

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

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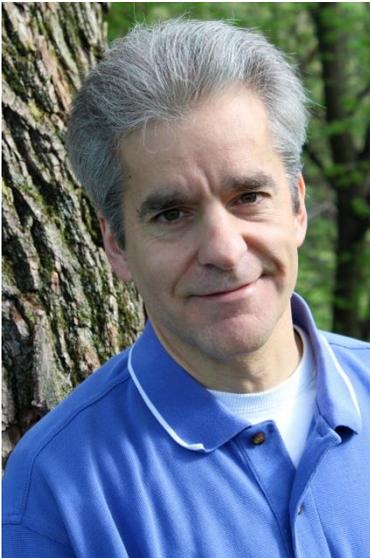
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If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to newsletter@servingyourjourney.com.

SPIRITUAL GUIDANCE OFFERINGS:

1. Personal Story of Spiritual Lessons



Why I don't give advice

It is none of our business how people live their lives. We cannot know another person's experience. We must let people live their lives, make their choices, and learn from their life lessons.

When I begin working with new therapy / counselling clients, I invite an introductory meeting to listen to their issues and expectations of therapy, and to explain how I work (and do not work). After listening to the client's issues and expectations of the therapeutic process, I explain how I work with an emphasis on the equally, if not more, important ways I do not work.

I begin by sharing with the client that I don't give advice. This is often met with a "deer in the headlights" look from the client. I so often see the let down in their eyes. I can see them asking themselves... "But I'm coming to you for advice! If you don't give advice, what do you do? If you don't give advice, why should I even come to you?" Here are the three reasons I don't give advice.

First, it is none of my business how anyone lives their life. In that way, I should be with the client in a state of non-judgement.

Second, I cannot know the client's experience. I cannot know what the client is going through. I cannot know what is best for the client. In fact, I should not even be able to relate to the client's issues. Yes, you read that correctly. I should not even be able to relate to the client's issues. If I relate to the client's issues, then I believe in their story. If I believe in their story, then I collude with their dis-ease. And if I collude with their dis-ease, then I lose the opportunity to heal. The whole purpose of psychotherapy is to question the reality of the client. The client's perception has them in a state of dis-ease. If I relate to their story, then I cannot be any healing catalyst to them seeing their situation differently and beginning the healing process.

Lastly, and most importantly, people have to live their own lives, make their own decisions, and learn their own life lessons. I often explain to the client that a child does not learn by being told anything, but the child learns by doing and learning from their experience. I use the anecdote of the toddler who is entranced by the red-hot glowing embers of the log burning in the fireplace and goes toward the glowing embers to touch them. The concerned parent, perhaps naturally, intervenes to prevent the child from getting burned. In their intervention,

the parent will likely say to the toddler “Don’t touch! You will get burned.” The child understands the ‘don’t touch’ part, because the parent is holding them back from touching. But the child doesn’t understand why (i.e., the child doesn’t understand the ‘you will get burned’ part of the intervention). All the child knows is they want to touch the red-hot glowing embers and mommy or daddy doesn’t want them to touch it. They have not learned why they should not touch the red-hot glowing embers. And they will not learn why until they actually touch the embers some day.

I had a client disagree with this approach once and blurted back to me... “So, metaphorically speaking, if someone was heading toward a pool of quick sand, wouldn’t you warn them?” My response was, “Metaphorically speaking, I hope I wouldn’t warn them. I would stand by, observe their choices, be ready to ‘be there’ for them, and, most importantly, wait until they asked for help. Then, and only then, would I intervene.” The client was not enthused or comforted by my response.

Let me try and explain this last point another way, with an actual, true, real-life situation.

A close friend living in Canada had recently divorced after 20 years of marriage. As the divorce was unfolding they developed an online relationship with someone half their age living in South America. Within 4 months of the divorce being finalized my friend hopped on a plane and flew to spend a few weeks with this person they had met online. As can happen in these situations, my friend fell madly and deeply in love with this person living in South America. My friend was communicating with me throughout their visit with their new-found love. And while they were experience love in overdrive, their life was thrown into upheaval. They held down a job with great responsibility in Canada. They had many family and friends in the Canadian city they lived in. How could they make this long-distance relationship work? They wanted desperately to be with this new-found love in their life.



The above is a true story. And how many of you have heard of such a story? How many of you have had someone in your life experience the same thing? We all know the stories of rebound relationships and how they end up. We all know the stories of the challenges of long-distance relationships and how they often end up. But how can we be so sure the ‘norm’ applies in all situations?

My friend kept asking me, “What do I do? What do I do?” I knew that it wouldn’t matter what I said; my friend was going to do what they wanted to do. I could share all the advice, anecdotes, personal experiences, etc., but toddlers and adults are alike and will, almost universally, not take or listen to advice. And when it comes to matters of the heart, the person embroiled in the euphoria of love, is even less likely to listen to advice. People are going to do what they are going to do. As difficult as it was, at times, I had to stand by, observe my friend’s choices, be ready to be there for them, and, most importantly, let them know I loved them no matter what decision they made. And the only way I was able to stand by and observe their choices was because despite all the statistics and stereotypical scenarios writing, I could not say with 100% certainty that the choices they would make would lead to a certain outcome.

The only thing I could be certain of, and the only thing I could share with my friend, is that this seeming dilemma my friend was facing, this seeming fork in the road, well...they couldn’t make a wrong decision. Life had brought them to this point in their life precisely to make a decision and that they were ready to make that decision—life had equipped them with the tools to make a decision about this situation. It was their lesson for the day. Whatever decision they made, they could be sure they would be faced with another fork in the road at some point down the road and then they would be faced with making another decision. This is the way of life. This is the way of our journey.

It is none of our business how people live their lives. We cannot know another person's experience. We must let people live their lives, make their choices, and learn from their life lessons. What can we do then when people ask for our advice? One thing, and one thing only...LOVE them! Love them enough to let them live their own lives. Love them enough to allow them to make their own decisions. Love them enough to let them learn what it is they need to learn. Be with them in that place of love and both of you will know what healing is.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

2. Poem

Talking in the Night

In the middle of the night,
I cried out,

 "Who lives in this love
I have?"

 You said, "I do, but I'm not here
alone. Why are these other images
with me?"

 I said, "They are reflections of you,
just as the beautiful inhabitants of Chigil
in Turkestan resemble each other."

You said, "But who is this other *living*
being?"

 "That is my wounded soul."
Then I brought that soul
to you as a prisoner.

 "This one is dangerous,"
I said. "Don't let him off easy."

You winked and gave me one end
of a delicate thread.

 "Pull it tight,
but don't break it."

 I reached my hand
to touch you. You struck it down.

"Why are you so harsh with me?"

"For good reason. But certainly not
to keep you away! Whoever enters this place
saying *Here I am* must be slapped.

This is not a pen for sheep.

There are no separating distances here.
This is love's sanctuary.

Saladin is how the soul looks. Rub your eyes,
and look again with love at love.”

Jelaluddin Rumi

3. Quote or Question

Peace we achieve when we do not expect anything from the world but only give, give and give unconditionally what we have and what we are. ~ 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 – April 2017

Part One—Celestial Origins of the Planet Earth

Color, form, sound, idea, depth, time. There are so many ways to describe the world wherein you dwell. The attributes that categorize your daily life, your societies, world and planet have often remained limited for centuries of your time. However, in each pivotal movement of your earth life there are visitations of great visionaries, exceptional teachers of tremendous Light—perfected beings. There are times when these beings quietly and gently touch upon your earth, whisper truths to open minds and hearts, radiate love and then seemingly disappear from your world. Other celestial beings are requested by the Creator to live among you and, through guidance and teaching, remind your citizens of their own infinite and exquisite divine nature.

It would seem to you, peoples of this fine planet, that such visitations of refined and perfect beings only occasionally frequent your world. In truth this is not so.

In your earth's beginnings, there were many and frequent visitors from the higher vibrational worlds. These visitations were to assure that your garden planet continue to be founded on the pure and infinite Love of the Creator. At that time, when your planet existed as a perfect organism, it existed simultaneously in your third dimension and in other dimensions. In the time of your perfect Earth, there was no boundary between its physical and non-physical manifestations. Hence, your earth contained many reverberations of itself. This is to state that your planet, filled with the beauty of first divine creation and inhabited by celestial beings, could choose, in accordance with the Divine Source, to create reverberating multiple earths, each less dense than the previous. This information may seem somewhat unusual to you, but kindly keep your hearts and minds open to greater possibilities as you read this message.

The perfected beings who were among the first visitors to your physical earth, simply arrived through a change in frequency. It is to be remembered that the higher the frequency, the less dense the objects you view. Moving from one location to another in a material or less dense material body is easily accomplished through high thought. Concentrated thought can specifically orient all the components of the physical body into one direction—into the God-point. From that Point the physical body can re-merge in a different material or less material position. (For more information on the God-Point, please consult the March *Notes from the Light* entitled: *Linear Direction and the God-Point*).

What was the reason for these celestial creations and visitations?

The heavenly beings who inhabited these earths could choose their experiences. This was done through the gracious God movement of free-will and the divinely created beings rejoiced in the experiences they selected. The vibration of love and devotion found within these beings and their experiences upon your planet remains anchored, seen and felt today in your world, for this energy eternally remains. Hence, no matter what you may

witness in your outer world, your earth has always resonated to an exquisite divine frequency and will continue to do so.

Why do we speak of such a subject this day? There are many reasons. Let us explain.

Although you may think that your world has been covered in darkness and that it remains immobile within a dense vibration of unbalanced thought and matter, this is not so. Your earth has never lost its heritage as a “leader world” and continues to beckon its citizens to re-establish their true identity as celestials.

Part Two—*Exaltation of the Planet Earth and Its Citizens* will be presented in *Notes from the Light* May 2017



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Regiena Heringa is a spiritual teacher, counselor and messenger and co-founder of the Institute for Spiritual Unfoldment and Interworld Studies (ISUIS). Through her writings, meditations groups, teaching, music and painting, and in concert with those beings of higher vibrational dimensions, Regiena facilitates the expansion of mind and heart in all who wish to participate in the creation of the sacred new world. For more information, kindly visit ISUIS at www.nextagemission.com or write Regiena at rheringa@bell.net.

5. Leon Moscana - The Human Being as the Tree of Life

The Human Being is created in the image and likeness of God as a micro model of the Universe. This means that he or she could live in the whole three-fold structure of the Universe simultaneously with a purified physical body and ennobled personality on Earth, with a blossoming soul in the celestial world and with an awakened Higher Self in the highest Divine world. For this purpose, the human beings have to purify and develop their bodies (physical, etheric, astral, causal, buddhic and atmic), contained in everyone in seed form. The essence of human evolution is the development of these bodies so that human beings may become beloved Sons and Daughters of God with hearts as pure as crystal, minds as bright as the Sun, Souls as vast as the Universe and Spirits as powerful as God and one with God (spiritual formula given by the Bulgarian Master Beinsa Douno).

In order to develop their spiritual bodies the human being has to undergo important spiritual transformations - one after another. In a similar way as the caterpillar becomes a butterfly, so the human being becomes a cosmic-spiritual entity, able to fly with his or her spirit all over Creation. It is a long and difficult journey, taking many lifetimes, but it is predestined by God and the outcome is glorious!

I would like to present the development of the spiritual bodies of the human being and the subsequent transformations in schematic form. From the perspective of the colossal three-fold structure of the Universe, depicted in diagram to the right, we live on Earth with physical, etheric, emotional, intellectual and will bodies, integrated by our ego-personality. To ascend to the celestial world (the second in the three-fold structure of the Universe) we have to embark on the spiritual path and awaken our Souls. We could reach the Highest Divine World, the third in the three-fold structure of the Universe, by awakening our Spirits.

In order to ascend to the second, celestial, world, we have to purify our physical-etheric body and to develop our higher intellectual, emotional and will bodies. This process is well known in all world religions. As an example, I could mention the practice of Jnana Yoga, Karma Yoga, Bhakti Yoga and Raja Yoga in the Hindu tradition. When we purify our physical-etheric body, and develop the higher intellectual, emotional and will bodies, our ennobled ego-personality is able to give birth to our astral body – the Soul! Thus, from ennobled ego-personalities we become living souls. At this stage, we ‘complete’ the Spiritual School of the Soul and have the possibility to prepare ourselves for the Mystery School of the Spirit (essential for the highest third world of the three-fold structure of the Universe).

Spiritual Transformation of the Human Being



For instance, some of the main principles in the Spiritual School of the Soul of the great Bulgarian Master Beinsa Douno were:

- Observe a vegetarian diet (following the principle of ahimsa - non-violence or non-killing proclaimed in the Hindu Scriptures as the highest form of duty - no harm to any living creature).
- Abstain from alcohol, drugs and smoking, all of which abuse the body and contravene the aims of the Paneurhythmy - the healing, purification and illumination of our physical nature.
- Develop the highest human virtues such as love, friendship, peace, joy, harmony and many others. The virtues enable us to open our souls in order to blossom in the higher realms of Being.
- Make daily life a spiritual school. Every relationship and every situation in life contains a precious spiritual lesson which must be learned and correctly resolved in accordance with the principles of Divine Love, Wisdom and Truth. This rule necessitates attention to the smallest details in life.
- Live a healthy, wholesome life in harmony with Nature, with frequent excursions to natural settings, summer encampments, and other outdoor spiritual activities.
- Meet the sunrise whenever possible with appropriate prayers, songs, meditations and spiritual ceremonies, given by the Master Beinsa Douno. Sunrise is the most powerfully energetic time of the day-night cycle and marks the spiritual dawning of the day in many traditions.

For the ascension to the Highest Divine World we have to illuminate our physical-etheric body and to transform our high intellectual, will and emotional bodies into bodies of Divine Wisdom, Truth and Love. With this transformation, we enter into the Highest Divine World and develop our causal body – the Divine Spirit within us! There we awaken our Higher Divine Self and merge with the Origin of Being.

In accordance with the Scheme above, in the Mystery School of the Spirit the participants have to undergo the second resurrection (the awakening of their Divine Self) and ascend to the highest Divine world, to merge ultimately with God, the Father-Mother of Creation. Thus, they are transforming the Path of the Soul into a devoted "celestial pilgrimage". This is to embark on the Path of the Initiate.

The Path of the Initiate requires physical and moral purity, nonegocentrism, self-denial, unconditional love, absolute truthfulness, life for the whole, vows and commitment to fulfil the Will of God, joining the Light forces, recognition and transformation of all kinds of dark forces. The Path of the Initiate is based on such principles as wholeness, holiness, balance between all polarities, spiritual creativity in contact with the Living God, integrity, planetary consciousness (i.e. thinking from the perspective of all humankind) and so on.

Some of the main tasks which determine the style of life of the participants in the Mystery School of the Spirit are:

- Developing the higher spiritual bodies with which they could live in all three levels of Creation, i.e. in the physical world with an illuminated physical body and personality, in the world of angels with a soul in full bloom, and in the highest Divine world with an awakened Divine Self. Thus, they achieve the richness and fullness of their cosmicspiritual wholeness and become micro-models of the Universe. This is to build ourselves as Divine Temples where the Spirit of God lives.
- Developing a whole new, spiritual, level in our lives on Earth; now for most people the main goals of life are to have a family, children, home, food, work, friends and so on. The main goals of the spiritual life are to realise the Divine Wedding between the Soul and the Spirit within, to have spiritual children, to build our life as a Divine Temple which will become our spiritual home; to receive the living bread for

eternal life; to establish close spiritual friendships with others (let us remember that 'there is a friend closer than a brother'); to receive a spiritual mission.

- Respect, love, care and deep appreciation for Nature, the environment and our planet Earth.
- Transforming daily life into a cosmic-spiritual existence where all levels of Creation become transparent and interconnected; then an integrated, dynamic system will be formed where the processes on one level affect the others.
- Climbing to the top of the Sacred Mountain through different routes established by different world religions, thus receiving their initiations.

The Divinely inspired style of life of the participants in the Mystery School of the Spirit will result in initiation and co-creation with God. It is only through the miracle of co-creation with God that we can completely unfold the Divine potential of our higher Selves. Moreover, co-creation is the way in which we can express the uniqueness of our spirits 'printed' in us from the beginning of our evolution. By becoming co-creators with God each Initiate will receive a unique mission in the great apocalyptic process of recreation of the world, as mediators between Heaven and Earth, divine workers for a new solar civilisation, helpers in the spiritual rebirth of humankind. Thus, by merging and co-creating with God the Initiates not only write their names in the Book of the Living but also become "reborn of the Living God."

When we develop all our spiritual bodies, we become self-realised Cosmic Beings, created in the image and likeness of God. In the world religions, the vertical structure of Creation, the Axis Mundi, is considered as the Tree of Life. When we reach the point of self-realisation we become a micro-model of Creation, a Tree of Life, which stretches through the whole vertical structure of Creation. Then we live simultaneously on Earth with an ennobled egopersonality, in the Celestial World with a soul in full bloom and in the highest Divine World with an awakened Divine Self. In this high state of consciousness we can merge with the Absolute Origin of Being and become co-creators of God.

All human beings have the potential to grow as a Universal Tree of Life. This is the ultimate purpose of the great journey of our Spirits as sparks from the Living God.



ABOUT THE SPIRITUAL GUIDE AND TEACHER: Leon Moscona is a philosopher, mystic and spiritual teacher, was born on August 15, 1941, in Bulgaria and now lives in Ireland. He has received initiation into the essence of the coming New Cycle of Existence and has worked for the transformation of humankind for more than forty years. He has given more than four hundred lectures and published several books. He is the founder of *The Path of Truth Society*, an international spiritual group based in Bulgaria. He can be reached by phone at + 353 1 8333640, by email at lmmission@eircom.net, or via his website at www.testamentoftruth.org.

OTHER GIFTS AND E-NEWSWORTHY ITEMS:

6. Good News Of The Day

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

Musician and naturalist Bernie Krause is one of the world's leading experts in natural sound. Krause has been recording "soundscapes" - the wind in the trees, the chirping of birds, the songs of humpback whales - for over forty years and has amassed the largest archive in the world. In doing so, Krause can chart how wildlife sounds have changed over the course of climate change. Listen for yourself: the silence speaks volumes. <http://www.karmatube.org/videos.php?id=7348> **Be The Change:** Listen to some of the natural sounds recorded by Bernie Krause at Wild Sanctuary. <http://www.dailygood.org/more.php?n=7110a>

Ever neglect to defend someone in a sticky situation and then kick yourself later for not having done anything? Oftentimes we freeze. Other times we fear retaliation. Maybe we simply are at a loss for what to do. But it's everyday events such as these that can affect society's overall tolerance for hate, which can be found not just in the news but under our very noses. This article gets us ready for action. One way is to rehearse scenarios that might require our intervention. Another way is to pause to ask ourselves in a heated moment, "What action reflects my true values?" The more accustomed we get to tiny acts of hate, the more likely we will become blind to them, that society will accept them as the norm, and they will grow. Here, eight ways to become strong enough to stand up for peace, every day. <http://www.dailygood.org/story/1532/eight-ways-to-stand-up-to-hate-elizabeth-svoboda/> **Be The Change:** Discover the Heroic Imagination Project, whose mission is to "seed the earth with heroes." Watch Dr. Philip Zimbardo's passionate overview at TED University on its home page. <http://www.dailygood.org/more.php?n=7091a>

Founded 15 years ago by Lily Yeh, Barefoot Artists is an organization that "travels to impoverished or traumatized communities and brings art as a means of healing and transformation. Part visual art, part community building, bonding, and mobilizing, it is a process [Yeh] describes as a living social sculpture. Yeh passionately believes in the power of communities to embrace their suffering and transcend it through creativity and beauty, a sort of alchemical transformation that can diffuse the heavy weight of living under oppression, persecution, or war." In this piece, the author accompanies Yeh and her team to the West Bank, where two walls are being transformed. In ancient villages bearing many scars from conflict, she discovers the spirit of children, of community, and of Yeh -- whose art transcends the pain of the past, creates beauty for the future, and celebrates the hearts of humans, no matter what side of the wall they live on. <http://barefootartists.org/wp-content/uploads/2016/06/Tikkun-2016-BLETH.pdf> **Be The Change:** See some before and after photos of walls that Yeh has made beautiful. Are there any literal or figurative walls in your life that you can transform? <http://www.dailygood.org/more.php?n=7079a>

Within each of us are two selves, suggests David Brooks in this meditative short talk: the self who craves success, who builds a resume; and the self who seeks connection, community, and love -- the values that make for a great eulogy. In this short talk, Brooks asks: Can we balance these two selves? <http://www.dailygood.org/story/1537/should-you-live-for-your-resume-or-your-eulogy-david-brooks/> **Be The Change:** Carve some time out this week to think about what you want your life to stand for. Make a plan to save a little bit of time in each day to work toward that vision.

There are times when living for today is exactly what we need to do, and there other times when we will only prevail if we take the long view of life on this Earth and stop measuring our success by the problems we solve each day. For this reason, Clarissa Pinkola Estes exhorts us to embrace the moment we are in with all of its

fear, uncertainty, and turmoil. She says, "I too have felt despair many times in my life, but I do not keep a chair for it...In any dark time, there is a tendency to veer toward fainting over how much is wrong or unended in the world. Do not focus on that. Do not make yourself ill with overwhelm." Let us be a light for each other and not lose heart. Remember, we were made for these times. <http://www.dailygood.org/story/1538/do-not-lose-heart-we-were-made-for-these-times-clarissa-pinkola-estes/> **Be The Change:** Make a decision today to trust your ability, your power within, to make a difference in your small corner of the world.

When a child shows or feels gratitude, how does it affect other areas of his or her life over time? How best could we bring this practice into schools? What techniques in which settings produce the best results? Inspired by an act of kindness received while recovering from a childhood illness, Giacomo Bono has been studying the answers to these questions and more, adding to a growing body of research on the science of gratitude. While they're a few years away from definitive conclusions, one study linked expressions of gratitude with an increase in prosocial behavior, satisfaction with life, hope, and search for purpose, and less antisocial behavior and depression. Another study suggested gratitude was responsible for an increase in achievement, grit, positive social conduct, relationships with peers and teachers, and school satisfaction. In this interesting article, a closer look at the studies so far. <http://www.dailygood.org/story/1539/when-kids-say-thanks-giacomo-bono/> **Be The Change:** Today, remember a time when someone did something for you for which you are grateful. Reflect on the effort they put forth and why they might have done it. If you have children, ask them to do the same.

"When Scott Elias lost 80% of his hearing in kindergarten, his emotional and intuitive connection to the world went into overdrive like a sixth sense. When his hearing was surgically restored two years later, the medical miracle ignited his passion for music and science which he channeled into his wildly successful 30+ year career as the CEO of the worlds largest and most-awarded audio communications agency, Elias Arts. It's from this uniquely intuitive and empirical place that he stands against the conventional economic thinking that businesses exist simply to make a profit. Scott's work is a force for bringing out the very heart and soul of business. By designing for love in some of the world's biggest companies, he's a leading voice for the idea that business success is not the goal, but rather a by-product of offerings that fuel people to express who they are and all they yearn to become." <http://www.dailygood.org/story/1541/designing-companies-that-are-loved-awakin-call-editors/> **Be The Change:** Interested in learning how business can make the leap to an interconnected, and interdependent world to foster mutually rewarding relationships?

Outside of one home in Lucknow (Uttar Pradesh, India), sits a baby's cradle, awaiting another child to be left in its bed to be given a new life. This cradle has taken in hundreds of abandoned and orphaned girls who would otherwise be left on the streets and Sarojini Agarwal, now 80 years old, is the mother to all of them. As a caregiver, educator, companion and mother, Dr Sarojini Agarwal is an inspiring woman with a big mission and even bigger heart. Losing her daughter 30 years ago, her grief led her to her dharma of creating a safe haven in her own home to save these motherless daughters. For years she has fostered a studied life for these women, being a caregiver and teacher, allowing them to be equipped with everything they need to live an independent life. <http://www.dailygood.org/story/1542/she-lost-a-daughter-today-she-shelters-800-girls-sanchari-pal/> **Be The Change:** Consider a loss that you have endured in your own life. How might you reach out to serve others who might be experiencing similar losses?

Shifting our world toward a life-sustaining society takes active hope. We need to counter the voices that say we're not up to the task, that we're not good enough, strong enough, or wise enough to make any difference. If we fear that the mess we're in is too awful to look at or that we won't be able to cope with the distress it brings up, we need to find a way through that fear. This piece, co-authored by Joanna Macy, describes three threads we can follow that help us stand tall and not shrink away when facing the immensity of what's happening to our world. <http://www.dailygood.org/story/1536/active-hope-joanna-macy/> **Be The Change:** Recall a time when you pushed against the odds to accomplish something that you were proud of. How can you harness that fierceness and hope today to fight for something you believe in?

"While having trouble transitioning to high school in 2011, my mom placed a big bowl of quotes on my desk to pick from every morning. I grudgingly agreed, but as time went on I realized what a gift this tool truly was. Taping the words of wisdom across my walls and carrying my favorites inside my phone case, I truly believed that each quote I picked was something that I was meant to hear. Later, when I was at costume crew, a friend opened the back of my phone case to see why it was so bulky, and hundreds of my little paper slips floated out. To my surprise, the reaction wasn't confusion, but sincere interest! After seeing how many people were excited about these daily quotes, together my mom and I packaged a month's worth into small jars. Requests came pouring in from friends, neighbors, and soon people all over the US." In celebration of the International Day of Happiness watch this beautiful short video on Meredith's Joy Jars.

<http://www.karmatube.org/videos.php?id=7368> **Be The Change:** Do something to spill joy into someone's life today. To learn more about Pam's gift to Meredith which keeps on growing visit their site. <http://www.dailygood.org/more.php?n=7121a>

Studies reveal that contentment, interconnectedness and wellbeing levels all increase with exposure to the vibration of natural greenspaces. According to this article 'you don't need a rooftop garden or an acre of forest to create your own meditative biosphere. It can be wherever you are.' When we tap into the vibration our hearts, this magnetic strength beyond that of our brains, creates a calm tranquility for our entire being. When we move from our minds to the natural rhythm of our hearts, we become our own greenspace. Greenspaces take us from the tech-heavy, fast paced world into surrendering to the natural, open, slower state that is the vibration of nature. Janmarie Conner offers some real world tips on how to soothe your mind and settle your soul not just through a greener physical environment, but through the natural vibration of your own heart.

<http://www.dailygood.org/story/1548/become-your-own-greenspace-janmarie-connor/> **Be The Change:** Set aside time today to connect with the natural rhythm of your heart. Do this in nature for an even stronger connection to the soothing greenspace that is within us, and all around us.

Twenty some years ago David Milarch hovered above the bed, looking down at his motionless body. Years of alcoholism and hard living had booted him out of his life. A cosmic commandment would return him to it. His improbable charge? To clone the world's champion trees - the giants that had survived millennia and would be unvanquished by climate change. Experts said it couldn't be done. Fast-forward to today, and Milarch is now the keeper of a Noah's Ark of sorts, filled with the genetics for repopulating the world's most ancient trees. Founder of the Archangel Ancient Tree Archive he is on a mission to restore the lungs of the planet -- a mission that now reaches close to 300 million people each year. "Spend a couple of days in an old-growth forest, you'll come out different from when you went in. Those trees affect our physical, mental and especially our spiritual bodies. Redwoods have been on this planet for 400 million years longer than humans. I believe that trees have a soul, they have a conscience. And I do believe that anyone, everyone can learn to communicate with them." Milarch shares more in this fascinating in-depth interview.

<http://www.dailygood.org/story/1549/the-man-who-planted-trees-a-conversation-with-david-milarch-awakin-call-editors/> **Be The Change:** Spend some time with a tree today. Observe it and its relationship to the world around it more closely than you normally would. What do you see? For more inspiration watch this trailer for Moving the Giants, a film on Milarch's work. <http://www.karmatube.org/videos.php?id=7346>

Malini Suchak, assistant professor of animal behavior, ecology, and conservation at Canisius College, researches gratitude, discovering that "Gratitude is one of the fundamentally important parts of human life." But why is it "as much a part of our social relationships as gossip?" Darwin himself suggested that humans and other animals share the "same emotions, even the more complex ones such as jealousy, suspicion, emulation, gratitude, and magnanimity." As for gratitude -- her initial research among chimpanzees and capuchin monkeys suggests that Darwin might be right. <http://www.dailygood.org/story/1543/the-evolution-of-gratitude-malini-suchak/> **Be The Change:** Notice your feelings the next time you receive something from someone, then pass it on by giving something to someone else. Gratitude may well be contagious.

For over 16 years now, Dr. Bhaskar Choudhary and his team at the Wildlife Rescue Center in Assam, India, have been working tirelessly to rehabilitate over a thousand orphan and injured wild animals, including

elephant and rhino calves, wild buffaloes, tigers, leopards, deer, and birds, and to return to the forest and survive independently. Choudhary also provides information on displaced animals to locals to assist with animal care during natural disasters like floods in the fragile ecosystem of North Eastern India. Despite the countless sleepless nights spent patiently caring for injured or orphaned animals, Choudhary only describes a feeling of gratitude to the animals which have allowed him "to experience life in such miraculous and invaluable ways." <http://www.dailygood.org/story/1551/how-a-determined-vet-in-kaziranga-is-saving-india-s-orphan-animals-sanchari-pal/> **Be The Change:** What can you do today to help an animal, plant or fellow human being?

At 6-years-old Luc Reynaud announced to his teacher that he was going to paint the moon. "And what about the Earth, Luc? What about the universe?" Luc felt an electric surge of energy through his body, as his teacher picked up a huge bolt of construction paper and unfurled it across the classroom floor. For the next few weeks, Luc -- along with his friends -- painted the universe. It was a heady first taste of what it felt like to dream a big dream, hold a shared vision, and color it in with community. Years later in the aftermath of Hurricane Katrina he showed up at an emergency shelter to volunteer. He didn't realize then that the guitar he had brought with him would be an essential part of the service he rendered -- and that it would take him on journey that included founding a band, being contacted by Emmy-award-winner Jason Mraz, and singing to communities of people facing adversity all over the world in refugee camps, prisons, hospitals, homeless shelters and more. A journey in which he would once again "paint the universe" -- only this time with music, and the power of love. <http://www.dailygood.org/story/1564/luc-and-the-lovingtons-music-as-a-force-of-love-awakin-call-editors/> **Be The Change:** Learn more about Luc's adventures in music and service on this Saturday's Awakin Call. <http://www.awakin.org/calls/>

7. Moved by Love

Reprinted from www.awakin.org.

—by *Sri M* (Mar 06, 2017)

In the Himalayas, there lived an infamous bandit named Sultana, who plundered the caravans of rich pilgrims and looted resource-rich monasteries. The very mention of Sultana, it was said, made wealthy men tremble with fear. His unique technique was that he robbed in broad daylight after sending word in advance that he was going to strike.

Once, it seems, he sent word to the abbot, Baba Kalikambliwala, of a monastery called Swarg Ashram that he was going to descend on the ashram with his gang and plunder their treasury at a certain appointed hour. All the members of the monastery were filled with fear. All except the Baba. He had an elaborate lunch made for Sultana and his gang and waited for him on the porch of his cottage.

The bandit came with a gang of six, all armed with swords and guns. As he got off his horse, Baba Kalikambliwala went towards him and welcomed him. He invited him and his gang to sit on the porch, drink water and relax.

Then he handed over the keys to the treasury and said, "You may take what you desire but I don't want



violence and bloodshed. If ever you feel like killing someone, spare everyone and kill me instead. Life and death are the same to me. The police chief of this region is a member of our monastery community. I could have sought his help but then there would have been violence, and lives would have been lost. I want none of that.

"After you have taken all that you wish from the treasury, don't ride away immediately. I have arranged a feast for you. You and your friends should enjoy the lunch, rest for a while if you are tired, and then go on your way. I have no animosity towards you or any other living creature. Now, do what you feel is best."

The bandit, having never encountered a man like that, is said to have bowed low, apologized, and instead of plundering the treasury, contributed a small amount of gold coins and left, after profusely thanking the abbot for the sumptuous lunch.

8. I-It and I-Thou

Reprinted from www.awakin.org.

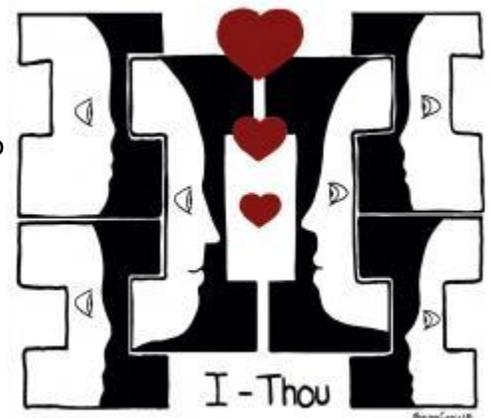
-by **David Brooks** (Mar 13, 2017)

(Reflections on "I-Thou" by Martin Buber)

I-It relationships come in two varieties.

Some are strictly utilitarian. You're exchanging information in order to do some practical thing, like getting your taxes done.

But other I-It relationships are truncated versions of what should be deep relationships. You're with a friend, colleague, spouse or neighbor, but you're not really bringing your whole self to that encounter. You're fearful, closed or withdrawn — objectifying her, talking at her, offering only a shallow piece of yourself and seeing only the shallow piece of her.



I-Thou relationships, on the other hand, are personal, direct, dialogical — nothing is held back. A Thou relationship exists when two or more people are totally immersed in their situation, when deep calls to deep, when they are offering up themselves and embracing the other in some total, unselfconscious way, when they are involved in “mutual animated describing.”

A doctor has an I-It relationship with a patient when he treats him as a machine in need of repair. But Peter DeMarco described an I-Thou relationship in a letter to the doctors and nurses who cared for his dying wife, which was published in The Times:

“How many times did you hug me and console me when I fell to pieces, or ask about Laura’s life and the person she was, taking the time to look at her photos or read the things I’d written about her? How many times did you deliver bad news with compassionate words, and sadness in your eyes?”

In our culture we use phrases like finding oneself, finding your passion, loving yourself so you can love others. But Buber argued that it’s nonsensical to think of the self in isolation. The I only exists in relation to some other.

“The development of the soul in the child is inextricably bound up with that of the longing for the Thou,” he wrote. All through life, the self is emerging out of some dialogue, either a cold stifling one or a rich complete one: “All real living is meeting.”

You can't intentionally command I-Thou moments into being. You can only be open to them and provide fertile soil...

Buber described genuine dialogue as a sort of social flow. Teachers and students are learning with each other. An audience and an artist are lost in a performance.

These moments don't last. It is the “exalted melancholy of our fate” that Thou moments always fade back into I moments. But a world has been built during such intense moments. A binding cord has been strengthened. The person who has experienced the Thou has been thickened and comes closer to wholeness.

9. Returning the Gift

Reprinted from www.awakin.org.

--by ***Robin Wall Kimmerer*** (Mar 20, 2017)

In the teachings of my Potawatomi ancestors, responsibilities and gifts are understood as two sides of the same coin. The possession of a gift is coupled with a duty to use it for the benefit of all. A thrush is given the gift of song—and so has a responsibility to greet the day with music. Salmon have the gift of travel, so they accept the duty of carrying food upriver. So when we ask ourselves, what is our responsibility to the Earth, we are also asking, “What is our gift?”



As human people, most recently evolved here, we lack the gifts of our companion species, of nitrogen fixation, pollination, and 3000-mile migrations under magnetic guidance. We can't even photosynthesize. But we carry gifts of our own, which the Earth urgently needs. Among the most potent of these is gratitude.

Gratitude may seem like weak tea given the desperate challenges that lie before us, but it is powerful medicine, much more than a simple thank you. Giving thanks implies recognition not only of the gift, but of the giver. When I eat an apple, my gratitude is directed to that wide-armed tree whose tart offspring are now in my mouth, whose life has become my own. Gratitude is founded on the deep knowing that our very existence relies on the gifts of beings who can in fact photosynthesize. Gratitude propels the recognition of the personhood of all beings and challenges the fallacy of human exceptionalism—the idea that we are somehow better, more deserving of the wealth and services of the Earth than other species.

The evolutionary advantage for cultures of gratitude is compelling. This human emotion has adaptive value, because it engenders practical outcomes for sustainability. The practice of gratitude can, in a very real way, lead to the practice of self-restraint, of taking only what we need. Acknowledging the gifts that surround us creates a sense of satisfaction, a feeling of enough-ness which is an antidote to the societal messages that drill into our spirits telling us we must have more. Practicing contentment is a radical act in a consumption-driven society.

Indigenous story traditions are full of cautionary tales about the failure of gratitude. When people forget to honor the gift, the consequences are always material as well as spiritual. The spring dries up, the corn doesn't grow, the animals do not return, and the legions of offended plants and animals and rivers rise up against the ones who neglected gratitude. The Western storytelling tradition is strangely silent on this matter, and so we find ourselves in an era when we are rightly afraid of the climate we have created.

We human people have protocols for gratitude; we apply them formally to one another. We say thank you. We understand that receiving a gift incurs a responsibility to give a gift in return. The next step in our cultural evolution, if we are to persist as a species on this beautiful planet, is to expand our protocols for gratitude to the living Earth. Gratitude is most powerful as a response to the Earth because it provides an opening to reciprocity, to the act of giving back.

10. We Are Swimming in Miracles

Reprinted from www.awakin.org.

--by **Peter Kalmus** (Mar 27, 2017)

Chicago. I remember in high school, I went for a walk. I was going to a friend's house and I was walking past all these houses; it was the evening, sort of dark. In every house, there were blue flickering lights going in synchrony because everyone was watching the same TV show. It was a quiet night and I was alone, just walking with the sound of the freeway and the blue flickering lights. And what had seemed normal to me my whole life suddenly seemed strange. Even so, I didn't think of some other way of living.



I think there's this misconception in Western culture that wanting things is a solution. It's actually a form of suffering. I wouldn't be surprised if most people thought that wanting things, and then having those cravings satisfied, is happiness. So they're constantly chasing after these sensual things, and maybe for some amount of time after a craving is gratified, a person feels relief from this deeper suffering. But then it comes back again. It's actually stronger because the cycle of wanting and gratification is a habit, and now the habit has gotten a little more ingrained.

That's why even when people get all this money it's not enough; they might get a collection of sports cars. Then they get one giant mansion, and that's not enough. So they get a summer home. Then they get a summer home in France. It just keeps going. Then they start buying politicians and buying ideologies and changing the whole fabric of Western culture. But that's still not enough. So space tourism is coming along. The craving never ends. It's infinite.

Even the people who do make this connection, I think a lot of them don't understand that it takes a lot of work to start to change this. It's like practicing the piano. They think they'll suddenly be enlightened. Right? Maybe people don't think this way, but certainly for a lot of my life, before I actually started meditating, I had this sense that enlightenment was this kind of mystical thing that was out of my power to obtain, but that through some kind of grace, some kind of mystical process that I don't understand, maybe suddenly it could happen. In fact, what I found out about meditation and about dealing with this habit is that it takes a lot of practice, like

becoming a concert pianist. You practice it every day, and there's nothing mystical about it. But I don't see these 7.2 billion people all starting to do that. But I think we should absolutely be doing that because that's the path that will make us come out of our suffering and make us be happier. Maybe it can happen fast. Maybe it will take hundreds of years, or maybe thousands of years. I don't think anyone can predict. But maybe, ultimately, it will catch on.

So whenever you think that you don't have enough, like there's something that you think you need right now, then your mind is in the future. You feel like there's something missing from this moment, and that's a kind of suffering. But if you can make this little shift, you can start to see that everything around us—like this cup of tea, or this air that we breathe, or just the fact that we can have this conversation, or see a plant growing or the taste of the delicious beans and chard and avocado I just ate—you see that we're swimming in miracles. All of the bad stuff that happens comes from not recognizing this and by wanting more stuff for one's self and by being afraid of other people, feeling separate and seeing them in opposition. [...]

This wanting is kind of what gets in the way of seeing all the miracles we're swimming in. When we see these ordinary miracles, life becomes - so wonderful.

11. Recording the Sounds of Extinction

Reprinted from www.KarmaTube.org.

Musician and naturalist Bernie Krause is one of the world's leading experts in natural sound. Krause has been recording "soundscapes" - the wind in the trees, the chirping of birds, the songs of humpback whales - for over forty years and has amassed the largest archive in the world. In doing so, Krause can chart how wildlife sounds have changed over the course of climate change. Listen for yourself: the silence speaks volumes. <http://www.karmatube.org/videos.php?id=7348>

12. The Silent Drama of Photography

Reprinted from www.KarmaTube.org.

For renowned photographer, Sebastião Salgado, photography is a way of life and a language he uses to express things that hurt his heart or make him happy. Salgado's projects have taken six to eight years to complete, requiring extensive travel and extreme lifestyle changes. In this TED talk, Salgado shares a deeply personal story of the project ("Migrations: Humanity in Transition") that almost killed him and his renewal through the re-forestation of the land on which he grew up in Brazil. His latest project, "Genesis" is Salgado's love letter to the planet. <http://www.karmatube.org/videos.php?id=7483>

13. Meredith's Joy Jars

Reprinted from www.KarmaTube.org.

How do you help a teen get over a broken heart? Pam found a way and Meredith found a calling. A simple solution which has reached thousands around the world. <http://www.karmatube.org/videos.php?id=7368>

HEART AND SOUL ADVERTISEMENTS:

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14. 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).

15. 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>.

16. OM Websites

OM Websites is an extension of the Spiritual Guidance ministry and serves the entrepreneur and business owner by developing, enhancing and maintaining your website and social media marketing presence. OM Websites offers a full range of services to help you build your website and social media marketing presence, with a focus on giving you the tools and ability to maintain your own website and social media marketing initiatives. Visit the [Services](http://www.omwebsites.com/Services.html) page (<http://www.omwebsites.com/Services.html>) for more details. OM Websites specializes in building websites and social media marketing profiles and presences for those businesses and people who offer products and services that are spiritually-oriented.

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

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