

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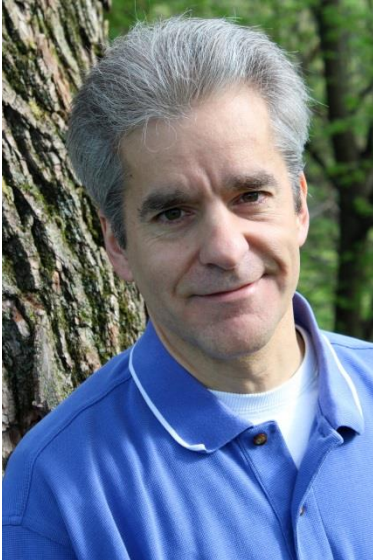
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*If you have a newsworthy item that you would like added to the e-newsletter, please forward your submission to [newsletter@servingyourjourney.com](mailto:newsletter@servingyourjourney.com).*

## SPIRITUAL GUIDANCE OFFERINGS:

### 1. Personal Story of Spiritual Lessons



**Seeing with our mind's eyes may lead us astray**

*Appearances deceive because they are appearances and not reality... Appearances can but deceive the mind that wants to be deceived.*

*~ A Course in Miracles ~*

A few days ago I was walking along a quiet residential street in the neighborhood I live in. It was an unseasonably warm day for the time of year, the sun was shining, and I was in my glory! Out of the corner of my eye something caught my attention. I looked to the right and approximately 50 meters ahead of me on the other side of the street was a...are you ready for this?...a small horse, or pony!!!

I stopped, looked away, shook my head, and looked back in the direction I was looking previously. Again, I saw a pony moving along the sidewalk on the other side of the street. Don't worry, I did question what I thought I was seeing.

I looked away for a second time. When I looked back in the same direction, I once again saw a pony walking along the street. Of course, I wondered how a pony could be walking the residential streets of downtown Ottawa without any apparent owner or handler to accompany it.

One more time, I looked away and looked back. This time the image of a pony in my mind earlier started to morph. As I looked more closely, two women started to come into focus. I was somewhat relieved. But as soon as I saw two women walking, the image of a pony started to come back. For a second, or two, what I was seeing changed back and forth between two women and a pony.



I looked away once again. When I turned back, what I now saw was two men walking along the street. I continued to focus my attention on the two men and my vision stabilized. I began to understand how the two men looked like a horse. A combination of factors—the size of the two men; the way they were walking; how they were walking in relation to one another; the angle I was looking at them, etc., etc., etc.—tricked my vision to send the message that what I was seeing was a pony, and then two women.

The experience recounted above was a sobering reminder that our body's eyes can lead us astray sometimes. The experience above was a bit of an extreme example, but the experience was metaphorical for what happens more often that we may be willing to admit. How many times have you thought you saw something, but after a 'double take,' you realized it was something completely different than the first time you saw it?

What I began to ask myself as I continued my walk was: How often have I looked at something and really didn't see what was there? How often have I made a judgement about something when I was not seeing it correctly? How often do my eyes let me down and show me something other than what is really there? How might I have reacted, behaved, responded, if I had seen something differently? What other ways are there to look at things, other than through my eyes?

In love, gratitude, compassion and forgiveness...

Rev. Robert Meagher

## 2. Poem

### The Breeze at Dawn...

The breeze at dawn has secrets to tell you.  
Don't go back to sleep.  
You must ask for what you really want.  
Don't go back to sleep.  
People are going back and forth across the doorsill,  
where the two worlds touch.  
The door is round and open.  
Don't go back to sleep.

Jelaluddin Rumi

## 3. Quote or Question

*There are no failures - just experiences and your reactions to them. ~ Tom Krause*

## 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 – May 2017

#### Part Two—Exaltation of the Planet Earth and its Citizens

In our previous message, it was mentioned that your earth was visited and continues to be visited by celestial beings. This action acknowledges that your planet is a “leader world.” The elegant frequencies of these perfected beings remain with you and illustrate the possibility for your citizens to re-establish their true divine identity. The founding divine frequencies of Planet Earth have always remained and, as such, remind your citizens, that through free-will, they may consciously live their celestial origins. Let us now continue.

The angelic beings, those from the stars, and all the great masters of Divine Love and Light have never left your earth. They have been here since the very first visit and will remain, vigilant counsellors of the God-head. Hence, the purest frequencies of exquisite sound and love have never left you earth. They have forever been anchored here. This is so, for the very founding your garden planet holds a specific intergalactic, universal and cosmic importance. It is becoming once again the central jewel of your universe in all its glory, its wisdom and its Love. We say this for Planet Earth in all its beauty and turbulence is a Christed planet. It is a multifaceted and multi-expressional planet of Great Light, not restricted to a third-dimensional position.

To understand your personal interaction with your exalting earth, we invite you to reflect deeply on the following.

As you go within, into the silence and into Love Divine, you will begin to touch this Christed Earth. You will begin to understand that, although you are sitting in a chair in your room upon this planet, you are simultaneously leaving this third dimensional earth and moving elsewhere into Light. The moment you travel into this Light you are affecting your physical body—transforming it, for the higher the frequency the less dense the object. Hence, as you physically transform, you transform all around you including your chair, your room and your planet. As you are uplifted, so is your physical world uplifted. The earth remains but in a less-dense and in a more exalted and state. In a manner of speaking, you are experiencing a higher, more refined reverberation of your earth.

Your Planet Earth and all its citizens who wish to have the experience, are being uplifted, changing in density and moving into the celestial state, where the earth once was so many years ago. Meeting up with the great masters, the angelic realms and star nations, this wondrous Planet Earth will be once again be Christed and move into perfect Love. Your inhabitants will rejoice and live with the great ones of God.

Hence, continue to refine your thoughts and actions. Continue to expand in heart and in mind. Continue to comprehend that your identity as a person being is being transformed into a magnificent identity of a universal and immortal nature. Do not waver from the path, for this path now becomes illumined with much intensity and joy. Leave behind you the people who choose to place fear and falsehood into you minds and hearts for their time is ending. A new earth rejoices in all its myriad reverberations with the perfected beings and their Creator.

# Spiritual Guidance

Serving your personal journey toward enlightenment...

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We witness this transformative frequency within the hearts and minds of your people and with great joy we acknowledge your new earth— the original earth.



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

## OTHER GIFTS AND E-NEWSWORTHY ITEMS:

### 5. Good News Of The Day

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

Plucking a juicy, vibrant ripe blueberry from its tree is a blissful moment for Alanda Greene. Drinking in the aroma of the fruit as she harvests the bright blue bunches, she feels moments of timelessness, completely absorbed in her work. It's not however, always 'smooth picking'. She admits to feeling a sense of urgency when contemplating the sheer amount of picking to be done -- the mind rushes, and presence is lost. The shift from urgency to mindfulness in her blueberry harvesting is a reminder that in our full, fast-paced lives, it can be all too easy to get so swept up in what needs to get done, that we aren't present with what we are doing. Everything changes when we bring our entire being to where we are; our awareness deepens, our experience becomes richer and we open the door to greater insight and peace.

<http://www.dailygood.org/story/1552/blueberries-and-the-art-of-being-present-alanda-greene/> **Be The Change:** Pick one ordinary routine act today and make it a mindful practice. Brush your teeth with presence.

Giles Hutchins feels that study of our relationship with Nature can help us understand the challenges we face today. Climate change, rampant social inequality or rising stress in the workplace, all are symptomatic of our sense of place and purpose within life. Our relationship with ourselves, each other and the world is in desperate need of our attention. <http://www.dailygood.org/story/1554/business-the-way-nature-intended-giles-hutchins/> **Be The Change:** Giles' latest book Future Fit synthesizes a new business logic in harmony with the natural rhythms of life. See if you can make connections today between your everyday pursuits and the world of nature around and within us.

Spirituality and Health magazine has assembled its picks for the Best Books of the past year. Among them you will find reflections on mortality, explorations of depression, and insights from authors from a wide range of traditions. Some of the books examine the mind body connection for better mental health. One suggests that creating your own spiritual biography may help you recognize the times you've already brushed up against grace in your life. Check out the diverse selection here. <http://www.dailygood.org/story/1545/a-reading-list-for-the-spirit-spirituality-and-health/> **Be The Change:** Open a good book today and let it light a fire within.

Wouldn't it be great to wake up to the sound of chirping birds, with fresh air and splendid scenery around? In the concrete jungle of our cities where even house sparrows are fast disappearing, this seems like a dream. But a couple has converted this dream into a reality by creating a wildlife sanctuary of their own. Passionate about wildlife and nature conservation, they bought 55 acres of land in India to plant native trees and protect the environment. Today, they are responsible for creating a wild life sanctuary that now spreads over 300 acres and is home to Bengal tigers, Asian elephants, hyena, wild boar, leopards, and more.

<http://www.dailygood.org/story/1555/the-couple-who-bought-barren-land-in-1991-and-transformed-it-into-a-300-acre-wildlife-sanctuary-shreya-pareek/> **Be The Change:** What change would you like to see in the world? Set a goal to help advance that change.

Pierre Pradervand has worked for decades in personal development and social justice. He has lived on nearly every continent, and is the author of 'The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World', in which he posits that making the conscious choice to bless every person or being around you can truly make a world of difference in yourself and in others around you. This article shares the story of his journey from a place of bitter resentment to being filled with unconditional goodwill, and his reflections on what it takes to make that shift. <http://www.dailygood.org/story/1571/blessing-the-intentional-practice-and->

[gentle-art-of-pierre-pradervand-mj-vieweg/](http://www.awakin.org/read/view.php?tid=523) **Be The Change:** Practice the Gentle Art of Blessing today. For more inspiration, read this excerpt from Pradervand on the subject.

<http://www.awakin.org/read/view.php?tid=523>

The expression of gratitude is the glue that holds society and relationships together, while its opposite - ingratitude - contributes to societal dissolution and separation. That means gratefulness is essential to humankind's sustainability and survival, whether cultural, psychological, physical, spiritual, or even financial. Cultural anthropologist and beloved author and teacher, Angeles Arrien shares more in this article.

<http://www.dailygood.org/story/1547/what-is-gratitude-angeles-arrien/> **Be The Change:** According to Angeles Arrien, Buddhists refer to generous acts that are freely given as "royal generosity." Why not become a king or queen for a day by acting generously toward others, with gratitude for all you have been given.

Operation Peace Fellowship was founded by a core group of ex-cons to bring an end to gun violence. Together, they are working in Richmond, CA and other cities around the US to help gun-prone, troubled youth graduate from high school, find jobs, and settle conflicts without guns. Unconventional approaches have been used, like paying criminals to put down their guns, but more importantly, says James McCoy, "We do something real simple that folks just don't realize how powerful it is. We love on our youngsters! We come from a sincere place that we love each and every last one of the people we touch and we try to touch as many people as possible." By creating relationships of trust and getting involved in the lives of young people who have no hope, violence is decreasing and lives are being changed for the better.

<http://www.dailygood.org/more.php?n=7103> **Be The Change:** Take the time to stop the cycle of violence that begins in the smallest and seemingly simple conflicts. Resolve to reach out to others and make peace in your world today.

Healing comes from within. This is the conclusion of Dr. Steven Weiss who has practiced osteopathic medicine for the past 30 years. Using a wide range of modalities and traditions, Dr. Weiss has made it his aim to help people access the energies within to find their way to healing. By "Getting out of the way" he allows the healing energy to become accessible through him to those hidden places where disease gets in the way of health.

"One of the major dilemmas of treating people with pain, and especially chronic pain, is that the source of the problem is almost never where it hurts." He teaches deep listening as a powerful tool to get to the source of pain for healing patients' bodies, to calm their minds, and to support their own healing. Ultimately, he helps patients to "re-member" themselves and become connected with their inmost selves once again. Writer Patty de Llosa shares more from Weiss' journey. <http://www.dailygood.org/story/1544/getting-out-of-the-way-how-a-doctor-learned-to-heal-patty-de-llosa/> **Be The Change:** The next time you feel pain or illness, listen deeply to what your body is telling you and practice compassion towards yourself. Consider what this experience might be opening you up to.

"I want to catch what people are offering, catch everything as help; like Aikido. Aikido is a martial art where it doesn't matter what intention somebody is moving towards you with. I can always catch it as helpful energy -- I get to develop this redirecting skill." Jeannie Kahwajy is an executive coach and the CEO of Effective Interactions. She believes an attitude of love is the most effective way to show up for all our interactions. It's a theory she's put to the test (often with jaw-dropping results) in challenging encounters with diverse personalities, including a purse-thief on board a moving train, a seemingly biased employer, a cocky student, and a rude colleague. In this in-depth interview she shares fascinating stories of her approach, and helpful guidelines for putting it into practice. Learn more from this dynamic leader who is dedicated to the proposition that there's no good reason to have a bad interaction. Ever. <http://www.dailygood.org/story/1576/jeannie-kahwajy-catch-everything-as-help-awakin-call-editors/> **Be The Change:** Practice using the three 'mantras' Kahwajy shares in her interview to catch everything as help this week.

Few books of the last century have had a greater impact on our quest for meaning than Viktor Frankl's Man's Search for Meaning. This all-time bestseller was written by a Jewish man who had just lost everything in the Holocaust. When Frankl, emaciated from concentration camps, returned to his beloved Vienna, no one was

there to meet him. His mother had been gassed at Auschwitz. His brother had been killed in another camp. His wife, Tilly, had starved to death in the women's camp at Bergen-Bergen. Now, he wondered, what was the point of his life? Frankl poured out *Man's Search for Meaning* in just nine days, weeping in an empty room with windows bombed out from the war. Seventy years later, the book remains a classic textbook for college students and a guidepost for people all faiths. Read on for an interview between professor Fran Grace and Frankl's grandson Alexander Vesely and Mary Cimiluca, Frankl family advisor, about their film *Viktor & I*. <http://www.dailygood.org/story/1578/viktor-frankl-and-the-search-for-meaning-a-conversation-with-alexander-vesely-and-mary-cimiluca-fran-grace/> **Be The Change:** Think of a dark period in your life. Is there something meaningful you can salvage from that situation? Is there a way to understand what happened and work to keep it from happening to someone else?

How much of a difference can one person possibly make? Here's a great example. Five years ago, Goutham Kumar decided to walk away from a successful career and commit to helping others full time in his hometown of Hyderabad, India. It wasn't enough to be a passion; he wanted it to be his profession. First he started Save a Life, which aims at rescuing and rehabilitating the homeless. Then he started a nonprofit called Serve Needy, which helps the poor and homeless. He opened an orphanage to shelter and educate children. He started a program to collect leftovers and distribute meals to hundreds of people daily. He is making available a mobile ambulance to provide medical and emergency services to the poor. His message to others? Come forward and serve. More on this remarkable man and his inspirational example. <http://www.dailygood.org/story/1579/this-corporate-professional-quit-his-job-to-ensure-that-nobody-in-his-city-goes-hungry-or-homeless-sohini-dey/> **Be The Change:** Get involved. Help Serve Needy, volunteer locally, or start your own project to serve others.

Love comes in a variety of forms. We can love our families, our friends, our work, our home... but have we been able to fully embrace the possibility of loving our enemies? Here Benedictine monk Brother David Steindl-Rast translates this idealistic-sounding notion into a real world, every day context. Brother David proposes that so long as we have rigid convictions, we make ourselves 'enemies' of those who oppose them, whether it be a long standing disagreement, or brief ill-feelings. Brother David redefines what it means to love, allowing the expression of compassion and respect to be our anchor for coming back to a loving stance even with those who oppose us. This illuminating article shares ways we can cultivate this approach in our own lives. <http://www.dailygood.org/story/1528/brother-david-steindl-rast/> **Be The Change:** The next time you feel a sense of friction between yourself and someone else, take a moment to consider that there are always things you can't see about the other person. Reflect on the fact that their perspectives and personality have been shaped by many forces. Allow yourself to respect their reality, whilst being aware that differs to your own.

Since its inception in 1970, Earth Day marks a global celebration of Earth and the concept of peace. It presents an opportunity to demonstrate support for environmental protection. From lush rain forests to arid deserts, thundering waterfalls to serene ponds, majestic glaciers to craggy mountains and teeming coral reefs, Earth is a complex, interconnected planet, filled with diversity and abundance. New species continue to be discovered, and the relationships among species and ecosystems are increasingly revealed in our understanding as intricate and inextricably linked. To be tenants of Planet Earth is a cause for gratitude, but we also have responsibilities to maintain and protect our planet for each other and for future generations. In this Spotlight on Earth Day, we take a look back at prior DailyGood features and offer some suggestions of how you can support and celebrate this planet we all call home. <http://www.dailygood.org/story/1583/spotlight-on-earth-day-shari-swanson/> **Be The Change:** Find a way to celebrate Earth today. For more inspiration, join KindSpring's upcoming 21-Day Eco-Footprint Challenge in honor of Earth Day! Sign up and more info here. <http://www.kindspring.org/challenge/join/1365/>

Thu Nguyen's life trajectory has far from predictable. Her father left before she was born. As a child she relocated with her mother from Vietnam to Canada as a refugee. She won an engineering scholarship, landed a prestigious career in high tech. Then, not once, but twice, a sobering health diagnosis would force her to take stock and shift gears. The first time it was diabetes, and her quest for health took her back to Vietnam, turned her into a food writer, and published author before returning her to high tech. The second time it was a pre-



cancer diagnosis. In search of healing she discovered meditation, and numerous alternative healing modalities -- modalities that allowed her to start an inside out transformative process that reconnected her within and without. Today she is a tech entrepreneur with a passion for service. Read more about her journey.

<http://www.dailygood.org/story/1587/thu-nguyen-the-creative-act-of-healing-awakin-call-editors/> **Be The**

**Change:** Consider how you can you approach healing in your own life as a creative act.

Pranidhi Varshney founded Yoga Shala West (YSW) "to create an environment for practice that was inclusive to all people, regardless of financial barriers." She aimed to move away from the transactional and image-driven nature of contemporary yoga, opting instead for an alternative fee structure and community-based social enterprise model. At YSW, "each student is not paying for his or her own practice. Rather, all students are contributing what they can to the community so that all of us may thrive in practice. The fee structure is set up in a flexible manner. In this way, we are moving from transaction to trust." In this interview, Pranidhi talks about her journey that led to the creation of YSW, and what it takes to build a social enterprise based on inclusiveness rather than just profit. Through all her work, she aims to inspire, provoke, build community, and ultimately touch the heart. <http://www.dailygood.org/story/1568/social-enterprise-meets-ashtanga-yoga-shala-west-aurora-meneghello/> **Be The Change:** At YSW, students are encouraged to "think not about getting the best deal, but about allocating capital in a way that aligns with their core values." How can you align capital with your values today?

Phil Borges is a dentist-turned-photographer, author, filmmaker and social change storyteller. For more than 25 years, he has been documenting indigenous and tribal cultures in some of the world's most remote, inaccessible areas. His recent film Crazywise reveals a paradigm shift that's challenging the way Western culture defines and treats "mental illness" and highlights a survivor-led movement demanding more choices from a mental health care system in crisis. The film explores cultural differences with respect to consciousness, mental health and the relevance of Shamanic traditional practices and beliefs to those of us living in the modern world. More on Phil's journey in this in-depth interview. <http://www.dailygood.org/story/1572/crazywise-a-filmmaker-explores-the-heart-of-mental-illness-awakin-calls-editors/> **Be The Change:** Find out what local organizations are doing in your community to decrease stigma toward the mentally ill, and explore how you can contribute to their work in your own way.

When William Rosenzweig learned he had been awarded the prestigious Oslo Business for Peace Award via a Google news alert -- he immediately assumed it was spam. But it was in fact real. A 2010 recipient of this award, selected by a committee of Nobel Laureates for the highest distinction given to a businessperson for outstanding accomplishments in the area of ethical business, Will has spent more than twenty-five years integrating the practices and perspectives of an entrepreneur, venture investor, and pioneering educator in order to help transform global corporate business practice. Much of his inspiration in the corporate world comes from a seemingly unlikely place -- the garden. Here is an excerpt from his acceptance speech. <http://www.dailygood.org/story/1588/business-lessons-from-a-quiet-gardener-william-rosenzweig/> **Be The Change:** Take a moment to observe or engage in the natural world today. What lessons can be extended to your areas of work?

In a consumer-driven society, it's easy to take for granted the abundance of Earth's natural resources by which we're surrounded: fresh air to breathe, plants, water, and food. What if we looked at each of these life-giving sources as gifts, fellow persons even, rather than mere objects for our taking? YES! Magazine writer Robin Wall Kimmerer challenges readers to consider how we treat and interact with the organic materials on which our lives depend, and look more closely at how we can replenish as much as we absorb. The Honorable Harvest, an indigenous practice, applies to every exchange between people and Earth, and is governed by reciprocity, gratitude, and taking only what you need. Kimmerer writes, "When we speak of the living world as kin, we also are called to act in new ways, so that when we take those lives, we must do it in such a way that brings honor to the life that is taken and honor to the ones receiving it."

<http://www.dailygood.org/story/1566/the-honorable-harvest-lessons-from-an-indigenous-tradition-of-giving->

[thanks-robin-wall-kimmerer/](#) **Be The Change:** What are some ways you can reduce consumption and give back to the Earth?

"Surrender to not-knowing" was the catchphrase of poet Wislawa Szymborska who offered this as a guide to participate in the wonder of creation as an artist. Whether a scientist, poet, or everyday worker we are all artists as we become co-creators in life. As we step into each moment with the willingness to allow for the unexpected to unfold, we make art with the stuff of our lives. The alternative for some is to control and define with closed minds what life should be instead of what it could be. Instead of contracting back into certainty Szymborska challenges us to live bravely in the "I don't know" that defines the inexplicable nature of our existence here on Earth. By opening themselves to the unknown, artists of all kinds have been led to discoveries and inventions that have changed life on Earth for the better. Read more about Szymborska and her perspectives on uncertainty. <http://www.dailygood.org/story/1584/polish-poet-and-nobel-laureate-wislawa-szymborska-on-how-our-certitudes-keep-us-small-and-the-generative-power-of-not-knowing-maria-popova/>

**Be The Change:** As we encounter what appears to be a road block or a solution, surrender to uncertainty and ask, "How else..? What if..? and Why...?" to solve a problem.

Investing and finance aren't exactly fields synonymous with mindfulness and kindness, but some companies are starting to change that. During his annual review at an investment firm, Birju Pandya's boss looked at him and said, "You've done well. What do you want?" Pandya, now a senior advisor at RSF, calls it "the 'Godfather offer'" of the investment bank world. His mind teetered on the verge of a typical answer and then he took a totally different tack, "I'd like to start every team meeting we have with a minute of silence," he said. There was a long pause, then came the definitive answer, "No," his boss said. But the next morning, perhaps after reflecting on all that his employee could have asked for instead, he softened and agreed to the unconventional request. An intriguing first step, but even he couldn't have anticipated what would unfold from there over the next few years. In this brief video, Pandya shares the compelling domino effect of the collective mindful minute at work. <http://www.karmatube.org/videos.php?id=7515> **Be The Change:** How can you or your employer implement mindfulness into a standard workday? Bring your suggestions to the table for your next team meeting or review. For inspiration check out 6 Mindfulness Practices for Leaders.

<http://www.dailygood.org/story/712/6-ways-being-mindful-can-make-you-a-better-leader-bruna-martinuzzi/>

## 6. The Way of the Water

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

—by *Ursula LeGuin* (Apr 03, 2017)

We have glamorized the way of the warrior for millennia. We have identified it as the supreme test and example of courage, strength, duty, generosity, and manhood. If I turn from the way of the warrior, where am I to seek those qualities? What way have I to go? Lao Tzu says: the way of water.



The weakest, most yielding thing in the world, as he calls it, water chooses the lowest path, not the high road. It gives way to anything harder than itself, offers no resistance, flows around obstacles, accepts whatever comes to it, lets itself be used and divided and defiled, yet continues to be itself and to go always in the direction it must go. The tides of the oceans obey the Moon while the great currents of the open sea keep on their ways beneath. Water deeply at rest is yet always in motion; the stillest lake is constantly, invisibly transformed into vapor, rising in the air. A river can be dammed and diverted, yet its water is incompressible: it will not go where there is not room for it. A river can be so drained for human uses that it never reaches the sea, yet in all those bypaths and usages its water remains itself and pursues its course, flowing down and on, above ground or underground, breathing itself out into the air in evaporation, rising in mist, fog, cloud, returning to earth as rain, refilling the sea.

Water doesn't have only one way. It has infinite ways, it takes whatever way it can, it is utterly opportunistic, and all life on Earth depends on this passive, yielding, uncertain, adaptable, changeable element.

The flow of a river is a model for me of courage that can keep me going — carry me through the bad places, the bad times. A courage that is compliant by choice and uses force only when compelled, always seeking the best way, the easiest way, but if not finding any easy way still, always, going on.

## 7. We Were Made For These Times

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

--by ***Clarissa Pinkola Estes*** (Apr 10, 2017)

My friends, do not lose heart. We were made for these times. I have heard from so many recently who are deeply and properly bewildered. They are concerned about the state of affairs in our world now. Ours is a time of almost daily astonishment and often righteous rage over the latest degradations of what matters most to civilized, visionary people.

You are right in your assessments. The lustre and hubris some have aspired to while endorsing acts so heinous against children, elders, everyday people, the poor, the unguarded, the helpless, is breathtaking. Yet, I urge you, ask you, gentle you, to please not spend your spirit dry by bewailing these difficult times. Especially do not lose hope. Most particularly because, the fact is that we were made for these times. Yes. For years, we have been learning, practicing, been in training for and just waiting to meet on this exact plain of engagement.

I grew up on the Great Lakes and recognize a seaworthy vessel when I see one. Regarding awakened souls, there have never been more able vessels in the waters than there are right now across the world. And they are fully provisioned and able to signal one another as never before in the history of humankind.

Look out over the prow; there are millions of boats of righteous souls on the waters with you. Even though your veneers may shiver from every wave in this stormy roil, I assure you that the long timbers composing your prow and rudder come from a greater forest. That long-grained lumber is known to withstand storms, to hold together, to hold its own, and to advance, regardless.

In any dark time, there is a tendency to veer toward fainting over how much is wrong or unmended in the world. Do not focus on that. There is a tendency, too, to fall into being weakened by dwelling on what is outside your reach, by what cannot yet be. Do not focus there. That is spending the wind without raising the sails.

We are needed, that is all we can know. And though we meet resistance, we more so will meet great souls who will hail us, love us and guide us, and we will know them when they appear. Didn't you say you were a believer? Didn't you say you pledged to listen to a voice greater? Didn't you ask for grace? Don't you remember that to be in grace means to submit to the voice greater?

Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world that is within our reach. Any small, calm thing that one soul can do to help another soul, to assist some portion of this poor suffering world, will help immensely. It is not given to us to know which acts or by whom, will cause the critical mass to tip toward an enduring good.

What is needed for dramatic change is an accumulation of acts, adding, adding to, adding more, continuing. We know that it does not take everyone on Earth to bring justice and peace, but only a small, determined group who will not give up during the first, second, or hundredth gale.

One of the most calming and powerful actions you can do to intervene in a stormy world is to stand up and show your soul. Soul on deck shines like gold in dark times. The light of the soul throws sparks, can send up



flares, builds signal fires, causes proper matters to catch fire. To display the lantern of soul in shadowy times like these - to be fierce and to show mercy toward others; both are acts of immense bravery and greatest necessity.

Struggling souls catch light from other souls who are fully lit and willing to show it. If you would help to calm the tumult, this is one of the strongest things you can do.

There will always be times when you feel discouraged. I too have felt despair many times in my life, but I do not keep a chair for it. I will not entertain it. It is not allowed to eat from my plate.

The reason is this: In my uttermost bones I know something, as do you. It is that there can be no despair when you remember why you came to Earth, who you serve, and who sent you here. The good words we say and the good deeds we do are not ours. They are the words and deeds of the One who brought us here. In that spirit, I hope you will write this on your wall: When a great ship is in harbor and moored, it is safe, there can be no doubt. But that is not what great ships are built for.

## 8. Touching the Earth

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

--by **Tracy Cochran** (Apr 17, 2017)

In the great myth of the Buddha's journey, there came a point when he is completely overwhelmed. As he sits meditating under the Bodhi tree, the devil Mara sends temptations to distract him from the wish of his deepest essence. Mara flashes images of the Buddha as a great leader, as a huge success in business with mountains of money, surrounded by beautiful women. He shows the Buddha that can make India great again if he would just give up his quest to awaken, and get up and do something. The Buddha will not move.

When temptation doesn't work, Mara tries fear, conjuring visions of terrible armies howling for his blood. These armies are external and also internal, legions of anxieties and fears. But the Buddha does not flinch. Slowly, he reached down and touched the earth. The classical explanation is that he is asking the Earth itself to bear witness to his many life times of effort. Not his blinding brilliance or his unique talent, mind you, but his effort, his perseverance, his willingness to show up no matter what. His willingness to fail and fail again. "Ever tried. Ever failed," writes Beckett. "No matter. Try again. Fail again. Fail better." The Buddha understood what the Christian author G.K. Chesterton meant when he wrote, "Everything worth doing is worth doing badly."

Touching the Earth symbolizes humility, coming down out of our thoughts, out of the busy hive of ego, to join the rest of life. The Latin word *humus*, the rich living earth, is related to the word *humility*. When difficulty arises, it creates a clearing in the deadening trance of habit. We remember that what really matters is not the list of worries and desires we spend so much time thinking about every day. What matters is much more essential. Being alive, for example. Taking part in life, having a chance to give and receive in the most elemental ways, taking in the beauty of the world and giving back where we can.



At moments when the ground gives way beneath our feet, it's good to remember the power of touching the earth, descending from our racing thoughts and fears to an awareness of the present moment. When words fail, we can sometimes discover a new voice and a new kind of determination. We can rise up rooted, like trees.

## 9. Wonder of the Universe is Wondering in Us

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

--by **Paul Fleischman** (Apr 24, 2017)

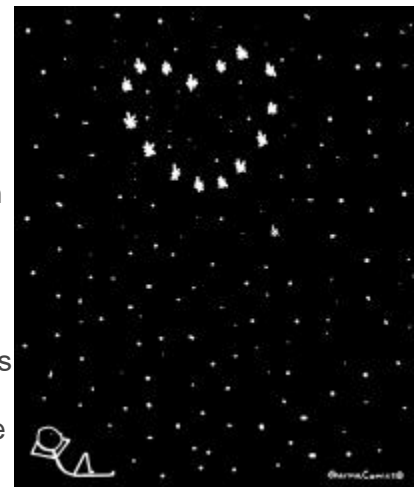
The universe is very big and very old. It was only discovered by us in the twentieth century. When you look up at the night stars you aren't seeing it. Our Milky Way galaxy alone has billions of stars, but we can see only thousands with our naked eyes. There are billions of galaxies like the Milky Way that can be seen through our telescopes, and the light by which we see distant galaxies has traveled for billions of years to enter the telescopic lenses. There may even be other universes. Our universe can be seen through the Hubble Space Telescopes and has been expanding since its origin fourteen billion years ago.

We are animals born to hunt, multiply, and adapt. Our brains grew to help us survive, and they set limits to our understanding. We can't grasp the dimensions that numbers tell us about the age or size of the universe. The complexity of so many light-years and galaxies is overwhelming. In order to reduce our fears, we imagine we see patterns and parents, explanations and conclusions, often seeking comfort and security rather than accurate information. Yet we also can remain curious, inconclusive, hovering in wonder, unknowing in order to know more.

Our bodies contain octillions of atoms organized into intricate and functional patterns. All of our atoms came from Earth, which itself descended from previous suns and supernovae explosions. In our red blood cells, we contain cobalt, an element which is made only in supernovae. Our bodies are formed by trillions of cells that interact and cooperate. The numbers of atoms and cells are too big, and their interactions are too complex, rapid, and information-dense for us to understand. Our cells utilize chemical pathways that evolved in slow, interlocking success stories across billions of years. It took the history of the Earth for our complex brains and thoughts to become possible within life-forms.

We exist within a whole planet system. Green plants are the only living thing that can capture electromagnetic photons from the sun and turn invisible energy into sizzling bonds between atoms, to create the large molecules we call "food." Plants also create the oxygen molecules we breathe. We breathe out the carbon dioxide that plants eat. All of life is interdependent and begins with sunlight, that comes from hydrogen atoms being fused in the sun. These solar hydrogen atoms are congealed from the energy that was released at the origin of the universe, which is everyone's birth canal.

The universe has permitted the creation of living beings as complex, enduring, and insightful as we are. Our wondering minds are products of the universe. From within the universe, wonder about the universe has arisen, by accident, intention, or slow destiny. The wonder of the universe is wondering in us.



## 10. Protecterra's Farm

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

Protecterra Ecological Foundation was founded in 2011 with a vision and dream of a sustainable planet, a more sensitive people, and a global society that respects nature, and comes together in solidarity to heal and protect earth. Protecterra facilitates numerous initiatives principled on values of education, awareness, and outreach. This video documents one such initiative -- Protecterra's Farm, "an offering of Love, Awareness and Learning," that is based within the city of Pune, India. The Farm "offers a green escape from the madness of urban life" via farm stays, organic farming, meditation, conscious dinners, community living, an open kitchen, and several other offerings designed with simplicity to spur self-discovery and self-healing.

<http://www.karmatube.org/videos.php?id=7357>

## 11. Earth Guardians: Responding to Global Crisis

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

Ever since he was a kid, indigenous environmental activist Xiuhtezcatl Martinez has understood that all life is sacred and "each and every one of us is deeply connected not only to each other but to the world around us." At 6-years-old, he watched Leonardo DiCaprio's documentary "The 11th Hour" and recognized that climate change was happening and that he had to do more. Now a teenager, Xiuhtezcatl is the Youth Director of Earth Guardians, inspiring youth to understand their role as caretakers of the Earth. Earth Guardians stand up for the Earth, Water, Air, and Atmosphere so that current generations and those that follow will inherit a healthy and habitable planet. Now Earth Guardian crews are on 6 different continents and creating real change, including lawsuits demanding climate recovery plans, acting as part of Generation RYSE.

<http://www.karmatube.org/videos.php?id=5754>

## 12. The Power of the Mindful Minute at Work

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

Investing and finance aren't exactly fields synonymous with mindfulness and kindness, but some companies are starting to change that. During his annual review at an investment firm, Birju Pandya's boss looked at him and said, "You've done well. What do you want?" Pandya, now a senior advisor at RSF, calls it "the 'Godfather offer'" of the investment bank world. His mind teetered on the verge of a typical answer and then he took a totally different tack, "I'd like to start every team meeting we have with a minute of silence," he said. There was a long pause, then came the definitive answer, "No," his boss said. But the next morning, perhaps after reflecting on all that his employee could have asked for instead, he softened and agreed to the unconventional request. An intriguing first step, but even he couldn't have anticipated what would unfold from there over the next few years. In this brief video, Pandya shares the compelling domino effect of the collective mindful minute at work. <http://www.karmatube.org/videos.php?id=7515>

## 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.*

### 13. 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)).

### 14. 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>.



## 15. 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

**Spiritual Guidance**

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