. { more }

## 7. Medicine for the Earth

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

--by ***Sandra Ingerman*** (Jan 02, 2017)

In all spiritual traditions it is taught that everything that manifests in the physical world starts in the invisible realms of spirit.

We must remember that a baby grows in the womb. Trees and plants start with a seed that is nurtured in the earth and then expands into roots, branches, leaves, buds, fruits, and flowers. Creation comes through us.

We often expect change just to happen magically without the inner work that is needed to create outer change. We want science to magically create "a cure" for all the ills of our times. But the true changes we are looking for must come from within. We need to incorporate spiritual practices into our daily lives and live the practices.



We need to be able to work through the dark states of consciousness and transform them into golden light. This is the true meaning of alchemy. And then our outer world will reflect our state of light back to us.

We must remember that we are not just form and matter. We are luminous beings. And our destiny is to radiate light.

Right now many of us walk around with unexamined thoughts, attitudes, and emotions. We live a life filled with fear and this generates states of hate and war. We believe that there is scarcity of resources and that we are limited in what we can create. This is a reflection of how we live from a place of separation.

The ultimate teaching is, "It is who we become that changes the world and not what we do." The part of us that is "becoming" involves remembering that we are spiritual beings whose destiny is to radiate light and channel unconditional love. We came here to learn about the power of love and to create from love. The part that we are "doing" involves how we walk on this earth as conscious beings. We must be conscious of every action, thought, and word. For once again, our outer world is a reflection of our inner state.



## 8. Shaped by A Silky Attention

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

--by [Jane Hirshfield](#) (Jan 09, 2017)

A request for concentration isn't always answered, but people engaged in many disciplines have found ways to invite it in. Violinists practicing scales and dancers repeating the same movements over decades are not simply warming up or mechanically training their muscles. They are learning how to attend unswervingly, moment by moment, to themselves and their art; learning to come into steady presence, free from the distractions of interest or boredom.



However it is brought into being, true concentration appears -- paradoxically -- at the moment willed effort drops away. It is then that a person enters what scientist Mihaly Csikszentmihalyi has described as "flow" and Zen calls "effortless effort". At such moments, there may be some strong emotion present -- a feeling of joy, or even grief -- but as often, in deep concentration, the self disappears. We seem to fall utterly into the object of our attention, or else vanish into attentiveness itself.

This may explain why the creative is so often described as impersonal and beyond self, as if inspiration were literally what its etymology implies, something "breathed in." We [poets] refer, however metaphorically, to the Muse, and speak of profound artistic discovery as revelation. And however much we may come to believe that "the real" is subjective and constructed, we still feel art is a path not just to beauty, but to truth: if "truth" is a chosen narrative, then new stories, new aesthetics, are also new truths.

Difficulty itself may be a path toward concentration -- expended effort weaves us into a task, and successful engagement, however laborious, becomes also a labor of love. The work of writing brings replenishment even to the writer dealing with painful subjects or working out formal problems, and there are times when suffering's only open path is through an immersion in what is. The eighteenth-century Urdu poet Ghalib described the principle this way: "For the raindrop, joy is in entering the river. Unbearable pain becomes its own cure."

Difficulty then, whether of life or of craft, is not a hindrance to an artist. Sartre called genius "not a gift, but the way a person invents in desperate circumstances." Just as geological pressure transforms ocean sediment to limestone, the pressure of an artist's concentration goes into the making of any fully realized work. Much of beauty, both in art and in life, is a balancing of the lines of forward-flowing desire with those of resistance -- a gnarled tree, the flow of a statue's draped cloth. Through such tensions, physical or mental, the world in which we exist becomes itself. Great art, we might say, is thought that has been concentrated in just this way: honed and shaped by a silky attention brought to bear on the recalcitrant matter of earth and of life. We seek in art the elusive intensity by which it knows.

## 9. Theory and Practice

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

—by *Vincent Horn* (Jan 16, 2017)

If we look at what theory is, it's essentially an abstraction, or representation, of direct experience. It's a way for us to take our understanding and transmit, through the medium of ideas, the same understanding to another person. Language is such an important innovation, because it allows us to do this.

Because theory is an abstraction or representation, without directly experiencing, or really understanding what these things are pointing to, abstractions can remain just that. We all know people who confuse concepts about reality with reality itself. One need only bring to mind a know-it-all scholar or nerd to see living examples of what happens when we emphasize theory over practice.

The flip side of emphasizing theory over practice, is in emphasizing practice over theory. Many people conclude that all you need to do is practice and you'll figure out everything by yourself. But how do you understand why you're practicing or learn to practice?

If you emphasize practice too much you can get what Tibetan meditation master Chogyam Trungpa called “dumb meditators”—people who don't understand what they're doing or why. They never really got what they were supposed to be looking for, so they spin out endlessly doing a practice, which leads to something interesting, but not to what was intended.

Another pitfall of leaving out theory is that we find it difficult to integrate the experiences we've had into their lives. We have trouble because we are rejecting the importance of the thinking mind. Our complex mental abilities and highly developed brains are what make us distinctly human. Without complex thought it's unlikely that we'd even be able to ask ourselves the important spiritual questions. *Homo sapien* is latin for “knowing man” or “wise man.” It can be a disaster if we throw out the “wise” part of our evolutionary heritage.

What's encouraging is that if we can put these helpful theories *into* practice, using them as maps to help us find our way, then we get into the business of having direct experiences ourselves. Through doing this we become internal scientists, and can begin to confirm, reject, and even build upon the theories we've been handed. Theories are alive and open-ended when we can test their validity. They are not the end point but rather the starting point for an incredible journey.



## 10. My Misgivings About Advice

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

--by ***Parker Palmer*** (Jan 23, 2017)

My misgivings about advice began with my first experience of clinical depression thirty-five years ago. The people who tried to support me had good intentions. But, for the most part, what they did left me feeling more depressed.

Some went for the nature cure: "Why don't you get outside and enjoy the sunshine and fresh air? Everything is blooming and it's such a beautiful day!" When you're depressed, you know intellectually that it's beautiful out there. But you can't feel a bit of that beauty because your feelings are dead — and being reminded of that gap is depressing.

Other would-be helpers tried to spruce up my self-image: "Why so down on yourself? You've helped so many people." But when you're depressed, the only voice you can hear is one that tells you that you're a worthless fraud. Those compliments deepened my depression by making me feel that I'd defrauded yet another person: "If he knew what a worm I am, he'd never speak to me again."



Here's the deal. The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed — to be seen, heard and companioned exactly as it is. When we make that kind of deep bow to the soul of a suffering person, our respect reinforces the soul's healing resources, the only resources that can help the sufferer make it through.

Aye, there's the rub. Many of us "helper" types are as much or more concerned with being seen as good helpers as we are with serving the soul-deep needs of the person who needs help. Witnessing and companioning take time and patience, which we often lack — especially when we're in the presence of suffering so painful we can barely stand to be there, as if we were in danger of catching a contagious disease. We want to apply our "fix," then cut and run, figuring we've done the best we can to "save" the other person.

And yet, we have something better: our gift of self in the form of personal presence and attention, the kind that invites the other's soul to show up. As Mary Oliver has written, "This is the first, the wildest and the wisest thing I know: that the soul exists and is built entirely out of attentiveness."

## 11. I Trust You

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

Karim Sulayman is an Arab-American tenor from Chicago. Ten days after the 2016 U.S. presidential election, Sulayman teamed up with filmmaker Meredith Kaufman Younger to perform a trust experiment. Watch this silent video (set to Sulayman singing Sinead O'Connor's "In this Heart") as Sulayman stands blindfolded outside Trump International Hotel in Central Park West in New York City and asks strangers to trust him. <http://www.karmatube.org/videos.php?id=7385>

## 12. How Forests Heal People

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

For thousands of years our ancestors hunted, gathered, and survived in the wilderness. Endless grasslands, dense forests and rivers were an integral part of a place we called home. But in today's world, the green spaces are replaced by urban structures, crowded streets and polluted environments. This rapid change puts an unwanted pressure on our body and mind. As a result we have seen that chronic illnesses, stress, depression and other ailments are on the rise. This video shows us the magical healing powers of nature. For a few minutes, let these images calm your nerves and soothe your soul. <http://www.karmatube.org/videos.php?id=7328>

## 13. Robin Hood Army – Connecting the Dots

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

The Robin Hood Army wields a double edged sword fighting food wastage and hunger with one mighty strike. The initiative in Pakistan began in 2015 with volunteer Robin Hoods filling 100 empty tummies in a week. One year later, the army has mobilised and they plan on reaching 500,000 individuals across seven different countries. This is a simple and truly inspiring concept that is confronting two major global issues. May they march on and conquer the world. <http://www.karmatube.org/videos.php?id=7335>

## 14. Heal the World – Child Prodigy Cover

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

Nirali Kartik and Kartik Shah of Maati Baani, bring together 45 child prodigies from across the globe to "Heal The World." Working online with musicians ranging from 5 to 13 years of age, MaatiBaani released this video as a tribute to Michael Jackson on what would have been Jackson's 58th birthday. Let this message of love and peace carry us forward throughout the year. <http://www.karmatube.org/videos.php?id=7243>

## 15. Compassion in Action

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

"Environmental conservation must be the essence of our spiritual practice." ~His Holiness the 17th Karmapa. From Ladakh to Bhutan, Buddhist nuns and monks from 60 centers in the Himalayan region work on environmental protection. From cleaning up rivers, to installing solar panels, the nuns and monks approach the environment with a sense of compassion, recognizing the interdependence and inter-connectivity of all things. "...Compassion is a combination of the feeling and the action." ~Khenpo Drugyal, Tilokpur Nunnery Teacher. <http://www.karmatube.org/videos.php?id=7401>



## 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**



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# Spiritual Guidance

Serving your personal journey toward enlightenment...

February 2017 e-Newsletter

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In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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